

SOCIAL WELLNESS: HARMONIOUS INTERACTIONS WITH OTHERS

Wellness is a general state of well-being which aids a balanced lifestyle. It is the full integration of states of emotional, intellectual, occupational, physical, social and spiritual well-being. Each of these dimensions act and interact in a way that contributes to our own quality of life.

Social Wellness refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends.

The social dimension of wellness encourages contributing to one's human and physical environment to the common welfare of one's community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one's family.

Social wellness follows these tenets:

- ♥ It is better to contribute to the common welfare of our community than to think only of ourselves.
- ♥ It is better to live in harmony with others and our environment than to live in conflict with them.

As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on nature and your community. You'll take an active part

in improving our world by encouraging a healthy living environment and initiating better communication with those around you. You'll actively seek ways to preserve the beauty and balance of nature along the pathway.



Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and

communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation and budgeting time for those activities.

As you proceed on your social wellness journey, you'll discover many things- you'll discover that you have the power to make willful choices to enhance personal relationships, important friendships, your community, the environment and, ultimately, the world.

(Continued on page 3)

JOIN THE VOICES FOR RECOVERY

September is National Alcohol & Drug Addiction Recovery Month. RINC Wellness City is participating in events in Greenville and Nags Head to support the effort and let communities know what services we provide to people in recovery. Events in our area include:

September 18, 8a-12p; Walk for Recovery, One Step at a Time (Sponsored by Pitt County Substance Abuse Coalition) Greenville Town Commons - A great family walk to be followed by a county-wide celebration of Families in Recovery, entertainment, giveaways, and FUN!. For

more information about this event, contact Alberto Blanco at 252-355-4725 or a.blanco@restarthumanservices.com.

September 21, 7:30-10:30a; 4th Annual Community Summit (Sponsored by Dare Coalition Against Substance Abuse) Hilton Garden Inn, Kitty Hawk - Speakers, resources and exhibits. For more information, contact Dare CASA at 252-449-2272 or info@darecasa.org.

Nine Dimensions of Wellness

The Nine Dimensions of Wellness are the basis of our recovery education classes at Wellness City.

EMOTIONAL -

Acceptance of your feelings and the ability to manage them in healthy ways.

INTELLECTUAL - An ongoing curiosity and openness to learning which enhances your understanding of life.

OCCUPATIONAL - Contributing your unique gifts in rewarding ways.

PHYSICAL - Having an awareness of and living in harmony with your body's needs.

SOCIAL - Developing active and mutually respectful interactions with others.

SPIRITUAL - Seeking meaning and purpose in your life.

