SERLC
SOUTH EAST RECOVERY LEARNING COMMUNITY

Quarterly Newsletter

SOUTHEAST RECOVERY LEARNING COMMUNITY

Fall, 2024

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Scan the QR Code with your phone's camera to access this newsletter online.

SCAN ME

This newsletter is available on our website at southeastrlc.org/newsetter

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What's Been Happening at the Southeast Recovery Learning Community?

Summer Guest Speakers:

Brockton RCC

Bureau of Substance Addiction Services (BSAS)

Massachusetts Organization for Addiction Recovery (MOAR)

MassRehab Commission

Fall River RCC

Financial Planning Association of New England.

Fall River RCC

The FRCC has a new Program Director! Welcome Justin!

Congratulations Justin on passing your CPS exam!!

New Photography Class with Justin every other Monday @ 1pm



The peers at the Fall River RCC have been growing in their recovery through groups and have been valuing their arts and crafts time.

Quincy RCC

Community members created a plants area they have termed: "Welcome to Earth"



Juneteenth movie event



Tie Dye Party



All new seating for social groups!

Thank you to the 92 people who took our annual Quality-improvement and Satisfaction Survey!

Your input and feedback is greatly appreciated and will help us move forward with improvements to groups, events and other supports at the SERLC.



Brockton RCC Summer Outings

BBQ @ Watson Pond



Brockton RCC peer community members at the New England Aquarium

Thank you to everyone who came out to celebrate with us at our RCC ice cream socials!

Each RCC continues to work on their collaborative art project, painting a canvas mural together to showcase at their centers.



This newsletter is available on our website at southeastrlc.org/newsetter

What's Been Happening at the Southeast Recovery Learning Community?

Summer Community Events

Taunton Pride Festival





Lorna and Ryan enjoying the excitement, rocking the Brockton RCC resource booth, and having a great time!

Fall River Pride





Krista and Christine hosting the resource table and soaking up the festive vibes!



Monica and Danni from the Hyannis RCC hosting the resource table and enjoying Family Unity Day!

Join the Hyannis RCC at Cape Cod Pride 9/14

Dual Recovery Anonymous Retreat at Nichols College



All 4 RCCs were represented at the retreat and our SERLC DRA Facilitators received their DRA coins at the end of the retreat to celebrate their recovery milestones. Congratulations Monica, Krista, Marlene and Judith!



Barbara, Program Director of Brockton RCC having a blast at BAMSI Pride!



Monica of the Hyannis RCC beating the heat at the International Festival!



Krista of the Fall River RCC hosting the table at the outreach fair at the CTC.

SERLC Fall Events and Activities

Brockton RCC

Fall Outings and Events

Starland in Hanover
Nantasket Beach
Open Mic Night
Movie night

Monthly Guest Speaker Series

Social Security Administration 9/30

BIPOC Peer Professional Panel in October

HALLOWEEN thanksgiving

Potluck Meal 9/18
Halloween Party 10/30
Friendsgiving 11/20

Stay tuned for more RCC Halloween & Thanksgiving events on our website, Instagram and Facebook pages.

Open House Celebrations!

Hyannis RCC 9/17 11am - 2pm
Fall River RCC 10/11 11am - 3pm
Quincy RCC 9/27 11am - 2pm

Quincy RCC

HAPPY HALLOWEEN

Spirit Week at the Quincy RCC

9/23 Decades Day
(60s/70s/80s themed)
9/25 Sports Hero/Teams Day
9/26 Crazy Hat Day
9/27 Open House

The fishbowl room is getting a "spacey makeover" with new paint and a galaxy theme!

Free Haircuts Coming in October!

Check out our latest and upcoming group offerings!

