

# TEECH FOUNDATION

## August Newsletter



## Importance of Healthy Relationships in Recovery

Most individuals in recovery have a history of unhealthy relationships which ultimately unhealthy relationships become their norm. So, disengaging in these relationships and learning how to build healthy relationships takes time but begins with having a healthy relationship with self. Then and only then can you have a healthy relationship with others.

Your relationship with yourself involves self-awareness, self-acceptance, and self-care, amongst others. It impacts your emotional health and your bonds with other people.

<https://psychcentral.com/health/healthy-relationship-with-yourself#benefits>

# BUILDING A HEALTHY RELATIONSHIP WITH SELF.



- Validate all your feelings.
- Check-in with yourself
- Remember it's Ok to say no.
- Make time for yourself and things you enjoy.
- Set Boundaries.
- Remind yourself that it's not selfish to take care of yourself.
- Consider journaling.
- Try to think of positive affirmations about yourself each day.
- Meet and maintain communication with support groups.

## BUILDING HEALTHY RELATIONSHIPS WITH OTHERS

Healthy relationships with others help us to evolve in our recovery process and help foster personal growth. They should be supportive, stable, and reliable. They enrich our lives and help us to navigate the darkness when we lose our way.

<https://www.ashleytreatment.org/rehab-blog/healthy-relationships-recovery/>



# ELEMENTS OF A HEALTHY RECOVERY RELATIONSHIP



- Someone who supports your recovery.
- Mutual Respect.
- Active listening on the part of both people.
- Healthy, effective communication skills.
- Respect for personal boundaries, including emotional boundaries.
- A source of mutual encouragement.
- Caring and kindness
- You feel good about yourself when you spend time with the person.
- The person encourages you to achieve your best, and you do the same for them.
- You feel content and at peace when spending quality time together.
- Good relationships add to your life, rather than taking away from it.

# Community Updates

## Say "yes" to Mental Health:

On Nov 5, 2024, voters in our community will vote on a binding referendum question asking if we are willing to expand mental health services for our West Englewood, Englewood, Auburn Gresham, Greater Grand Crossing, Chatham and Avalon Park communities by approving a .025% increase in property taxes.

### What will these funds do?

- Provide direct free mental health services for any resident in our area who needs
- Assistance in overcoming or coping with mental health or emotional disorders.
- Establish a new community mental health center to provide these services.
- Restore other vital mental health services such as outreach in our schools, veteran
- Services, preventative outreach, and family counseling.
- By law, every penny of this money will stay in our community and can ONLY be spent
- on mental health services for those in need.
- These funds will be overseen locally by a Governing Commission of residents living
- within our community.



### What does .025% mean to you?

- A \$4 increase for every \$1000 you currently pay in property taxes is equivalent to the price of one latte.

### Social Security & Retirement Planning Basics Free Workshop Open to the Public

A Non-profit Social Security & Retirement Planning Basics Workshop designed to provide financial literacy to surrounding communities on the Far Southside of Chicago. To reserve a seat please use one of the 2 options.

- Callie Julie 708 221-7012
- Email Jduran@sofausa.org





# PRICING OUT OUR SENIORS AND SUBSIDIZED RESIDENTS

Meeting Every Wednesday for Discussion

5:00 p.m. 6:30 p.m.

Bethany Union Church  
1750 W 103 rd Street  
Chicago, Illinois 60643



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If you need assistance or if you are interested in learning more about ONU's campaign or want to get involved, please contact Arieh Venick at [ari@tenants-rights.org](mailto:ari@tenants-rights.org).





