

# Charter House Journal

Volume 9, Issue 2

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## Nicole Keeps Busy >> Stephanie T.

Special points of interest:

- Redesigned Website
- Theresa Wins 2nd Place
- Lynn's Story

Nicole has been busy lately. In addition to working for MSU and working out at the Y she continues her advocacy for Clubhouses and persons with a mental illness.

Earlier this year she was asked to come to Ann Arbor to be interviewed by their Public Radio station on the issue of privatization of

CMH services and Section 298.

The interview aired on April 5th. Here is a link to the [recording](#).

She also just told me that she has written another letter to the editor of the Lansing State Journal about how CMH has helped her and how we do not want CMH services to be privatized. In the

past she has had several letters published by the LSJ.

Thank you Nicole for your continued advocacy and for your support of Charter House.

## Redesigned Website >> Sean H.

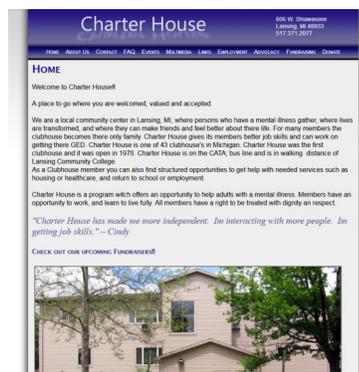
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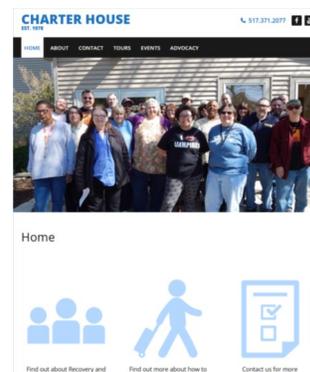
Charter House has had a live website since January 2012. It was a pretty basic site that was built using Microsoft Expression Web 4. Members learned how to use HTML scripting to build basic elements within web pages. Unfortunately, the website was often neglected to be updated on a regular basis and failed to serve as a vital tool to the community at large. It was decided to move on from using a software package that was installed on a single computer to

using Wordpress, which can be accessed from any device that has an internet connection. This change entails a new set of skills, but by using Wordpress, you do not need to know much if any HTML or PHP or CSS to put together and update the website. The new site also conveniently links to our Facebook Page and our YouTube Channel. The site still needs to be filled out as it is still under construction with the redesign, however it will give the user a better experience. One

other nice thing about the new site is that it is more "Mobile Friendly", meaning that the user can have a better experience with a portable mobile device. Nowadays many of our folks are more likely to have some sort of portable mobile device than to have a large desktop machine at home and this new redesign of our site: [charterhousemi.org](http://charterhousemi.org) will hopefully be visited by a larger population.



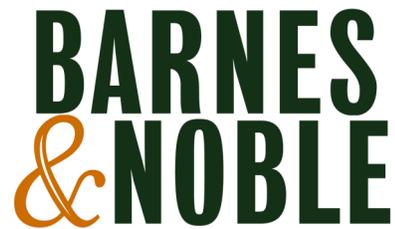
Original Site



Redesigned Site

## Lansing Mall >> Lynn L.

We went to the Lansing Mall for one of our monthly activity. One staff and six of us members crammed in to the flex. Some went to the food court others walk around and or shopped. A member and I went the wrong way to payless shoe source. When we got there and got a pair of shoes mine was pink she found a pair too. Then we went to Barnes and Noble. I got two books she found one. We were both surprised we had time to get something to eat before we left. we chose subway.



## Ice Cream Outing >> Lynn L.

We went to Dairy Queen, the one on Saginaw. It was snowing out but we still went. The grilled chicken was really good so I bought two. I got a combo with chip and a pop. I gave my chips to a member that went with us. I didn't really like the pop selection because it only had sprite of the choices for me because I don't

drink caffeine in pop. I thought later I should have just got the sandwiches only. I also bought a brownie Sundae then a chocolate vanilla swirl ice cream cone in a cup. We choice the one on Saginaw because it was nice and warm with the seating inside .



## Clubhouse Visit

Four members from Charter house went to visit "The place of our own clubhouse" in Detroit Michigan on Wednesday March 8th. There were other members from other clubhouses who also attended the meeting. Role was taken. One of the other clubhouses was The Genesis clubhouse.

New business was discussed about the March 22nd employee celebration, open doors initiative to serve members without Medicaid, 501c3 tax exempt organization- status update, clubhouse

Michigan new staff training, clubhouse Michigan work order day training at Gathering place, clubhouse international seminar September, 2017 in Detroit and clubhouse Accreditation mentoring update. There is also a survey monkey for all the clubhouses to take survey of all the members.

There were several committee reports from Membership committee, website committee, training committee, meetings committee, Advocacy committee and employment committee. The website committee has infor-

mation about upcoming events that can be viewed at Mclubhouse.org. There is upcoming five day training on the work order day.

The members reported having a good time attending the meeting and that it was very educational.

## CMH Annual Breakfast >> Theresa V.

I attended the breakfast at the Lansing Center on Monday March 20th. I enjoyed the breakfast. It was bacon, eggs, sausage, fruit cup, and muffins. The speaker was Derek Clark. He talked about his childhood and living in foster care. There were hundreds of people attending the event. I would like to go next year.

## Theresa Wins 2nd Place >> Theresa V.

On Saturday, March 18th, Special Olympics held a basketball tournament in St. Johns. My team had to get to the bus by 7:00 am sharp to arrive on time. Each team had their own uniforms and we wore bracelets with our names on them.

