

What's UP?

UNIQUE PEERSPECTIVES September 2023 NEWSLETTER
A PEER SUPPORTED MENTAL HEALTH RECOVERY CENTER
Facebook: @accessnypeersupportservices



Suicide Prevention Month

September is National Suicide Prevention Awareness Month. National Suicide Prevention Week is September 4 – 10, 2022, with World Suicide Prevention Day on the 10th. Throughout the month, and especially during the week of September 4th, individuals and organizations around the country have plans to highlight the problem of suicide and advocate its prevention.

Suicide Prevention Awareness month shines a spotlight on a topic not often talked about. Suicide is a national health problem and currently ranks as the second leading cause of death for ages 10-45. Suicide is also one of the most preventable types of death in our nation. Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

Despite outdated misperceptions, suicide is neither a personal failure nor the evidence of mental illness, but rather a common human response to difficult environmental factors and emotional pain. Improving life circumstances, enhancing social connection, and reducing emotional pain are the most effective ways to reduce the frequency and intensity of suicidal thoughts and feelings.

Please do not hesitate asking for help or reaching out. 988 is now available nationwide as the new number to contact for mental health, substance use, and suicide crises — a simple, easy-to-remember way for people to get help. 988 routes callers to the National Suicide Prevention Lifeline.

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Did You Know?

September in the Northern Hemisphere and March in the Southern Hemisphere are seasonally equivalent.

September 11th is Patriot Day, held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.

September's birthstone is the sapphire.

September's name comes from the Latin word septem, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

September 4th—the first Monday of the month—is Labor Day.

Hybrid Support Groups*:

Women's Support Group

When: Mondays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1159436826>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 943 6826

Building Self-Esteem Support Group

When: Tuesdays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1165459660>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 545 9660

Mindfulness

When: Mondays from 1:00 p.m. – 2:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1157489312>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 748 9312

General Support Group

When: Wednesdays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1157489312>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 115 748 9312

Men's Support Group

When: Fridays from 11:00 a.m. – 12:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1157032789>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID : 115 703 2789

LGBTQIA+ Support Group

When: Thursdays from 11:00am - 12:00pm

Join by URL using a computer/smart phone:

<https://buvideo.accessionmeeting.com/j/1162181622>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID: 116 218 1622

Dual Diagnosis Support Group

When: Mondays from 12:00 p.m. – 1:00 p.m.

Join by URL using a computer/smartphone:

<https://buvideo.accessionmeeting.com/j/1155206932>

To join by Telephone:

Dial: +1 315-671-1981

Meeting ID : 115 520 6932

*Hybrid groups just mean that our support groups are offered for in-person and virtual attendance

In-Person Only Groups:

Karaoke

When: Tuesdays 12:00pm-1:00pm

Game Time

When: Fridays 12:00pm-1:00pm

Peer Team Meeting / Birthday Celebration

When: 2nd Tuesday each month 12:30pm – 1:00pm

Arts & Crafts

When: Tuesdays 1:00pm – 2:00pm

Tea Please

When: Thursdays 10:00am-11:00am

Walking Group

When: Thursdays 11:00am – 2:00pm

Music Group

When: Thursday 12:00pm – 1:00pm

Adventure Group

When: Fridays 12:30am – 4:00pm

Cook2Gether Group

When: Wednesdays at 2:00pm - 3:00pm



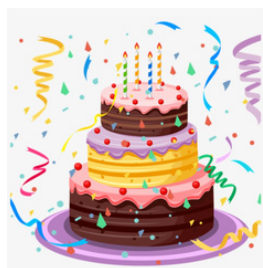
Cook2Gether

Wednesdays at 2:00pm

Cooking is back!

Come cook with us! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients, you do all the cooking...and eating.

There will be a recipe to follow and will receive guidance from staff if you need assistance.