Standing up to Stigma - Hyannis RCC - Thursdays @ 11
Photography Group - Fall River RCC - Every other Monday @ 1-2
Dual-Anon - Hyannis RCC - Mondays @ 6-7:30 - Starts 9/30!
Men's Peer Support Group - Quincy RCC - day/time TBD
Journaling & Writing Group - Quincy RCC - day/time TBD
Spiritual Wellness Group - Quincy RCC - day/time TBD

October 17th is Global Peer Support Day!

Global Peer Support Celebration Day honors and celebrates peer supporters across the globe who have inspired hope and offered support to those struggling with the impact of mental health concerns, addiction issues and trauma related challenges. Don't forget to let your peer supporters know how much you appreciate them on this special day!

TRICK or TREAT

To keep up with our activities and events, follow us on Facebook @southeastrecoverylearningcommunity & Instagram at @southeastrlc.

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September is Suicide Prevention Awareness Month

September is Suicide Prevention Month, aiming to raise awareness, reduce stigma, offer hope, and provide resources for suicide prevention and support.

This month honors those lost to suicide, the survivors of suicide attempts, and friends and families impacted by suicide.





Suicide Prevention Crisis WarmLines





The *National Suicide Prevention Lifeline* is a network of local crisis centers that are available 24/7 to provide support for youth and adults who are in any kind of emotional crisis.

988lifeline.org
or call 988





The *Veterans Crisis Line* serves Veterans, service members, and those who support them. Access free, confidential support 24/7, 365 days a year.

Dial 988 and choose Option 1
Text 838255, chat online, or call 800-273-8255

veteranscrisisline.net



The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round.

thetrevorproject.org

Suicide Prevention Peer Support Groups

Alternatives to Suicide Group - MBRLC - Thursdays 5-6:30pm - mbrlc.org
Living With Suicide Group - Mondays 3pm - Kiva Centers - kivacenters.org
Alternatives to Suicide Groups - Wildflower Alliance - wildfloweralliance.org
Alternatives to Suicide Group - Mondays 4pm - Advocates - advocates.org/events/alternatives-suicide-support-group

The SERLC has a peer support warmline. 7 days a week/4pm-8pm daily.
Call 877-733-7563 (877 PEER LNE) (no "i")

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September is Suicide Prevention Awareness Month



Suicide Prevention Warmlines



THRIVE Lifeline is a trans-led group of marginalized identities certified in suicide intervention. As a 988 alternative, they do not engage in non-consensual active response and respect your own decisions and autonomy.

thrivelifeline.org

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year referral and information service for individuals and families facing mental health and/or substance use challenges.

This service provides referrals to local treatment facilities, support groups, and community-based organizations.

samhsa.gov/find-help/national-helpline

1-800-662-HELP (4357)

DeeDee's Cry provides support and resources on suicide prevention, loss and mental health education. They support families impacted by suicide and aim to create a space where conversations begin to lift the stigma on suicide and mental health within BIPOC communities.

deedeescry.org





Support for Suicide Loss Survivors

The Alliance of Hope for Suicide Loss Survivors was created by survivors for survivors and provides online healing support and other services for people who are coping with devastating loss to suicide. Their online forum operates like a 24/7 support group and their website contains support resources and information on the survivor experience.

allianceofhope.org

Trauma Assistance Program for Survivors offers help, hope and healing to all who are grieving the death of a military or veteran loved one. They are fellow suicide loss survivors who have been traveling the pathway of grief and offer support. TAPS provides resources and programming that provide compassionate care through their approach to suicide postvention. They can help with immediate stabilization, support with processing grief, and opportunities for healing and growth.

taps.org/suicide



Living With Suicide Support Group - Kiva Centers - kivacenters.org

Support Group for Survivors of Suicide Loss - SafeSpace - samaritanssoco.org/i-lost-someone-to-suicide

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September is Recovery Month!

September is recognized as National Recovery Month. This month serves to raise public awareness and address the stigma surrounding substance use, addiction, and mental health recovery. This month celebrates the strength and resilience of those who have been transformed through recovery, and reaffirms the commitment to providing equitable access to recovery-oriented services and support to all in need.



