

OUR SPACE INSIDER



Official Newsletter of Our Space Inc.



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OUR SPACE INC.

At Our Space, our mission is to empower individuals living with mental illness and/or substance abuse issues to achieve their full potential by providing recovery-oriented, person-centered services and programs in a safe and accepting environment.

Keep on reading to learn highlights about our services, members, and other exciting Our Space updates!

SUMMERTIME AT OUR SPACE



This summer, after unprecedented lockdowns, Our Space made up for the lost time by going on exciting outdoor adventures!

They included picnics at the lakefront, sculpture park visits, and walking along beautiful nature trails. Our members enjoyed outdoor activities like flying kites, riding scooters, and enjoying each other's company under the sun.

We love to take our members out around the city, so they learn new ways to keep themselves busy and active. That's why we plan monthly outings for any members who want to sign up!

See our calendar on our website or social media to learn about upcoming outings!

ourspaceinc.org



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Hear From a Member



Latasha Hazlewood
7 year member!



Latasha Hazelwood has been an eager Our Space member for seven years! Since May of 2014, her smile and contagious positive energy has filled the Our Space halls and offices! Latasha heard of Our Space through her case manager and instantly felt a connection to the facility.

"I was looking for a reason to get out of the house and have somewhere to go every day. I really liked what I saw on the tour of Our Space, and I started a week later" Hazlewood shared.

Latasha loves to involve herself in all the services and activities that our Drop-In Center offers. The Our Space Drop-In Center is a voluntary day program where members are encouraged to engage with others and receive help for their mental health or substance use struggles. Members can keep busy and participate in activities like exercise, pool tournaments, and more.

Some of Latasha's favorite day-to-day activities include playing Family Feud and bingo with other members. She finds joy in having a laugh and friendly competition with others, but she's also at Our Space to work on herself. That's why she also loves participating in group discussions regularly. Groups are discussions between members and our Occupational Therapist that encourage positive strategies and tools to deal with mental health or substance abuse issues. These discussions can have themes such as "Self Esteem" or "Defeating Depression" or can be based on current events or personal topics members bring up. Groups present members with the opportunity to hear outside perspectives, share with others and feel a sense of community.



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While Latasha enjoys spending time inside Our Space, she also loves going on outings! Outings are special events where our members are taken for fun adventures like Lake Geneva boat tours, hikes, picnics on the lakefront, and more.

One outing that stands out in Latasha's memory was the 2015 mega outing! Mega outings are invite-only, and members can receive invites by being positive aspects to the community.

Latasha remembers when she was called to meet with our occupational therapist, and she thought she was in trouble. However, that was not the case, Latasha was being invited to the Mega Outing to Wisconsin Dells! She was honored to be invited and had an absolute blast on the trip! She loved seeing her hard work and dedication to being a good member pay off.

Latasha not only participates in member activities and outings she also sits on the board as the "Our Space Member Vice President" This position is voted in by members, and Latasha was a perfect fit thanks to her love of Our Space and friendliness.

When asked about what it's like to be on the board, Latasha shares "It's great! I get to sit in on the meetings and be a part of the decision-making process, and it warms my heart".

While her participation warms her own heart, Latasha's presence overall warms our hearts here at Our Space. Her positive energy is a wonderful addition to the Our Space family and we are lucky to have someone like Latasha.



Sherry(OT) & Latasha

PARACHUTE HOUSE UPDATE

The Parachute House is now state-funded!

This means that the Parachute House can help more people! Previously serving Milwaukee County residents, now the Parachute House serves all Wisconsin adults!

In partnership with the State of Wisconsin Division of Care and Treatment Services and Milwaukee County Behavioral Health Division, The Parachute House is a respite for individuals experiencing emotional distress or who are in a low-level crisis in need of additional support through supportive conversation and other wellness opportunities. The Parachute House offers private guest rooms and is staffed by Certified Peer Support Specialists, who have lived experience and have been successful in their journey to recovery.

According to Jennifer Zuelke, a Peer Support Specialist at the Parachute House, the facility "offers an alternative to hospitalization or support within a clinical setting, for individuals who are in a low-level crisis."

This wonderful resource has helped 278 individuals and counting!

Learn more about the Parachute Peer Run Respite at our website www.ourspaceinc.org



"We want them to know that they are not alone and that there is hope"
- Peer Support Specialist, Jennifer



Letter from the Our Space Inc. Executive Director

Dear Friends,

I want to start by thanking our team for their commitment to Our Space's mission.

At Our Space, our mission is to empower individuals living with mental illness and substance abuse issues to achieve their full potential by providing recovery-oriented, person-centered services and programs, in a safe and accepting environment.

With unprecedented times behind us, sticking to this mission was important. We wanted our members to know that even with the world changing around them, they can always rely on Our Space to feel a sense of security. We continued to safely provide services so members felt our nonstop support. This support is one of many things Our Space takes pride in, and we proved that even in unfamiliar times, we can still support our members fully.

So again, thank you to the Our Space team for the incredible growth we've had, and I am excited about our promising future.

I also want to thank our wonderful donors, partners, and other community providers who help us serve our community. Without your support, this wouldn't be possible, and we look forward to maintaining these partnerships to see the bright future ahead.

Best,
Nora Hitchcock
Our Space Inc. Executive Director



Did you know...

The Price is Right Shoppe is always taking donations!

Our community resource provides clothing and household items, free of charge so individuals suffering from mental illness can live independently.

- **Men's and women's clothing and shoes**
- **Kitchen items**
- **Bathroom items**
- **Bedroom items**
- **Living room items**
- **Other household items** are welcomed if unopened such as bath soap, laundry detergent, shampoo, conditioner, toothpaste, deodorant, feminine products, cotton swabs, cotton balls, Band-aids, and other hygiene items.

Find more donation ideas at our website www.ourspaceinc.org

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Or Contact Us For More Info!

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