Peer Meeting / Birthday Celebration

Tuesday the 8th at 12:30pm

If you want to voice your thoughts about potential changes you would like to see or if you would like to stay up-to-date on the most recent changes, this group is for you. These once/month meetings will primarily be all about you. We all will collaborate and toss ideas around that are relevant to what we do here at UP, and quite possibly implement them into our program. Additionally, we will be celebrating all members' birthdays that are in the current month. Cupcakes and ice cream will be served!



LGTBQA

Unique Peerspectives presents an LGTBQIA++ support group that is every Thursday at 11:00 am. Please join us in offering camaraderie and hope. To join via computer, use the link:

<https://buvideo.accessionmeeting.com/j/1161085041>

Or dial by phone: 315-671-1981

Id# is 115 53 3103

Or join us in person at 572 South Salina Street.



Tea Please

Thursdays at 10:00 A.M.

Don't forget about Tea!

Tea has an amino acid that reduces stress. Combined with caffeine, it helps to boost brain activity and mood giving a sense of relaxation and well-being. Gathering together is enjoyable, but it also nurtures our most important relationships and promotes a sense of belonging and community. It can leave you feeling incredibly inspired, rejuvenated and connected.



Anger Management

Every Wednesday at noon

Everyone knows the feeling. It's that rage that rises when a driver is cut off on the highway or the feeling that you get when someone gets under your skin. People have trouble managing anger and other negative emotions. This group will help you learn how to cope with your anger and release it in a healthy way. You can turn anger into a positive emotion that passes quickly. If you have trouble with anger and knowing how to control it, this group may be for you. You can share your experiences with anger among other individuals that may have anger issues also. Work on yourself with others and join us for Anger Management group every Wednesday at noon.

Meditation

Mondays at 2:00pm



Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace.

We have a separate room that will be designated for meditating. There will be a video that helps guide you through your meditation. This group begins right after Mindfulness group, so it is perfect for practicing any new skills you just learned!

FALL WORD SEARCH

S E L P P A L S Q U I R R E L F R Y W W
 T V G I R M L J S B L Q Y A O E S L O B
 E G K K B D A A K W S B C L B K E L L O
 K R R R U W B K Q F E O I M S B A I L N
 C S E E O C T O B E R A E O E S S H E F
 A L N B E L O S I N G V T W C Q O C Y I
 J F L O M N O T S E O B B E U H N X E R
 T B U A G E F U J N D O N I R F S T C E
 A H Q R F A T N R O C I L M X S A I H O
 H S A U Q S W P I F C T R I U R B P E R
 H C B N W O R C E R A C S Y G T N C S A
 W O K C K V X S L S X K T I A W U E T N
 G O U R D S T M B E Y Z M I O H K A N G
 P I A F L I G A Y W A C V R Y A K V U E
 Q U Q G V T C I D E R V B T R V G H T S
 P M M A J O G Z V H T S E V R A H X S F
 N T L P T B B E I I T M C S Q W C J T D
 X S J L K C Y U Z E N U G X W V F D G K
 C N B L A I H N Y C D G S R E D K V E I
 R X L H U X N O X O Z L F R Q T Q W F Z

acorns	cobweb	harvest	October	seasons
apples	corn	hayride	orange	September
autumn	Fall	jackets	pumpkin	squash
bonfire	festivals	leaves	quilt	squirrel
brown	foliage	maize	rake	sweaters
chestnuts	football	migrate	red	Thanksgiving
chilly	gourds	November	scarecrow	wagons
cider	green	nuts	scenic	yellow

30

DAYS IN THE
MONTH

Chinese Moon
Festival



Aster
September
Flowers



National Talk
Like a Pirate Day

SEPTEMBER

Fun Facts



National
Potato
Day



Sapphire
Birthstone



Goodbye
Summer



Hello
Fall



Astrology Signs



Grandparents
Day



Virgo



Libra

Patriot
Day



National
Coffee
Day



th Month
of The Year



National
Play Doh
Day



MADEWITHHAPPY.COM

PEER Highlight : Michael Merrill

What do you do for fun? **hiking, bowling, and socializing**
What is your favorite food? **pizza**
Where would you like to go for vacation?
Florida
What was the last book you read? **I don't read much.**

Do you prefer dogs or cats? **both**
What is your favorite dessert? **ice cream**
What is your eye color? **brown**
What is your favorite pizza topping?
pepparoni and mushrooms



Warm Line

What does the warm line mean? It's a place to call if you're in need of emotional support. It is available 24 hours a day, seven days a week. (Even holidays!!) We've heard many of the Peers didn't realize such an option for help exists. Please take note of this important number. Paste it somewhere you can easily find it. It's also posted in the Hours of Operations listed below. We're always a phone call away!!

