

# CHARTER HOUSE JOURNAL

**SPECIAL POINTS OF INTEREST:**

- Welcome CH Intern  
Kristina Dixon
- Meeting with Representative  
Joan Bauer

**COORDINATOR'S CORNER**

In April Charter House hosted a meeting of the Michigan Association of Clubhouses. It was great to share our Clubhouse with other clubs in Michigan. We were happy to meet Marty Alward who is the new DCH staff person working with Clubhouses. Marty has asked us to be a part of setting goals and objectives for Clubhouses. It is a wonderful opportunity to be able to work with the state to set our goals. We have been having conference call meetings and the goal that we are currently working on is Wellness. Clubhouses all over Michigan are doing very cool things to help their members get healthy.

Many clubs have a WII machine with workout programs like

Charter House does. Also many clubs have walking groups like the one that Cate started here, that Mark is now doing. Other interesting things clubs are doing include having bicycles that members share, and passes to the YMCA that members can check out and use on their own and having vegetable gardens. Many Clubs have stopped serving calorie rich desserts and started having healthy cooking classes and healthy menu planning meetings. Stop smoking groups are also happening in clubs.

Here at Charter House members have several opportunities for healthy choices. First of all, members plan the menu each month and the menu is as

healthy as members want. We have a Wii machine with both Wii fit and Biggest Loser games. We go to the YMCA as a group on Mondays to work out. Also on Wednesday and Fridays after lunch we walk. Some Charter House members have individual goals that they are working on related to getting healthier and eating healthier.

Many of us have heard the research that says persons who have a mental illness die 25 years earlier than someone without a mental illness. We want to change this. I want to see the members of Charter House living long and healthy lives and look forward to growing healthier with you.

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**WELCOME NEW CHARTER HOUSE INTERN KRISTINA DIXON**

Welcome to Kristina Dixon who will be our Charter House Intern for the summer. Kristina is a student at Michigan State University, majoring in Psychology, with a minor in Sociology. She spent two years at Lansing Community College and will be a senior at Michigan State this fall. Her plans upon graduating include traveling and then eventually looking at entering grad school.

Kristina would someday like to work in the public Mental Health field. "I really like being at Charter House. The members immediately made me feel welcome and any nervousness about being new was gone" She says she enjoys meeting members and getting to know them. "I've met a lot of great people so far and I look forward to working with them this summer," Kristina says.

In her spare time, Kristina likes to go to movies, be outside and visit parks. She recently took up snow skiing and is still learning as she has only gone four times. Kristina is 20 years old and lives in Webberville with her mother. She has an older sister who lives in Indiana.

## CLERICAL UNIT

Happy Spring Everyone! The clerical unit has remained very busy on the unit and throughout the clubhouse. The unit was inspired by the walk a mile Rally held on May 11th and the Lansing Capitol; and are now prepared for fire and tornado emergencies due to the weeklong preparedness training.

The unit is excited about it's

continual growth through new and re-turning members and in the accomplishments of obtaining various skills. Welcome to Linda H. and Susan M. and Welcome Back Joanne M., Ben W., Carrie M., and Cindy Fo. We are so glad you're here and we value you on the clerical team.

This month we are continuing to work on our

switchboard skills – our greeting, how to forward phones, switchboard etiquette, how to transfer calls, how to use Night Service, how to handle member calls, and what to do at the beginning and end of our shifts. We have also implemented daily morning switchboard meetings which helps cover all of the requirements everyday. Con-

gratulations Lynn, Carrie, Stephen, Marge, William, Kathleen, Cindy Fo, Clark W., Julia C., Mike E., Rachel L., and Ryan S. you are improving each and every day. Thank you for your daily dedication.

Additionally data entry of Clubhouse Attendance is a training focus. Everyone is able to participate in a portion of clubhouse at-

## TEAMWORK: WHAT'S IT ALL ABOUT M - T E A M

Last November 2010, we on the Maintenance Unit decided to try a new approach to working in the clubhouse. We discussed the benefits of working as a team to take care of our building.

Teamwork, What's it all about? To us it's about each person doing their own job to help with the work, but

also being available to help someone else if needed. It's sticking together. It's a group of people getting together to do a job, sharing the task that lies before them, doing it thoroughly, helping one another when the need is there. It's making sure everyone puts forth the required effort, sticking

together and making sure the job is done.

