

**“PSYCHOLOGICAL
& SPIRITUAL
WELLNESS FOR
ALL AGES”**



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

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**“However bad life
may seem, there is
always something
you can do and suc-
ceed at. Where
there’s life, there’s
hope.**

-Stephen Hawking

Finding the Light, Even in Dark Times

We are living in interesting times. The Coronavirus, technically known as COVID-19, has indeed changed around a lot of our lives around. The reality of this pandemic, which at first presented as something so minuscule, has now become an overwhelming global phenomenon. The sadness of the lives this virus has and is continuing to destroy is overwhelming. The stress of how much the virus is stopping the everyday fruitfulness in our lives is also vast. Schools where children go and learn and when parents can focus on their work are closed; places of employment have been temporarily (or in some cases, permanently) closed; and local shops and favorite places to go and visit are closed. We are told to stay home, which for a lot of us, switches around our daily lives. For many, this can be a time of loss, confusion, frustration, anger, sadness, hopelessness, and depression. During this time, we can find ourselves at a loss, giving up hope on our lives is what we once have known as our normal.

But what if not all hope is lost? What if you set aside the despair and find things that can make this time worthwhile? Yes, these are times which I

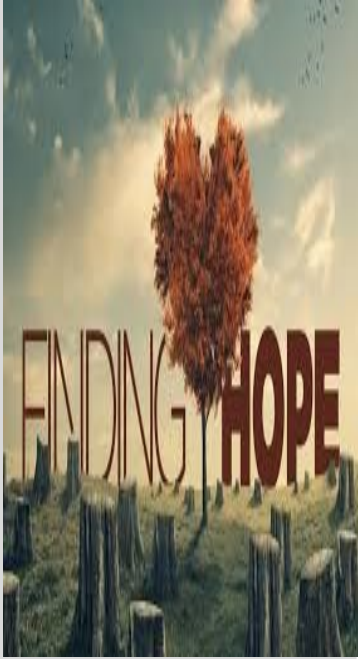
agree can cause anxiety and stress, but I also believe these are times that we can make the most of. A lot of people may have more time on their hands than they would



like. What if we take these times to get things done that we have put off or to do the things that we have always wanted to do but never have time. Take some time to finally work on cleaning out that one closet or rummaging through old papers.

Connect and do some at-home, phone, or text bonding with your family and other loved ones. Take up yoga or other home exercises, which can relax you doing this stressful time. Look into taking up a hobby or learning a new craft. Work on mapping out dreams and aspirations. Finally, look into telehealth services that can help during this stressful time. (The ACFH has openings for new clients!)

Whatever it is you may have always wanted or never imagined yourself doing, now is the time to start considering it. Yes, these are trying times, but I challenge everyone to find hope in the light. Even if it is dim, do things that can make your life spark. You may find peace in the chaos. *-Tierra Arnold, BA*



“Hope is being able to see that there is light despite all of the darkness.”

— Desmond Tutu

Welcoming Our New Clinician!



Pastor Psiyina L. Davis, MACC, MA, LMFT

Psiyina [sigh-YEE-nuh] Davis, **MACC, MA, LMFT**, is a Licensed Marriage and Family Therapist and Pastor of Congregational Care and First Lady at Nehemiah Christian Center in Durham. Ms. Davis earned her Master of Arts in Marriage & Family Therapy from Liberty University, her Master of Arts in Christian Counseling from Apex School of Theology, and her bachelor’s degree in Economics from Kalamazoo College. Ms. Davis utilizes a multi-modality approach to counseling that includes, but not limited to, Bowen's family system, CBT, and DBT based upon the needs of the client. As a Licensed Marriage and Family Therapist, she provides professional counseling to individuals, couples, and families. Her holistic approach to mental health and wellness stems from a mind, body, and spirit paradigm. Clients have the ability to incorporate their faith in sessions to facilitate healing.

Ms. Davis states, “Clients who are looking to be engaged in self-discovery and awareness will benefit from working with my approach to therapy. I work with you on accomplishing your goals and enhancing your life journey to health and wholeness.” She has helped clients work on various issues, including but not limited to, anxiety disorders, depressive disorders, bipolar disorders, PTSD, trauma and stress related disorders, grief support, pre-marital counseling, and marital repair.

Ms. Davis is currently accepting new clients, so contact our Business Office today to schedule an appointment!

25 Things to Do to Sustain Yourself During COVID-19

- 1) Sip a cup of tea
- 2) Bake
- 3) Spend time playing with children
- 4) Trace your family tree
- 5) Try a new hairdo
- 6) Listen to your favorite oldies
- 7) Take a walk in the park
- 8) Call up an old friend
- 9) Dance
- 10) Read
- 11) Wear your favorite scent
- 12) Donate to a worthy cause
- 13) Call up an old friend
- 14) Dance
- 15) Go for a hike
- 16) Cook a healthy and soulful meal
- 17) Find podcasts
- 18) Reminisce
- 19) Meditate
- 20) Build a new playlist
- 21) Imagine your favorite scene
- 22) Look through your favorite photos
- 23) Connect virtually with your church family
- 24) Create a homemade foot spa
- 25) Give thanks for surviving!

For a list of even more ideas, visit drtonyaarmstrong.com for your list of *Blossoming Hope Tools*!

About Our Organization...



Are you looking to create positive changes and transformation in your life?

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, Ma-

gellan, 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 appointments are held virtually in a secure telehealth environment.

