

A NEWSLETTER FOR YOU AND ABOUT YOU

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ROADS TO RECOVERY NEWSLETTER

Created by Dual Recovery at Warren Washington Association for Mental Health to support individuals in recovery

SPOTLIGHT TOPIC

Welcome to the Community

BY GINGER MILLER

My name is Ginger Miller and I recently started working at Warren-Washington Association for Mental Health as a Peer Specialist in Dual Recovery. I am a CRPA (Certified Recovery Peer Advocate), and I am working to become a Certified Peer Specialist. A CRPA is someone that is most often in long-term recovery themselves, I just celebrated 8 years. They have received training to become a Recovery Coach and meet certain qualifications through the OASAS (Office of Addiction Services And Supports). A CRPA's main goals are to help others that want to work on their recovery to find a path that works for them, to help remove barriers when possible, to connect them with community resources, to share personal experiences when appropriate of what things helped or didn't help them in their own recovery, and to offer support and hope. A Certified Peer Specialist does the same things but has training and meets criteria that the OMH (Office of Mental Health) requires. A Certified Peer Specialist is similar to a CRPA, but is someone that has a mental health diagnosis. I am not a therapist or counselor, I don't have degrees for either one. When supporting people as a CRPA/Peer Specialist, I am not a sponsor (a 12-step program mentor). It is my sincere desire to help people find hope, to be encouraging, to be honest, and to be supportive of individuals building the life they want in dual recovery.

If you or someone you know would like some support like this, please feel free to contact me to see when we can talk or meet. We can determine what ways I might be supportive or helpful. I can be reached by phone at 518-401-5991 or by email at gmill@wwamh.org. Although you may feel as I did - alone, unimportant or hopeless - please know you are NOT alone. You ARE important and there IS hope. There are people like me that have been there, that care and want to help if you'll just give us a chance.

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UNDERSTANDING THE DIAGNOSIS

Post-Traumatic Stress Disorder (PTSD)

BY GINGER MILLER

According to the American Psychiatric Association (APA), PTSD is a mental health condition that's triggered by a terrifying event - either experiencing it or witnessing it - such as an accident, assault, military combat or natural disaster. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. PTSD symptoms often co-exist with other conditions such as substance use disorders, depression and anxiety. For a diagnosis of PTSD, the symptoms must last more than one month.

The symptoms typically begin within three months after a traumatic event, but sometimes may not appear until years after the event. These symptoms can cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks. The intensity of the symptoms can vary over time.

What does living with PTSD feel like? Each person is affected differently; it can make a person feel constantly uneasy, on-edge, scared and depressed. There are some side effects and common features that are worth considering when trying to understand what PTSD feels like; such as flashbacks, hypervigilance, avoidance and numbing, panic attacks, nightmares and insomnia, depression, and chronic pain.

PTSD can be treated and managed in several ways including psychotherapy, medications, self-management strategies, and service animals. If you have concerns or questions regarding PTSD, please have a conversation with your doctor or mental health provider.

Some reputable hotlines to call for general mental health concerns include:

- National Alliance on Mental Illness (NAMI): Available Monday through Friday 10am to 6pm EST: (800) 950-NAMI (6264). Hotline staff are prepared to answer any mental health questions you may have. You can also text NAMI to 741741 for free support.
- Substance Abuse and Mental Health Services Administration (SAMHSA): Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and Spanish.
- [MentalHealth.gov](https://www.mentalhealth.gov): Available 8am to 8pm EST to provide mental health information and treatment referrals: (877) 726-4727.
- National Institute of Mental Health (NIMH): Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or Spanish and attend to requests for copies of NIMH brochures.
- Boys Town: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000.





