



Mindful Wellness

www.healthyhaywood.org

Winter 2010 - Issue 2

COMMUNITY RESOURCES

Haywood Community Connections

452-2370
haywoodconnections.org

REACH

456-7898
reachofhaywood.com

Smoky Mountain Center

1.800.849.6127
smokymountaincenter.com

KARE

456.8995
karehouse.org

Haywood Christian Ministries

456.4838

NAMI

National Alliance on Mental Illness
1.800.541.2682
456-6897
naminc.org

A Health & Human Services Directory

211
nc211.org

Homeless Shelter to Reopen

Cold, wintry nights will be here soon, and the Haywood Christian Emergency Shelter is preparing to reopen its doors on Nov. 1 to help keep our homeless community safe.

Church groups and other volunteers are needed to sign up to provide transportation and devotionals on a weekly rotation from Nov. 1 until the shelter closes at the end of April.

Haywood Christian Emergency Shelter is a nonprofit, Christian based shelter that started when area churches of all denominations, nonprofits, and charities in Haywood County came together to provide a place where the homeless could not only have a warm place to sleep.

Director Russ McLamb said the shelter is open from 7 p.m. to 7 a.m. daily from November to April. Guests of the shelter are fed at the Open Door in Waynesville and at the Community Kitchen in Canton and then transported by church volunteers to the shelter for the night. The next morning church volunteers transport them back to the Open Door for breakfast. Devotions are held nightly by church volunteers. Volunteers are free to spend the night at the shelter if they choose.

McLamb said the shelter provides a safe, friendly atmosphere for individuals and families who need its services, and for the volunteers who come to help. Paid onsite security is provided and there are strict restrictions on alcohol and substance abuse. Guests are expected to pull their weight at the shelter with helping to keep it clean and doing the community laundry (sheets, blankets and pillow cases).

"We bring folks in and see what they need; we help them get an ID or a birth certificate," McLamb said. "They arrive at about 7:30 and they can do their laundry if they want, take a shower and settle in for the evening. Devotions are held about 8:15 to 8:30."

The shelter averaged about 11 guests a night last year, with a high of 21 guests. That was a slight increase over the previous year, and McLamb expects to see that number rise this year, due to the tough economy.

Story CONTINUES on NEXT PAGE.....

How to Access Mental Health Services

- Ask a friend if they can recommend a professional they have heard about.
- Ask a ministerial staff member
- Check with your insurance
- Check the phone book or check online -

Key Word Search

Therapist
Mental Health
Counseling

Everyone Has Challenges – You’re Not Alone – Help is Available

Know someone who would like to receive this quarterly e-mail newsletter?

The Mental Health Action Team meets the second Thursday of each month at Whitman’s Bakery from 3-5

Coordinator Information: sduginske@haywoodnc.net 828.452.6675 www.healthyhaywood.org

Healthy Haywood is a program of the Haywood County Health Department & Certified Healthy Carolinians Partnership



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The shelter also provides opportunities for guests to participate in community programs to help them address and overcome their situation. Programs are provided by Mountain Projects, the Haywood County Department of Social Services, and others.

Efforts are underway to recruit and organize church volunteers to help this year. Church groups that cannot provide transportation may still sign up to provide devotionals, McLamb said, but it is helpful to provide transportation, too. Churches can sign up online at www.haywoodchristianshelter.org or contact McLamb at 506-7875.

In addition to providing transportation and devotions, there are opportunities for community organizations, including counselors or mental health groups to come in make presentations or simply hang out with the residents for a while.

Other needs include:

Helping prepare the evening meal at the Open Door Monday through Friday. Church or community groups take responsibility for preparing the evening meal, either by bringing food in themselves or making a meal in the Open Door kitchen. Groups may take a single night, but weeklong commitments are preferred. Usually 2-3 volunteers are enough to handle meal responsibilities. Meals are served about 7 p.m. For more information, call 452-3846;

Preparing toiletry kits for guests (Toothbrush, toothpaste, soap, hand sanitizer and other similar items). Kits can be dropped off at the Open Door, or contact McLamb to pick them up;

Provide sheets, blankets and especially pillows.

Clothing is not needed at this time, McLamb said.

If you know someone who needs shelter during the winter at night, please have them at the Open Door in Waynesville, NC by 6:30 pm or at the Community Kitchen in Canton at 5 pm for dinner. They'll be given a hot meal and then be transported to the shelter.

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