



The Armstrong Center for Hope

Psychological and Spiritual Wellness for All Ages

Vol. 15, Issue 1 • Winter 2023 Quarterly Newsletter



COURAGE and CARE

by Melanie Melton, MA, LMFT, ThM, MDiv

COURAGE and CARE

That is what you hold within and utilize as you take one...step...at....a...time. **COURAGE!** At times it may not feel like you have one ounce of courage, or don't take actions that you consider "courageous," yet, indeed you are absolutely courageous.

We are closing out the year 2022. What a year! Many of us express being "burnt out," plain old "tired," in need to just sit on the couch and relax, or in some way offer and absorb extra doses of self-care, compassion, and love. Why? This year, with all of the twists and turns, uphill battles, struggles to be well and stay well-you are reading this, which means-
YOU MADE IT!

Yes, you! **Awesome**, you! **Essential**, you! **Courageous**, you! You continue to press your way through and choose your mental wellness. Those are great reasons to be tired and in need of rest. So then-perhaps, we can each make a mini self-commitment to honor ourselves with at least a small dose of rest as we close out this year and enter into 2023. Rest can mean sitting on the couch, listening to music, taking a walk, quality time with loved ones, enjoying a book, or even using some other coping skills, like taking deep breaths and moments to sit and just be.

Not only are you absolutely courageous, you deserve rest. Even if it's taking a little more time in the bathroom, or sitting in the car for one minute before you get out, sprinkling in small doses of self-love and care in the form of rest can help propel us each to enter into the new year that awaits us!

Let us make the best of this moment and...

Inhale (count to three)...exhale (count to three)
Inhale peace (count to three)...exhale worry (count to three)
Inhale joy (count to three)...exhale stress (count to three)

...enjoy your dose of self-love, compassion, and care. You deserve it all!

We'll see you in 2023!

Inside This Issue:

Cover Article
by Melanie Melton
Page 01

Welcoming New Staff Members
Page 02

Words of Reflection
by Reginald Wilson
Page 03

Announcements, Events, and Updates
Page 04

About Our Organization
Page 05

A Word from our CEO
Page 06

Welcoming Our New Staff

We're excited to welcome new staff and celebrate members of our team as they grow within The Armstrong Center for Hope.



Chanda Hall Mitchell, MSW, LCSWA
Licensed Clinician

Chanda Mitchell is a Licensed Clinical Social Work Associate in the state of North Carolina. She obtained her Master's in Social Work from The University of North Carolina at Greensboro & North Carolina Agricultural and Technical State University, Joint Social Work Program and has over 17 years of experience working with individuals, families, and groups with a focus in End of Life Care. Chanda is passionate about helping people restore optimal functioning, achieve goals, and discover meaning in their lives. She is a strong believer in therapy and that the client is the best steward of their treatment. Chanda uses Person-Centered and integrative clinical approaches including, Solution-Focused Brief Therapy, Cognitive Behavioral Therapy, Motivational Interviewing, and Dialectical Behavioral Therapy. The type of therapy modality is dependent upon the need of the client. Chanda incorporates a holistic approach considering physical, mental, and emotional health, while also considering social factors.

Chanda is a North Carolina native who enjoys making candles in her spare time which contributes to her own self-care. Chanda prides herself on integrity and is willing to take the road less traveled to ensure things are done in a correct manner. Chanda is not afraid to make the hard decision nor have the hard conversations. Chanda's perspectives come not only from her own experiences but from her education in the field of Social Work and Program Management. Chanda is very diligent and believes that within each of us lies the ability to ignite and overcome anything we set our mind to.



Ashley Hood, AA
Practice Manager

Ashley Hood has been working in insurance for over 15 years. She has worked with all payers including Aetna, Humana, BCBS, and WellCare. Ashley started her career in medical billing in May of 2015 after graduating from Wake Technical Community College with her Associate's Degree in Medical Office Administration. When she is not working, she enjoys spending time with her two daughters and giving back to the community.



