

## The Wellness Shack Inc. is a Peer Run Organization

- The people who use the Wellness Shack are the people who run the Wellness Shack

## The Wellness Shack is a non-Profit Organization

- We do not charge for any of the services we offer
- We exist on the generous contributions of:
  - The State of Wisconsin  
Bureau of Prevention, Treatment and Recovery
  - The Federal Government  
The Substance Abuse and Mental Health Association (SAMSHA)
  - The United Way of the Greater Chippewa Valley
  - Private Donations
  - Generous donations from our members
  - And the Generous help and assistance of volunteers

The Wellness Shack is a Recovery Center for Adults with mental health concerns

A Recovery Center is different from a Drop-in Center

A Recovery Center offers Evidence Based programs and Education that teach people about mental illness/mental health and How they can manage and live with their unique symptoms or condition.

A Recovery Center offers Groups that are supported by Evidence Based Programs

A Recovery Center encourages its members to GROW in a healthy and positive manner toward **Individualized** and **Personal** Recovery

# Programs at The Wellness Shack

The Wellness Shack utilizes  
several programs that show evidence of  
producing positive recovery results

Kathleen Crowley's

**Procovery**

NAMI's

**5 Pathways to  
Recovery**

SAMSHA's

**10 Components  
of Recovery**

DRA's

**12 Steps of  
Dual Recovery**

**5 Stages of  
Emotional Grief**

**The Principals of  
Trauma Informed Care**

The Wellness Shack offers Groups  
that focus Attention on specific  
Programs

The General Support Group

The Procovery Group

Dual Disorder Group

Anxiety & Depression Group

Recovery 101 or 201

Occasionally, when there is an expressed interest, The Wellness Shack will offer limited Groups such as

Christian Spirituality

WRAP Planning

Designing you Personal Plan for Recovery

Peer Support Training

# The Wellness Shack offers Groups that utilize specific Evidence Based Programs

## **Anxiety and Depression Group**

Mondays 4:00pm to 5:30pm

The Group follows the 15 week lesson plan outlined by Lucinda Basset in her acclaimed "*Attacking Anxiety and Depression*" series

## **Procovery**

Wednesday 4:00pm to 5:00pm

The Group focuses on what a person with a diagnosis of severe or chronic mental illness can do to take action toward moving forward with one's life. Procovery challenges the common misunderstanding that a person must passively wait for the caregivers to come up with a solution or cure. Topics are examined and discussed for how to incorporate the ideas into one's personal plan for recovery. This Group is supported by the Principals outlined in Kathleen Crowley's book: "*PROCOVERY*".

## **Addiction and Mental Health**

Thursday 11:30-12:30pm

Dual Recovery is a condition where an individual has both a substance abuse disorder and a mental illness diagnosis that occur at the same time. The Goals of DRA are:

- 1) To stop the pain and confusion of our illnesses; the consequences and problems our symptoms create, and our ineffective means of coping with them;
- 2) 2) To maintain a safe recovery and prevent relapse;
- 3) 3) To improve the quality of our lives. The group achieves these goals by working a variation of the 12 step program developed by Alcoholics Anonymous.

## **General Support**

Thursdays 6:30pm to 8:00pm

This Group meets to offer support to members and offers general discussion of topics affecting people with any diagnosis. Individuals share the previous week's events experiences, and concerns. A topic is generalized from members' input. Individuals are encouraged to offer peer to peer support to the other group members. This Group is supported by SAMSHA's 10 Components of Recovery, Wisconsin Peer Specialist Training's: 5 Pathways to Recovery, and Nami's Stages of Emotional Healing.

# Governing Principals of the Wellness Shack



## *SAMSHA*'s 10 Components of Recovery

1. Recovery emerges from Hope
2. Recovery is Person-driven
3. Occurs via many Pathways
4. Recovery is Holistic
5. Recovery is supported by Peers and allies
6. Supported through relationships and social networks
7. Recovery is Culturally based and influenced
8. Recovery is Supported by addressing trauma
9. Recovery involves individual, family and community Strengths
10. Recovery is based on Respect

# Wisconsin's *Peer Support* 5 Pathways to Recovery

1. Choice
2. Hope
3. Empowerment
4. Recovery Environment
5. Spirituality

## *Trauma Informed Care*

1.

2.

3.

4.

5.

6.

7.

8.

Based on the Principals of the 3 Programs previously  
listed, The Wellness Shack has developed the  
Sanctuary Agreement

The Sanctuary Agreement is not meant to be a set of rules.

It is an agreement of mutual **respect** and **concern**

for

the safe and respectful environment

that

many people with mental illness

seek

When they come through our doors

# The Sanctuary Agreement

In order to make The Wellness Shack, Inc. a safe environment, our participants have thoughtfully created a Sanctuary Agreement. Participants of The Wellness Shack, Inc. are part of a larger community where recovery is achieved through responsibility for one's behaviors. Our actions affect everyone in our community. Courtesy and recovery is not learned individually; it is practiced as a community. In response to this ideal, we, as a community, developed the following Sanctuary Agreement to create a safe community:

We agree to accept personal responsibility for our behavior.

We agree to respect and tolerate each other and our diverse needs and experiences with recovery in mind.

We agree not to disclose personal (confidential) information (such as phone numbers or addresses) unless that person has stated directly that it is permissible to do so.

We agree to keep The Wellness Shack, Inc. neat and clean.

We agree to respect personal limits on computer and phone use as stated on the sign up sheets.

We agree children of participants are welcome after consulting with staff and/or board members and proper supervision is guaranteed.

We agree to work together for positive resolution of any problem or concerns that threatens the Sanctuary Agreement.

However, certain behaviors will not be tolerated: physical violence, bullying and/or threats of any nature, stealing, and the use of alcohol, drugs, and tobacco.

When efforts to meet sanctuary expectations become a problem or a pattern, certain steps must be taken to protect everyone involved. If steps are taken, they will be documented.

Reiterating Sanctuary Agreement in one to one discussion.

Period of Detachment (POD.) The person will be proactive by taking a walk, retreating to the quiet room, stepping outside,...

Participant will be referred to the Sanctuary Committee to discuss approaches to well-being which may include an agreed length of POD.

## How is the Wellness Shack run?

Members get involved by:

- Socializing with other members

- Attending and supporting Group Meetings

- Participating in an activities

Some members find they want to be more involved. We find that they:

- Become a volunteer on a regular basis

- Help to run Groups and Activities

- Promote and nurture Recovery principals in themselves and encourage others

- Become involved on committees and Work Groups

After 12 months of positive involvement at the Wellness Shack, members are eligible to run for Election to the Board of Directors

How do we provide HOPE



We support The Wellness Shack in ways that will keep it a  
Vibrant and Healthy  
place for people seeking to Recover from mental health issues

We support each other  
towards healthy recovery

We encourage our personal involvement and the  
involvement of others

We Promote the Belief that

People with mental illness can live, happy

Fulfilling

Lives

Living our Lives to Our fullest Potential

see ME, not my illness

I am not my **diagnosis**