



For Immediate Release

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S.H.A.R.E. Spot Drop-In Center Hosts Open House at the Selby House

PUNTA GORDA, FL (June 22, 2022) - The S.H.A.R.E. (Self Help And Recovery Exchange) Spot drop-in center is holding an open house on Tuesday, June 28th and Thursday, June 30th from 10:30 a.m. – 2:30 p.m. S.H.A.R.E. Spot is located in the Selby House, 513 E. Hickory Street, Arcadia.

S.H.A.R.E. Spot is Desoto Psychiatric Services' non-treatment drop-in center for people with severe, persistent mental illnesses. The S.H.A.R.E. Spot is a peer run program that focuses on socialization, advocacy, and self-help for each member on a personal journey to recovery. The peer specialists run a variety of activities, including self-help groups, education groups, arts and crafts, self-expression activities, and featured guest speakers. Peer specialists also provide emotional support to all members. They also provide a substance use relapse prevention program and coping and life skills for the aging and elderly.

Studies of drop-in centers have found that members who attend have a decrease in suicide rate, substance abuse, and hospitalization. Members also show an increase in social contacts, quality of life, problem solving abilities, and the ability to carry out activities of daily living. Through peer support, members gain self-esteem, learn to advocate for themselves, and become empowered to strive for recovery. S.H.A.R.E. Spot is a powerful demonstration that people with mental illness can and do lead normal, productive lives.

S.H.A.R.E. Spot is a free, voluntary program open to members every Tuesday and Thursday from 10:30 a.m. - 2:30 p.m. at the Selby House.

Call Christopher Wooldridge, S.H.A.R.E. Spot activities coordinator, at (941) 347-6411 for more information or stop in and see us during the open house!

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