

THE INNER CIRCULAR *for Cathy*

YOUR CDT NEWSLETTER

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OUR SPECIAL OLYMPIANS

(Story on Page 3)

FAMILY COURT ISSUES for the MENTALLY ILL

Having spoken with many female clients whose children are in foster homes throughout Sullivan County, I learned that I was not the only parent at the mercy of the Department of Social Services.

We come to CDT to work on recovery so that under treatment, we can be effective parents once our children are returned to us. *(if and when!)*

Every Family Court case becomes a battleground where DSS can at random mandate supervised and unsupervised visitations at their whim.

Why all this red tape and inconsistency? Do the agencies involved with The Children and Family Services Program and judges realize that no matter how good *their* short-term plans may be for *our* children, too often these plans backfire, causing lifelong pain and anguish for everyone involved.

Brenda L.

MY TUTOR

I have a great tutor who helps me with my math on Monday, Wednesday, and Friday from 1 to 2 PM.

We do multiplying, adding and subtracting. Karen Baum helps me a lot and I am glad she does,

Maria S.



**MON-FRI
1 PM
ROOM 120**

PRE-GED CLASS

I come to Pre-GED Class every week. We learn about different things. We do math and reading and science and we also do grammar and vocabulary and spelling.

I come to Pre-GED Class three times a week at the CDT Program in Monticello. Other people come too. I like Pre-GED because it helps me to learn and remember things in class and also I'm working on getting my GED.

Charles C.



SPECIAL OLYMPICS 1998

On Friday, February 20th, at the Nevele Hotel, CDT's own Kendra Perry, Maggie Bailey, Clive Ferguson, Arthur Stanley, Robert Feldman, Jeannette Borum and Brenda Christiana earned Olympic glory and had a good time.

That night, at the opening ceremonies, there were more than 4,000 athletes and coaches ready for the games to begin.

Saturday was the big day. The CDT Olympians were nervous, but on skis coming down the mountain, they competed heroically.

They were helped by a volunteer named Dusty who will again help out in the Power Lifting Competition to be held in April and again at the Special Olympics next year.

Official Medal Results

Kendra Perry - One gold, one silver
Maggie Bailey - One gold, one bronze
Art Stanley - One silver, one bronze
Bob Feldman - One silver
Brenda Christiana - Two bronzes
Jeannette Borum - Two silvers
Clive Ferguson - Two golds

Kendra P.

FITNESS TRAINING

I remember when the other clients and I first started to work out with Neil at the Fitness Factory. I was amazed to see so many different machines. The Fitness Factory had machines for all the different leg muscles. They also had machines for the chest, and back, and rib cage.

I loved going to the Fitness Factory twice a week. The we couldn't go there any more (for a lot of legal reasons), so Neil hooked a training program at CDT which I enjoy very much.

I work out three times a week with other clients and I have learned about the different muscles of my body and how they work. The more you work out, the better your muscles develop and the better you feel about yourself.

Working out gives me confidence and makes me fell proud of myself. The reason for this is that I never tried to do anything like this for so long and now I really enjoy just coming to CDT because I know I am going to work out and feel better afterward. That's the reason I am glad Neil is here and I hope he continues to have Fitness Training.

Charley L.

SUPPORT **YOUR CDT GYM** (NEIL AND THE CLIENTS OF STEEL)



IC EDITORIAL

WHY CAN'T WE PLAY SPADES?



MICHELLE
DROBNITSKY

Hey, what's the idea with these rules anyway? Our recreational time should be spent in a comfortable and enjoyable way. I think it's really lousy that no one is allowed to play **spades** in CDT during lunch break. I'm sure even the staff can say that playing **spades** isn't a lot of fun. Surely they must have played cards during their leisure hours and would agree: it's fun!

Why does Mr. Wiley want to play "*The Grinch who Stole Christmas*" over something I really believe boosts our morale.

Another thing I don't believe is this rumor I've heard that playing **spades** can effect the recovery of clients. That makes no sense. I believe just the opposite is true: Playing **spades** gives us something to do that is recreational without doing drugs. Also many of us who play cards have a year or more of sobriety.

Another thing I don't believe is that playing **spades** has decreased our group attendance. Most of us agreed to attend more groups if we were allowed to play cards during our lunch break. We have had no slips or lack of group attendance because of **spades**.

I further think that it is unfair that we cannot be allowed to do something that is recreational and fun like playing **spades**. I'm sure everyone, even the staff, spend their lunch breaks doing something that they enjoy doing. So I speak for all of us when I say...