We have changed personally now that we are a part of a team. We discovered that we feel happier and the work is more enjoyable because we are not alone. Some of us find that it takes our mind off of racing thoughts and relieves bore-

dom. Do you know the old saying, "Two heads are better than one?" We noticed we feel better because we can count on our team members. It's a stronger sense of togetherness rather than just doing it on our own. We feel happier to see each other. It really

## VINEYARD GRILL

The Vineyard Grill continues to try new recipes with more fresh foods, instead of frozen heat and serve foods. We would like to welcome Robert R. and Nathan C. to our kitchen this month! Remember everyone, working in the kitchen during the hot months to dress appropriately for the heat, **sizzle sizzle**.

We recently had to raise our prices to help support our big summer trip event. We are able to adjust prices accordingly to reflect the current needs of our member account. These funds that we raise help us to connect with our community in a fun and educational way.

We carry a variety of products that are tailored to the tastes of the clubhouse in general. Our new cooler works well and is fully stocked.

## SNACK SHOP

We are able to give every customer individualized attention. It's like running our own business, like a grocery store or a 7-11. How to handle money and accounting skills are learned as well as, inventory and competitive pricing.

We want you to come and see our snack shop. Once you visit we are optimistic that you'll definitely want to buy from us, to support the clubhouse.

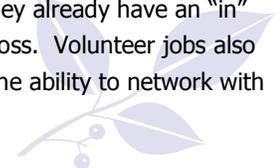
**HAVING TROUBLE FINDING WORK?  
CREATIVE JOB-SEEKING IDEAS**

We have all heard the stories in the news about Michigan's job market and how difficult it may be to find work these days. If you have been looking for work and haven't been able to land a job, what can you do? Sometimes we have to get creative and use other job-seeking techniques.

One of the best ways to find jobs in any economy is in the "hidden job market". Nearly 60-80% of jobs are secured in this way. What is the hidden job market, you ask? It is

finding a job that is not posted in the traditional ways – newspaper, online, sign in the window. It means finding out about a job from someone you know. Often times, employers don't want to take the time or expense to post a job. They will ask their current employees or their friends or family if they know someone reliable that they can hire. Therefore, it's really important when you are seeking work, to let all of your friends, neighbors, family, church members know that you are looking for work.

Another idea for those who have found it difficult to find work is to pursue volunteer opportunities. Some job-seekers feel as if they don't want to "waste" their time volunteering somewhere when they can get paid to work. However, many times, volunteer opportunities can turn into paid work. It gives someone the ability to show off their work skills to a potential employer so that when a paid job does come around, they already have an "in" with the boss. Volunteer jobs also give one the ability to network with



**EVIDENCE BASED SUPPORTED EMPLOYMENT**

Work for the EBSE program for AMHS, located here at Charter House, continues to be a busy time. It has been exciting to meet with many new employment considerations, through Job Development work. There are currently 11 individuals seeking assistance to obtain competitive employment in their communities.

The work has been exciting and the program nearly had a placement with a vendor at the Lansing City Market. Due to the cancellation of the "Blues on the Grand" venue for this year, resulting in the loss of anticipated revenue for the vendor, that placement has been de-

layed, for the moment.

It is important for all job seekers to keep in mind that our area is currently experiencing some of the toughest economic times in recent years. The keys to job seeking are patience and determination. Concentrated efforts have been directed toward Job Development, and building trusting relationships with potential employers. The program and participants are optimistic with anticipation for a breakthrough for some successful placements. It is a fundamental belief of the EBSE Program that Employment = Recovery, a goal we continue to strive for.

**EMPLOYMENT**

Hi-Ho, Hi-Ho, off to work we go! There isn't much news to report on the crews this month. The good news is that everyone working continues to do very well and is improving their job skills. Good Job Everyone!

**NEW MEMBER / ORIENTATION**

We are happy to announce that for the month of April there were 7 referrals. 5 were referred from Community Mental Health, and 2 were referred from the community. Out of the 7 referrals 3 have completed all of their orientation, and have become members. The remaining 4 are either in orientation or have chosen not to start as of this date. We continue to provide consistent outreach to encourage involvement with the Clubhouse. Two of the referrals are previous members and they report they are happy to be back.