Substance Use & Recovery Warmlines



The Massachusetts Substance Use Helpline is a statewide, public resource for finding substance use and harm reduction treatment, along with problem gambling services. Helpline services are free, confidential, and available 24/7.

800-327-5050
helplinema.org



The Massachusetts Behavioral Health Help Line (BHHL) is a free, confidential service that connects Massachusetts residents to clinical help and peer support for mental health and substance use concerns. BHHL is available by phone, online chat, or text. 24/7, 365 days a year.

masshelpline.com
833-773-2445





Never Use Alone is a free national overdose prevention, detection, life-saving crisis response and medical intervention service for people who use drugs while alone. Never Use Alone's peer operators are available 24/7, 365 days a year.

neverusealone.com
877-696-1996



SERLC Substance Use & Addiction Peer Support Groups

Journaling Your Way to Recovery: 12pm Mondays - Fall River RCC
Mental Health and Dependency: 1:15pm Mondays - Quincy RCC
Dual-Anon - 6pm-7:30pm Mondays: Hyannis RCC - Starts 9/30
Recovery with Intention and Purpose: 12pm Tuesdays - Fall River RCC
Rockin' Recovery Music and Open Mic: Quincy and Fall River RCCs
Dual Recovery Anonymous offered through all our RCCs.
Check RCC calendars for details at southeastrlc.org.

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Meet our Peer Supporters!

Krista Cormier, CPS
(PRONOUNS: SHE/HER)
Community Connector
Fall River RCC
cormierk@vinfen.org
774-328-7701





Krista is the Community Connector for the Fall River and New Bedford Areas. She has been with the FRCC since 2017 and became a Certified Peer Specialist in 2019. Krista's background in helping others started with her mental health journey when she was led to receive help at the Plymouth Bay Clubhouse in the Fall of 2015, and volunteered as a peer while working on her Associate's degree. The support and experience she received at the clubhouse led her to pursue her current role at the RCC.

Krista is known as the "Dual Recovery Anonymous Guru" amongst many of the peer members at the RCC. She is also known for starting the first Women's Dual Recovery Group in Massachusetts. In addition to DRA, she facilitates social groups like Creative Skills, Journaling, and Arts and Crafts.

Outside of Krista's work at the RCC, is her fierce advocacy with the "Stop the Shock Coalition - Stop the Abuses at the Judge Rotenberg Center (JRC)". Along with her lived experience as a JRC Survivor, she has helped to fuel their legislative advocacy and human rights campaigns.

Krista is a native of Rockland, MA. She is a Cat Mom to 9-year-old Willow and 3-year-old Franco. Krista enjoys spending time with family and friends, going on drives, and she loves arts and crafts.

Visit Krista at our Fall River Recovery Connection Center!

SERLC VINFEN
FALL RIVER RCC

649 Bedford St.
Fall River, MA
(508) 675-3137



Learn more about the supports Krista offers at southeastrlc.org/fall-river

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Meet our Peer Supporters!

Justin Coonan, CPS
(PRONOUNS: HE/HIM)
Program Director
Fall River RCC
coonanj@vinfen.org
857-895-6503





Justin is a peer with lived experience in mental health recovery. He is the Program Director at the Fall River Recovery Connection Center. Justin has been in recovery since 2010 and worked at the Atlantic Clubhouse in Quincy from 2022-2024 before taking his current position.

Justin has been at the Fall River RCC since June of this year and has been enjoying his time getting to know all peers who are a part of the program. He has started a Photography Group, which is held every other Monday, which a handful of peers have grown an interest in. He also just completed his Certified Peer Specialist classes through the Kiva Centers.

Justin graduated from Quincy College in 2018 with an Associate's degree in Liberal Arts with a focus in Behavioral Science. He was drawn to the Recovery Connection Center because of his belief that groups and peer engagement can play a vital role in anybody's recovery. Justin enjoys spending time with loved ones, listening to his favorite music on repeat, and taking photographs while immersed in nature.

