

## The Wellness Recovery Action Plan® (WRAP®)

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

If you would like to receive WRAP® materials, please contact Chris Allende at [callende@winitiative.org](mailto:callende@winitiative.org)

Would you like to join a WRAP® group? MHA community WRAP groups. Wednesday is in person, Thursday is over zoom and Friday is in person.

Let us know if you have any questions. Thank you!

- Wednesday mornings – in person at the Region from 11:30am-1230pm. Just tell the Region V Receptionist that you are there for WRAP.
- Thursday evenings on zoom from 6pm-7pm  
Amber Pendley is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/85468859447?pwd=eTlkanZFTWJSS3VZK0Vyc3VzT203UT09>

## CFAC Member Spotlight

I started my walk of recovery in 2005 at a faith-based recovery program called Youth Challenge based in Hartford, CT. After going through my process of restoration, I was sent to Guatemala City, Guatemala (in Central America) to start a residential treatment facility, an endeavor I was in for 8 years. I was then offered the possibility of coming to Lincoln, NE to work as the youth pastor at a local church, work I continue to do.



**Chris Allende**

However, in 2017, I felt the need to start working in the behavioral health field through an encounter I had at Project Homeless Connect. This encounter led me to start working as a Peer Support Specialist in a program called CABHI, where we served Lincoln's most vulnerable population.

Since then, I have received my certification as a Peer Support Specialist. I am a WRAP and SMART Recovery facilitator and currently serve as the membership committee chair in the Consumer Family Advisory Committee (CFAC) as well as working as the Region V Consumer Representative. I am passionate about the work that I do, representing the needs of behavioral health participants, creating systemic change and supporting individuals on their path to recovery, empowering them to recognize their own strengths and inspiring hope!

*"I may not be where I want to be, but thank God I am not where I used to be!" -Joyce Meyer*

## Would you like to be a part of our team?

The CFAC is seeking applications from individuals who are interested in helping to improve the quality of life for consumers and family members affected by mental health, substance use disorders, or other addictive disorders. We are interested in filling vacancies with those who have lived experience as a consumer or a family member of a behavioral health services consumer. (A term of service is 3 years)

The CFAC works together with organizations and the community to achieve recovery and positive change, eliminate stigma and discrimination, realize independent choices, and honor consumers with dignity and respect. CFAC meetings are open to the public and anyone is welcome to attend the monthly meetings; membership allows the person voting rights and the opportunity to be involved with decision-making, planning, and allocating funds.

<https://region5systems.net/how-we-help/consumer-family-advisory-committee/membership-information/>

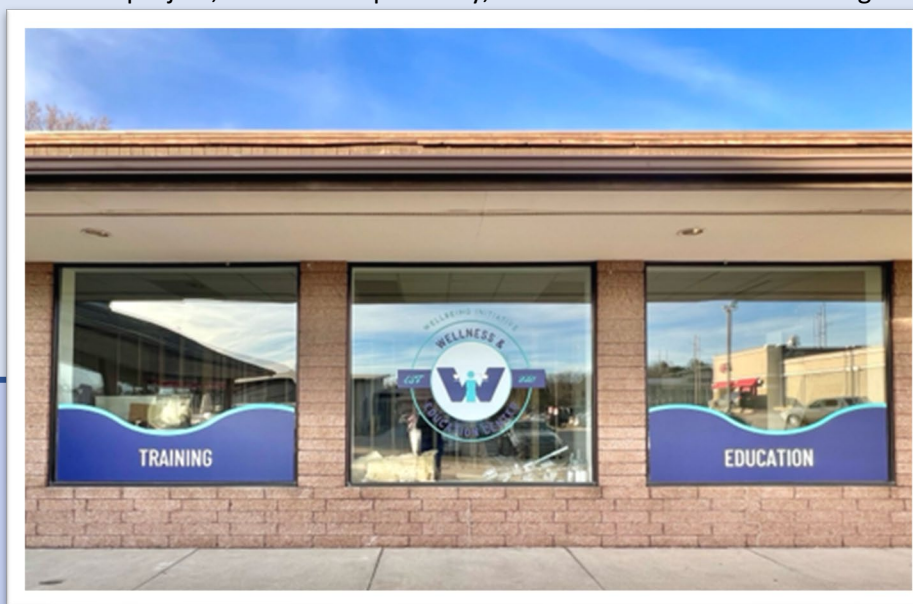
## Wellbeing Initiative Wellness & Education Center is Coming Soon!