FINANCIAL - Achieving personal economic stability and growth

HOME AND COMMUNITY LIVING

- Creating a home of your choice in the neighborhood and community you choose

RECREATION AND LEISURE

- Enjoying meaningful activities and sharing good times with others



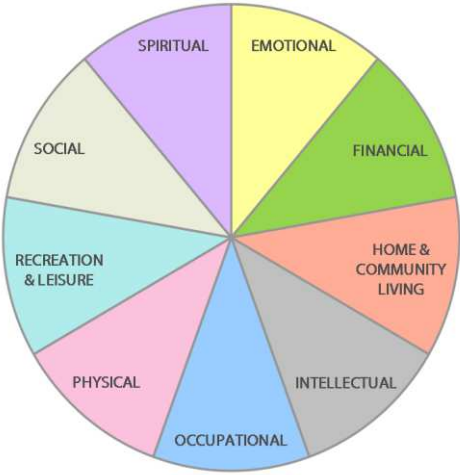
| MONDAY 9A-5P | TUESDAY 9A-8P | WEDNESDAY 9A-8P | THURSDAY 9A-5P | FRIDAY 9A-5P | SATURDAY 11A-3P |
|--|--|---|---|--|--|
|  |    | |  | 1 Physical Activity ★ 9:30-10:30a No-Cook Cooking ★ 10:45a - 12:15p Medication For Success (1 of 4) ★ 1:15-2:45p BEGINS TODAY What's in Your Wallet? \$ 3:00-4:30p | 2 WRAP (2 of 8) ♥ 11a-1p Recovery Cinema ≈ 1-3p  |
| 4 Weigh Healthy ★ 9:30-11:00a Community Connectors ☞ 11a-12p WELL (4 of 15) ♥ 1-3p Home Is Where the HEART Is 🏠 3:15-4:45p | 5 Physical Activity ★ 9:30-10:30a WRAP (8 of 8) ♥ 10:30a -12:30p GRADUATION! The Whole You in Recovery ■ 10:45-11:45a WELL (5 of 15) ♥ 1-3p Coming Out of the Fog (7 of 9) ♥ 3:15-4:45p WRAP (6 of 8) ♥ 6-8p | 6 Weigh Healthy ★ 9:30-11:00a Relapse Prevention ♥ 11:15-12:15 WRAP-in-Action ♥ 1:15-2:15p Peer Skills ☞ 3:15-4:45 p WELL (2 of 15) ♥ 6-8p | 7 Physical Activity ★ 9:30-10:30a Fitness 4 Your Brain ■ 10:45-11:45a Healthy Boundaries ☞ 1:15-2:45p Awakening the Spirit Within (7 of 8) ✧ 3:15-4:45p | 8 Physical Activity ★ 9:30-10:30a Wellness City Hall Mtg ☞ 11a-12p  Recovery Cinema ≈ 2:00-4:30p | 9 WRAP (3 of 8) ♥ 11a-1p Creative Writing ≈ 1:15-2:45p  |
| 11 Weigh Healthy ★ 9:30-11:00a Community Connectors ☞ 11a-12p WELL (6 of 15) ♥ 1-3p Home Is Where the HEART Is 🏠 3:15-4:45p | 12 Physical Activity ★ 9:30-10:30a WRAP (1 of 8) ♥ 10:30a -12:30p The Whole You in Recovery ■ 10:45-11:45a WELL (7 of 15) ♥ 1-3p Coming Out of the Fog (8 of 9) ♥ 3:15-4:45p WRAP (7 of 8) ♥ 6-8p | 13 Weigh Healthy ★ 9:30-11:00a Relapse Prevention ♥ 11:15-12:15 WRAP-in-Action ♥ 1:15-2:15p Peer Skills ☞ 3:15-4:45 p WELL (3 of 15) ♥ 6-8p | 14 Physical Activity ★ 9:30-10:30a Fitness 4 Your Brain ■ 10:45-11:45a Healthy Boundaries ☞ 1:15-2:45p Awakening the Spirit Within (8 of 8) ✧ 3:15-4:45p GRADUATION! | 15 Physical Activity ★ 9:30-10:30a No-Cook Cooking ★ 10:45a - 12:15p Medication For Success (2 of 4) ★ 1:15-2:45p Comfort Kit Activity ≈ 3:15-4:30p | 16 WRAP (4 of 8) ♥ 11a-1p WRAP-in-Action ♥ 1:15-2:45p  |
| 18 Weigh Healthy ★ 9:30-11:00a Community Connectors ☞ 11a-12p WELL (8 of 15) ♥ 1-3p Home Is Where the HEART Is 🏠 3:15-4:45p | 19 Physical Activity ★ 9:30-10:30a WRAP (2 of 8) ♥ 10:30a -12:30p The Whole You in Recovery ■ 10:45-11:45a WELL (9 of 15) ♥ 1-3p Coming Out of the Fog (9 of 9) ♥ 3:15-4:45p WRAP (8 of 8) ♥ 6-8p GRADUATION! | 20 Weigh Healthy ★ 9:30-11:00a Relapse Prevention ♥ 11:15-12:15 WRAP-in-Action ♥ 1:15-2:15p Peer Skills ☞ 3:15-4:45 p WELL (4 of 15) ♥ 6-8p | 21 Physical Activity ★ 9:30-10:30a Fitness 4 Your Brain ■ 10:45-11:45a Healthy Boundaries 🏠 1:15-2:45p Awakening the Spirit Within (1 of 8) ✧ 3:15-4:45p BEGINS TODAY | 22 Physical Activity ★ 9:30-10:30a No-Cook Cooking ★ 10:45a - 12:15p Medication For Success (3 of 4) ★ 1:15-2:45p Pre-Employment Skills ▲ 3:15-4:30p | 23 WRAP (5 of 8) ♥ 11a-1p Communication Skills ☞ 1:15-2:45p  |
| CLOSED FOR STAFF TRAINING | | | | 29 Physical Activity ★ 9:30-10:30a No-Cook Cooking ★ 10:45a - 12:15p Medication For Success (4 of 4) ★ 1:15-2:45p GRADUATION! Creative Writing ≈ 3:15-4:30p | 30 WRAP (6 of 8) ♥ 11a-1p Pre-Employment Skills ▲ 1:15-2:45p  |

