

The Mental Health Consumer Web May  
2025

# The Web News



## NEW EXECUTIVE DIRECTOR JOINS THE WEB

The Mental Health Consumer Web welcomes Valerie Chadwick to the Web! Val is a lifelong Alaskan with roots to the Kusilvak reporting district. She is a member of the Algaaciq tribe in St. Mary's, and also belongs to the Emmonak Corporation and Calista Corporation.

In addition to her years of experience in social services, Val brings with her the hope of recovery. "The minute you decide on recovery, the minute recovery has started"

Welcome Valerie to the Web~

## MIND. BODY. SPIRIT

Part of building employment and training goals, communication is key. Web members meet every week on a project that provides an opportunity to practice skills and most of all, brings to light the strength of each participant as they work in small teams. Forgiveness was the theme for the last Mind.Body.Spirit where the group gathered to talk about the power of forgiveness as a coping skill when faced with adversity.



## IMPORTANT REMINDERS

Peer to Peer happens daily at 10:00 AM. We will reopen the doors after group has ended

Please keep our Center clean, we have clean up every day at 3 PM

We have a Peer Mentor for your recovery support

Val Chadwick, ED

Becky Marvin, Housing Lead

Barbara Washington, Employment and Training Lead

Cheri McGee and Consuela Morales, Women's Support

Wayne Miller, Recovery

Zita Chikigak, Recovery

## Meet your Peer Support Team at the Web!

The Mental Health Consumer Web team of support is there for you! If you're new to the Web-let any Peer Support Professional know so that we can meet with you one on one, get your membership paperwork completed and show you around The Web. We encourage you to take some time to talk to us about your recovery plan and serve as your support as you begin finding new friends who understand what you're going through. We have many volunteer opportunities and encourage all of our Members to join in activities that build our community of support at The Web.



### CHERI

Everyone knows Cheri at The Web! Her dedicated service for web members serves as a foundation of support for us. She is the heart of the Web and keeps everyone balanced and on track with her Elder wisdom and no nonsense support. Grab a cup of coffee and spend some time in "Grannie's Corner"



### BECKY

Becky is one of the strongest Peer Mentors at the Web. She is the backbone of the Web. Everything she does to help find housing is based on her true commitment to recovery and envisioning a life where everyone has a chance to experience their true selves as folks learn to adjust to their new sober reality.



## WAYNE

Wayne serves as a Professional Peer Mentor and has been with the Web since March, 2025. Wayne's experience in the road to recovery is what prompted him with his choice to work at The Web. He wants to help others through the various agency supports and that through community belonging-healing was possible.

Welcome Wayne!



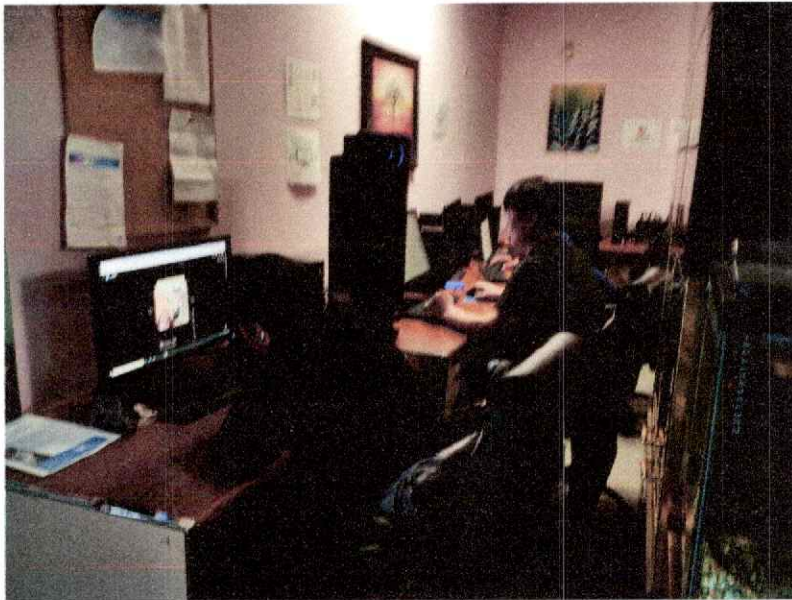
## CONSUELA

Consuela also joined the team in March and serves two roles-first and foremost she is a Professional Peer Mentor and can be seen assisting with resumes, intakes and coordinating events. Consuela (Sway) also provides administrative support for the Web and helping us build our resource bank so that our members know of opportunities to help them through their recovery.