WARMLINE #315-437-3300



Berkana House

If you find yourself in an emotional crisis and don't want to go to the hospital, try our Berkana House first. It's a safe place to go to get much needed support through your time of need. All Peer Support Specialists can help you get what you need, ANYTIME! Call Unique Peerspectives for more information or Berkana House!

UP: 315-802-7018
Berkana: 315-437-3301



9-8-8 is the new Suicide & Crisis Lifeline

Effective July 16th - you can now call or text 9-8-8 when you are in need of crisis support greater than what the warmline can provide.

This has replaced the previous suicide hotline number 1 (800) 273-8255. Although if you do call the previous number, you will still be connected to support.

This is just an easier way to reach out and receive support.

So please, if you are feeling suicidal or are in a major crisis call or text 9-8-8 today.

UP Hours of Operation:

Monday	10:30 am – 4:30pm
Tuesday	9:30 am – 4:30pm
Wednesday	9:30am – 4:30pm
Thursday	9:30am – 4:30pm
Friday	11:00am – 4:30pm

Address: 572 S. Salina St, Syracuse, NY 13202
Phone: 315-802-7018
Fax: 315-883-0123
WARM LINE: 315-437-3300

Unique Peerspectives is a
program of:

Access CNY
Community | Possibility | Success

CSS & Unique Peerspectives – September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Adventure Group 2:00pm Coffee Hour (Virtual)
4 11:00am Women's Support Group 12:00pm Dual Diagnosis 1:00pm Mindfulness 2:00pm Meditation Hour	5 11:00am Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	6 11:00pm General Support Group 12:00pm Anger Management 2:00pm Cook2Gether 3:00pm Yoga (CSS)	7 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Music Group	8 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Adventure Group
11 11:00am Women's Support Group 12:00pm Dual Diagnosis 1:00pm Mindfulness 2:00pm Meditation Hour	12 11:00am Self-Esteem Support Group 12:00pm Karaoke 12:30pm Peer Meeting & Birthday Celebration 1:00pm Arts & Crafts	13 11:00pm General Support Group 12:00pm Anger Management 2:00pm Cook2Gether 3:00pm Yoga (CSS)	14 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Music Group	15 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Adventure Group 2:00pm Coffee Hour (Biscotti's Café)
18 11:00am Women's Support Group 12:00pm Dual Diagnosis 1:00pm Mindfulness 2:00pm Meditation Hour	19 11:00am Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	20 11:00pm General Support Group 12:00pm Anger Management 2:00pm Cook2Gether 3:00pm Yoga (CSS)	21 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Music Group	22 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Adventure Group
25 11:00am Women's Support Group 12:00pm Dual Diagnosis 1:00pm Mindfulness 2:00pm Meditation Hour	26 11:00am Self-Esteem Support Group 12:00pm Karaoke 1:00pm Arts & Crafts	27 11:00pm General Support Group 12:00pm Anger Management 2:00pm Cook2Gether 3:00pm Yoga (CSS)	28 10:00am Tea Please 11:00am – 2:00pm Walking Group 11:00am LGBTQIA+ Support Group 12:00pm Music Group 2:00pm	29 11:00am Men's Support Group 12:00pm Game Time 12:30pm – 4:00pm Bowling @ Flamingo

Community Support Services/Unique Peerspectives
AccessCNY

Women's Support Group

Mondays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1159436826>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 943 6826

Call UP at 315-802-7018 for more information.