Each class above is based on one of the Nine Dimensions of Wellness.

♥=Emotional \$=Financial 🏠=Home & Community Living ■=Intellectual
▲=Occupational ★= Physical ≈=Recreation & Leisure ☞=Social ✧=Spiritual

See the next page for more details about the dimensions and class descriptions.

| NINE DIMENSIONS OF WELLNESS | |
|-----------------------------|---|
| Emotional Wellness | Acceptance of feelings and the ability to manage them in healthy ways |
| Financial Wellness | Achieving personal economic stability and growth |
| Home & Community Living | Creating a home of your choice in the neighborhood and community you choose |
| Intellectual Wellness | An ongoing curiosity and learning which enhances your understanding of life |
| Occupational Wellness | Contributing your unique gifts in rewarding ways |
| Physical Wellness | Living in harmony with and awareness of your body’s needs |
| Recreation & Leisure | Enjoying meaningful activities and sharing good times with others |
| Social Wellness | Developing active and mutually respectful interactions with others |
| Spiritual Wellness | Seeking meaning and purpose in your life. |



Revised 09.03.10

CERTIFICATE COURSES

Awakening the Spirit Within This 16-hour class will guide you in a general understanding of spirituality and how you can awaken the spirit within or reconnect to the spirit within to build bridges regarding spirituality.

Home Is Where the HEART Is This 21-hour course is divided into four modules designed to help you build a successful life in a wellness-centered home of your own. Participants will gain the competencies to choose, create and maintain a home that supports their recovery and wellness.

Medication for Success This fun and interactive 6-hour course will increase your understanding of how commonly used psychiatric medications work. Each person will develop a Personalized Medication Management Tool and a Medication Side Effect Tool, which will also help when meeting with your medical provider.

WELL Wellness and Empowerment in Life and Living. This model was developed by peers and is a recognized evidence-based practice by the US Substance Abuse and Mental Health Administration (SAMHSA.) Consists of 15 two-hour classes in which citizens record what they learn about recovery in a provided workbook; life skills and recovery education are explored.

WRAP Wellness Recovery Action Planning (WRAP) is a 16-hour class where people learn to identify powerful wellness tools and create effective self-help plans for when bad things happen or when you are not feeling well. At HOPE Station Wellness City, WRAP is usually scheduled for five mornings during the third week of each month.