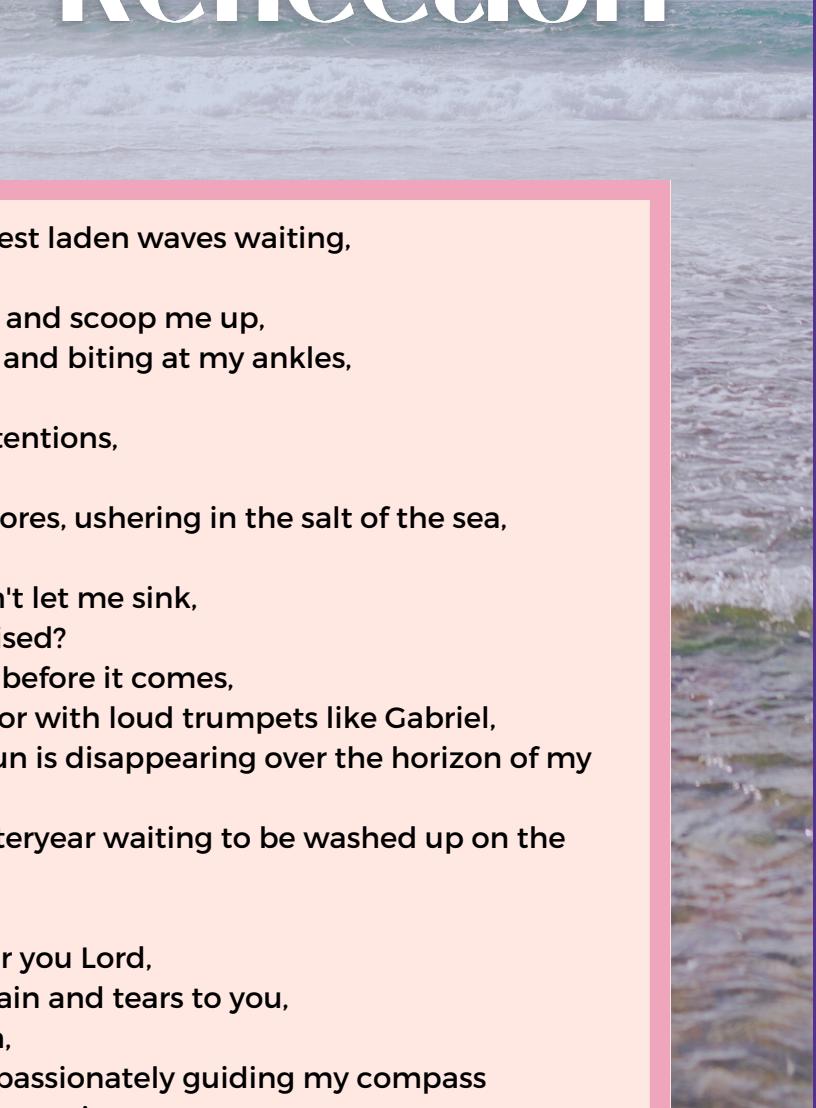
Nancy Serrano Ayala, BA
Front Office Staff

Nancy Serrano is a Salvadoran American woman currently majoring in Psychology at NCCU, and she is set to graduate in May of this year! Through her studies, she hopes to tie together mental wellbeing with an affordable, naturalistic lifestyle. She enjoys researching niche topics and reading in her free time.



Waving Goodbye to the Waves

Words of Reflection



I wade in these tumultuous tempest laden waves waiting,
Beard blowing in the wind,
Waiting on the great fish to come and scoop me up,
Sea serpents have been grabbing and biting at my ankles,
Twisting up my legs,
And locking my waist with evil intentions,
But I wade and wait anyhow,
Passion has filtered through my pores, ushering in the salt of the sea,
Yet I am the salt of the earth,
And the buoyancy of my soul won't let me sink,
Where is this fish that I was promised?
I wonder if I will recognize the fin before it comes,
Will the fish come in Holy silence or with loud trumpets like Gabriel,
The clouds are coming, and the sun is disappearing over the horizon of my
memories,
I am still wading in this sea of yesteryear waiting to be washed up on the
shore of a new year,
But where is my vehicle with gills,
I outstretch my arms and lungs for you Lord,
I give this wet body drenched in rain and tears to you,
Come and get me from this storm,
Compassionate compassion compassionately guiding my compass
compiling the anticipation of your coming,
I'm ready to be rescued,
Withdraw me from this watery year and deposit me to where I can do the
good that you formed me in the womb for,
The sea serpents are releasing, they are swimming away,
Almost as if a predator is arriving,
Demons do flee with the sight of Jesus,
It must be my ride approaching,
The fish of deliverance is here waiting to taxi me to the battlefield
I will train in the belly of this fish, training to handle the Goliath of a new year.

-Reginald Wilson, MSW, LCSW



Announcements, Events, & Updates



2023 Triangle Restaurant Week

January 23 - 29, 2023

Triangle Restaurant Week (Jan. 23 -29, 2023) is a week-long celebration of culinary excellence designed to incorporate the premier Raleigh, Durham, Chapel Hill and surrounding area restaurants.

