



The Charter House Journal

Inclusion in the Community > Nicole Wright

People who are recovering from mental illness:

- *We want to be accepted in society.*
- *We want to be a part of society.*
- *We want to be included.*

Stigma refers to attitudes and beliefs that cause people to fear, avoid, or reject those they perceive as being different. I know we can look a little different at times, depending on where we're at in the recovery process. But we have good hearts. We want to be redeemed and become a part of society again. I think people should be given that opportunity. I think our society should allow people to be accepted and included even though we have a mental illness. That is our way back. That is our way back to healing; having a purpose in life, having a place in the community. That is our way back to wholeness. That is our way to stability. That is our growth. Those are the steps we take along the road of recovery.

Accreditation Visit > John Hignut

Here at Charter House, we've been striving to be a great Clubhouse, and to be even greater, to be accredited.

On May 2nd and 3rd, we're being visited by a few gentlemen to see how our Clubhouse works, and to determine our application for accreditation. Charter House will be in tip-top

shape, and we want our guests to feel welcome, by having them involved in activities and show them just how hard we work here at Charter House.

The emphasis is "team work". Everybody will have something to do. We'll show the visitors just how important our Clubhouse is to our members. Friend-

ships, a place to call home, daily tasks to make members feel needed, and outside employment opportunities.

We look forward to seeing our guests, and we hope they see Charter House in a good light.

Inside this issue:

Advocacy Group	2
Advocacy	2
Attending an Executive Board Meeting	2
Carie Bruni	3
Leadership	3
Charter House Sleepover	3
Valentine's Day Party	3
St. Patrick's Day Party	3
Jimmy John's Visit	4
Accreditation and Attendance	4

Advocacy Group

Come one, come all, to our newly reconstituted Advocacy Group!

Our group recently revised our brochure and printed them. Our brochure is constantly evolving so if you have ideas or suggestions please let us know. We are hoping to have our brochures in places where potential members can find them. We are always looking for new people to join our family.

Our current project is working on New Member Orientation. This will help

new members understand what a clubhouse is and how wonderful we are.

NAMI has been asking for us to advocate for the Mental Health Reform Act. Mental illness still does not have parity with physical disorders. This means that physical disorders have better funding than mental health disorders, which means that a lot of people with a mental illness are not getting the help they need. If you go to the NAMI website they walk you through a way to contact your repre-

sentatives. It is fast and easy. Contacting our legislators is very important. Tara is willing to help anyone to do this.

Advocacy

Advocacy group members helped send emails to local and state Representatives such as Debbie Stabenow, Gary Peters, and John Moolinar. We also collected signatures throughout the clubhouse. Next week, we will look at the Charter House brochure and start updating it.



“Everyone has a voice!”

“Will YOU use it?”

Attending an Executive Board Meeting > Tara Gay

My name is Tara Gay, a member of Charter House. I'm writing about my attendance to an executive board meeting, I attended as an invited guest. The CEO offered me her chair. I was like WOW!!!

I spoke the importance of being an accredited clubhouse. Statistics show that people who attend club-

houses have better outcome measures than people who don't. Personally speaking, the clubhouse has helped me tremendously in more ways than you could ever imagine. I am thankful for the clubhouse.

Loyal Charter House Member!!!!

Carie Bruni

My name is Carie Bruni. I am currently residing at the Eureka House, which is just past St. John's.

I am currently 29 and will be 30 years old in July. I've worked at Peckham several years ago. I had experienced some retail by folding some clothing.

I will be moving to Lansing in another

group home, and I will be returning back to Peckham to work, plus I'll be going to collage at LCC.

One thing that I like about Charter House is when it teaches me new skills, and where it had helped me too where I can get a job in Lansing now.

Another thing I like about Charter

House is the chores and the staff, and other people I work with.

The thing that I accomplished while I was at Charter House was by me working my way to get a job somewhere else to make it something that was accomplished for me.

Leadership > Carrie Moffet & Carie Bruni

We acquired new skills on leadership, some were easily accomplished like turning our phones off during meetings, for an example raise your hand to be called on, and lift up your chair by not making any noise.

After we did those easy skills, then we were into harder skills. For example, being confused about when to switch from one agenda to another is an

example on how we learned not to switch topics.

Then we learned that we should remain in our seats for the whole meeting is an example and easily done.

The last example is being on time and finally, no side conversations while people are talking was an excellent example for us to know about it all.

Charter House Sleepover > John Hignutt & Stephanie Hubble

We want to tell you about Charter House's first annual slumber party! We had tacos, popcorn, floats, and popcorn balls. And they were all good... We watched two movies, listened to music and sang along songs. We had a great time. There were a lot of people who showed up. We hope more people show up when we have the next one.

Valentine's Day Party > John Hignutt

Let me tell you about Charter House's Valentines Party we held on February 12th. Nobody wanted to watch a movie, so we watched YouTube videos of love songs instead. A good friend of mine, also a Charter House member, stayed for the party. Our fearless host Sean bought five pounds of yummy chicken wings, and we had the dippings and sauces to go with them. People also brought in chips and salsa and two liters of pop. I had a lot to eat... Whitney ran the game, Valentine's hangman. I guessed one... the word was "sweetheart". Overall, we had a great time. Can't wait until next year!

St. Patrick's Day Party > John Hignutt

We had live music and played Bingo for cool prizes. We also had corned beef and cabbage and red skin potatoes and carrots. We also had green milkshakes and lots of chips, pop, cookies, and cake.

Charter House

606 W. Shiawassee St.

Lansing, MI 48933

Phone: 517.371.2077

E-mail: charterhouse78@gmail.com

Website: charterhousemi.org

Where Everyone Has A Voice!

Jimmy John's Visit > Ryan Shank

We were pleasantly shocked when Jimmy John's staff stopped by to offer us free sandwiches.

Their staff were friendly and FAST. Everyone at Charter House was delighted to get a tasty free sub.

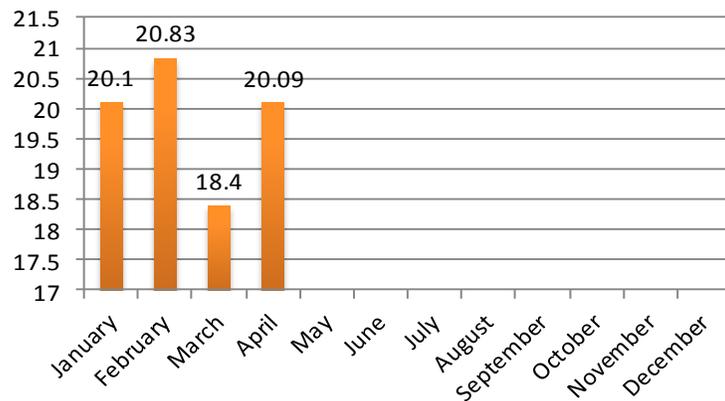
Thank you to our local Jimmy John's on Washington Square. You made our day!



Accreditation and Attendance

Here at Charter House, we are on the eve of an Clubhouse International Accreditation visit. We have made quite a few changes, getting in line with the 36 standards that create a solid foundation for an effective clubhouse. However, when you attempt a change for betterment, it can also get a little messy. Our membership attendees have taken a bit of a hit and our membership has shrunk by about one third of it's previous totals. There are other uncontrollable issues which have also had an affect on the attendance reduction, but our hope is that with Charter House getting in line with the Clubhouse Standards, that our attendance will once again grow.

2016 Avg Daily Attendance



Daily Average By Year