- Anger Management** Learn techniques that will allow you to take back your power and manage anger using Recovery tools.
- Comfort Kit Activity** Learn how having a collection of items in one place can serve as reminders that help keep you well and provide comfort in a personal way. This is a great way to build your own wellness toolbox.
- Coming Out of the Fog** Recovery can sometimes feel like “coming out of the fog”. This class is designed to help you develop clarity and find out what brings meaning and purpose to your life, learning coping skills to deal with “bumps in the road”, set personal boundaries for yourself and others, and form goals to set a plan in motion to reach those goals.
- Community Connectors** Looking for ways to interact within your community while developing confidence and understanding of your gifts? Community Connectors is a 30-hour class designed to promote recovery by inviting people to make choices in their lives while connecting to supports in the community. Expect a combination of classroom time to discuss theory and explore ideas, with some actual community building projects between classes.
- Creative Writing** Looking for a way to express yourself? This class is designed to promote recovery through creative expression in writing.
- Fitness 4 Your Brain** Come and work on your intellectual wellness with fun and challenging puzzles and brain teasers.
- Guided Imagery** Athletes use guided imagery to train the mind to win and it is also used to release tension. Citizens can imagine a comfortable place use positive thinking around wellness. Using visual and auditory stimulation, this class offers the opportunity to reach relaxation and serenity.
- Healthy Boundaries** When we are able to clearly communicate what we need in our personal and working relationships, relationships become more mutual, positive and authentic. This class is designed to help explore the importance of boundaries and how this can bring healthy relationships.
- No-Cook Cooking** Participants will learn basic nutrition facts, practice no-cook food preparation skills and explore techniques of using healthy diet to promote mental health, manage weight safely, facilitate recovery from substance abuse, and improve the quality of sleep and life in general. Focus of the workshop series is on using healthy diet as a means to recovery.
- Peer Skills** “I believe in recovery!” Peer Skills is a continuation of Peer Support Training and is offered to citizens who want to become more familiar with Peer Support concepts. This class gives us the opportunity to embrace recovery concepts and support other citizens around their wellness.
- Physical Activity** Are you rising in the morning but not quite shining? This class offers a variety of active movement that can help your morning motor tune up and hum along, including walking, stretching, moving to music, elastic bands and tai chi – an ancient Chinese meditative form of exercise using graceful and captivating movements.
- Pre-Employment Skills** This class focuses on resume writing and interviewing tips. Citizens can schedule mock interviews to feel more comfortable about interviewing.
- Recovery Cinema** Lights! Camera! Action! Come and watch a movie with other Citizens and explore Recovery through films.
- Recovery Is Fun Friday** Like playing games? Enjoy spending time with others? Interested in Recovery? Please join Citizens of HOPE Station Wellness City to celebrate recovery and put some FUN into Friday! Come out for great food, music, and plenty of activities with great folks!
- The Whole You in Recovery** This workshop explores recovery from all aspects of our development. We will look at ourselves from the outside in, including how to dress for success, eating right, exercise, education, interrelationships, getting ready for a job and much more!
- Wellness City Hall Meeting** A public forum for encouragement and celebrating success as citizens accomplish personal wellness and recovery goals. An opportunity for anyone interested in recovery and peer support to be an active part of the process and have a voice in identifying additional supports and services to be considered for implementation. Meetings are conducted by the peer-elected Wellness City Council and a staff liaison.
- Weigh Healthy** A healthy, balanced diet is essential for our bodies to function at their optimal level. This class debunks the myths surrounding food, while offering healthy, delicious options for dining at home or around town.
- What’s in Your Wallet?** Does the word “budget” scare you? This class explores budgeting as a spending plan to help with staying on target with financial goals. This class will unlock the secrets to budgeting successfully, the reasons budgeting is necessary, and how to make a budget.
- WRAP-in-Action** This class is an extension of the WRAP class in an effort to share ideas and see topics through multiple perspectives. Citizens will work together to strengthen their own WRAP by further examining sections of the plan, reading an article that pertains to WRAP and recovery, or discussing a wellness or recovery topic.

Recovery Innovations is committed to providing Recovery Education to people in communities throughout Eastern North Carolina by partnering with key health and human service agencies in our 19-county region.

WRAP Yourself in Hope!

Wellness Recovery Action Plan (WRAP) classes are part of our core curriculum because WRAP has been proven to be effective for people who use it. Developed by Mary Ellen Copeland, Wellness Recovery Action Plan Classes (WRAP) assist you in identifying steps that help you address challenges with mental health, substance use and other medical conditions or life issues.

You learn what things you can use as your own wellness tools to decrease or prevent troubling feelings or behaviors, increase personal empowerment, and improve quality of life. It is wonderful complement to traditional treatments or other treatment options.

WELL=Wellness Empowerment for Life and Living!

