

# Charter House Journal

**SPECIAL POINTS OF INTEREST:**

- MAC Meeting at Charter House
- Flower Bulb Fundraiser
- Skill Group Corner MINDFULNESS
- Upcoming Computer Classes

**COORDINATOR'S CORNER**

Happy Spring and Merry Easter to all!!

It feels good to have the sun out again.

We are pretty excited here at Charter House that the International Center for Clubhouse Development (ICCD) model of providing services has been designated as an Evidence Based Practice by federal Substance Abuse and Mental Health Services Administration (SAMHSA). This means that what we do here in the

Clubhouse works and helps persons with a mental illness to be better. Over the next 12-18 months Charter House will be working to get ready for our own ICCD certification visit. Part of "getting ready" will begin by doing a "Self Study" and we will be working on this soon. We are currently waiting to hear back from ICCD about starting the process.

We are going to be making positive changes here at Charter House that will benefit everyone!!

Good Job on the bulb fundraiser everyone! Wow, we made \$900 for Charter House and our yards are going to be looking beautiful!! Thanks to Steve B. who bought bulbs to plant here at Charter House.

One other bit of exciting news for April is that we are hosting the Michigan Association of Clubhouses meeting on April 13th. It will be great to have people here from Clubhouses all over Michigan!

**ADVOCACY IN MOTION**

Visitors from CARF (an accreditation organization) will be visiting Charter House sometime between May 23-25. When they are here, they might be talking to members to find out answers to some of these questions from their survey:

- Do you take part in planning your services?
- Are you treated with respect?

There will be posters up around the building with more information.

We have been approved by Maureen Maloney to pursue

accreditation from the International Center for Clubhouse Development (ICCD). Charter House has contacted the ICCD and is waiting to hear back about starting the accreditation process. The ICCD model has recently been accepted as an Evidence Based Practice by SAMHSA, and is now one of only four Evidence Base Practices approved for Adult Mental Health Services.

The Michigan Association of Clubhouses now has a Google Group for email. This now means we can now send one email and reach every Clubhouse in Michigan. There is also a website to find out more information

about the MAC - [www.mi-clubhouse.org](http://www.mi-clubhouse.org) .

Advocacy Unit has been writing letters to Governor Synder about his proposed budget cuts and the effects they will have on human services and taxes. We encourage other members and Clubhouses to get involved and use our combined voices. If you would like more information, please contact the Advocacy Group through the Charter House email address ([charterhouse@acd.net](mailto:charterhouse@acd.net)). If you have an Advocacy Group at your Clubhouse we would love to hear from you and find out what you are doing.

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## TRANSITIONAL EMPLOYMENT

Transitional Employment (TE) crews would like to welcome Bill M to the teams! Bill recently started coming to Charter House in mid January and expressed an interest in

working. Bill's first day was March 16th 2011. He has been placed on the recycling crew and is doing a GREAT job!

It continues to be a busy time

for Transitional Employment crews, gathering recyclables, filling pop machines, etc. We are looking forward to working in the spring weather.



Bill Morris

## CHARTER HOUSE VENDING MACHINES

This is just a reminder to everyone that we have started filling our vending machines every Friday. We shop for

snacks and drinks on the first Thursday of every month. So far everyone seems pleased with this new arrangement.

## WHAT'S HAPPENING IN THE SNACK SHOP?

One of our team goals has been to improve upon our calculations, to use a calculator and to complete our inventory form with accuracy. We have been spot on! Our second team goal was to improve upon our marketing of our products. We have been announcing our products in morning meeting, but

we will continue to work on this. To get the word out...

We have a variety of snacks that are priced just right. We have a lot of new items since we opened up 2 years ago. We have everything from granola bars to coffee, to banquet dinners and pizza. We have convenient hours of operation for the clubhouse.

With a friendly smile, we greet our customers and are always glad to see them.

You can always be sure you have made the right choice when you shop at our snack shop!

## FUNDRAISING TEAM

Charter House kicked off it's fundraising campaign on February 21st. It was a learning process for all of us. We were trained in various areas of salesmanship, to

increase confidence, comfort and likelihood of success. We began individual sales of Dutch Mill flower bulbs and divided into teams for group sales. At this time we have

sold over 270 packages of bulbs and counting. Yeah team!

**EVIDENCE BASED SUPPORTED EMPLOYMENT  
BY JEAN MERRILL**

The first few weeks of building the EBSE program for AMHS, located here at Charter House, have been very busy. I attended an extensive training at the beginning of March where I learned methods to assist individuals in *choosing* a job, *getting* a job, and *maintaining* that job. I have also visited some established EBSE programs to observe and learn from their successes.

I have been visiting some employers

for job development and to learn the qualities employers are looking for in their employees. Most say they are looking for good communication skills, dependability, honesty and integrity, and a positive attitude.