HEALTH & WELLNESS

Herbs & Spices

BY GINGER MILLER

Did you know that herbs & spices do more than tenderize meat or add flavor to our food? They also provide significant health benefits! So, what is the difference between a spice and an herb? Spices and herbs are differentiated botanically based on their sources of different plant parts. Herbs come from leafy green parts of plants, such as mint and basil. Spices are obtained from barks, stems, roots, flowers, fruit and seeds, such as cinnamon and ginger.

Spices and herbs are rich in healthy antioxidants, essential oils, vitamins, and minerals, which are essential for overall health for a number of reasons. According to studies by Vanderbilt University, spices and herbs are the most antioxidant-dense dietary source of antioxidants. They have various health promoting benefits, such as anti-inflammatory, anti-bacterial, anti-blood-clotting, anti-flatulent, carminative and wound-healing properties, and the great antioxidant power helps to prevent oxidative stress-related diseases. Studies have researched the potential effects of spices and herbs on diabetes, inflammation, hyperlipidemia and hypertension in humans.

Spices and herbs contribute few calories while typically containing a large combination of different antioxidants, which can protect every part of the plant cells against oxidative damage and decrease risks of chronic diseases. Some commonly used spices and herbs are given below. Check out their health benefits and explore some recipe ideas if you are interested in introducing new spices and herbs into your diet.

Health Benefits:

Studies show that basil helps to normalize cortisol levels and has anti-stress effects. Antioxidant compounds protect chromosomes from free radicals, and its volatile oils have anti-bacterial and analgesic properties.

BASIL



Recipes:

- * Add the chopped fresh basil to fresh salads
- * Add into cold pasta dish and dress with extra virgin olive oil
- * Put whole leaves on slices of tomato with mozzarella
- * Add dried basil at the very end of cooking to impart flavor (stir fries, pasta sauces)

Health Benefits:

Cinnamon has been found to slow gastric emptying and reduce rise in blood sugar after a meal. It has been studied for potential benefits in Type 2 Diabetes, Poly Cystic Ovarian Syndrome and boosting cognitive functioning. Cinnamon can be used as a “warming” spice with ginger at the first sign of a respiratory infection. Its volatile oils have anti-fungal and antibacterial effects.

CINNAMON



Recipes:

- * Roast root vegetables with cinnamon
- * Add to warm or cold breakfast cereal
- * Add cinnamon quill to beef or vegetable stews (or lentil soup)
 - * Sprinkle cinnamon on fruit
- * Mix cinnamon with mint and parsley and add in burgers or meatloaf
- * Make a rub for meat with equal parts of cinnamon, cardamom, and black pepper
 - * Mix into grains (rice, quinoa)
 - * Add to warm drinks (tea, cocoa)



Herbs & Spices Cont

Health Benefits:

Rosemary contains a special blend of antioxidants (rosmarinic acid, carsonic acid, and carnosol) and has a more potent antioxidant power than man-made antioxidants. Studies has shown that rosemary can lower cortisol levels when inhaled and improve memory. It also helps to decrease the carcinogenic heterocyclic amines created by high temperature cooking when used as marinade or added to meats.

Health Benefits:

Studies have shown that turmeric has potent antioxidant and anti-inflammatory power due to the compound curcumin. Turmeric has been found to have benefits for cancer and osteoarthritis. Its use in Alzheimer's, cardiovascular disease, Parkinson's, Inflammatory Bowel Disease, and depression is under study.

Health Benefits:

Meta-analysis showed that those with highest consumption of garlic had lower risk of colon cancer, atherosclerosis and cardiovascular disease. Garlic also helps to lower triglycerides, total cholesterol and blood pressure, and has anti-bacterial and anti-viral effects.

Health Benefits:

Ginger has been found to benefit osteoarthritis, migraine, and gastrointestinal complaints such as motion sickness, nausea and vomiting. Ginger is also a "warming" spice and can be used in respiratory infections.