Wellness Empowerment for Life and Living (WELL) classes cover a broad spectrum of life issues. The overall goal is “to develop every day living skills to live an independent and meaningful life.” including stress management, conflict resolution, recovery from substance abuse, spiritually, self- esteem, holistic physical wellbeing, and developing meaningful relationships.

We learn that others have had similar experiences, that we are not alone in dealing with our struggles and life challenges, and that enjoying small personal victories can encourage us to move forward and accomplish larger successes.

| DATE & TIME | CLASS TITLE | PARTNERING AGENCY & CLASS MEETING PLACE | REGIONAL LOCATION | CONTACT PERSON |
|--|---------------|--|--------------------------------------|------------------------------|
| September 7-December 15; 4-6p Weekly Class (15 weeks) | WELL | Greenville Community Shelters 207 Manhattan Ave (<i>Open enrollment</i>) | Greenville <i>Pitt County</i> | Susan Hall 252-321-0179 |
| September 8-29; 3:00-4:30p Weekly Class (Ongoing) | Intro to WRAP | PORT Human Services Detox Center 206 Government Circle (<i>Closed</i>) | Greenville <i>Pitt County</i> | Susan Hall 252-321-0179 |
| September 20-24 Daily Class (1 wk) | WRAP | Coastal Women’s Shelter Conducted at Craven Community College (<i>Closed</i>) | New Bern <i>Craven County</i> | Ann Emmerich 252-886-1104 |
| September 22-November 10 Weekly Wednesday Class (8Wks) | WRAP | LifeQuest, Inc. (<i>Closed</i>) | Washington <i>Beaufort County</i> | Ann Emmerich 252-886-1104 |
| In Progress thru September 27 Weekly Monday Class (8wks) | WRAP | Pungo District Hospital | Belhaven <i>Beaufort County</i> | Ann Emmerich 252-886-1104 |
| In Progress thru October 6; 1-3 p Weekly Wednesday C lass (8 wks) | WRAP | Bertie Day Reporting Center 128 E Granville St | Windsor <i>Bertie County</i> | Carol Cannon 252-481-4010 |
| In Progress thru October 12; 1-3p Weekly Tuesday Class (8wks) | WRAP | PORT Human Services Outpatient Clinic 233 E Modlin Road | Ahoskie <i>Hertford County</i> | Carol Cannon 252-481-4010 |
| In Progress thru October 12; 10a-12p; Weekly Tuesday Class (8wks) | WRAP | Washington County Center for Human Resources, 209 East Main Street | Plymouth <i>Washington County</i> | Ann Emmerich 252-886-1104 |
| In Progress thru October 25 ; 2-4 pm Weekly Monday Class (8wks) | WRAP | Northampton Day Reporting Center 114 W Jefferson Street | Jackson <i>Northampton County</i> | Carol Cannon 252-481-4010 |

Classes listed as “Closed” are filled internally by the partnering agency. “Open Enrollment” means anyone may sign up by calling the contact person or sending an email to the wrapeastcarolina@recoveryinnovations.org address. Enrollment closes the day of the first class.

You’re never alone on the road to recovery!

ebh Funding for these programs is made possible by East Carolina Behavioral Health LME.

For more information about bringing Recovery Education classes to your community, please contact us:

- ♥ Carol Cannon, 252-481-4010: Bertie, Gates, Hertford, Martin, Northampton and Counties
- ♥ Ann Emmerich, 252-886-1104: Beaufort, Jones, Pamlico, and Washington Counties
- ♥ Jim Harrison, COMING SOON: Dare, Hyde, and Tyrrell Counties
- ♥ Ron Lowe, COMING SOON: Camden, Chowan, Currituck, Pasquotank and Perquimans Counties
- ♥ wrapeastcarolina@recoveryinnovations.org
- ♥ Susan Hall, 252-321-0179: HOPE Station Wellness City, Greenville/ Pitt County
- ♥ Kim Talbot, 252-672-8781: Wellness City of New Bern, New Bern / Craven County
- ♥ Sarah Grey, 252-412-4268: Regional Director for all 19 counties which comprise RINC East Carolina



Locations where we have scheduled Outreach Recovery Education classes



Serving Beaufort, Bertie, Camden, Chowan, Craven, Currituck, Dare, Gates, Hertford, Jones, Martin, Northampton, Pamlico, Pasquotank, Perquimans, Pitt, Tyrrell, and Washington Counties in Eastern North Carolina.