During TRW, participating restaurants offer special three-course menu options and fixed pricing, a great opportunity for residents and visitors alike to indulge in the area's finest cuisine! No reservations, tickets or passes required.

Pricing for the event is \$15 for a 3-course lunch, and \$25, \$30, \$35 or \$40 for a 2-3 - course dinner. Price is for each person and does not include beverages, tax or gratuity.

Find out more at:
www.trirestaurantweek.com

NC MLK-Black History Month Parade

February 4, 2023

Kick-off Black History Month at the 20th Annual NC MLK-Black History Month Parade that is taking place Feb. 4, 2023, @ 12 noon.

The Parade will line up at W. G. Pearson Elementary School (3501 Fayetteville Street), proceed 1.2 mile up Fayetteville Street (past the Block Party) and end at NCCU (corner of Lawson and Fayetteville Streets). Marching bands, step teams, dance teams, sororities, fraternities, antique cars, mascots, and more!

Find out more at:
www.spectacularmag.com/events/parade/

Art in Bloom at North Carolina Museum of Art

March 16 - 20, 2023

One of the can't-miss events of the year at the North Carolina Museum of Art, Art in Bloom is a five-day festival of art and flowers.

More than 50 floral interpretations inspired by the museum's galleries, some more than 10 feet tall, are created on-site by world-class designers and showcased throughout the museum's West Building (have your cameras ready!). The ticketed event invites participants to attend presentations and workshops, dine at Iris and shop for one-of-a-kind gifts.

Find out more at:
www.ncartmuseum.org



About Our Organization



Welcome to The Armstrong Center for Hope, an interdisciplinary mental health practice for children, adolescents, adults, couples, families, groups, and organizations.

Our theoretical approaches include Cognitive-Behavioral, Family Systems, Psychodynamic, and Eclectic styles. Psychoeducational and personality testing are available resources at the ACFH as well. We currently accept several insurance plans, including Aetna, BlueCross BlueShield, Cigna, Magellan, and Medicaid. We also offer sliding scale rates to fit almost any budget. In addition to daytime appointments, some evening and weekend appointments are available.

In addition to in-person services, psychotherapy and some testing appointments can be held virtually in a secure telehealth environment.

Current Hours:

Monday-Thursday	8 am to 8 pm
Fridays	8 am to 5 pm

Schedule an appointment today:

Call: (919) 418-1718
Fax: (919) 794-5715
Email: acfhinfo@armstrongcfh.com

OUR CLINICAL STAFF:

Tonya D. Armstrong, Ph.D., M.T.S., LP
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Amber Brown, BA
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Georleena Douglas, LCMHCA CBT, SFT
Sherry C. Eaton, Ph.D., LP
Clifton D. Garner, Sr., Psy.D., LCMHCA
Melanie McIntyre, MA, LCMHCA
Tonya McKoy, BA
Melanie Melton, MA, LMFT, M.Div.
Chanda Mitchell, MSW, LCSWA
Kim Nichols, MA, LMFT
Patricia Noel, MSW, LCSW, LCASA
Vicki Pinson, MA, LPA
Milicia Tedder, Ph.D., LPA
Alnita Williams, MA, LCMHC, NCC
Daphne Wiggins, MA, M.Div., Ph.D., LCMHC, LCAS
Reggie Wilson, MSW, LCSW

OUR BUSINESS OFFICE STAFF

Nancy Serrano Ayala
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A Word from Our Founder & CEO

Dr. Tonya Armstrong, Ph.D., M.T.S., LP, HSP-P

As they say, 2022 is history. But the most recent hour of your life is also history! We sometimes place lots of pressure on ourselves to create a completely new reality just because the calendar reflects a New Year. But what if we took a moment to recognize that anytime is a great time to make a positive change. I know you've heard of SMART goals, the ones where we pause to make sure that our vision of our preferred future



Specific, Measurable, Attainable, Relevant, and Time-Bound. But as you consider any small, incremental change that might make, I invite you to reflect on these 3 questions:

- 1) What is your "why"?
- 2) What would you have to sacrifice to make this change?
- 3) How might the world be just a little bit better as a result of your change?

When we reflect beyond the cliches and superficial reasons for change, we begin to count the costs to ensure that our change will be stable, life-promoting, and positive for our surrounding communities. Even if the change we create improves the lives of others, we have to identify our own internal motivation to sustain the change. But fear not: As our cover article reminds us, we have the courage and the care to move forward with the goals that we've stored in our hearts and bring them into fruition!

"Look closely at the present you are constructing: it should look like the future you are dreaming."

-Alice Walker