Our first game we played the

Orioles. They beat us pretty badly. Our second game we played the red team. We won 42-14! My teammates Lisa, Cassandra, Adam, Bert, Chad, and Jennifer all made baskets. Larry and Dell scored the most points for our team! I tried to make a basket but didn't. The team won sec-

ond place and we each received a silver medal from Special Olympics.

We ate lunch in the cafeteria. They had souvenirs, pencils, pop, nachos, and hotdogs for us. I was very happy with how we did! We had lots of fun!

## Lynn's Story >> Lynn L.

My mental illness started when I was a young adult. I had an abusive parent. It started when I was 6 yrs. old. I got picked on through junior high and high school. I had Low self-esteem which made me a target a lot. I have been psychiatrically hospitalized twice. I attempted Suicide three times. I got married right out of high school and had my daughter three years later. My husband had a really bad temper and was emotionally abusive. We got divorced in 1999. That was right around the first time I was psychiatrically hospitalized. Because of the abuse I experienced it was really hard to trust men. When I was in the hospital I was diagnosed with bipolar depression, PTSD, anxiety and borderline personality disorder. I went to C. M. H. this was my turning Point. Jovae Lee

was my case manager. She helped me by listening to me helped me to get my social security, Spectran pass to get a medication and she referred me to charter House. When I came to Charter House I was a quiet shell." My memory was bad. I blocked my past abuse and you don't just block out some stuff everything goes the good and the bad. I don't remember my daughter when she was young. At charter House I was around people who have the same issues .People seemed like family more than my real family. When I first come to charter House I was shy never stood up for myself didn't talk much. I was not a leader and not voicing my opinion. A lot from that time is still blocked out. People who know me now would not believe how I was back then. DBT- Dialectical

Behaver Therapy changed my life. There was a staff at Charter House, MARK who led DBT groups. That interested me and helped me. I started taking DBT group through my case manager At C.M.H. The groups helped me to learn about myself, how the way I was brought up contributed to who I am today. Today I am assertive. Through DBT I moved from being aggressive to being Assertive. The classes helped me to accept who I was. I had new "TOOLS" to use that helped me in the real world. Today I am a grandmother. My daughter will be 23 years old. I have been lived on my own for 3 years .I have forgiven people from my past like my dad and my EX- husband .I want to continue to grow more.

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Where Everyone  
Has A Voice

## Intern Interview: Nick H.

**Why did you come to Charter House?** *Because I'm very interested in mental health, and I thought this would be good place to learn.*

**What unit did you work on?** *Both, but mainly up on Upper Level.*

**What days are you coming to Charter House?** *Monday's and Wednesday's.*

**When did you come to Charter House?** *January (2017).*

**What is your favorite part about Charter House?** *The community.*

**What do you like to do on your free time?** *I like to play music.*

**What have you been doing with your life lately?** *School, working, and building a trailer.*

**What are your hobbies?** *Anything involving music.*

**What kind of music do you like?** *Rock.*

**What are your goals? Where do you want to go in life?** *To be happy (with whatever I'm doing in life).*

**What is your favorite food?** *Kiwis.*

**Are you interested in working? What kind of work have you done in the past?** *Yes. I delivered cookies until 3 a.m., worked at a Halloween store. I worked at a retail store. I worked as a party planner. I delivered fresh flowers.*



## Employment Update >> Aaron T. and Lynn L.

Hello everyone!

It is time for a update on our employment meetings! The first meeting we will highlight is our Employment Community Meeting. This meeting is on the first and third Tuesdays of the month at 2PM. At this meeting we discuss updates from members who are working or looking to work in independent (IE), supported (SE) or transitional employment (TE) positions. We discuss all the TE job openings that are available to active members. So it is very important to come to this meeting if you're working or looking for work! It is also important for staff to attend to discuss their upcoming TE placement openings as well.

Let's take a look at Job Club next. Job Club meets weekly at 10:30 am on Thursdays. We focus on issues related to finding and keeping a job. For example we discuss things like communication skills, stress relief, listening skills, job searching, coping skills,

application completion, time management and how to handle conflict with your supervisor, ect. Some weeks we go over a topic by reading an article and discussing it section by section. Other days we may learn the material through a seminar or course format like our current Time Management Seminar series we have begun. If you want to work one of our TE positions we ask you come to Job Club to work on any pre-employment concerns or issues you may have. It's a great way to build skills and confidence towards working again.

Lastly, but not least is our monthly Worker's Dinner. This is the 2nd Wed of Each month from 4-6 pm. We generally start prepping/cooking for the dinner around 1:30pm. Thank you Adam for cooking some awesome meals lately! Worker's Dinner is for any member of the club house who is currently working. It's a time and place to discuss what is

going well or not so well at work. This provides both inspiration and support for our working members. We will also be reviving our previous practice of having a predetermined topic to discuss at each meeting as some members have expressed missing that part. We will discuss any and all things related to being successful at work. For example we discuss things like how to handle conflict with one's co-workers, the importance of having a good attitude at work and how to be more productive. Please come and feel free to give us some ideas to discuss as well!

So, there you have our three main Employment meetings and what they are about. Now all we need to see is you there! J

### Meeting Times:

#### Employment Community Meeting

2pm - 1st & 3rd Tuesdays

#### Job Club

10:30am - Thursdays

#### Worker's Dinner

4-6pm - 2nd Wednesdays