

»»» NEWSLETTER «««

# DUAL RECOVERY

Connecting Genesee, Orleans, and Wyoming County

CREATED BY THE DUAL RECOVERY COORDINATOR FOR THE GOW REGION



## May is Mental Health Awareness Month

1 IN 5 PEOPLE HAVE MENTAL ILLNESS

5 OUT OF 5 PEOPLE HAVE MENTAL HEALTH

**MENTAL HEALTH MATTERS**



### Supporting Mental Health Awareness

Throughout May, there are many ways to get involved and support Mental Health Awareness Month.

Here are some ways you can make a difference:

1. Start Conversations: Encourage open dialogue about mental health in your community, workplace, or school. Share your own experiences if you feel comfortable, and listen to others with compassion.
2. Educate Yourself and Others: Take the time to learn about different mental health conditions, their symptoms, and treatments. Educating yourself helps break down misconceptions and fosters a more supportive environment.
3. Support Mental Health Organizations: Many nonprofits and advocacy groups, like the National Alliance on Mental Illness (NAMI) and Mental Health America, work to raise awareness, provide resources, and support individuals affected by mental health conditions. Consider donating, volunteering, or participating in their events.
4. Practice Self-Care: Mental health is not just about helping others—it's also about taking care of yourself. Engage in activities that promote your mental and emotional well-being, such as exercising, practicing mindfulness, journaling, or spending time with loved ones.
5. Advocate for Better Mental Health Policies: Support policies that improve access to mental health care, reduce waiting times for treatment, and provide funding for mental health research and services.



## How to Regulate Your Emotions

### When I Feel...

### I will...

**Angry**



Pause until I am able to think clearly so I can respond rationally instead of reacting.

**Overwhelmed**



Write down what I need to get done and focus on one task at a time based on importance.

**Insecure**



I will work on appreciating and accepting myself, flaws and all. I am more than I give myself credit for.

**Rejected**



I will acknowledge that this feeling sucks but I will not let it consume me. Rejection is redirection.

**Discouraged**



I will be kind to myself and remind myself of the reason why I am trying. I will use that as my strength.

**Anxious**



Focus on the present moment and take deep breaths to regulate my nervous system

*lemon8*

@rickthefactor

# 10 JOURNAL PROMPTS TO SPARK SELF-REFLECTION



Instead of trying to fix or improve things, what are three things about yourself or your life that you can decide to accept exactly as they are? How does this shift your stress level?

What's something you do that makes you feel bad about yourself (procrastination, overthinking, isolation, etc.)? Now, think about what the complete opposite action is. What would happen if you tried it for a day?

Not everyone has an easy time being positive, and it can be especially hard if you're already not feeling in a great place mentally. So, rather than listing things you're thankful for, jot down some things you don't have... and are glad you don't have or have to deal with! Was this an easier way for you to think? Does this help you see things differently?

When was a time when you felt completely recharged and refreshed? What were you doing? Who were you with (or were you alone)? Are there little things about that time that you can bring into your life more often?

If you had the chance to adjust three things about the upcoming day to make it great, what would they be? What are the reasons for your choices? What steps can you take now to make them a reality tomorrow?

Write down five cool things you've already done that made you feel happy or peaceful—or, in other words, things you've already knocked off your "bucket list." What was it about these things that made you feel good, and how can you work that into your day-to-day life?

For every bad thing happening in the world right now, people are out there working to make things better. Now, challenge yourself to find at least one positive effort, breakthrough, or solution happening around something that upsets you.

We can usually think of things we want to change in our lives pretty easily, and sometimes, they feel too big to take on. It's important to remind ourselves that we can do difficult things. What's something you used to struggle with that you don't struggle with anymore? Have you rewarded yourself for your success? If not, what can you do to celebrate?

We all feel stuck sometimes. What is one aspect of your life that feels like you're running in place? Is there something that you're waiting to happen to change things? What's one small action you can take—no matter how insignificant—that could open a path forward?

Think of a time when someone's kindness, courage, or optimism gave you hope... now flip it: What if you were already someone else's sign of hope without realizing it? What do you think you did to inspire that person?





