

ABMHC Mental Health Matters

Quarterly Peer Support
Newsletter

6/6/2014

Edition 1: Volume 2



Making Mental Health Beautiful

By: William

Last Spring I worked on a garden with Peer Support staff and clients with the help of master gardeners from the community. It was based on Vincent van Gogh's painting "Irises" which he painted in a mental institution in France. I worked on it several times out of the few months it took to plant it. It

feels like I am accomplishing a goal when I see something I worked on bloom. One of the goals of the Iris Garden is to promote awareness that recovery is possible. Please visit the garden located in front of the lobby. ◇

A Time to Celebrate Volunteers

By: Victoria

In April, we had a lunch to honor some of Peer Support's



volunteers and helpers in recognition of Volunteer Appreciation Month. We went to Kobe Japanese Steak



& Seafood House in Aiken, SC, where we had a delicious meal. We would like to thank all the volunteers and helpers from Peer Support who assist us so much every day. Thanks to all who attended the lunch: Arthur Pruitt, William Bentley, Daisy Bing, Marc Harris, Larry Fuller, Frank Bibbs, Jill Marsh, and Willie Ross. ◇

Fun Facts

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Guess which Peer Support Staff member did each of the following:

1. Is afraid of bees thanks to the movie *My Girl*
2. Once worked for James Brown's lawyer
3. Has a tattoo of a unicorn on his/her hip
4. Has attended symphonies, operas, ballets, and musicals.
5. Has 6 pets at home
6. Has 3 published books under pseudonyms
7. Once wore a hot pink wig for Halloween (and yes there are pictures)
8. Siri calls this PSS staff member "Mrs. Timberlake"
9. Is an avid bird watcher
10. Was voted "Most School Spirit" in high school
11. Once owned a chocolate skunk named Benàì

(See back for answers) ◇

Our Day in Columbia

By: Frank

We had a chance to see Governor Nikki Haley at the Children's Mental Health rally outside the state capital.

She spoke about how one out of every five children will be diagnosed with a mental illness. We also heard some people tell their personal recovery stories. It was a good experience for us to see people speaking on behalf of Mental Health services for children. ◇



Celebrating Peer Support's 10th Anniversary

By: Larry

My name is Larry Fuller and I'm writing on peer support's 10th anniversary. What I like about peer support is it helps us work towards independent living and helps us interact with our peers. Having a strong hold on your mental

illness and recovery can make you a strong person inside and out. We had a cookout to celebrate the 10th anniversary. The food was marvelous and the staff made sure all our needs and wants with the food was satisfied. Victoria, Cindy, Cynthia, Joe, and Wayne were excellent and they made sure we had a great time. I'm looking forward to a 2015 Peer Support Recovery Cookout. ◇



For More Information about Peer Support Services, please talk to your case manager.

This newsletter was created by: Suzanne Haney, Lloyd Cheek, Alexis Johnson, Dorothy McCoy, Larry Fuller, Frank Bibbs, Jacqueline Williams, Elliott Bright, and D'Markus Jefferson. Edited by: Victoria Wilson.

Fun Facts Answers: 1. Victoria Wilson, 2. Cynthia Dowda, 3. Cindy Smith, 4. Victoria Wilson, 5. Wayne Moseley, 6. Cynthia Dowda, 7. Joe Stertz, 8. Victoria Wilson, 9. Wayne Moseley, 10. Victoria Wilson, 11. Cynthia Dowda ◇