# FSSRRI/TEECH Networking





## CCAR - Multiple Pathways to Recovery Conference/Training

### Highlight

TEECH PLE Who said  
"I am Determined to  
get my GED."  
Congratulations goes  
to Kejuan Stafford



# SAVE THE DATES

**Recovery Month**  
**United Mental Health and Recovery Coalition**  
**Recovery Conference**

**9/15/2023 | 9:00 AM - 1:00 PM**

Hilton Oaklawn  
9333S Cicero Ave  
Oaklawn Illinois

**BRIGHTER, BEHAVIOR, CHOICES INC., NFP., and THE TEECH**  
**FOUNDATION**

**9/24/2023 | 12:00 PM - 5:00 PM**

PHASE II - RECOVERY CAFÉ CHICAGO

6506 South Western Avenue, Chicago, IL 60636

Cash Raffles, Vendors and Game Competitions

Items for School Supplies, Back Packs & Children Coats

Donations Accepted

Coats, hats, scarfs gloves, personal hygiene, items underwear, socks

Drop off or Pick up.

(224) 406-3798



**Unhoused Individuals Drive**

**11/5/2023**

Donations Accepted

New Blankets, Hats, Scarfs, Gloves, Personal Hygiene Items

Drop off or Pick up.

(224) 406-3798



# Reminder! Help Is Here!

## THE ILLINOIS HELPLINE FOR OPIOIDS AND OTHER SUBSTANCES

Call 833 - FINDHELP/ (833) 234-6343 or text "HELP to 833234.  
Available 24/7, 365 days a year and is completely FREE.



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TEECH continues to distribute Narcan and host trainings.  
In need of Narcan or training? Contact TEECH

### 988 Suicide and Crisis Lifeline

People can call, text, or chat with the number, and be routed to counselors of the National

### We Want You to Know

Not only does Sudan have more pyramids than Egypt, but the numbers aren't even close. While 138 pyramids have been discovered in Egypt, Sudan boasts around 255.



# Far Southside ROSC Initiative Community Meetings

We come together to address addiction, recovery, family, friends and the community concerns and issues and also to educate and network. You are invited to attend the monthly ROSC meetings every 4th Monday of the month from 10:00 a.m. to 12:00 p.m. Location: Bethany Union Church 1750 W 103rd Street, Chicago, Illinois 60643 or zoom.

## Call to Action:

Chicago's violent crime rate is 164% above the US average. The murder rate is four times above the national average, with other violent crimes being more prevalent than in other average cities.

Crime in Chicago overall has increased during the past five years by nearly 20%, according to an official report by the Chicago Police Department. The year-over-year change in crime was even greater last year. Between 2021 and 2022, overall crime in Chicago increased by 41%, after overall crime had decreased each year in 2019 and 2020 and slightly increased in 2021.

Chicago's extreme gun violence has been described as an epidemic- where gang-related shootings are often spontaneous and unpredictable.

**This call to action from TEECH emphasizes the need to treat enhancing the quality of life as a community epidemic.** Please visit our website to view our community involvement and while you are there **please donate @ [www.teechfoundation1.org](http://www.teechfoundation1.org).**

Please call or email TEECH for all donations (224) 406-3698 or email: [svdbygraceandmercy@sbcglobal.net](mailto:svdbygraceandmercy@sbcglobal.net), or donate through our website [www.teechfoundation1.org](http://www.teechfoundation1.org).





## AND CONNECT WITH US ON SOCIAL MEDIA



teechfoundation1



[www.teechfoundation1.org](http://www.teechfoundation1.org)



teechfoundation



[svdbygraceandmercy@sbcglobal.net](mailto:svdbygraceandmercy@sbcglobal.net)

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# Vision

T.E.E.C.H Foundation's vision is to continue fighting the fight of addiction by building a platform of unity and resources through advocacy and education with the goal of sustaining long-term recovery. T.E.E.C.H strives to build communities that no longer fear or stigmatize the recovering or mentally challenged person but treats them with dignity and respect; therefore, offering services to make this vision a reality.

# Mission

To dispel fear and enhance the love of self and others through the vehicle of education for the recovering person and community; embracing the philosophy, "If it's to be, it is up to me". T.E.E.C.H believes recovery is comprised of countless pathways that contribute to a healthy quality of life for those who are seeking long-term recovery.