## CredibleMind: The One-Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

### CredibleMind covers over 100 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

**Get started today by signing up and taking a mental health assessment.  
Some assessments you'll find on CredibleMind are:**

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.

Visit [wyomingcountyny.crediblemind.com](https://wyomingcountyny.crediblemind.com) to get started





# HEALTH, HAPPINESS, AND HARM REDUCTION



Did you know **UConnect Care's** Harm Reduction has  
**Walk-in Peer** and **Open Access**  
services?

Access either service at the following places and times:

- Monday and Tuesday 4-6pm  
at 5130 East Main Street, Suite 5 Batavia, NY
- First Saturday - at Medina hardware parking lot 9-1pm
- Third Saturday- at Albion Library 9-1pm
- All other Saturdays 9-1pm at East Main Street Suite 5

Individuals will be greeted by a trained Peer Advocate with no judgement.  
Our Peer Advocates will assist you in developing a plan for your next steps and  
answer your questions regarding recovery.

Looking for Treatment after hours? Evaluations will be available!

## Open access can help with:

- Applying for Benefits
- Peer Support
- Harm Reduction Supplies
- Connection to community resources
- Referral to inpatient or outpatient treatment
- Brief screening, intervention, and referral to treatment



**SUBMITTED BY - ERIN PHELPS**

FACT  
OR  
FICTION?

# NAME THAT MYTH

FACT-CHECKED

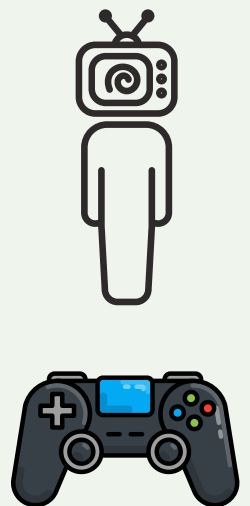
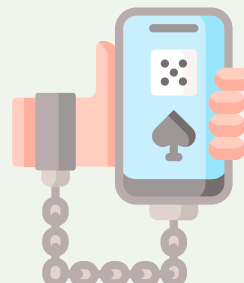
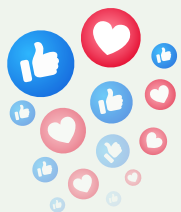
## MYTH:

*Addiction Only Involves Drugs and Alcohol*

## REALITY:

Addiction can take many forms, and it's not limited to drugs and alcohol. People can become addicted to behaviors such as gambling, shopping, video gaming, or even work. These types of addiction, often called "behavioral addictions," share many of the same psychological and physiological characteristics as substance use disorders, including compulsive behavior, cravings, and a loss of control.

Addiction can affect almost any aspect of life, not just substances, and it's essential to recognize that people can be addicted to non-substance behaviors too.



## TOXICITY PREVENTION AND CRISIS SUPPORT: THE ROLE OF THE UPSTATE NEW YORK POISON CENTER

You probably know the Upstate New York Poison Centers (UNYPC) handles calls regarding babies and toddlers who have eaten something they shouldn't have (diaper rash cream, cleaning products, medicine/vitamins, button batteries, plants, etc. etc.).

But did you know only 40% of incoming calls to our poison center involve children under 5?

The Upstate New York Poison Center is a free & confidential telephone triage line available 24/7/265 to residents in the 54 counties of upstate New York. Incoming calls are answered by Registered Nurses, Pharmacists and Physicians all who have specialized training in toxicology. In 2024, over 50,000 calls were made to the UNYPC involving people of all ages.

### **Our top five calls include:**

- Analgesics (i.e. Tylenol, Motrin)
- Household Cleaning Products (i.e. bleach)
- Antidepressants
- Cosmetics & Personal Care Products (i.e. hand sanitizer, nail polish remover)
- Cardiovascular Medication

When we look at our call volume – two other issues warrant attention – intentional poisoning (self harm/suicide) and edible cannabis exposure.

Edible cannabis products can often look and smell like candy, baked goods or drinks. Children unintentionally exposed to cannabis can experience trouble walking, sleepiness and difficulty waking up. It is imperative to store all cannabis products away from other household items, preferably in a locked cabinet or medication lock box.

