



**COMMUNITY
SUPPORT
SERVICES**

LIFE CHAT

A publication spotlighting CSS clients

May 2023

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We want to hear from you!

For details about the Recovery Advisory Council (RAC) or to contribute your artwork or recovery story to *Life Chat*, call 330-253-9388 and dial 407 for Michelle Mace or 133 for Tina Lanzy.

Art of Recovery a big success! Nearly all featured artwork sold

By *Angie Younessi, CSS Communications Associate*

Art of Recovery 2023, presented by Klein's Pharmacy, returned to Akron Art Museum on March 14, celebrating the artistic expression of CSS clients and marking an especially successful event for the artists.

Throughout the evening, nearly 200 guests viewed and bid on the client-created works of art, enjoyed hors d'oeuvres, engaged with the artists, learned more about CSS, and participated in a community art project.

The honorary chairs were Barry and Ann Klein, owners of Klein's Pharmacy and longtime supporters of CSS and Art of Recovery.



Art of Recovery guests view "Keep Going," by Lacie Makary, who took second place.

A highlight of the event was the awards presentation where six of the 22 artists were honored for their works, as judged by two local artists.

Taking home the top awards were:

- **Bradley Rankin**, who won **Best in Show** for "*Butterfly Peonies*," a work in acrylic on canvas

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LEFT: Guests enjoy the artwork at Art of Recovery. Forty-five works of client-created art were displayed, including the Best in Show, "Butterfly Peonies," by Bradley Rankin (RIGHT). Photos by Edward Vullo of Foremost Photography.

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that, “represents the simplicity in life.” The subject was especially meaningful to him: “The flowers were a still life arranged by my grandmother, who has been giving me art lessons my whole life.”



“Keep Going” by Lacie Makary

- **Lacie Makary**, who earned **second place** for “*Keep Going*,” a collage that “represents my own battle with overcoming the negative thoughts and voices that have been so overwhelming my whole life and pushing myself to keep going.”
- **Charisma Steinker**, who took **third place** for “*Hope*,” a work of pencil on paper that was part of her art journal. “When life seems helpless, always look for hope,” the artist said in her statement.

An **honorable mention** was awarded to **Anne Marie Snyder** for “*Dream #24*,” a pastel-tinged painting of a chair that judge Christine Mehen, an artist and licensed mental health therapist, especially liked for the

“etherealness of the colors.”

Mehen presented her **Judge’s Pick Award** to **Mark Rose** for “*It’s Going to Be a Bright Sunny Day*,” a whimsical pen and marker drawing of potted plants. Mehen said, “Linearly and lyrically, I loved this piece. I want a bright sunny day! For us all!”

Judge Megan Shane awarded her **Judge’s Pick Award** to **Aldo Estebane’s** “*Art Saves Lives*,” a work in marker depicting the silhouette of a person with a mohawk emblazoned with the words “Art Saves Lives.” Shane said she chose the work for “its raw honesty, grit and impactful message,” adding, “While technical execution is certainly a factor, it was the emotional resonance and universal truth of the work that set it apart.”

It was an exceptionally successful night for the artists; 41 of the 45 pieces sold – making it the bestselling Art of Recovery event for CSS client-artists. Seventy-five percent of the art sale proceeds went to the artists while the remaining 25% went into to the CSS Expressive Arts Therapy program.

We congratulate all of the artists and thank them for sharing their art, inspiration and stories.

To see a gallery of photos from Art of Recovery, visit www.cssbh.org/art-recovery-2023.



“Hope” by Charisma Steinker

CSS dual-diagnosis groups accepting new members

New members are invited to two CSS groups that offer support for clients who have a mental health diagnosis and substance use disorder, known as dual diagnosis.

Treatment Readiness offers members the chance to explore their overall lifestyle and the connections between their mental health symptoms and substance use, and determine what behaviors are working or not working for them. Members can share experiences and relate to others while addressing their recovery concerns through open discussion and discussion on planned topics.

Possibilities is a group for those who are actively cutting down on their use of substances or who are abstaining from substances and could benefit from relapse-prevention support. The group features open discussions, recovery-related articles and handouts, and educational videos featuring recovery topics and relapse-prevention skills. Total and immediate abstinence is not expected or required. Coffee and bottled water are served in this group, and bus tickets are available for those who need transportation to attend the group.

Treatment Readiness and Possibilities are offered on Mondays and Fridays from 2 to 3:30 p.m. Referrals are needed for both groups. Anyone who is interested should speak with their case manager about getting a referral.

