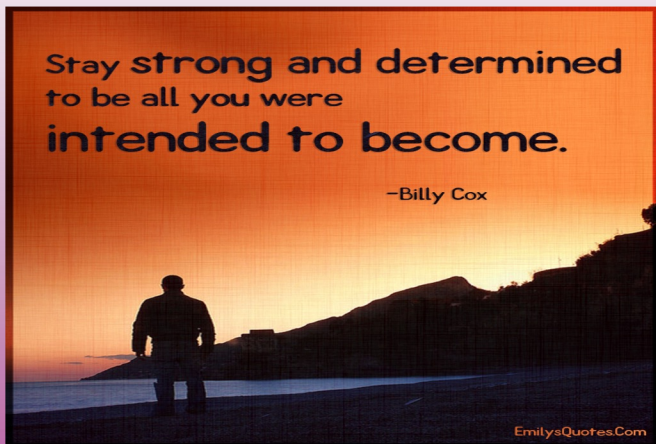




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Twelve-Inch Scar

When I was ten years old, I had what many people call a near death experience. One of many as I got older. However, I love to call what happened to me my new life experience. It started out like any other day, full of laughter, passing notes and sand in my shoes. Climbing to the top of the monkey bars, looking down I realized how far I was up. As I looked down, I felt air. I was falling. I fell and hit a lower bar on the way down. The boys were laughing, and the girls were cleaning the sand off my back. I smiled an embarrassing smile and pretended that I was not hurt. During class about ten minutes later, I felt pain like a thousand hornet stings inside my belly. I was sent home and quickly was taken to the doctor's office due to my skin turning colors and my midsection growing with liquid. The doctor expressed that it was blood. I was internally bleeding to death. I was sent to the hospital. It expressed that I was not going to survive because I had burst my liver in half. Dying was not an option for my mother.

I was airlifted to UNC Chapel Hill Hospital. I was bleeding from everywhere and slipping in and out of consciousness. Throughout my time there, the nurses, custodians, doctors, and other patients gave me everything they had. And what they had was encouragement. I was encouraged to continue fighting. I was encouraged to stay encouraged. Even at ten, I was able to read the faces of the adults kissing my forehead. Their faces told me that they were saying goodbye. After the surgery where the doctors and nurses put my liver back together, I knew that my life was changed. I was giving up. I couldn't move and the pain was constant. Then a nurse came to talk with me. He recharged my battery of hope. I learned how to live again.

My life changed when I was ten, not due to my accident, but because of the best medicine any human has ever given me. That is encouragement. Every day I stare at the 12-inch scar across my belly. I say to myself "stay encouraged Reggie." Never underestimate the power of an encouraging word. I am proof. Stay encouraged.

-Reginald Wilson Jr., MS, MSW, LCSWA

It Takes Strength

It takes strength to be firm, It takes courage to be gentle
 It takes strength to conquer It takes courage to surrender.
 It takes strength to be certain, It takes courage to have doubt.
 It takes strength to fit in, It takes courage to stand out.
 It takes strength to feel a friend's pain, It takes courage to feel your own pain
 It takes strength to endure abuse, It takes courage to stop it.
 It takes strength to stand alone, It takes courage to lean on another.
 It takes strength to love, It takes courage to be loved.
 It takes strength to survive, It takes courage to live.

