



YOU CAN ACHIEVE IF YOU BELIEVE!

July-September 2014

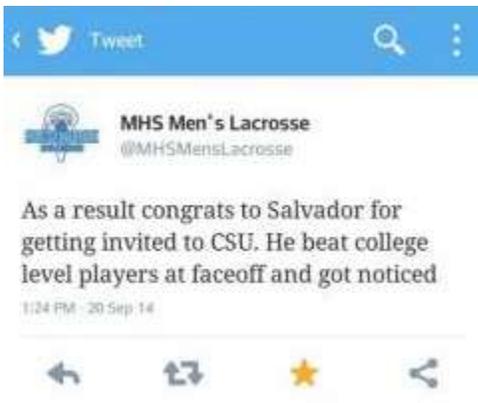


Mental Health & Substance Abuse Services
Servicios de Salud Mental y Abuso de Sustancias
www.cetpa.org

We' About That Life!

This summer, the DR3AM'RS Clubhouse had the great opportunity of visiting multiple college campuses throughout the state of GA. The most exciting experience was the collaboration of CETPA with More Than Conquerors, Inc., in which our members were welcomed to participate and visit three different types of higher education institutions alongside other students interested in investing in their future. Ten of our clubhouse teens met up at 5:00AM to start a fast-paced day full of interesting facts, and turning wheels about upcoming decisions.

The youth were able to learn and be exposed to the differences between universities, colleges, and technical colleges, as well as the different environments as pertaining to campus sizes and rural vs. urban communities. For every educational system they visited a representative school, such as Kennesaw State University, located in Kennesaw, GA., and Berry College and Georgia Northwestern Technical College, both located in Rome, GA. With the great deal of information our youth received, there is much to take into consideration, yet much excitement and encouragement!



Congratulations DR3AM'R Salvador C. on your outstanding performance in your school's varsity Lacrosse team! Your efforts do not go unnoticed, and we are rooting for a successful Senior year full of opening doors and fresh opportunities to further your education and showcase your skills!



# DR3AM'RS in Action!



Family Feud



Chef's Duty



Lilburn Night Out



Southern Belle River Boat,  
Chattanooga, Tennessee



Braves Game



Paint Balling



Celebrating Birthdays



Music Producing and Recording



Atlanta, Zoo



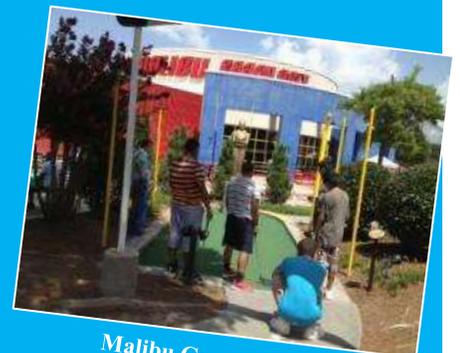
Jumpstreet Indoor Trampoline Park



Aviation Museum



Technical Repair



Malibu Grand Pix

# National Recovery Month

Prevention Works • Treatment is Effective • People Recover

## SEPTEMBER 2014

# 25 YEARS

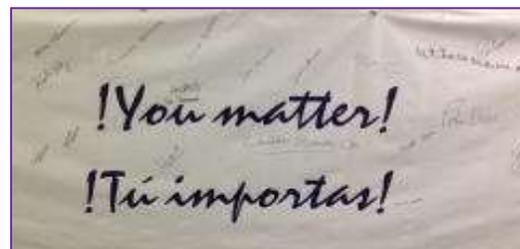
*For the past 25 years during the month of September, a great celebration takes place in the US; Recovery Month! At our clubhouse, we did not stay quiet about this great event, so we decided to speak up and reach out to the community about the issue at hand.*

*On various occasions throughout the month, our members and staff went around our neighboring offices and spoke to many people about the importance of eliminating the stigma off of persons undergoing problems with mental health and substance abuse, and instead encouraged them to join the voices for recovery.*

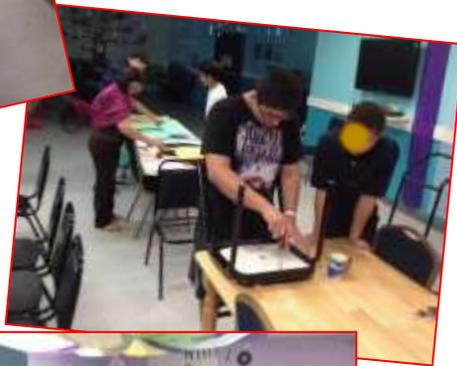
*With sweets at hand, and engaging stickers, we also invited the clients of the clinic, parents of our members, and our community at large to come close the month with a bang! We had planned to have delicious food, lots of fun, and most importantly valuable information on how to overcome psychological struggles, what recovery looks like, and how to be there for others we perceive need recovery .*

*During the last day of the month's ceremony, we had the honor of hearing multiple testimonies of people that have been in substance abuse, alcohol, and mental health recovery. They shared their stories with the hope of motivating others to stand up for the cause, and be supportive of those around that may need their help.*

*We finished our event by making a public commitment and signing a banner after removing symbolic words that represented many psychological, emotional, and mental disorders and barriers, that will no longer define a person's life. Once the banner was uncovered, it read "You Matter!", which is the slogan we are all standing for.*



## Chairs Repairs



The youth in our clubhouse became artisans and tapestry masters, upholstering chairs for several days. They upholstered old chairs that now look like new. It was so much fun! Our teens chose the material at the store and assembled the chairs. Surely many of them will be able to do the same job upholstering furniture in their homes or even working for a living in the future.

Keep up with the good work!



## Ana: From DREAM'RS to DBHDD



The DR3AM'RS Clubhouse has the overwhelming honor of publicly congratulating one of our pioneering youths and peer mentors, in whom we take much pride and delight in seeing her recovery, growth, and involvement in the community.

Ana G. has excelled the expectations and has received our utmost admiration in her accomplishments through life, and her ongoing efforts to give back to those that need her most.

After graduating from high school, this young lady is pursuing more than just a career, but is engaged and committed to serve others in her generation overcome struggles, as she was once helped.

Ana has been hired to play a vital role in the Department of Behavioral Health and Developmental Disabilities (DBHDD) as Youth Peer Specialist Coordinator. She is responsible for the Youth Peer Support group under the supervision of Dana McCrary, under an umbrella of CHIPRA. She will also be involved in building the youth training curriculum for peer support. Our most sincere felicitations Ana for this new journey of your life!

## FAMILY INVOLVEMENT Enrichment Opportunities



On August 21, the clubhouse members' parents were invited into a "Food Talk" meeting, coordinated by the expert Ms. Alma Rhoden from The Gwinnett County Nutrition Education Program, from the University of Georgia.

Parents showed their interest in how the family can eat healthier by simply changing their food habits. That's being said instead of buying a cake they could buy seasonal fresh fruits and save money at the same time. The nutritionist also talked to parents about the importance of reading food labels, especially about fat levels in some products. Some material about food was handed out to the parents. Parents definitely enjoyed this pleasant chat and some expressed their interest to change their eating habits.

In mid September our colleague Diana Plaza from the prevention department at CETPA, gave a talk to parents about prescription drugs. Parents were very interested in the drug workshop. Diana also informed the attendees how to dispose of drugs that are no longer used, and the importance of not taking drugs if they are not prescribed by the doctor and other important drug issues.