The actual work with individuals that desire competitive community employment has begun. We have been working together on resume preparation, application submission and interview preparation. Stephanie Tighe and I

conducted a “mock interview” with one of the individuals I have been working with, Randy Austin. Randy has applied for a job and expects to be called for an interview soon. He did well, but areas that needed improvement were identified and it was a great experience for each of us. The program is off to a great start and I look forward to working with individuals in their search for employment.



**VOCATIONAL SERVICES: A KEY TO RECOVERY  
BY LAURA SANDBERG AND JULIA CUSICK**

Laura Sandberg and Julia Cusick sat down with Hilliard Dean (*Dean*) recently and talked to him about his vocational experiences while being a member of Charter House.

Hilliard Dean (he goes by *Dean*) started working for Charter House as a transitional employee cleaning at Lousia Street in 2007. Eventually, as a result of his hard work, he was asked to take on more responsibility at his job. Dean is currently working a relief van driver for Charter House. Below is an interview with Dean about his work as well as about his mental health recovery.



1. DESCRIBE YOUR CURRENT JOB. HOW LONG HAVE YOU WORKED AT THIS JOB?  
I have worked for 1.5 years as a crew leader for the Lousia St Cleaning Crew. I drive members to their job and supervise their cleaning.
2. WHAT IS YOUR FAVORITE THING ABOUT YOUR JOB? WHAT IS YOUR LEAST FAVORITE THING ABOUT YOUR JOB?  
My favorite thing is being able to help people out and be a good listener. I don't have a least favorite thing.
3. HOW DID YOU LEARN SUCH A GOOD WORK ETHIC?  
I feel like my work ethic has gotten better and I am still working on it. My main motivation to do well on the job is that I don't like to be in trouble so I make sure I am a dependable worker. I feel like my varsity football coach was a mentor, who helped me learn to have a good work ethic.
4. DOES YOUR JOB HELP YOU WITH YOUR RECOVERY IN MENTAL HEALTH?  
I feel like my job is the best thing I can do for my mental health. Being on a routine schedule helps me. My job also gets me out of the house to interact with others and build rapport and friendships with others.
5. HOW DID YOU KNOW THAT YOU WERE IN RECOVERY AND HOW LONG DID IT TAKE YOU TO BE IN RECOVERY?  
When I was 18 I had my first indication that I had a mental illness. I didn't accept it then and saw it as an obstacle. It took me several years to accept my diagnosis and participate in treatment.
6. WERE THERE ANY PEOPLE THAT HELPED YOU LEARN HOW TO ADDRESS YOUR MENTAL HEALTH PROBLEMS. IF SO, HOW DID THEY HELP?  
My case manager that I had for 8 years helped me a lot. At first I was unwilling but my case manager expected me to be productive and stay on track. I finally accepted treatment and started doing better.
7. DO YOU STILL HAVE PROBLEMS WITH YOUR MENTAL HEALTH TODAY? IF SO, HOW DO YOU DEAL WITH THEM.  
I still have minor problems that are ongoing. I get nervous in crowds. I feel the best way to deal with these issues is to face them, not avoid them.
8. ARE YOU SATISFIED WITH YOUR RECOVERY? WHAT OTHER GOALS DO YOU HAVE FOR YOUR LIFE?  
I am satisfied with my recovery, things are going pretty well. My short term goals are to continue to work for CMH in whatever capacity I am needed. My long term goals are to get into better physical shape and to be happy and content.
9. DO YOU HAVE ANY TECHNIQUES THAT WOULD HELP OTHERS WITH THEIR RECOVERY?  
Go along with treatment, take your meds, don't use drugs and alcohol, and make sure you are doing something productive with your life. Sometimes you will have to do things you don't want to do, but it will pay off in the end. For instance, I had a job that started at 5am in the morning, but I am not a morning person, even though I didn't want to get up, it was beneficial for me to have a job.

## CLERICAL UNIT

The clerical unit continues to have new and exciting experiences and as a result the attendance on the unit is steadily going up. We have new members that have joined the unit. Welcome Aboard, it's nice to have you! Thank you to Marge, Kathleen, Christine, Julia, and Bill for the warmth and training that

you have provided to those orienting and joining the unit.

The unit has been working on several areas striving for excellence. We are very pleased with our progress: We accomplished 100% attendance accuracy for this month. Additionally 90% of the unit can successfully either input the

attendance data or work on the correction team. Our team training unit this month was the typing and preparation involved for creating lunch tickets. Our confidence is growing in this area. We are also working each day to complete meaningful clubhouse work, and in that vein we are re-evaluating our tasks.

We have eliminated our runner shifts, increased our outreach - so that no one is forgotten, increased our newsletter involvement, and are beginning other clerical functions. Stay tuned for more news from our team!

