Hello REACH Program Participants!

Welcome to the fourth REACH newsletter. THANK YOU for your participation in the REACH Program. We want to keep you informed and up to date regarding the REACH Program!

Know another veteran or family that you think might benefit from the REACH Program? Please help us to spread the word!

Feel free to direct any interested veterans/families to

Mrs. Shavon Toles
Phone: (405) 456-2392

SATISFACTION DATA

96% of participants said that the REACH Program “helped them deal more effectively with their problems.”

And 98% said that they would “refer a friend” to REACH.

If you’re in the evaluation part of REACH, please submit your survey packets to a REACH Team member at your earliest convenience. Thanks!

“Impart your blessings to all, for that is the highest of wisdom.”

Democritus

Participation in REACH

Since August 2006, over 550 families have been involved in the REACH Program!

In addition, over 155 families have fully completed the 9 month program!
Engage in mild activity or exercise. Go to a movie, a ballgame, or another event or activity that you once enjoyed. Participate in religious, social or other activities.

Set realistic goals for yourself.

Break up large tasks into small ones, set some priorities and do what you can as you can.

Try to spend time with other people and confide in a trusted friend or relative. Try not to isolate yourself, and let others help you.

Expect your mood to improve gradually, not immediately. Do not expect to suddenly "snap out of" your depression. Often during treatment for depression, sleep and appetite will begin to improve before your depressed mood lifts.

Remember that positive thinking will replace negative thoughts as your depression responds to treatment.

Source—National Institute of Mental Health

Team Member Spotlight: Shavon

Favorite movies… Suspense and Horror
Favorite meal… Chinese, Mexican, Italian, Soul Food, Thai, etc.
Favorite book… The Color Purple

My thoughts in working on the REACH Project:
I have learned that there is no “perfect person” in the world. For every action there is a reaction; and every person holds the key to their own destiny.

Favorite Quote: “It matters not how strait the gate, How charged with punishments the scroll. I am the master of my fate: I am the captain of my soul.”
William Ernest Henley

Team Member Spotlight: Brad

Favorite movies… Ones that make you think on them later
Favorite meal… Thanksgiving dinner with my mother’s stuffing
Favorite book… Animal Farm

My thoughts in working on the REACH Project:
Every person has trials and tribulations in their life; some experiences are more harsh than others. It is what one does to face these trials that defines them.

Favorite Quote: “Employ your time in improving yourself by other men's writings, so that you shall gain easily what others have labored hard for.” - Socrates