The Wellbeing Initiative, Inc. is looking forward to many new ventures in the year to come, and one of those exciting projects is our upcoming Wellness and Education Center! We all get joyful feelings when we think about this space. The center will be a place where all people in the community can come together to learn, grow, move, and connect in an environment that is warm, welcoming, safe, and inclusive for all.

The Wellness and Education Center will help the WBI to expand our mission: "To empower individuals living with mental health and substance use challenges to reach their fullest potential." Our new facility will support the needs of individuals who are looking to gain valuable knowledge about different trades and vocations, learn important skills to maintain employment, explore whole health education, and a space for community engagement in the face of recent isolation. The space will offer community support groups, yoga, movement and visual arts, and we hope to expand the space to include classes for basic skills education in culinary arts, retail, customer service, and craftsmanship. We envision the center as a holistic learning space, developed to serve, nourish, and support every dimension of a person's well-being.

A big aspect of the Wellness and Education Center is our community partnerships! As we begin to build programming and develop classes and trainings, we are going to be reaching out to our community. We want to gather people and groups who are interested in lending their knowledge and expertise to lead classes and/or teach skills and trades to those that will benefit most. We also want to hear from our community, what sort of classes would you be interested in seeing at the Wellness and Education Center? What groups or classes would our community benefit from? Are there courses or trainings that our community could use that is not yet readily available? If you have ideas about any of these questions, or an interest in offering your expertise to our center, please contact our Wellness and Education Director, Kjerstin Egger at: Phone: (531)254-5325, Email: [kegger@winitiative.org](mailto:kegger@winitiative.org). If you have any interest in donating to support this innovative center, please visit our website at: <https://wellbeinginitiatives.org/giving/>.

We know that the Wellness and Education Center is going to be great because of the community around us, Wellbeing Initiative's collective passion for the project, and most importantly, because of YOU! The Wellbeing Initiative will continue to work hard to serve our mission. We are thrilled to create this space where we all come together to learn, grow, move, and connect. We'll see you in our new space later this year! Until then, take care and be well.



\*\*\*Upcoming Region V Systems Sponsored Trainings\*\*\*

See Region V Systems website to register

\*\*\*For funding opportunities through the CFAC, please see the link below:

<https://region5systems.net/how-we-help/consumer-family-advisory-committee/funding-opportunities/>

## More Than the Winter Blues: Seasonal Affective Disorder (SAD)

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than two weeks?

- ✓ Feeling down but still able to take care of yourself and others.
- ✓ Having some trouble sleeping.
- ✓ Having less energy than usual but still able to do your job, schoolwork, or housework.

These activities can make you feel better:

- ✓ Doing something you enjoy.
- ✓ Going outside in the sunlight.
- ✓ Spending time with family and friends.
- ✓ Eating healthy and avoiding foods with lots of sugar.

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than two weeks?

- ✓ Social withdrawal.
- ✓ Oversleeping.
- ✓ Gaining weight.
- ✓ Craving foods with lots of sugar like cakes, candies and cookies.

Seek professional help:

- ✓ Light therapy
- ✓ Psychotherapy (talk therapy)
- ✓ Medications
- ✓ Vitamin D supplements

For help finding treatment, visit: [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp)

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255); text HELLO to the Crisis Text Line at 74174; call the Keya warm-line at 402-261-5959/ Honu warm-line 402-975-2032; Veterans hotline 800-273-8255. Reach out to local mental health providers.