Dual Diagnosis

Fridays

12:00pm – 1:00pm

Do you have a mental health diagnosis and a substance use disorder? If you find yourself trying to understand a dual diagnosis and how to cope with your symptoms, this group may be for you. Additionally, if you have friends/family with a dual diagnosis and would like a better understand, this group can help with that also.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1155206932>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 520 6932

Call Jennifer Chandler at 315-218-0806 for more information

Mindfulness

Mondays

1:00pm – 2:00pm

Mindfulness can be defined as a mental state achieved by focusing one's awareness on the present moment. These groups will explore the benefits of mindfulness and include practice of tools to use in everyday life.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157489312>

Or call to join by phone 315-671-1981

Meeting ID: 115 748 9312

Call Alexia Klapan at 315-218-0848 or Kerri at 315-218-0849 for more information

Meditation Hour

Mondays

2:00pm – 3:00pm

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace. We have a separate room that will be designated for meditating. There will be a video that helps guide you through your meditation. This group begins right after Mindfulness group, so it is perfect for practicing any new skills you just learned!

Call UP at 315-802-7018 for more information

Scribblers (CSS)

Monday the 28th

3:00pm – 4:00pm

Be a contributor to our *Newsletter*! Submit your own pieces through writing, photography or art. We will continue discussing the topics for our next newsletter. *Scribblers started out as a writers group, but has evolved into a discussion and sharing group for any type of creative expression. We use creativity as a tool for wellness. We talk about projects we have been independently working on and projects we might like to try out next. If you like how a project has turned out, you can submit it for inclusion in our next quarterly Scribblers' Newsletter.* (an excerpt by B.C. Jones) *Submissions are open at this time!*

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157135006>

Or Call: (315)-671-1981 and enter meeting ID at the prompt.

Meeting ID: 115 713 5006

Call Alexia Klapan at 218-0848 for more information

Self-Esteem Support Group

Tuesdays

11:00am – 12:00pm

Feeling down on yourself? Want more confidence? Many of us deal with low self-esteem and all the hardships that come with it. Let's change that together and live out our dreams!

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1165459660>

Or call 315-671-1981 to join by phone.

Meeting ID: 116 545 9660

Call Unique Peerspectives at 802-7018 for more information.

Karaoke

Tuesdays

12:00pm – 1:00pm

UP will host a Karaoke session where you can dance and record a personal recovery message to share on the UP Facebook page. Dancing is known to elevate your mood!

Call UP at 315-802-7018 for more information.

Peer Team Meeting/Birthday celebration

2nd Tuesday of each month

12:30pm – 1:00pm

If you want to voice your thoughts about potential changes you would like to see or if you would like to stay up-to-date on the most recent changes, this group is for you. These once/month meetings will primarily be all about you. We all will collaborate and toss ideas around that are relevant to what we do here at UP, and quite possibly implement them into our program.

Additionally, we will be celebrating all members' birthdays that are in current month. Cupcakes and ice cream will be served!

Call UP at 315-802-7018 for more information.

Arts and Crafts

Tuesdays

1:00pm – 2:00pm

Art is a form of expressing yourself, while at the same time becoming captivated in the present. You don't have to be Da Vinci or Picasso to enjoy making personal, decorative creations. There will also be crafting material for the group.

Call Jennifer Chandler at 218-0806 for more information

General Support Group

Wednesdays

11:00am – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157489312>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 748 9312

Call UP at 315-802-7018 for more information.

Anger Management

Wednesdays

12:00pm – 1:00pm

Everyone knows the feeling. It's that rage that rises when a driver is cut off on the highway or the feeling that you get when someone gets under your skin. People have trouble managing anger and other negative emotions. This group will help you learn how to cope with your anger and release it in a healthy way. You can turn anger into a positive emotion that passes quickly. If you have trouble with anger and knowing how to control it, this group may be for you. You can share your experiences with anger among other individuals that may have anger issues also. Work on yourself with others and join us for Anger Management group every Wednesday at noon.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1156300655>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 630 0655

Call Jennifer Chandler at 315-218-0806 for more information.