Please let us play **spades** again. We all really miss it a lot.

Angel S.

I.C. INTERVIEW



Thelma Sledge

Nurse, Advocate, Friend

IC: How did you like your stay at CDT?

Thelma: It has been twelve and a half years of growing and a great learning experience. I met lots of people and I have fond memories of most of them.

IC: What are you planning to do after you leave?

Thelma: To get settled in my new home [in Alabama] and work part-time and enjoy life with my family.

Sonny J.

WHAT IS IPRT?

IPRT stands for Intensive Psychiatric Rehabilitation Treatment program. In **IPRT** we focus on a goal in the environment of living, learning, working or socializing.

The **IPRT** mission is to improve functioning and satisfaction in specific areas. The treatment mission works at reducing symptoms and the development of therapeutic insights.

In **IPRT** we learn more about ourselves by doing activities in the classroom. For example, in our Personal Criteria group, we learn about values. In our Alternative Environments group, we brainstorm different environments. In our Skills group, we assess the skills we already have and determine the skills we'll need to achieve our goals.

Mabel M.

Frankie A.

ON THE BUS

I go on a school bus to a nice place called the Inner Circle. Dave, the bus driver, is a nice person. He takes us to and from the Inner Circle and we enjoy the ride through the country roads very much.

Every weekday Dave picks up about twenty passengers at the Kelly's Home for Adults. He also stops to pick up a couple of other people who live nearby.

Helen H.

LOOKING FOR WORK

I was laid off from my full-time job last December. I was working as a fork lift operator, machine operator and heavy equipment operator.

Since then I have searched the local newspapers every day and did follow-ups at the local Department of Labor. I have successfully located hundreds of good paying jobs.

In thirty days or so I will begin to work at a new full-time construction or warehouse job.

Edward O.

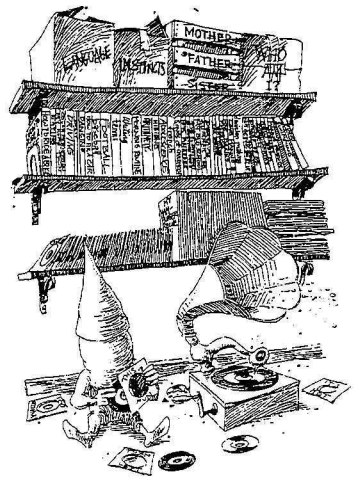
"I'm gonna be sixty-four"
Morton

JUST ARRIVED

I'm new here at CDT and I like the place a lot. The people here are nice, especially the staff. Everyone is warm, welcoming, and always out to greet you.

I've only been here a couple of days, but I find this place fascinating and an exciting place to learn about yourself and about others. Most of the classes are interesting and fun to attend. I hope that all the time I put in here will be accounted for something knowledgeable and wise.

James M.



Come to the
DREAM GROUP
FRIDAYS at 10 AM

MY PROGRESS

My experience with the CDT and its staff members has been very good. I told them about my illness and trusted them. I experienced rehabilitation from stress with Dr. DeSole and Dr. Helena Moore. Then I'll be ready to go to work with the VESID Program.

Thank you, CDT.

Patrick

MY KITCHEN EXPERIENCE

We came with Annie to take out the cans. We dumped the cans at the Monticello dumpsite. We also went to sort the cans for the machine in the grocery store.

As members of the Scrub Club, we cleaned the sinks and swept the floors in the kitchen. We helped to prepare food for the people who come to the program with us. I learned from all this that a little bit of work wouldn't hurt one bit.

Robert M.

CANTEEN CORNER

We all like the Canteen at CDT, especially Paula who runs it so well. We want to thank Ken Wiley for letting us have such a nice Canteen.

There are many goodies here to buy. The Canteen is open four times during the day: from 9:30 AM to 10 AM, from 11 AM to 11:15 AM, from noon till 1 PM and from 1:45 PM until 2:30 PM.

Peggy, Jeannie, Karen and I work at the Canteen during the weekdays. Sometimes staff likes to buy hot foods for lunch.

We aim to please at the Canteen. We get paid to help give you what you want. We all want to thank the friends we make while serving them with good snacks. The people here are very nice to work with.

Bonnie G.

MICA

This is the place for me to vent, a place where I know that I'm not alone. **MICA** helps me to understand my mental illness and my dependence on alcohol.

We talk about both and that helps me to understand myself better, and deal with the pain of my past and and learn how to forgive myself and to love myself.