-Information provided by Stephanie Cull, Intensive Treatment Services supervisor

Supported Employment Services Success Story

By Joel Voorman, SE Recovery Specialist

Community Support Services' Supported Employment staff taught client Anne Snyder how to effectively execute a job search and exude confidence in a job interview. Now, Anne is doing some teaching of her own in a classroom setting at SMART Academy, a charter school in the Cleveland area.

Although she was already employed when she entered the Supported Employment program, Anne was linked with Supported Employment Specialist Charles Millward to help her find a job that would allow her to better use her talents and skills.

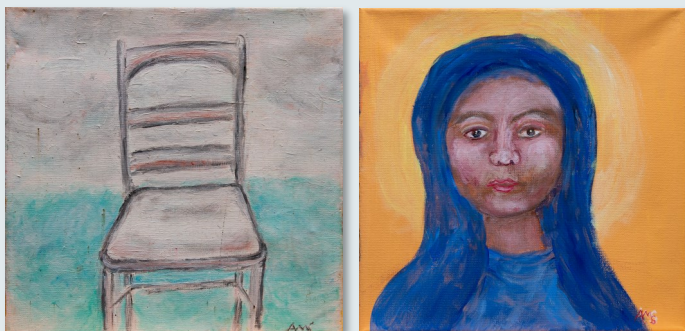
"I came to Charles to find something that would be more enjoyable and be able to use my brain more," she said. "Working with Charles and CSS gave me confidence at job interviews, and everyone has been really supportive during the rough stretch at the beginning of my job."

Anne started off teaching in a traditional classroom setting before showcasing her flexibility and transitioning to teaching art classes in the art room long term. Anne is no stranger to artwork; she had pieces featured in CSS' Art of Recovery event in March, and one of them received an honorable mention from the judges.

Anne encourages other CSS clients who are considering a job search to get linked with the Supported Employment program.

"If you're thinking you need help in that regard, the CSS program is great and helps people find something in line with their interest and abilities and provides support to find a job that is fulfilling," she said.

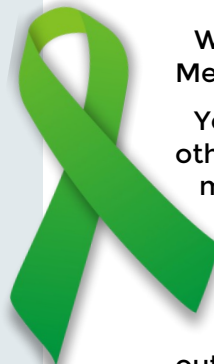
Anne hopes to continue teaching for the foreseeable future and also work on her personal artwork and finish her 12th term on Lakemore Village Council.



Artwork created by **Anne Snyder**, which was featured at Art of Recovery in March. Her piece "Dream #24" (left) received an honorable mention.

Mental Health

A W A R E N E S S M O N T H



What are you doing to recognize Mental Health Awareness Month?

You could share your story with others, encourage others to learn more about mental health, attend mental health events – there are lots of things you can do!

Need a place to start? Check out Mental Health America's toolkit, "*Look Around, Look Within*," for ideas: mhanational.org/may.



JOIN THE: RECOVERY ADVISORY COUNCIL (RAC)

- SHARE FEEDBACK
- IDENTIFY NEEDS
- IMPACT CHANGES

UPCOMING MEETINGS:

*JUNE 8 *AUG 10
*OCT. 12 *DEC. 14
10:30 A.M. – NOON
150 CROSS ST.

FOR MORE INFO, CALL:
330-996-9141
MICHELLE MACE, EXT. 407
OR
TINA LANZY, EXT. 133



COMMUNITY SUPPORT SERVICES

150 CROSS ST., AKRON, OH 44311

Free Ohio ID cards available

As of April 7, Ohioans age 17 and older who don't have a valid driver's license can get an ID card for free, with appropriate documentation.

The cards are valid for four or eight years and are available through the Ohio Bureau of Motor Vehicles (BMV) licensing agency.

For details, scan the code below, visit <https://publicsafety.ohio.gov/static/free-ID-palm-card.pdf>

or call (844) 644-6268.

OhioBMV



Mission Statement

Community Support Services: Helping you achieve a healthy mind and body while supporting you to live and work in your community.

Recovery Definition

Recovery is the continuous process of empowering an individual so he or she may live a satisfying and contributing life. It is a shared responsibility among the individual, the treatment staff, family, friends, and the community to:

- Discover or rediscover strengths and abilities
- Pursue personal goals
- Develop a sense of self-identity that allows the person to grow beyond his or her diagnosis

The Recovery Advisory Council is a collaborative effort with clients & family members to continuously improve the satisfaction of services for all Community Support Services clients.