Cook2Gether

Wednesdays

2:00pm – 3:00pm

Come cook with us! Cooking can give you great satisfaction knowing that what you are eating, you made entirely on your own. We provide all of the ingredients, you do all the cooking...and eating. There will be a recipe to follow and will receive guidance from staff if you need assistance.

Call Jennifer Chandler or Jack Dunn at 315-802-7018 for more information.

Yoga

Wednesdays

3:00pm – 4:15pm

Yoga increases body awareness, relieves stress, reduces inflammation and calms/centers the nervous system. It can also help depression and insomnia. *This is now In-Person at the Spa @500, 500 W. Onondaga St.!!!!* The virtual option will still be available.

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1164199867>

Meeting ID: 116 419 9867

Call to join by phone: 315-671-1981

*Call Alexia Klapan at 218-0848 for more information.

LGBTQIA+ Support Group

Thursdays

11:00am – 12:00pm

This group is informal and much like any other support group we offer, but is geared towards the life experiences of anyone who identifies as LGBTQIA+

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1162181622>

Or call 315-671-1981 US to join by phone.

Meeting ID: 116 218 1622

Call Jack Dunn at 315-802-7018 for more information.

Tea Please

Thursdays

10:00am – 11:00am

Tea has an amino acid that reduces stress. Combined with caffeine, it helps to boost brain activity and mood giving a sense of relaxation and well-being. Gathering together is enjoyable, but it also nurtures our most important relationships and promotes a sense of belonging and community. It can leave you feeling incredibly inspired, rejuvenated and connected.

Call UP at 315-802-7018 for more information.

Walking Group

Every Thursday

11:00am – 2:00pm

Join us at UP to walk locally! Sometimes we will take the van and go to other various nearby locations. If there is imminent rain, this group *may* go to the mall to walk. Make sure to sign up on the bulletin board quickly because there are very limited spots.

Call UP at 315-802-7018 for more information.

Music Group

Thursdays

12:00am – 1:00pm

Do you love listening to music? UP offers a group for people who love listening to music and want to share their favorite songs.

Everyone will get the chance to choose a song to share for the group to listen to. After each song, we will discuss what we like/don't like, what the lyrics mean, or any thoughts we have. This is also a great chance to broaden your musical horizons and hear music you never knew existed!

Call UP at 315-802-7018 for more information

Men's Support Group

Fridays

11:00pm – 12:00pm

To join, type the link into your URL: <https://buvideo.accessionmeeting.com/j/1157032789>

Or call 315-671-1981 US to join by phone.

Meeting ID: 115 703 2789

Call UP at 315-802-7018 for more information.

Game Day

Mondays

12:00pm – 1:00pm

Have some fun with the UP gaming group! We have a wide variety of games. We offer board games, card games, and a Nintendo switch to play Mario Kart, Tetris, and much more! Come join us for a fun and friendly competition!

Please contact UP at 315-802-7018 for more information.

Adventure Group

Every Friday

12:30pm – 4:00pm

Join us at UP to go on an adventure! We will take the van and go to various nearby locations. If there is imminent rain, this group *may* go to the mall to walk or simply go walking in the rain. Make sure to sign up on the bulletin board quickly because there are very limited spots.

Call UP at 315-802-7018 for more information.

Coffee Hour (virtual)
First Friday of each month
2:00pm – 3:00pm

Please join us for our *virtual* Coffee Hour for an opportunity to socialize and update everyone on what has been going on in your life!

To join, click the link: <https://buvideo.accessionmeeting.com/j/1157768381>

Or call 315-671-1981 to join by phone.

Meeting ID: 115 299 6575

Call Alexia Klapan at 218-0848 for more information.

Coffee Hour (Biscotti's Café)
Third Friday of each month
2:00pm-3:00pm
Biscotti's Café
741 N. Salina Street

Please feel free to join us for in-person Coffee Hour! You will have the opportunity to get out and greet those we have been socializing with virtually all these months! This is an informal meet and greet event, so feel free to stay as long or as short as you would like!

Call Alexia Klapan at 218-0848 for more information.