Suicide is one of the leading causes of death in the United States. According to the Centers for Disease Control (CDC), 1.6 million Americans attempted suicide in 2022, resulting in 49,476 deaths. That is 1 death every 11 minutes. The number of people who think about suicide is even higher. Poisoning, including drug and non-drug poisoning, is the third leading means of suicide deaths. We encourage proper storage of all medications (over-the-counter, prescription and nutritional supplements) as well as other toxic household items. Consider using a medication lock box and store items up and out of sight of children and those who have a history of suicide or suicide ideation.

Please call the UNYPC with any poisoning questions or emergencies, at any time  
– 1 800 222 1222.

Take a minute to save the number in your cell phone. Poisoning can happen at any time – even while on vacation, at the park, at grandma's house or in the middle of the night. For more information, visit [upstatepoison.org](http://upstatepoison.org).





# PRIDE PAINT NIGHTS

ARTS COUNCIL FOR WYOMING COUNTY

31 S Main St, Perry, NY 14530

FEBRUARY 12 • MARCH 12 • APRIL 9 • MAY 14

2ND WEDNESDAY OF EACH MONTH  
5:30 - 7 PM

This project is made possible by a grant from the Health Foundation for Western & Central New York. The Health Foundation's vision is a healthy central and western New York, where racial and socio-economic equity are prioritized so all people can reach their full potential and achieve equitable health outcomes.

SPONSORED BY:

Health Foundation  
for Western & Central New York

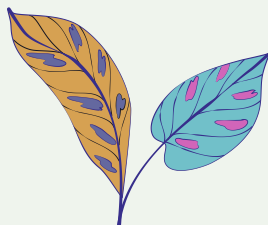
GLOW  
OUT

ACWC  
arts council for  
wyoming county

Registration  
requested, not  
required.  
Free and open  
to the public.



For more information visit [www.glowout.org](http://www.glowout.org)



## SAGE @ EDEN CAFÉ SATURDAYS & Bakeshop BATAVIA, NY

DECEMBER 7 & 21 • JANUARY 4 & 18  
FEBRUARY 1 & 15 • MARCH 1, 15, & 29  
APRIL 12 & 26 • MAY 10 & 24

EDEN CAFE & BAKE SHOP 10 AM

242 ELLICOTT ST, BATAVIA, NY 14020

Join us for a bi-weekly "Coffee and Pastries" program designed for LGBTQ+ individuals aged 55 and older. This welcoming space offers a chance to celebrate our identities, foster community, and explore the unique challenges that come with aging as part of the LGBTQ+ community. Enjoy casual, meaningful conversations over coffee and pastries as we support one another, welcome guest speakers, and engage in discussions on topics that matter most to us as we navigate this exciting next stage of life.

Sponsored by:

Health Foundation  
for Western & Central New York

GLOW  
OUT

This project is made possible by a grant from the Health Foundation for Western & Central New York. The Health Foundation's vision is a healthy central and western New York, where racial and socioeconomic equity are prioritized so all people can reach their full potential and achieve equitable health outcomes.