Visit Justin at our Fall River Recovery Connection Center!

SERLC VINFEN
FALL RIVER RCC
649 Bedford St.
Fall River, MA
(508) 675-3137



Learn more about the supports Justin offers at southeastrlc.org/fall-river

RECOVERY STORY SPOTLIGHT

Krista Cormier, CPS

Pronouns She/Her

My story began during my teenage years, where I was in a program in Canton, MA that misused Applied Behavioral Analysis in a mentally abusive way. This program, known as the Judge Rotenberg Center, allocates funds towards legal fees and lobbying in order to maintain their abusive practices.

As a young adult, I did not know how to address the trauma I endured at this program. I entered into an abusive relationship with a much older man and began self medicating with prescription drugs to manage my PTSD, extreme states and insomnia.

In late November 2015, after many legal issues due to my mental health, years of self-medicating and prescription substance abuse, a suicide attempt, and a long-term institutionalization, I was ready to start healing.

My recovery journey began at the Vinfen Plymouth Bay Clubhouse where I began to rebuild my life. They highlighted the importance of seeking help, and that mental health issues can affect anyone. I enrolled in online classes at Fisher College, I delved into my psychology studies, aided peers in the Education Unit, and graduated with an Associate's Degree.

Post-graduation, I began my peer support role in 2017 as a Community Connector at the FRCC, appreciating Vinfen's holistic approach to employee well-being. I became state certified in 2018 and now this position is the longest I've ever held. I've been living independently for six and a half years with my two cats.

Out of the court system since July 2017, I began advocating for CORI reform and re-entry services, bravely shared my Judge Rotenberg experiences in 2021, and joined the "Stop the Shock" Coalition in 2022 to advocate for change at all levels. I continue to do so today.

Would you like to share your recovery story in future newsletter publications?
Email southeastrlc.ma@gmail.com

RECOVERY STORY SPOTLIGHT



Ryan Markley, CPS, COAPS

Pronouns She/They



I am a survivor of suicide attempts, suicide loss, addiction, psychiatric violence, natural disasters, and emotional and physical abuse. My childhood was full of adverse childhood events that dictated my later behavior and experiences. I became locked into harmful patterns, got comfortable with them, and they came out in times of stress.

At age 7, I entered the mental health system, began drinking at 13, and progressively moved on to harder drugs. My self-harming thoughts had turned into self-harming behaviors, and I was risking my life and safety for the next hit. I wanted to die, felt no one would miss me, and attempted to end my life three times.

As a young adult, I was harshly reminded of how it feels to be on the other end of suicide. The suicide of my best friend, stepbrother and fiancé in the early 2000s crushed me. Suddenly I knew what it felt to be the survivor, the one left behind, and it didn't feel good. I began to think that the "easy way" was not the way to go...it was the hard way.

I eventually had to embrace my survivorship and integrate these experiences. At 33, I birthed a beautiful and healthy daughter. My life changed forever and enabled me to be open, loving, and believe in the ultimate good in people. Post-traumatic growth started to take hold. The addictions fell away. Art became my main coping skill and a way to share myself with others. In moving forward with my life, I began to create healthy self-talk and hold optimistic perspectives. This helped me get through difficult situations and hold space for others who are also struggling.

Today I have an innate desire to become something more than just my past. I learned if I hold judgmental views of others, then I am not allowing myself to see the best in them. If I judge myself, my thoughts, and feelings, then I am not able to see my true self. But if I remain loving, non-judgmental, and work to foster my own growth and self-actualization, then I function in a way that is healthy for me. In a way, the struggles I experienced served a purpose in my life, and taught me that what we do as peer specialists matter. And Light and Love is what matters.

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Creativity at the SERLC

The SERLC has a vibrant and talented community! Here are some of their artworks.

