

# Charter House Journal

Volume 9 Issue 1

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Save The Date!



Charter House's 39th Anniversary Party!

## Frankenmuth Trip > Mike E.

Charter House went to Frankenmuth last Thursday, December 1st. They left at 12:30 pm.

They stopped at a rest stop near Swartz Creek, then they stopped at the outlet malls in Birch Run. Some people bought something.

Next they went to Bronner's

in Frankenmuth. Some people bought something.

Then they stopped at the group of malls for a little bit. They went to the sandwich shop for dinner. They briefly browsed around Zehnder's.

Then they went home with a brief stop at a Burger King to go to the bathroom in Perry.

They got to Charter House at 8:00pm.

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## My Charter House > Don W.

Hello... my name is Don, a member at Charter House for five years.

Let me tell you how Charter House means to me and what a better person I've become because of them.

I've been in the Community Mental Health system since 1993, after my diagnosis with schizophrenia. I received counseling, meds, and I've lived in 3 AFC homes over course of 5 years.

A friend told me of this place for people like me. I was hesitant at first, but I decided to go on a tour. I liked what I

saw, and joined the membership in July of 2011.

Well, the decision was a great one. I chose to work on the Administration/Clerical/Computers unit, doing things I like to do.

Charter House gave me an outlet, instead of sitting home alone doing nothing and not having too many friends. There, I met so many great people I'm proud to call great friendships.

It's kept me out of the hospital, like the Bridges Care Unit. I've been there at least five times over the last 10 years. Charter

House changed my entire outlook on life, and my participation there helped reduce my symptoms tenfold.

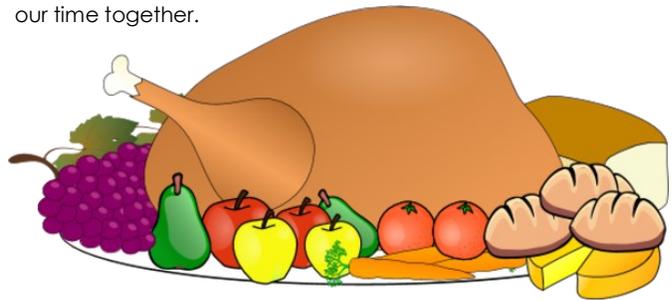
So, here I am. It's so great to be a member. I now have outside job opportunities available and interactions with the real world, instead of being prisoner in my own home and mind. I've also become more of a people person from my interactions with friends and colleagues.

I love Charter House, and I plan on sticking around to make my life a lot more rewarding.

## Thanksgiving at Charter House > Adam M.

This year my mother and I spent Thanksgiving at Charter House. We had turkey and the fixings, lol! We all enjoyed time together. We played games such as word search puzzles and crossword puzzles. We all had a great time conversing. The dessert was the bomb lol! Any who, all in all we enjoyed

our time together.



## Charter House Christmas Party > John H.

On December 10th, Charter House hosted their annual Christmas Party.

We played games, like sitting in a circle, passing a ball of Saran Wrap full of prizes. Each person would unwrap it little by little to claim theirs.

We also played the "Story Game"... This game consisted of our boss Stephanie reading a story, and in the story were the words "left and right". So

whenever Stephanie read, we passed an object around left, right and even across. When she said "stop", the person holding the object (a bottle of pop was one) would get to claim the prize.

Then there was the "HO HO HO!" game. Four contestants, both guys and gals, gave their best impression of Santa Clause the loudest they could go. One of our transport driv-

ers, Austin, won best Santa and made \$10.00.

Suffice it to say, I didn't participate in any games, but I just sat and enjoyed the Christmas cheer, and the food... BBQ pork sandwiches and chips. I ate plenty of candy as well...

I had fun. Well worth staying for the event. Next time next year!

## Advocacy Article > Lynn & Dan

As many as you know, there have been some pretty serious cutbacks in General Fund dollars recently. This has affected Community Mental Health in some big ways.

CMH and Charter House have had to close their doors to a lot of people needing help. Charter House has proven helpful to so many people in the community. It has been a safe place for people to come where they feel safe and welcome.

There are many members that

can no longer attend Charter House which can have some serious negative effects on their lives. The second standard in the International Clubhouse Model states "The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community." This should be the case for Clubhouses in Michigan as well.

We here at Charter House have made a big push in advocacy to address these issues. We wrote and mailed out 47 letters to our state representatives and senators! We meet every week to discuss ways in which to make our voices heard.

We will continue to fight the good fight, and hope that you will too!

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## Clubhouse Bayside Lodge > Ryan S.

On Wednesday, January 8th, we went to the Bayside lodge Clubhouse in Saginaw, MI. We attended their meeting and talked about their agenda.

Activities are the same as most Clubhouses. There was talk about going to the Clubhouse International conference in Michigan.

They had a lot of people there, and they gave us a tour of their Clubhouse. It was a nice place to be.



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## Working At CMH > Jazmyne L.

I enjoy working at CMH in the finance department. It's a rewarding job with various tasks that sometimes take up my time at a seemingly slow pace.

The work can be difficult at times, but it's a good work experience that you can learn from too.

I'm not a morning person, but I like the schedule that lets me get there by 10 am and leave at 3 pm so I can spend the rest of my day doing whatever activity I want.

I think anyone will appreciate this job as much as I do.

# Charter House

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## How Do You Answer "Tell Me About Yourself" In A Job Interview

The interview question that stresses me out the most (besides the what are your weaknesses question) is the tell me about yourself question...or statement... or request, whatever it is. What do employers really want to hear? I'm assuming that this isn't the time to regale colorful stories of my childhood in the deep south, but what should I be talking about?

"Tell me about yourself" in a job interview really means "give me an overview of who you are, professionally speaking." There's a reason this is asked at the very beginning of the interview – it says "give me the broad background before we dive into specifics".

You want to be ready with about a one minute answer that summarizes where you're at in your career (generally with an emphasis on your most recent job), what you

do, and what strengths of your approach are.

For instance: "I got into technical writing because I found that I have an unusual mixture of technical aptitude with writing skills. I'd worked as a software engineer for the first few years of my career, but when I saw how rare it was to find people with that kind of technical background who could also write, I started moving into technical writing. I found that I love translating complicated technical into words that a non-technical person can easily understand, and the fact that I come from a software background means I can communicate well both with the tech team and my intended audience. My last boss told me that I was the only employee she'd ever had who mixed those two skills to the extent that I do! Being able to bridge those two worlds so comfortably is

the reason I was especially interested in the position here."

For someone who's more entry-level and doesn't really have a career to describe yet, the answer would be more forward-looking. For instance: "I've always been a news junkie and I spent my last two years in school preparing myself to work in communications when I graduated. I sought out internships and extracurricular opportunities that would expose me to media relations, and I'm excited to continue on that path. I've been told that I'm particularly good at coming up with creative story pitches, and I love pitching, but I really want to learn every aspect of this business from the ground up. I'd like to work in-house rather than in an agency, and I'm especially interested in advocacy work, so I'm particularly excited about this opportunity."

portunity. "

As you can see in these two examples, you want to keep this focused on your professional persona. Don't bring kids into it, or your spouse, or where you grew up. That's not to say you can't say anything personal, but make sure there's a relevant reason for raising it. For instance, you could add something like, "And I grew up in this area and still have family here, so I'm really excited about the prospect of moving back." (Hence signaling to the interviewer that you're not going to be flighty about relocation.)

Whatever your answer is, practice it out loud over and over so it flows right out of your mouth in the interview. Don't try to wing it!