Welcome Consuela!



Barb and Stacey



## BARBARA

Barbara is a Professional Peer Mentor who has been with the Web for many years and is there to help our members with job seeking support. Not only does she focus on employment, she also supports members in their training requirements. To build balance between work and recovery, she also hosts weekly Mind.Body.Spirit groups that remind us that a big part of recovery is taking care of ourselves. Since every person has a different way to express self-care she provides a variety of activities that allow each person time to understand new feelings, new experiences and new friends brings new feelings and healthier interactions that build community at the Web.

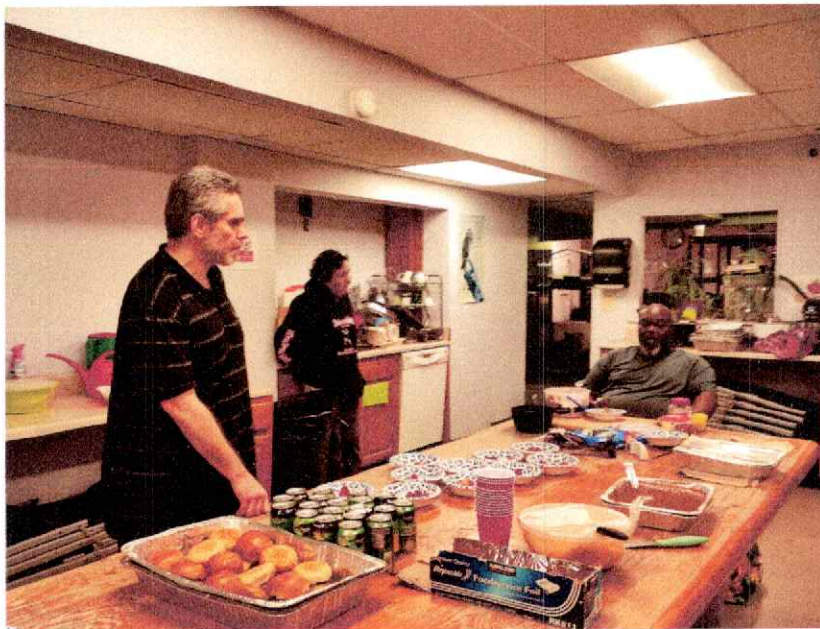
## MITTENS

Mittens lives at the Web and provides therapeutic support for all our members. He chooses who will pet him, play with him or feed him .



## ZITA

Zita is our newest Peer Support Professional and joined the Web in April, 2025. She provides recovery support and has been trained in various social service delivery requirements and is able to help members understand case plans, safety plans and renewal applications so that members don't end up with a break in services due to non-compliance.

