

# Project ABLE News

1599 State St. Salem, Or

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## Volunteer Spotlight: Dallas Eddington

For a long time, I denied my own mental disability. I thought I could make it through on my own, so I used illegal drugs to cope. I would go to the doctors and seek help then walk away because I thought I didn't need them. It took me a long time to understand that I needed to work with the doctors for my own mental health.

In 2009, I was sick of the games, I decided to quit drinking and smoking marijuana. I went straight to seek help from doctors and sobriety programs even though there was still a visit to the psychiatric crisis center a couple years later, it was different then from many times before. For years, I stayed in sobriety programs and worked with a counselor to maintain my mental health. I did many volunteer jobs over the years, but always seemed to walk away because I didn't seem to fit.

My counselor started to recommend Peer Support at ProjectABLE, and he said it so many times that I decided to look into it. I looked into Peer Support and saw that ProjectABLE offered a class and they offered scholarships too. I qualified for a scholarship, so I took the class in July of 2018 to become a Peer Support Specialist. Afterwards, I wanted to get started using my certificate, but I didn't want a full time job. I heard that I could volunteer at ProjectABLE and get some

## Resources

David Romprey Warm Line

1-800-698-2392

National Alliance on Mental Illness (NAMI)

(800) 343-6264

[www.namior.org](http://www.namior.org)

National Crisis Line

1-800-273-TALK 98255)

experience, so I decided that would be a perfect fit for me.

Volunteering has worked out for me, I ended up staying with ProjectABLE. It took me time to get used to working with peers and it wasn't until last year that I truly understood how important we are in the lives of our peers. Since a large part of my journey is focused on addictions and recovery, in 2019, I became a Certified Recovery Mentor to help others facing those same issues. ProjectABLE has an important task of helping those with mental health and addiction issues, and I am one of those people even though I am one of the volunteers. I stay in regular weekly contact with my peers and support them in any way that I can either in person, over the phone or through video calls. For some of my peers, I feel like there friend because we talk so regularly. ProjectABLE has become a major part of my life and I am thankful to know that I can be making an impact in others lives and hopefully making their lives better by coming alongside and supporting them when they need it. In closing I would like to share this quote because I feel it sums up the strength of those with those fighting mental health issues, "Out of suffering have emerged the strongest souls; the most massive characters are seared with scars." –Khalil Gibran

## Myrna Is Back!

Set your calendars, Myrna is facilitating a Zoom group on Thursday, April 22<sup>nd</sup> from 3 to 5 pm! "How to Create A Bag of Tricks for Spring" is sure to be a fun and highly interactive exploration about the ways to support our own mental health in the changing season, and the changing times.

We hope to see you there!

## Partial Re-Opening No Foolin'!

Beginning April 1, Project ABLE will have in person groups at both the Salem and McMinnville campuses. These groups will also be on zoom at the same time, so you have a choice whether you want to join us in person or over zoom; we call these “hybrid” groups. The calendar will be up at projectable.org on Wednesday the 31<sup>st</sup>. We have a limit of 10 people in the group room in Salem, and a limit of 8 at the McMinnville group room.

Here is a list of the hybrid groups:

Blue Bar, Salem – all hybrid groups are at 2pm:

Monday – 2pm Wellness 101 with Julie – CEU group - Hybrid

3pm – In Person Group ABLE Music Jams with Julie

Tuesday – 2pm Trauma Healing & Recovery with Julie – CEU group – Hybrid

Wednesday – 2pm Voices & Visions with Aaron – CEU group – Hybrid

Thursday – 2pm Self-Empowerment with Carol – CEU group – Hybrid

Friday – 2pm Trauma Healing & Recovery with Arnie – CEU group – Hybrid

Yellow Bar, McMinnville – Most hybrid groups are at 11am:

Monday – 11am Get Moving with ABLE with Tracy – Hybrid

Tuesday – 11am Exploring Recovery with Tracy – CEU group – Hybrid

Wednesday – 11am In Person Group Crafty Corner with Tracy

11am Veteran's Coffee with Hollalina – Zoom Only

Thursday – 11am Journaling with Tracy – Hybrid

Friday – 10am In Person Group Veteran's Coffee with RJ

11am Just Chillin' with Tracy – Hybrid