ROSEMARY



Recipes:

- * Add to egg scrambles, omelets, and frittatas
- * Season chicken, lamb, and fish by placing a sprig under the meat
- * Add to tomato soups and sauces
- * Add to scones, biscuits, and breads
- * Puree fresh leaves with olive oil and use as a dipping sauce
- * Infuse a rosemary stalk in vinegar
- * Use to flavor roasted vegetables and nuts

TUMERIC



Recipes:

- * Add to sautéed or roasted vegetables
- * Add to rice or pilaf
- * Add to scrambled eggs and frittatas
- * Add to braised greens like kale or cabbage
- * Use as flavoring in curry and coconut dishes

GARLIC



Recipes:

- * Stuff cloves into roasts and other meat dishes
- * Slice fresh garlic into extra virgin olive oil to use in marinade, dipping sauce, salad dressing
- * Puree roasted garlic, cooked potatoes and olive oil for garlic mashed potatoes
- * Stud garlic cloves in thick eggplant slices and sprinkle with coriander, ground ginger, and grill until tender
- * Add to soups and stews

GINGER



Recipes:

- * Add grated ginger to vegetable stir fries
- * Rub into meat for flavor and to tenderize
- * Grate into melted butter and serve as a sauce with shellfish
- * Add ginger and orange juice to pureed sweet potatoes
- * Add to lemonade or hot cider



THE JULY CHALLENGE

WE WANT TO HEAR FROM YOU!

We challenge you to try a new herb or spice, even if it is one that is not highlighted above, and let us know about it! Summer is a great time to add a little herb or spice to your life. Tell us the name of the herb or spice you tried, the way you used it (salad, dip, sauce, chicken, beef, fish, veggies, grilling, drink, baked good, etc.) and how you liked it.

Email us at: gmler@wwamh.org by July 25 if you are interested in contributing to our August newsletter.

INSPIRATION & MOTIVATION

"JUST WHEN THE CATERPILLAR THOUGHT THE WORLD WAS OVER, IT BECAME A BUTTERFLY." ~ZEN PROVERB

"EXPOSE YOURSELF TO YOUR DEEPEST FEAR; AFTER THAT, FEAR HAS NO POWER." ~JIM MORRISON

"EVERYTHING YOU'VE EVER WANTED IS ON THE OTHER SIDE OF FEAR." ~GEORGE ADDAIR

"IT MATTERS NOT WHAT SOMEONE IS BORN, BUT WHAT THEY GROW TO BE." ~J.K. ROWLING

"ONLY IN THE DARKNESS CAN YOU SEE THE STARS." ~THE REV. DR. MARTIN LUTHER KING JR.

"WHAT LIES BEHIND US AND WHAT LIES BEFORE US ARE TINY MATTERS COMPARED TO WHAT LIES WITHIN US." ~RALPH WALDO EMERSON

"YOU WILL FACE YOUR GREATEST OPPOSITION WHEN YOU ARE CLOSEST TO YOUR BIGGEST MIRACLE."
~SHANNON L. ADLER

"NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS 'I'M POSSIBLE'!" ~AUDREY HEPBURN

"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP." ~CONFUCIUS

"LIFE ISN'T ABOUT FINDING YOURSELF, IT'S ABOUT CREATING YOURSELF." ~GEORGE BERNARD SHAW

"JUST BECAUSE YOUR LIGHT FLICKERS DOES NOT MEAN IT'S ABOUT TO GO OUT." ~YOHANCÉ SALIMU

"RECOVERY IS HARD. REGRET IS HARDER". ~BRITTANY BURGUNDER

"DON'T LET THE PAST STEAL YOUR PRESENT." ~TERRI GUILLEMETS

*Do you have a favorite inspirational quote that has helped you in your recovery?
Email us to let us know: gmler@wwamh.org.*