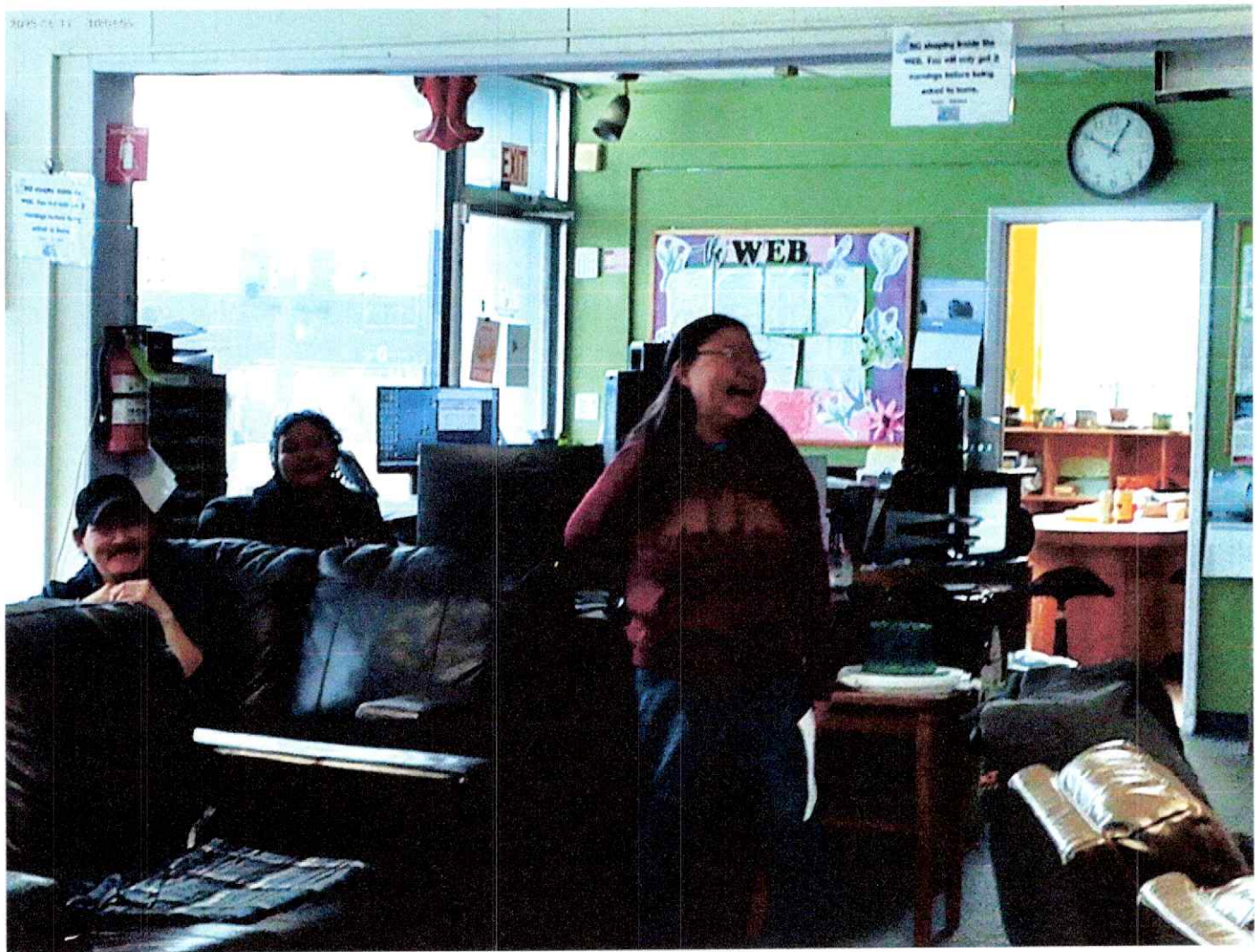


## EDDIES COOKING CLASS

Eddie is a remarkable man with his team of volunteers who come to the Web twice a week and hosts a free cooking class for members. Eddy volunteers his time each week, and always there for members to practice cooking skills and team building. He is a vital part of the Peer Support Team and his twice a week visits have become a part of daily life at the Web. Thank you Eddie!

May is "Mental Health Awareness Month"

We will be planning a Memorial Day of Remembrance on Memorial Day at The Web. This will be a day we celebrate the lives of so many people that have touched our lives and to honor those we've lost.



### Peer to Peer: Keep Coming Back!

Maria, Jim and Val share laughs with other members during Peer to Peer meetings that happen Monday through Saturday at 10:00 am. Sharing isn't planned, since we understand we don't know what people are going through unless they tell us. We support each other through the pain, loneliness and loss of family and friends which is so important in recovery. We motivate each other through our compassion, through our tears and through our laughter. Peer to Peer works!

On this day, Maria lead the Peer to Peer Group and set the tone for a day filled with hope and community. Thank you Maria for your volunteerism!

Spring is Here! Almost...

The guys got together to set up the sunshade and have been cleaning the garden area in preparation for summer!



### The Web: Where Peers Matter

Interested in Membership? Stop by and complete an Intake form and learn more about peer recovery support. We're open Monday – Friday from 8:30 am to 4:30 pm and Saturdays from 10 am to 4:30 pm



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