New Outreach Coordinators Gearing Up!

RINC East Carolina has brought two new Outreach Coordinators and a Peer Support Specialist on board.

Ron Lowe is based in Elizabeth City and will be serving Camden, Chowan, Currituck, Pasquotank and Perquimans Counties. Peer Support Specialist **John Wood** will be assisting Ron in bringing WRAP classes to communities in that area.

Jim Harrison is based in Kill Devil Hills and will cover Dare, Hyde and Tyrrell Counties.

After completing New Employee Orientation, Peer Employment Training, and WRAP Facilitator Training, these fellows will be prepared to embark on a pioneer journey into communities where no recovery education classes have gone before. Here we grow!

WELCOME

Outreach Coordinators

- ♥ Ron Lowe
- ♥ Jim Harrison

Outreach Peer Support Specialist

- ♥ John Wood

Wellness City of New Bern Peer Support Specialists

- ♥ William Cooke
- ♥ Sharon Ford

GOT CLASS?

Want to know what classes are scheduled in communities near you? Call or email us to add your name to the mailing list for the RINC Outreach Wellness City class calendar, which is published on or near the second Friday of every month with this newsletter:

Carol Cannon.....252.481-4010

Sarah Grey.....252.412.4268

Ann Emmerich.....252.886-1104

Georgia Claxton...252.321.0179

WRAPeastcarolina@recoveryinnovations.org

IN OUR OWN WORDS...

*"I've learned
it's OK to ask for
what I need."*

*~ GW, Hertford County
upon discussing the
Personal Bill of Rights
in WRAP class.*

*"This stuff is
really common
sense, isn't it? I
just never thought
of it that way!"*

*~ JW, Bertie County
Talking about the
WRAP Wellness Tools
& Daily Maintenance Plan*

BUSINESS EXPO YIELDS "RECOVERY DISCOVERY!"

"Recovery Discovery!" exclaimed a Wellness City Citizen when describing the recent New Bern Chamber of Commerce Business Expo, Thursday, August 19th. And that is exactly what it meant for many people visiting the Recovery Innovations Wellness City display.

We frequently opened our conversations with passers-by saying, "I'm the expert on me," followed with "and we believe you are the expert on yourself." After sharing our mission and describing our recovery education and peer support services, a few commented that they didn't know there something like Wellness City existed.

When a Citizen ambassador shared her personal story, it brought tears to one visitor's eyes. "This is the first time I have felt like someone understood and could identify what I have been feeling, because you have experienced the same thing." She said the story gave her hope that she could rediscover herself and she was encouraged to actually become all she was meant to be.

This is just a glimpse of the many wonderful encounters we experienced throughout the day. Since the Expo, we have seen an increase in people calling and visiting Wellness City of New Bern to begin their Recovery journey. Is there a Recovery Discovery in your future?

Kim Talbot, RSA, Wellness City of New Bern



RINC East Carolina extends heartfelt thanks and appreciation to the following organizations and agencies for providing services, class locations, presentations, and/or referrals to our programs.