In May there were 5 referrals. Tours and orientations are scheduled for each of the potential new members, we look forward to meeting them and having them a part of the team.

GET TO KNOW  
LINDA H.

Hi Linda, How Are You?

**I'm doing good!**

How Long Have You Been At Charter House?

**I have been here 7 weeks.**

Why did you decide to come here?

**I have an interest in working!**

How has participation in a clubhouse helped you?

**It makes me feel good to get up in the morning and go to work.**

What do you like to do when you're not at Charter House?

**I like to go to the library, I enjoy shopping and I like the hot tub.**

What would you like us to know about you?

**I love working.**

Thank you for sharing yourself with us.

**You are Welcome!**



Linda Husband

GET TO KNOW  
ROBERT V.

Hi Robert, how are you?

**I'm fine.**

How long have you been coming to Charter House?

**For about a month now.**

Why did you decide to come here?

**My case manager thought it would be good for me to come here, so I decided to give it a try.**

How has participation in a Clubhouse helped you?

**It has helped me to be around people.**

What would you like to learn or accomplish while you're here?

**I would like to get my own apartment.**

What do you like to do when you're not at Charter House?

**Watch tv.**

Which unit do you work on?

**I work in the Vineyard Grill preparing lunches.**



Robert VanCleave

A SPECIAL NOTE FROM OUR FRIEND AND  
MEMBER, HAROLD

Harold recently stopped by the clubhouse to visit. He was able to recall the fun times he had with Raina, Keith, Kelly, Malcolm, Janice, Stephanie and Andrea. Harold shared that he has been busy at home with his mom, sister and brother. Harold says he thinks about all of us, and appreciates that we keep in contact with him by phone calls and cards. He love us all!

## ADVOCACY UNIT

The Advocacy Unit has been busy with political action work as this work is vital to the continued health and growth of clubhouses throughout the state and the country. The unit worked on making calls to the Representatives and Senators and asking them not to vote in favor of the budget introduced by Chairman Paul Ryan. This budget would limit the amount each individual could receive in Medicare or Medicaid services. Many clubhouse members are covered by one

of these two health packages and could suffer greatly if a cap were placed on the dollar amount of services that would be provided.

We also wrote letters to the Governor expressing our concerns about the cuts to Medicaid that have been proposed. Some of us received answers to our letters from Governor Snyder. He said that he understood our position but that his proposed cuts to Medicaid would stand.

The Advocacy Unit has also created and sent out a letter to our State Legislators urging them not to cut services the aging. The proposed cuts would essentially shut down Meals-On-Wheels and other volunteer services that benefit the elderly and other shut-ins. We urge other clubhouses to voice their concerns on political issues to the ones who have the power to cut programs or keep them going, namely, our Legislators.

## MORE ON ADVOCACY

We are taking steps to get more involved in the community and to make ourselves known to the community. Part of this effort includes sponsoring an open house where we will invite neighbors, politicians and other community leaders to Charter House for a tour and get-together.

Also in the works is a survey of the members to evaluate their satisfaction with the clubhouse. We would like to find out what the members want from

their clubhouse and how they can improve it. This will be the first in a series of surveys, and the results will be reported back to the membership. The goal of these surveys will be to monitor satisfaction and to continually improve it.

The Advocacy Unit took an active role in "Walk a Mile". We reviewed the issues with the membership in morning meeting. We also made big signs for members to carry with catch phrases such as

"We Vote" and "We Have voices and We Make Choices". Steve B. spoke on behalf of Ingham County. Arven and Larry carried the Ingham County Flag.

We would like to hear from other clubhouses how they have increased their involvement in the community. We also want to learn how they have motivated their members to take a more active role in improving their clubhouses. In addition, any ideas on how to approach the survey would be appreciated.

## USING OUR VOICE WITH REPRESENTATIVE JOAN BAUER

Recently Ruth P., Nicole W., and I visited with Representative Joan Bauer at her office in Lansing. Representative Bauer has previously visited Charter House and is in support of Clubhouse and mental health issues. The group presented Representative Bauer with a picture of the Representative with Ruth and I, signed by the Charter House membership. I also read two poems, one I wrote and one by a Lansing Poet, Dick Bradley. In the meeting we briefly touched on some mental health topics to keep her informed of what we're trying to do in Advocacy. It was a very nice and productive visit. We need more people like her on our side.