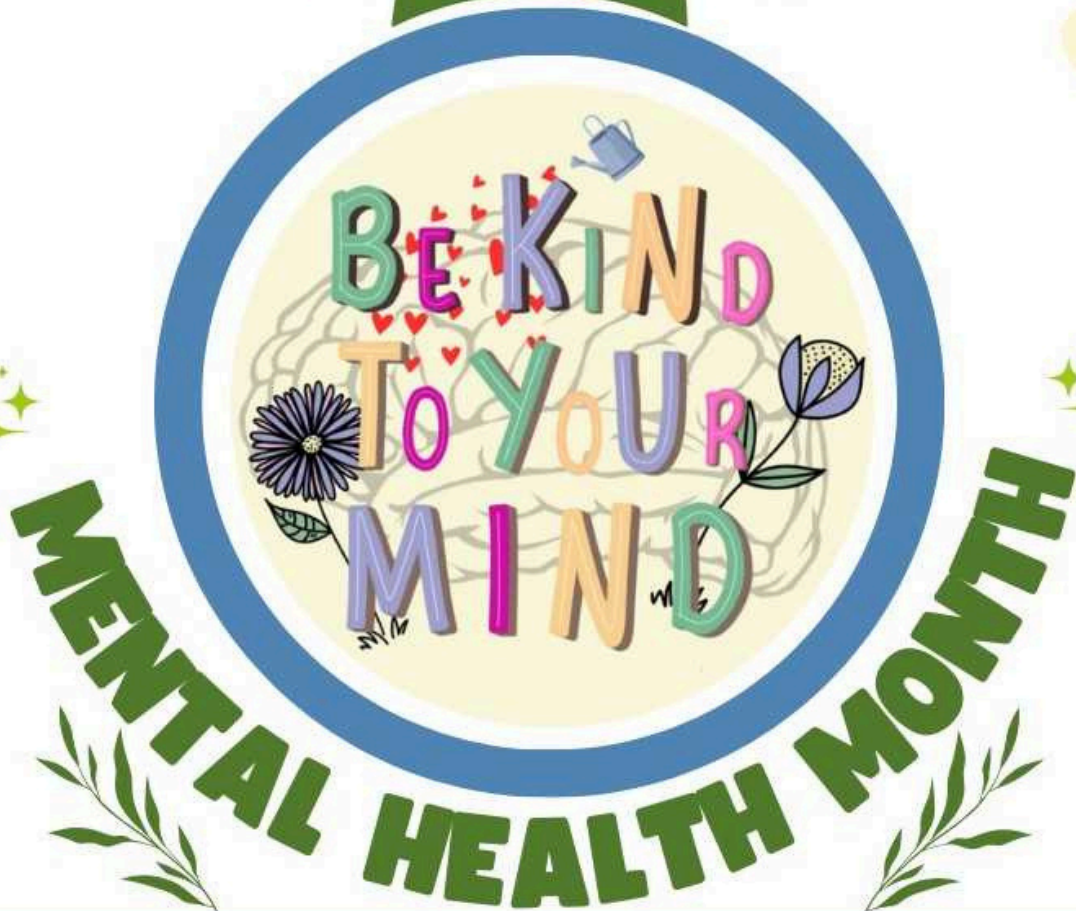
For more information or request transportation to the event, call Program Coordinator Pat Cole at (585) 813-5081 or email Sara Vacin at [svacin@glowout.org](mailto:svacin@glowout.org).

PLEASE VISIT [WWW.GLOWOUT.ORG](http://WWW.GLOWOUT.ORG) FOR MORE INFORMATION.

WARSAW  
PUBLIC LIBRARY

THU. MAY 8

12 PM



Join Patricia Baron-Mills from Clarity for May is Mental Health Month!

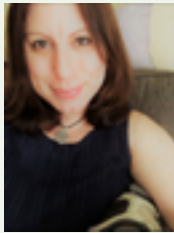
Learn self-care and simple ways to take care of daily stressors, including mindfulness, breathing, & relaxation techniques. She will also present data/facts on mental health and provide handouts for information on the skills taught in this workshop. Registration required.

Click "view library events" at [warsawpubliclibrary.org](http://warsawpubliclibrary.org) to register or call 786-5650.

Clarity | Wellness  
Community



**CREATED BY:**  
**JENELLE VONBUREN, BS, CASAC**  
**DUAL RECOVERY COORDINATOR**



**Contact Information:**  
**jvonburen@wyomingco.net**  
**585-786-8871**

**OUR MISSION IS TO MEET THE NEEDS OF  
THE COMMUNITY BY PROMOTING THE  
WELLNESS OF ALL, WITH A FOCUS ON  
PROVIDING HOPE AND RECOVERY IN THE AREAS  
OF MENTAL HEALTH, DEVELOPMENTAL  
DISABILITIES, AND CHEMICAL DEPENDENCY.**

**Resourceful Websites:**

Suicide Prevention: [www.afsp.org](http://www.afsp.org)  
Alanon and Alateen (AA): <https://al-anon.org/al-anon-meetings/>  
Alcoholics Anonymous (AA): <https://www.aa.org/>  
Narcotics Anonymous (NA): [narcotics.com](http://narcotics.com)  
Gamblers Anonymous (GA): [gasteps.org](http://gasteps.org)  
National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org)

**REFLECTIONS:**