-Unknown Author

Welcoming Our New Staff

Alnita Williams, MA, LCMHC, NCC



Alnita Williams is a Licensed Clinical Mental Health Counselor and National Certified Counselor in the state of North Carolina. Alnita earned her undergraduate degree in Social Work from East Carolina University in 2004 and earned her Master's degree in Professional Counseling from Liberty University in 2013. Alnita has worked in the behavioral health field for the past 18 years but has been practicing professionally as a LCMHC over the past 9 years. Common focus areas that Alnita can treat include but not limited to, depressive disorders, anxiety disorders, anger management, domestic violence and abuse for perpetrators or victims, grief support and recovery and pre-marital counseling. Alnita believes in individuals becoming healed and whole so that they can achieve their goals. Counseling with Alnita is a team approach as she enjoys walking along individuals helping them discover new ways to manage the challenges in their life. Alnita utilizes a multi-modality approach to counseling that includes, but not limited to, Solution Focused Brief Therapy, CBT, DBT, and Motivational Interviewing, based upon the needs of the client. As a LCMHC, Alnita provides professional counseling to individuals, couples, and families ages 14+. Her integrated approach to mental health and wellness stems from a mind, body, and spirit paradigm. Alnita welcomes the idea of clients incorporating their faith in sessions to facilitate healing as well.

Amber Brown, BA



Amber Brown was born in Maryland and raised in Durham, North Carolina. She is a graduate student pursuing a Master of Arts in Clinical Psychology at North Carolina Central University and previously earned a Bachelor of Arts in Psychology, Cum Laude, from North Carolina Central University. Amber previously worked as a research assistant in the NCCU Ella Baker Community Training Lab through which she coordinated and facilitated programs for freshman students. She is currently researching Race-Based Traumatic Stress, Posttraumatic Growth, and Mindfulness. Amber's other academic and research interests are in holistic wellness, resilience, and positive mental health outcomes, particularly for the Black community. Amber has practiced yoga since 2007 and began teaching yoga in 2017. Multiple trauma-informed yoga trainings influence her style of mindfully talking students through the positioning of their bodies within a safe, accessible yoga practice. Amber also enjoys traveling and writing short stories and poetry in her free time.

Words of Reflection, by Reginald Wilson, MSW, LCSWA

Resurrection Inspiration

How can one resurrect the parts that have been murdered by
others,
The parts that you hold special and unique,
The parts that are yours,
The parts that make you fearfully and wonderfully made,
And they stole them from you,
Hid them from you,
Killed them in front of you,
Oh but today it's time like the bell on an oven or earliest bird
chirping outside the window,
It's time for resurrection,
It's time to roll back the stones locking you up with doubt and
distortions,
It's time to get up,
It's time to rise and be who you were created to be,
It's time to ascend.

Community Events

Black August in the Park, an event with a mission to creatively inspire and connect people of African descent to assert their value and engage in social and cultural change. Event will be held on August 26 at Durham Central Park. More information on www.blackaugustinthepark.com

Soul Yoga @ CAM Raleigh, A destination for wellness, revitalization and balance for people in our community to foster a more harmonious relationship between mind, breath and soul. Class committed to providing an accessible destination for wellness, revitalization and balance for people in the community. Soul Yoga holds sessions on Saturdays, bi-weekly. Sign up on officialsoulyoga.com.

Taste of Soul NC (Youth Entrepreneur Edition)- Experience 5 hours of the Ultimate Cookout at Durham Central Park from Kid Entrepreneurs in the area on July 9th at Durham Central Park. Get more information on tasteofsoulnc.com



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. Our current hours are: Monday-Thursday, 8 am to 8 pm / Fridays, 8 am to 5 pm Call for an appointment today at (919) 418-1718 or e-mail us at acfhinfo@armstrongcfh.com. During COVID-19, all psychotherapy and some testing appointments are held virtually in a secure telehealth environment. Face-to-face testing will be scheduled on a case-by-case basis.



The Armstrong Center for Hope
Psychological and Spiritual Wellness for All Ages

OUR CLINICAL INTERESTS INCLUDE:

- Stress Management • Wellness Consultations • Depression • Trauma, including EMDR • Anxiety • Grief and Loss • Anger Management • Attention-Deficit/Hyperactivity Disorder (ADHD)
- Behavior Disorders • Learning Disabilities • Parenting • Marriage, Family, and Relationship Issues • African-American Concerns • Religious and Spiritual Concerns • Women's Issues
- Conflict in the Workplace • Mind/Body Connection

“You are built for the pressures that come with your calling.”
– Unknown

OUR CLINICAL STAFF:

Tonya D. Armstrong, Ph.D., M.T.S., LP
Kristen V. Bell-Adair, Ph.D., LP
Amber Brown, BA
Psiyina L. Davis, MACC, MA, LMFT
Hillary Dietahin, BS
Georleena Douglas, LCMHCA CBT, SFT
Sherry C. Eaton, Ph.D., LP
Clifton D. Garner, Sr., Psy.D., LCMHCA
Melanie McIntyre, MA, LCMHCA
Melanie Melton, MA, LMFT, M.Div.
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, LCSWA

OUR BUSINESS OFFICE STAFF

Tyrell Baggett
Melvin Baldwin
Marjorah Byers, BA
Wendy Cavalieri, AA
Sade Solano, BA

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Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them.



A Word From Our Founder & CEO



*“Smell the sea, and
feel the sky. Let your
soul and spirit fly.”*

— Van Morrison

July is Minority Mental Health Month. Following National Mental Health Month in May, this additional observance gives us an opportunity to highlight the significance of mental health for Black and Brown populations. The disenfranchisement of our communities is all too common in the areas of employment, housing, health disparities, net worth, voting rights, disproportionate involvement in the criminal justice system, and other entrenched areas of inequity. These conditions are often associated with increased stress, lower levels of life satisfaction, and shorter life expectancies, all of which can contribute to mental health challenges. So on the basis of mental health risk alone, our communities can benefit from mental health treatment. But beyond making sure that we're stable enough to survive life's challenges in our minds, jobs, relationships, and communities, mental health treatment is about striving for our fullest blossoming.

So let's demystify what therapy is all about. Even though there are hundreds of theoretical orientations, methodologies, styles, and approaches, therapy is ultimately about forming a trusting relationship with someone carefully trained to address your thoughts, feelings, behaviors, identities, and goals. All relationships take time to build, but once you feel secure in this trusting alliance, you can “lay your burdens down,” engage in meaningful reflection and truth telling, and process the issues of your past and present to mindfully pivot toward a hopeful future. Some parts of therapy are about venting, or telling your story. Other parts of therapy are about learning skills, such as enhancing communication or setting and maintaining boundaries. Still other parts of therapy are about being able to see and understand yourself more clearly, the good, the bad, and the ugly. Sometimes these revelations may leave you feeling “some kinda way” about your therapist, but mostly, you will feel gratitude for the transformation that your therapist is guiding you through,

Although negative stereotypes of therapy persist, coming to therapy is not a betrayal of your family business; instead, it can be one of the greatest gifts you can give your family by showing them and yourself what's possible with your life with psychological support. Also, coming to therapy doesn't mean you're “crazy.” On the contrary, intentionally engaging in therapy shows that you have the strength and courage to aim for and work toward your highest self!

Congratulations, Dr. Armstrong!!!

Special congratulations to Dr. Tonya Armstrong on being the 2022 N.C. Psychological Association's Mary G. Clarke Award recipient. The Mary G. Clarke Award Honors a psychologist for outstanding contributions over several years to psychology in North Carolina. Such contributions may be academic, applied or otherwise and reflect the qualities of dedication, competence, high ethical standards, advocacy for the field of psychology, and sensitivity exemplified by Mary Clarke. Here are some quotes from her nominators:

“The resounding theme of her work is compassion and Hope. Tonya Armstrong, Ph.D., MTS elevates those around her to reach for the better parts of our nature and to believe that Hope will light a way through life's turmoils.”

-Pamela Trent, Ph.D.

Psychiatric & Psychological Associates of Durham, PLLC

“Tonya, a “flower of life”, graceful sage, truth-teller, giant among women, stands out in her sainted elegance.”

-Mary L. Evers, Ph.D.

President of NCPA

“Dr. Armstrong has more than met all the high standards established for this award: “dedication, competence, sensitivity, high ethical standards and advocacy for the field of psychology.”

-Charles Cooper, Ph.D.

Former NCPA Director of Professional Affairs