MICA teaches me to live one day at a time and that we all have something to look forward to in life.

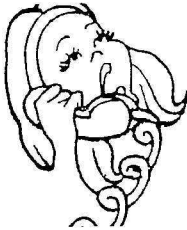
MICA gives me hope and a chance to communicate with others and get feedback. **MICA** gives me answers. It is a place of recovery and helps me with everything. It helps me to know that there is a God. **MICA** is a place that gives life by giving love.

Maggie B.

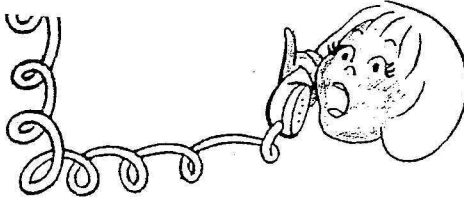
LIFE AT HOME

I live with my niece Mickie. She loves me very much. We get along very good. I help her with the housework and feed the dog and the birds and help her with the laundry.

Arvilla C.



Have you heard the news?



CRAFT PROJECTS
Tuesdays 1 PM

CREATIVE ART
Fridays 1 PM

with Pat & Rachel

DOC WORK

I do volunteer work for the doctors at CDT and I appreciate the time they give in talking to me,

I wanted to something for them, so I asked to work for them. I love helping them. I call the clients into their offices. I also enjoy helping Dr. DeSole with some office work or running some errands for him.

The doctors are so special to me and they work very hard to help their clients. I would work for them for the rest of my life if I could.

Carol S.

"Wyoming is my favorite state."
Martin

PLAYING THE DRUMS

When Annie told me that we were going to have a talent show at CDT, I wasn't sure I wanted to do it until I found out that Larry and Al were going to play guitar and bass.

I had a real good time and Annie helped out with the vocals, and so did some of the clients. Seeing the people dance gave me a lot of joy in my heart. I would like to do it again some day.

Tom D.

AA

Alcoholics Anonymous is a program for people who cannot control their drinking. I started the program more than two years ago. I know it works.

AA involves people sitting in a room. They have a speaker who tells his or her story to the others. After the speaker is done, they go around the room calling on people who want to speak. We raise our hands if we want to speak to the group. That's how it happens.

AA has Twelve Steps and Twelve Traditions that we follow as rules. They help us in our daily lives when we are on our own.

John O.

ANGRY?



Attend Anger Management
Wednesdays at 11 AM

VOLUNTEERING

I do volunteer work for Paula Houston, the CDT secretary and for the IPRT program. The work consists of many different tasks: filing, photocopying (which can be very difficult because I have to know what the different buttons on the machines stand for as well the codes for the many different departments in Community Services).

I have learned to do collating by using a small machine to organize stacks of paper to put booklets together.

Another task is the monthly staff log for appointments throughout the year in IPRT. I make copies for work assignments as do the requested filing.

I really enjoy what I'm doing because I'm receiving training in the field of my future career. I will also receive a good reference from an experienced and well-respected secretary, Mrs. Paula Houston.

Cheryl D.

ON THE BUS II

I like riding on the bus. I have a lot of fun with the bus driver. He is a lot of fun. We laugh and have fun all the time. I've known the driver for a long time. He brightens my day. God bless him!

Jane F.

Narcotics Anonymous has saved my life. I was a nobody until I was introduced to NA. It has taught me how to be with myself and to be honest with people.

I go to the meetings once a week and I hope to achieve my goals in life so I can be a better person.

Elijah C.

EXPERIENCE...
TRANCE-FORMATIONS!!!

TUESDAYS AT 11 AM

A.B.E.

One of my favorite classes is A.B.E., which stands for Adult Basic Education. The teacher makes us feel like we are right in the middle of the lesson.

The subjects are numerous. We have learned about automobiles and ships. We learned about the *Titanic* (One of the most interesting subjects, I thought.). We even saw a movie about it.

We have also learned about trains, underwater life and submarines, the moon, Elvis Presley, the Beatles, Princess Diana, the American presidents, including our President William Clinton, and even about UFOs. This is just a small list.

Most of the clients participate very much and get very involved with these subjects. We learn reading, geography, even foreign languages.

So if you would like to try something different where you learn a lot and participate a lot, try A.B.E.

Joann R.

"I'm happy and I love the Lord."
Mary Beth

MYTHOLOGY WITH HOLLY!



WEDNESDAYS
10 AM ROOM 116