Hyannis RCC Artists



"Mountain Sunrise"
By Danni Blauner



"Ladybug on Flowers"
By Glenn



"Lighthouse Sunset"
By Jeanne



"Willows"
By Justin



"Circle of Life"
By Aubrey

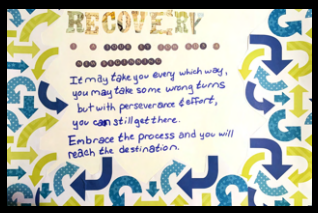
Brockton RCC Artists



"Reach for Recovery"
By Marlene L.



"One Day at a Time"
By Monica M.



"A New Beginning"
By Karen R.



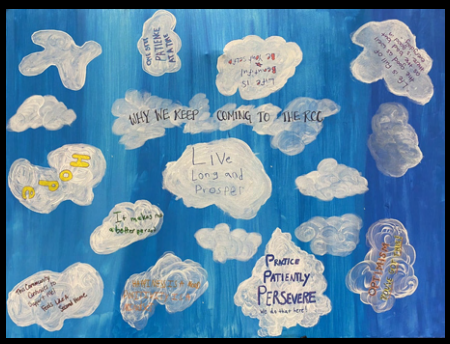
"You Can Do it"
By Trish C.



"Moving Forward"
By Amy S.



"What Recovery Means to Me"
By Trish C.



Hyannis RCC Collaborative Word Cloud Project:
"Why I keep coming back to the RCC."



"Smile"
By Karen R.

Would you like to submit art or creative writing to our quarterly newsletter for future publications? Email us at southeastrlc.ma@gmail.com

Creativity at the SERLC

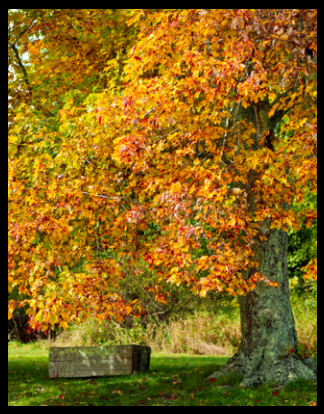
**The SERLC has a vibrant and talented community!
Here are some of their creative works.**

"Absence" By Justin Coonan (FRCC)

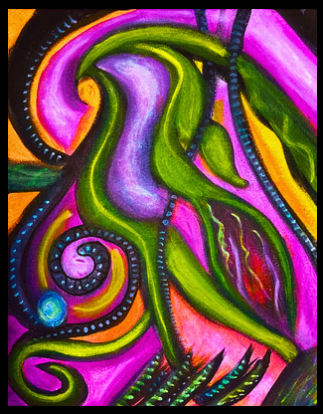
Please do not worry, darling
Each day will help to heal the pain
He is in a better place now
Do not let the sun turn into rain
You will always have his laughter and
Memories of that smile that lit up a room
His unwavering desire to see you happy
Those picnics on a lovely, Sunday afternoon
The memories you have are there forever and
They will forever dance throughout your mind
Finding the perfect spot in utter darkness
To simply stare at each star painted in the sky
He will never truly be gone
Even if you are absent of his touch
Random moments will bring tears to your eyes and
His old sayings will still make you blush
He will always live beside you and
I am sure your souls will meet again
Even though he has left us
It does not mean your adventure has to end

"Recovery" by Marlene L. (BRCC)

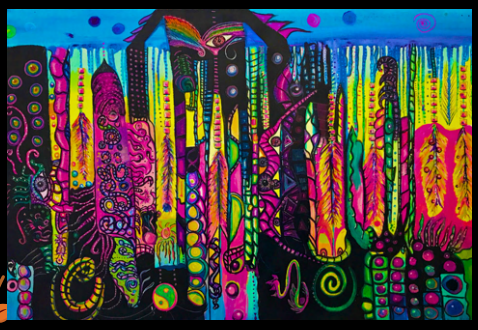
I've been in recovery for many years
I fought through all the pain and tears
I reached for help to ease the pain
And positivity I did gain
Now I'm here to help others reach out
To have positive thoughts to scream and shout
That their pain and tears are finally gone
And now finally they can move on.