THE FUN SPOT

Word Scramble on Feelings



1. NRKAYC _____
2. ECPLFAU _____
3. RQLAUNTI _____
4. TTOCIPIMSI _____
5. RLEIBITRA _____
6. NYDENO A _____
7. THASEXDEU _____
8. RYUKQI _____
9. TUYLGI _____
10. ZDVITMEICI _____
11. SVISOMHECIU _____
12. DONBADNAE _____
13. VUCELMOSPI _____
14. KPDCINAE _____
15. TLENARUCT _____
16. KTASPILEC _____
17. DDENUcide _____
18. SAULEJO _____
19. KEHRANOBTER _____
20. EYONLL _____
21. RNAYG _____
22. LEUSOZA _____
23. GUJDDE _____
24. NOCTDEFNI _____
25. TGULERAF _____
26. SDRSAMBERE _____
27. TESLSRSE _____
28. NDNITSETCO _____
29. LCTUFANBRMOEO _____
30. TIGFDERHEN _____

Look for the answers in our August newsletter!



RECOVERY RESOURCES

- Al-Anon and Alateen Groups** – Hope and help for families and friends of alcoholics: al-anon.org
 - Alcoholics Anonymous (AA)** – Local group schedule and information: district13.aahmbny.org
 - Celebrate Recovery (CR)** – Celebrate Recovery is a Christ-centered, 12-Step recovery program for anyone struggling with hurt, pain or addiction of any kind: celebraterecovery.com
 - Debtors Anonymous** – Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: debtorsanonymous.org
 - Digital Recovery Support** – Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: www.recoveryanswers.org
 - Gamblers Anonymous (GA)** – Online services for anyone struggling with a gambling addiction: gasteps.org
 - Grief Recovery After a Substance Passing (GRASP)** – For those who have lost someone to substance use or addiction: grasphelp.org
 - In the rooms** – A global online recovery community who share their strength and experience with one another daily through live meetings, discussion groups, and other tools in the rooms: intherooms.com
 - My Recovery** – Online 12-step meetings: myrecovery.com
 - Narcotics Anonymous (NA)** – local group schedule and information: narcotics.com
 - Overeaters Anonymous (OA)** – Online support groups for anyone who wants to stop eating compulsively: oarecovery.com
 - The Phoenix** – Recovery community organization offering daily live stream crossfit, yoga and meditation every two hours through the COVID Crisis: thephoenix.org
- The Trevor Project** – Support for youth in crisis: thetrevorproject.org/hotline: 866-488-7386
- International Bipolar Association Crisis Line:** 1-800-273-TALK (8255)
- National Association of Anorexia Nervosa and Associated Disorders Helpline:** 630-577-1330
- National Center for PTSD Helpline:** 1-800-273-8255

- Addiction Apps:** Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
 - Counseling Apps:** TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)
 - Suicide Prevention Apps:** MY3 (Free) notOK (Free)
 - General Mental Health Apps:** What's Up (CBT; Free) Mood Kit (CBT; \$)
 - Anxiety Apps:** MindShift (Free), Self-Help Anxiety Management – SAM (Free), CBT Thought Record Diary (Free)
 - Bipolar Disorder Apps:** IMoodJournal (\$), EMoods (Free)
 - Depression Apps:** Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)
 - Eating Disorder Apps:** Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
 - Obsessive Compulsive Disorder Apps:** nOCD (Free), Worry Watch (\$), GG OCD (Free)
 - PTSD Apps:** PTSD Coach (Free), Breathe2Relax (Free)
 - Schizophrenia Apps:** UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
 - Mindfulness & Meditation Apps:** Headspace (\$), Calm (\$), Ten Percent Happier (\$)
- *Many of the above app suggestions were derived from: psycom.net*

DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY FROM 4:00-5:00 PM AT THE

HOPE & HEALING RECOVERY CENTER - 2 MAPLE STREET, HUDSON FALLS

ATTEND IN PERSON OR VIRTUALLY - ZOOM MEETING ID: 844-2214-0148

PLEASE VISIT WWW.WWAMH.ORG FOR MORE INFORMATION & COPIES OF OUR NEWSLETTERS