## WALK A MILE IN MY SHOES RALLY

For the first time in years we had no rain for the "Walk A Mile In My Shoes Rally". It was a beautiful sun shiny day. We received plastic bags filled with good information and goodies inside. New this year, they played music from the stage on the capital steps. This helped to keep everyone occupied, and it also helped to pass the time while waiting for the program to start.

There were a lot of people there to support mental health issues. Many people from all over Michigan came and held flags, and used their voices to say "no more cuts". I enjoyed the singing and speeches.

Steve B. read a statement in the program and Larry M. and Arven P. held the flag. Thank you for representing Charter House.

LOOK WHO'S WORKING  
ROBERT WEESE

How long have you been at Charter House?

**Since last September 2010**

Why did you come to Charter House?

**My case manager told me about it!**

How does attending a Clubhouse help you?

**It gives me something to do, and it helps in my recovery because it keeps me from things that are going on that aren't good for me.**

What unit are you on? Why did you select that unit?

**I'm on maintenance, I like it the best.**

Do you work? How many hours do you work a week, and where?

**I work at Community Mental Health, Louisa Street 3 1/2 - 4 hours a week.**

How long have you worked?

**4 or 5 months.**

What do you do at work?

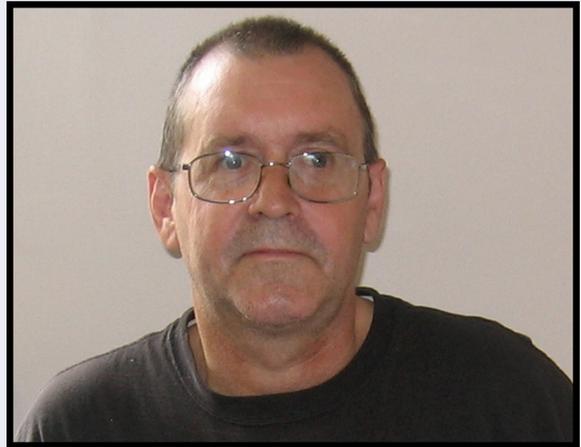
**I clean bathrooms.**

What do you enjoy about working?

**I enjoy getting paid, and I like that kind of work – janitorial.**

How does working help with your recovery?

**It gives me something to do, so that I don't do anything that would hurt my recovery. It gives me experiences so that I may get additional hours of work.**



Robert Weese

GET TO KNOW DANIEL G.

Hi Daniel, How Are You?

I'm doing good!

How Long Have You Been At Charter House?

I have been here a couple weeks.

Why did you decide to come here?

It's a good place to get work experience and meet new people.

How has participation in a clubhouse helped you?

I've learned new skills by being on the different units.

What do you like to do when you're not at Charter House?

I like to listen to music and make art.

What would you like us to know about you?

I have travel a lot and I am a nice person.

Thank you for sharing yourself with us.

You are Welcome!



Daniel Gamble

LEADERSHIP WISDOM FROM JOHN K.

John how long have been involved with Charter House?

About 20 years.

Over 20 years what have you learned about being a leader?

Know what you are doing, occupy your time correctly you have to be organized. Be realistic and be outspoken.

What should you avoid as a leader?

Don't ask people a lot of questions, refer them to someone else if you cannot help them.

What are positive qualities of a leader?

Independence, know exactly what you are supposed to do and do it, good time management, not spending a lot of time on one thing, and be a role model for others.

What are you most proud of as a leader?

My ability to work well with other people, I communicate well with others. I also noticed through the years that I pick up on things very fast.



John Kelley

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## CHARTER HOUSE HOSTED APRIL MAC MEETING

On April 13th, Charter House hosted a Michigan Association of Clubhouses Conference. There were approximately 75 attendees from all over Michigan. This was Marty Alward first MAC meeting as DCH Clubhouse liason. Welcome aboard Marty.

Topics discussed included:

- Clubhouse Site Review Survey
- ICCD and EBP
- Jackson Camping Trip in August
- 501 Status of Gathering Place
- MAC's Group Gmail
- Upcoming Leadership Conference
- Marty's Direction for MAC
- Clubhouse Cuts in Indiana