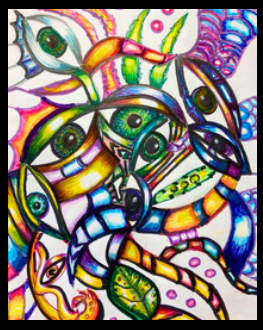
"Fall Foliage"
By Justin Coonan



"Autumn Vibes"
By Ryan Markley



"Urban Energies"
By Ryan Markley



"The Great Realization"
By Ryan Markley



"The Witness"
By Ryan Markley



"The Gentle Soul"
By Ryan Markley

Would you like to submit art or creative writing to our quarterly newsletter for future publications?
Email us at southeastrlc.ma@gmail.com

Highlighted SERLC Substance Use and Addiction Peer Support Groups

Sharing the difficulties and challenges to our mental health is what makes peer support real, impactful and successful. Mutual connections and trusting relationships are built here through the sharing of life experiences. Here are a few of the SERLC peer-facilitated support groups for those struggling with addiction and substance use.



Journaling Your Way to Recovery



Share your journaling thoughts through group discussion and prompts or take the time to write in your own space. Journaling has been proven to be an effective way for people to work through challenging times and express themselves with the therapy of putting pen to paper. Talking within this group helps peers to relate with one another and provide support. Join us at the Fall River RCC on Mondays at 12pm to participate in journaling and create another healthy habit in your recovery!



Mental Health and Dependency



Join us at our Quincy RCC at 1:15 on Mondays for support for those who are struggling with addiction, compulsive behaviors and mental health. This group is in-person only.



Dual Anon – New Evening Group!



Dual Anon (DA) is a 12-Step, friends and family support community for those with loved ones who experience two no-fault illnesses. All people who have been impacted by the mental health challenges and/or addiction struggles of others are welcome to attend. Facilitated by the Hyannis RCC, Mondays 6pm-7:30pm on Zoom. This new evening group starts September 30th. For more information, contact: Monica Benjamin at 508-815-5219 or benjaminm@vinfen.org

RECOVER TOGETHER

DRA Dual Recovery Anonymous DRA

ONE STEP at a TIME

Dual Recovery Anonymous is a 12-Step, self-help program for individuals who experience both an addiction and mental health condition. DRA embraces all participants striving to achieve an improved sense of emotional wellness by using the 12 Steps. DRA groups are offered by all 4 of our centers, both in-person, on Zoom only, or hybrid. The Fall River RCC also offers a DRA group for women on Fridays. ALL PATHWAYS TO RECOVERY WELCOME! Please check our calendars for more information on DRA groups.

Go to our website to see our in-person, hybrid, and Zoom group schedules for each center.



Volunteer Opportunities

Join one of our new committees!



We have new openings for committee membership!
All committees will have consistent and structured meetings monthly via Zoom and will be comprised of SERLC peer staff and peer community members.



COMMUNITY ENGAGEMENT COMMITTEE



This committee will work to build collaborative relationships within the RCCs to facilitate increased membership, satisfaction, and connection within the SERLC community. We are looking for people that have a desire to make the SERLC a more trauma-informed and engaged community. Tasks would include planning events and activities, participating in Opening Doors to the Arts, hosting guest speakers, and incorporating feedback from satisfaction surveys. We seek a wide representation of individuals across all age groups, racial, ethnic, and gender and sexual identities.



YOUNG ADULT ADVISORY COUNCIL



This council will serve as a safe space composed of Young Adults (ages 18-28) that will be involved in planning, implementing, and reflecting on meaningful projects that are youth led, conceived and driven. This committee will also serve as an advocacy group to voice the needs, desires and hopes for the Young Adults of the SERLC community. This council will work to achieve sustainable dialogue and discourse so that the Young Adults in our RCCs feel respected, empowered, and informed.