Local Opportunities for Promoting Wellness



“The Ethics of Practicing Cultural Humility,” Dr. Tonya D. Armstrong, Presenter, Thurs., April 16th from 9:00 am to 1:15 pm. Sponsored by Eastern Area Health Education Center (EAHEC).

National Alliance on Mental Illness (NAMI) NC Virtual Support: Weekly Education and Support for our Community, Thursdays, 7-8:30 pm. Register at <https://naminc.org/our-work-support/thursdays-with-nami/>

Building Resiliency To Isolation & Loneliness: How To Increase Our Resiliency During The COVID-19 Crisis. Mental Health America video recording available at <https://mhanational.org/events/building-resiliency-isolation-loneliness-how-increase-our-resiliency-during-covid-19-crisis>



Wednesdays at the Well Topics:

April 22—**“Holding Their Grievs and Losses and Ours, Too”**

May 27—**“Sharing Wisdom for Re-Opening Your Practice”**

Wednesdays at the Well is a consultation group for therapists and trainees interested in integrating spirituality into mental health practice. The group meets on 4th Wednesdays from 12-1:30 pm in The ACFH Conference Room. During COVID-19, virtual sessions are held from 12-1 pm. RSVP and request the session link at tarmstrong@armstrongcfh.com.

- **FREE Online Wellness livestream** “How to Adapt and Survive in a Time of Crisis.” Online With Julia Samuel starting April 14th @6:45; Tickets at Eventbrite.com.
- **FREE online event: How to Tame Stress and Eliminate Reactivity in Less Than 8 Weeks.** Tools you need to control the stress you experience in all areas of your life. **Every Sunday @ 8pm; Tickets at Eventbrite.com**
- **FREE online skin & wellness work-**

shop for women, men, & teens starting April 21 @6:30

NAMIWalks Your Way North Carolina: A Virtual Event on Saturday., May 30th. Participate by:

- Walking 3,500 steps for a *5K your way*
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike
- Hosting a virtual paint and sip party

Register at <https://www.namiwalks.org/index.cfm?fuseaction=register.start&eventID=915>

Older Adults & Isolation During COVID-19. Mental Health America video recording available at <https://mhanational.org/events/older-adults-isolation-during-covid-19>

Coping with COVID-19: Mental Health Matters Public Education Recorded Webinar Series. Sponsored by the NC Psychological Foundation. View these short episodes here: <https://www.ncpsychology.org/coping-with-covid-19>

Hope4Healers: Free emotional support provided by licensed psychotherapists for NC Healthcare Workers and their family members. Call the hotline at **919-226-2002**.

“Change, like healing, takes time.”

— Veronica Roth



Our Clinical Staff:

Tonya D. Armstrong, Ph.D., M.T.S., LP
Tierra Arnold, BA
Kristen V. Bell, Ph.D., LP
Bishari Green Cox, MA, MS, LPCA, NCC
Psiyina L. Davis, MACC, MA, LMFT
Sherry C. Eaton, Ph.D., LP
Clifton D. Garner, Sr., M.S.
Natalie R. Gidney-Cole, MSW, LCSW
Kim Nichols, MA, LMFTA
Valeria Rivera-Smith, Psy.D., LP
Jesus A. Sanchez Ohep, MT, MA, LPA
Milicia Tedder, Ph.D., LPA

BUSINESS ADDRESSES:

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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*

A Word from our Founder and CEO



Dr. Tonya Armstrong
Founder & CEO

As we were bringing in 2020 just a few months ago, who knew that we would shortly be faced with one of the greatest challenges this country, indeed, this world has ever seen! The Coronavirus pandemic, more technically known as COVID-19, has claimed over 50,000 lives globally at the time of this writing. Over two million people have tested positive for the virus, and countless others have likely been infected but not yet diagnosed due to significant difficulties with testing. Whether you look globally or in your own neighborhood, you can see the impact of COVID-19 on our daily routines (many of which are quarantined), our movement

about the local community (as business and leisure travel have almost come to a standstill), our engagement with grocery stores, retail shops, restaurants, and other businesses, our connection to our faith communities (now almost completely virtual or telephonic), and our entire manner of social interaction!

These changes have certainly affected us psychologically. Fear and anxiety surround us as we contemplate the escalating chances of infection, illness, and even death. Grief weighs on us greatly, both in the loved ones we have personally lost, the loss of life on a global scale, the loss of employment, housing, food security, and the loss of a way of life that many say will never return.

Nevertheless, as our cover article reminds us, there is hope to be found in the midst of all these tragedies. Experiencing such profound changes in our lives necessarily makes us pause and recognize what is truly important. More moments of self-examination or introspection may translate into greater resonance with your passion and purpose. The previously automatic routines of commuting, working, chauffeuring, and repeating chores did not often grant us time for reflection, but slowing down (for some) or changing our rhythms (for others) gives us a different vantage point. Maybe this is a time for making some course corrections, a hard right, or even a U-turn!

Also, spending more time at home with ourselves and our families, while sometimes fraught with irritation, gives us a chance to connect at a deeper level than perhaps had occurred in the hustle and bustle of our previous routines. Having these extra moments together gives us more time to practice and improve the basic building blocks of strong families, including effective communication, love, an understanding of the rules of engagement, harmony, conflict management, recreation, and peace. Finally, we have opportunities like never before to be outward-facing. We can serve others in their time of need, whether it be for practical supplies of food, housing, or financial support, or for emotional and spiritual support, which can still be supplied quite powerfully through virtual means. We may find that our new ways of looking at and connecting with the world can bring about greater efficiencies in how we spend our time, money, and other resources, all while sharing the wisdom, love, and compassion that are within us.