

May 2023 Issue

# Dacotah Recovery Center Newsletter

522 W Arbor Ave.

Bismarck, ND 58504

701-255-6402

dlc@dacotahfoundationorg

## May is Mental Health Awareness Month

Look Around, Look Within: Your surroundings say a lot about your mental health. Take a moment to consider your surroundings. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally? Challenge yourself to look at your world and how different factors can affect your mental health.

Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections, are part of what is called “social determinants of health” (SDOH). The more these factors work in your favor means you are more likely to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being.

- Work toward securing safe and stable housing: This can be challenging due to finances, age, and other reasons, but there are a few things you can try, such as reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a community center or friend’s home) where you can get the comfort you are missing at home.
- Focus on your home: Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- Create bonds with your neighborhood and community: Get to know the people living around you, and support local businesses to challenge gentrification.
- Connect with nature: Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light. If you’re taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. Take a free, private screening at [mhascreening.org](https://mhascreening.org) to help you figure out what is going on and determine next steps. The world around us can be both positive and negative – bringing joy and sadness, hope and anxiety.

To learn more about mental health, substance use resources or how to support a family member experiencing mental health concerns; please call the Dacotah Recovery Center at 701-255-6402. If you are currently experiencing a mental health crisis contact 2-1-1 or 9-8-8 and talk to someone 24/7.

**DC DREAMCENTER**  
BISMARCK

**MEETINGS & EVENTS**

Has the Dream Center  
made an impact in  
your life?  
**LEAVE US A REVIEW!**



**Bismarck Memory Café**

An event for anyone living with Alzheimer's or other types of dementia, and their spouse, partner, family, caregiver(s) and friends.

2nd Saturdays  
10am-12pm  
Events Center



For questions, email  
bizmemorycafe@gmail.com



**Celebrate Recovery!**

Meeting Fridays 7pm-9pm in the  
Events Center.

Dinner Served 5:30pm-7pm  
in Trinity Hall

**Nourish Together**  
Mom to Mom Support Group



**4th TUESDAYS**

January-April 6PM - 7PM

CONFERENCE ROOM  
(upstairs)

Dinner Served at 5:30pm  
in Trinity Hall



**Women's Step  
Study**

**SATURDAYS**  
10:30AM - 12:00PM  
CONFERENCE ROOM

**AARP Foundation**

**TAX-AIDE**

Call  
**701-751-4074**  
to set up an  
appointment!



In Trinity Hall every 2nd Monday 5pm-7pm  
and every 4th Tuesday 7am-9am.

**THURSDAYS**

7:00 PM  
IN THE CHAPEL



The Body of Christ Coming Together to Pray.



**TUESDAYS**  
4:30 PM-5:30 PM IN TRINITY HALL



**2nd THURSDAYS**  
**6PM - 7:30PM**

Every nation touched, every heart changed.  
Aglow Bismarck Gathering

Conference Room  
(Upstairs)



In Trinity Hall every  
First Wednesday  
4:30pm-7pm & every  
Third Wednesday  
7am-9am

Scan to **DONATE:**



**HELP KEEP THESE  
EVENTS at the  
DREAM CENTER!**

**Mail a check:**

DREAM CENTER BISMARCK  
1805 PARK AVENUE  
BISMARCK, ND 58504

Helping People. Changing Lives.

**community  
Action**  
PARTNERSHIP  
of North Dakota  
NORTH DAKOTA'S POVERTY FIGHTING NETWORK

**NATIVE INC.**

Community Development Corporation



# What's New at the DRC

1. A new peer support group is starting this month... It is a Women's Group about Women and for Women. This will be happening every Monday at 4:30pm. This group will provide support and education on things that are important to you as women. **Starts May 1st.**

**If more specialized peer support groups are something you are interested in please let Heather know .**

2. Summer activities are approaching. We are starting some day trips this month. **May 3rd**—Knife Indian Village in Stanton, ND possibly stopping at the Garrison Dam and will stop for lunch and enjoy the hospitality of a surrounding town's café. **May 24th**— Lawrence Welk Museum near Strasburg, ND. We and will stop for lunch and enjoy the hospitality of a surrounding town's café. Time leaving and time returning is still being discussed. **Suggestions are welcome.**

3. **May 25th** is Our Monthly Birthday party and New Member Orientation. We want to celebrate our members that have birthday's in the Month of May. We also want to celebrate new members, it is a time for people to get to know each other and socialize!! We will be having Lunch and a dessert.

4. **What is IMR at 2pm on Wednesday's you may ask?** It stands for Illness Management in Recovery. This is an Educational Group focused on teaching illness self-management to persons with serious mental illness. It includes education on medication management, planning for relapse prevention, social skills training to strengthen social support, and coping skills to manage symptoms of mental illness. Please join us.. If this interests you , but the times do not work, please get ahold of Heather and we will work out different times.

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