August 2010

- ♥ Beaufort County Resource Connection
- ♥ Bertie Day Reporting Center
- ♥ Bertie Department of Social Services
- ♥ Coastal Women's Shelter
- ♥ Continuity of Care, Windsor
- ♥ Craven Community College
- ♥ Crossroads at CarolinaEast Health System, New Bern
- ♥ Gates Community Center
- ♥ Gates Partners for Health
- ♥ Greenville Community Shelters
- ♥ Happy, Inc., Sunbury
- ♥ HIV Support Group, Ahoskie
- ♥ Integrated Family Services, Inc.
- ♥ LifeQuest, Inc., Washington
- ♥ New Bern Chamber of Commerce
- ♥ New Bern Towers for the Elderly
- ♥ Northampton Day Reporting Center
- ♥ Northeastern Counseling Services, Gates
- ♥ Northside Behavioral Health, Ahoskie
- ♥ Pitt County Continuum of Care
- ♥ Pitt County Department of Social Services
- ♥ Pitt County Journey Home/Continuum of Care for Homelessness
- ♥ Pitt County Memorial Hospital/University Health Systems East
- ♥ Pitt Partners for Health
- ♥ Pitt Resource Connection
- ♥ PORT Human Services
- ♥ Pungo District Hospital
- ♥ Roanoke-Chowan Domestic Violence Task Force
- ♥ Solid Foundation, Windsor
- ♥ Washington County Center for Human Resources

Thank You!

PHYSICAL WELLNESS (Continued from page 1)

Social Wellness Facts and Tips

- ♥ Socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated.
- ♥ People who maintain social networks and support systems do better under stress.
- ♥ Approximately 20 percent of Americans feel lonely and isolated during their free time.
- ♥ Touching, stroking, and hugging can improve health.
- ♥ Laughter really is good medicine.
- ♥ Cholesterol levels go up when human companionship is lacking.
- ♥ Warm, close friendships cause higher levels of immunoglobulin A (an antibody that helps keep away respiratory infections and cavities).
- ♥ A strong social network can create a good mood and enhance self-esteem.

As you travel the wellness path, you'll begin to believe that - socially. If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community. To determine if you have social wellness, ask yourself:

- ♥ Do I plan time to be with my family and friends?
- ♥ Do I enjoy the time I spend with others?
- ♥ Are my relationships with others positive and rewarding?
- ♥ Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you answered "No" to any of these questions, it may indicate an area you could seek improvement for your social wellness.

So how can I improve my social wellness?

- ♥ Practice self disclosure
- ♥ Get to know your personal needs and pursue things and people who nurture them
- ♥ Contact and make an effort to talk to the people who are supportive in your life
- ♥ Attend a Wellness Forum
- ♥ Join a club or organization that interests you

*Adapted from material published by
the University of California- Riverside;
and www.definitionsowellness.com*

Recovery is
remembering
who you are
and using
your strengths
to become all
you were
meant to be.

Peer Support Specialist Positions in GREENVILLE Open

Status: Pool—Part Time as needed; may be required to work evening or Saturday hours

Pay Rate: \$11.25/hr

Provides recovery training, outreach, and support to adults receiving mental health services in the community. Works with adults providing hope, encouragement, support, self-determination, and connection to the community. Assists in implementing and creating a recovery environment. Acts as an advocate for the needs and rights of every person.

Requirements and applications available at:
<http://www.recoveryinnovations.org/careers/index.html>.

Become part of the RINC Team!

Wellness City is a community of adults embarking on or expanding their journey of recovery from significant mental health challenges and/or addictions.

We welcome individuals who choose to participate and are interested in developing their own Personal Wellness Plan or seeking peer support for their recovery.

There is no cost to participants. To learn more about Wellness City classes and activities in Greenville, New Bern or surrounding communities, stop by or contact us to find out what we have to offer.

Wellness City of New Bern



1311 Health Drive
New Bern, NC 28560
252. 672.8781
M-F, 10-5; Sat, 11-3

HOPE Station Wellness City



2407 S Memorial Drive
Greenville, NC 27834
252. 321.0179
M,Th,&F,9-5; T&W,9-8; Sat,11-3

RINC East Carolina Outreach Wellness City
WRAPe@carolina@
recoveryinnovations.org

252. 481.4010
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& Washington Counties
252.412.4268
Camden, Chowan, Currituck, Dare,
Hyde, Pasquotank, Perquimans, &
Tyrrell Counties

RINC has earned the
Joint Commission's
Gold Seal of Approval™.



eebh Funding for these programs
is made possible by
East Carolina Behavioral Health LME.