DIVERSITY, EQUITY, & INCLUSION COMMITTEE



The DEI Committee will work to identify the priorities, unmet needs and desires of marginalized populations that attend the RCCs, or would in the future. The committee will plan cultural activities within the SERLC and also attend events in the surrounding community. We seek representation to include BIPOC, LGBTQIA+, Young Adults, Older Adults, Veterans, and other underrepresented populations at the SERLC.

If you are interested in joining one of our new committees, please go to our website at southeastrlc.org/volunteer

Need More Support?

REACH OUT FOR SUPPORT

Let's Grow Together

Do you know we have a Peer Support Line?

Our Peer Support Line is a compassionate community warmline staffed by Certified Peer Specialists and Recovery Coaches who have their own first-hand experience with mental health diagnosis, trauma, addiction, extreme emotional states, and other challenges.

Call our Peer Support Line.

877-733-7563

(877 PEER LNE) (no "i")

7 days a week
4pm-8pm daily.



We provide a safe, nonjudgmental and trauma-informed space to share what you're going through.

Are you a Peer Specialist and need support?

Peer Support **FOR** *Peer Supporters*

Join the Peer Specialists from the Center of Excellence for Psychosocial and Systemic Research at MGH for a monthly support group via Zoom for peer professionals.



Every 3rd Thursday @ 6PM

Rotating Facilitators!

Zoom ID: 849 0080 5931



For more information contact Ryan Markley at ryan.markley@bmc.org

Together we're navigating the path to wellbeing one conversation at a time!

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Become a Member of our Community!

It's free and no insurance or referral is needed!



Our contacts, addresses, hours, and Zoom links for each center are below.









SERLC VINFEN QUINCY RCC	SERLC VINFEN HYANNIS RCC	SERLC VINFEN FALL RIVER RCC	SERLC BAMSI BROCKTON RCC
338 Washington St. Quincy, MA (617) 405-5263 kelleychr@vinfen.org	106 Basset Ln. Unit 2 Hyannis, MA (617) 455-7214 blaunerd@vinfen.org	649 Bedford St. Fall River, MA (508) 675-3137 coonanj@vinfen.org	730 Belmont St. Brockton, MA (508) 857-0316 BarbaraDeCunzo@Bamsi.org
Currently all our groups are in person. Stay in the loop with all calendar updates at southeastrlc.org/quincy	*Both in-person and virtual groups via Zoom:* Zoom ID: 6158032491 ZOOM Call-In Number: (929) 205-6099 PASSCODE: 70005476	*Both in-person and virtual groups via Zoom:* Zoom ID: 89953485732 ZOOM Call-In Number (929) 205-6099	*Both in-person and virtual groups via Zoom:* Zoom ID 867 2201 5742 PASSCODE: brockton ZOOM Call-In Number: (929) 205-6099 Zoom ID 867 2201 5742## PASSCODE: 70005476
Hours of Operation: Monday 10am - 3pm Tuesday Closed Wednesday 10am - 3pm Thursday 10am - 3pm Friday 10am - 3pm	**Hours of Operation:** Monday 9am-2pm Tuesday 9am-2pm Thursday 9am-2pm Friday 9am-2pm	**Hours of Operation:** Monday 10:45am-4pm Tuesday 11:45am-4pm Thursday 10:45am-3pm Friday 10:45am-4pm	*We offer groups via Zoom that are outside of our in-person hours.* **Hours of Operation (In-person):** Monday 10am-4pm Tuesday 1pm-4pm Thursday 11:30pm-4pm Friday 1pm-4pm

We hope you enjoyed our Fall quarterly newsletter!

If you have questions, feedback or would like to submit for future newsletters, email southeastrlc.ma@gmail.com

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Find this newsletter at southeastrlc.org/newsletter