## MAINTENANCE TEAM

We keep the place clean. We are very thorough. We have a great team on the Maintenance Unit. We work together well. We don't change don't clothes for a whole week! Ha, Ha, just kidding. We just wanted to see if you were paying at-

tention. We like our team that is why we keep coming back. We do our work and respect each other. We help each other, when we are down or need help. We develop work skills that are necessary to have when we go out into the community

to work. We are good at encouraging each other. We don't discriminate. Everyone can be a part of this team. We stick together.

## VINEYARD GRILL

It's been a very busy month at the Vineyard Grill. This month we would like to welcome and show our appreciation for Robert V. Robert chose to start working with us in the kitchen

and is becoming a valuable asset. This month we also started serving only one lunch, doing away with early lunches. Lunches are now served at 11:30am. So far it seems everyone en-

joys the new lunch time. Lunches are sure to be HOT HOT HOT!

## ORIENTATION NEWS

During the month of March, Charter House has had 6 new referrals of prospective members. Two of those referrals have gone through orientation and the rest have been scheduled for orientation in April. People new to Charter House become members by spending 3 days on each unit. The units include the

Clerical Unit, The Maintenance Unit, and The Vineyard Grill. After they have spent time one each of the units, prospective members are able to pick which unit they would like to work on. During the past three months, Charter House has had 16 referrals to start the orientation process and 8 of those have become

permanent members. For someone to become a permanent Charter House member, they need to go through orientation of the clubhouse, and then orientation to the units. Once this is completed, they become the newest member of the Charter House family.

**CMH 3RD ANNUAL COMMUNITY BREAKFAST  
BY SERRALEE**

I want to share the experience I had while attending the Annual Community Breakfast, March 18th, at the Lansing Center. The speaker talked about the subject of substance abuse. She showed us pictures of how drugs and alcohol abuse affects the brain. There is damage to the brain that shows up in brain scans. They compared the brain scans of

someone who is healthy vs. someone who is an addict. It was very easy to see the damage it caused. The audience was really paying attention.

One thing I learned from the talk was that family and friends are very important to an addict. Sometimes family and friends need to convince a person that they need help. They

may need to tell a friend that they need treatment for their problem. One lady wrote a letter to her daughter about how her substance abuse affected her. She was able to convince her daughter to go to a treatment center. The speaker said most people don't get sober on their own. They need help.



**SKILL GROUP CORNER: MINDFULNESS  
BY MARK PHILLIPS PSS**

Mindfulness refers to being completely in touch with and aware of the present moment. To be mindful, we must block out "all" distractions and fully participate in whatever activity we are engaged in. When we are able to block out all distractions and fully participate in an activity, it

gives us a vacation from any past or future worry. Our mind is focused only on what we are doing. If we decided to mindfully eat, we are consciously aware of the process of eating. We're deliberately noticing the sensations and our response to those sensations. When the mind wanders to other

thoughts, immediately bring our attention back to the task at hand. We can practice mindfulness in much of our activities. We could mindfully spend time with our loved ones. Mindfully do the dishes. Mindfully practice deep breathing or meditation. Again, the key is to block

out all distractions, focusing solely on what we are doing. Mindfulness takes practice. Don't be discouraged if you find it difficult or have trouble concentrating. The key is to practice, practice, practice.

**WHAT DOES THIS BUTTON DO?**

Starting in mid April, Charter House will be starting two new computer classes: Computer Basics and Safe Online. Many people who have never used a computer often feel lost and perhaps a little hesitant when it comes to the idea of using a computer. Members are encouraged to "step out of their comfort zone" and give a computer class a chance. The Computer Basics class

will focus on the simple hardware of a computer. We will open up a desktop tower and look at all the inside components, to really attempt to understand how a computer ticks. Toward the end of the class we will be touching on software, the "programs" that make the computer functional. This will tie in nicely with future computer classes that will focus on different software

titles. In the Safe Online class we will discuss techniques in "surfing" the internet in a safe manner. Although not fool-proof the skills gained from this class will greatly reduce the likelihood of a person acquiring malware ( virus, spyware, etc) on their computer as well as protecting their identity from Identity Theft. We will look at the social networking

sites such as Facebook, MySpace, Twitter, and LinkedIn and how to set the privacy settings to help protect one's identity. The classes provided will give the members whom choose to participate, a solid knowledge base to begin to become "computer savvy".

## C H A R T E R H O U S E

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## C H A R T E R H O U S E H O S T S M A C M E E T I N G

To our fellow Michigan Clubhouses, Charter House warmly welcomes each of you whom are planning to attend the next MAC Meeting. Here in the Capital City, life can get quite busy, but we welcome you to come and relax and let us be your grateful hosts as we discuss the state of Clubhouses.

We will be serving a lunch consisting of a hot dog, lemon rice soup, a cookie, and lemonade. We also have a snack shop as well as vending machines containing snacks and soda.

We are looking forward to seeing all of you Wednesday, April 13th, 2011.

