

The Journal Charter House Journal

Times, They Are A Changin'

SPECIAL POINTS OF INTEREST:

- Times Are A Changin'
- Advocacy
- Health Dept. License
- Computer Classes

It's been a while since our last newsletter, but we are BACK and the membership decided to change the name from *Charter House Chatter*, to *The Charter House Journal*. We are now using Microsoft Publisher 2007 to create our newsletters as well as Photo-shop Elements 6 to optimize the images that we place within the newsletter.

Members are taking advantage of computer learning being offered at Charter House to build their skills. Classes ranging from basic computer skills, to Microsoft Office Suite programs, to web design. Charter House members are learning on some of the latest software packages available. Charter House is in the proc-

ess of being refurbished with brand new work stations throughout the building. This has caused a bit of an inconvenience, but in the end, it will make for a more productive and proud membership. Times, they are a changin', and Charter House is stepping up to stay on the leading edge.

Starting Your Own Advocacy Group

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Over the last few months, Charter House has been working on forming an Advocacy Unit within our clubhouse. We started our Advocacy Unit to let our voices be heard and to stay aware of legislation that may affect us. Since we started, we have revised our clubhouse brochure and have begun making a DVD about our clubhouse that we can show to prospective members. We have learned about legislation that affects us directly

and educated the rest of the membership.

To stay informed, we visit the website: www.mentalhealthamerica.com. On the site you can sign up to receive "Take Action" emails. These emails alert us to pending legislation that relates to mental health issues.

All clubhouses can work together to have our voices heard. Once we are educated, we can let our families and friends know, so they can also support us. We

strongly encourage all clubhouses to form their own advocacy group and visit the above website.

Working together, we have a larger sphere of influence with lawmakers. If you have an Advocacy group we would love to hear what you are doing, so we can all work together. If you are thinking about starting an Advocacy Group, (and we hope you do), we would love to talk with you and share ideas.

Advocacy Unit

The *Advocacy Unit* began meeting earlier this summer. Members include Ruth, Serralee, Clark, Nicole and Steven B. Kevin, our former intern, was also part of the unit. Projects that we have undertaken include:

1. Revising the Charter House brochure
2. Welcoming Julie Barron, our customer service representative, who visited Charter House to help members register to vote, change addresses and apply for absentee ballots.
3. Hosted surveyors from Wayne State University, who were researching how the clubhouse helps with recovery from mental illness
4. Began the process of updating the Charter House film, which is used to help new people see what Charter House is about
5. Selected and sent in photos of Charter House for the video used at the Mid State Clubhouse Conference
6. Hosted Representative Joan Bauer's visit to Charter House
7. Participated in the Mid State Clubhouse conference in Troy, Michigan
8. Participated in the Michigan Association of Clubhouse meeting
9. Signed up to receive legislative alerts from the Mental Health Association
10. Worked on learning how to create a website for Charter House



Steve Bartlett and Ruth Peters posing with Rep Joan Bauer during a Charter House Visit.

Mid State Clubhouse Conference 2010

Nicole Wright

Ruth and I attended the conference in Troy, MI. We checked into our rooms at the Marriot Hotel on August 30th in the early evening. Stephanie Tighe and Janice Baker they each had their own rooms, but Ruth and I were roommates.

What I brought from the conference was how there are

clubhouses throughout the world and how we need to band together. There is a clubhouse in Boston that was threatened to have its doors closed. They called on other clubhouses. They also invited local representatives. They sent an open letter to the governor. Then 800 people

marched in Boston and two days later the governor decided to protect the clubhouse.

Once again I would like to reiterate that there are clubhouses throughout the world. There are clubhouses in China, Argentina, Norway, Uganda, Hawaii, Denmark England, Kenya, Sweden and Canada. Clubhouses do provide the experience and environment that promote us in our recovery.



Nicole Wright and Ruth Peters attending the Mid State Clubhouse Conference



Nicole and Ruth 'cutting a rug'

Interview with Cate

Gary Lewis

Cate Skirving is our new student intern from Michigan State University. She is working on her masters in social work and will graduate in May of 2012. Cate has 2 parents and 1 brother. She was born in Chatham, Ontario on March 8, 1988. She is 22 years old. Cates hobbies are reading, working out, cooking, baking, and watching movies. Cate is very athletic and plays volleyball. Most of Cate's family lives in Canada, but her parents live in Midland, MI. Cate and her family all have green cards, so they are legal living in the United States. Her brother travels throughout the United States working with baseball teams in the minor leagues.



What Did You Enjoy Most About The Summer Trip?



- ◇ Raina: *Shopping in Saugatuck and our sub sandwich*
- ◇ Gary: *The shopping, subs and the dune ride*
- ◇ Steve B: *Being in a new place with friends and traveling*
- ◇ Kelly: *Buying the fudge*
- ◇ William: *Walking in the stores*
- ◇ SerraLee: *Screaming on the dune buggy ride*
- ◇ Jake: *The dune buggy ride, walking downtown and the lunch*
- ◇ Mike E.: *The sand dunes and the ceramic shop which was a new place*
- ◇ Mike F: *Gong to the coffee house with friends, and the dune buggy ride*
- ◇ Robert: *The dune buggy ride and visiting a small town*
- ◇ Malcolm: *I liked the convenience of it, the good weather, traveling and the movie on the bus*
- ◇ Bobby: *the dune buggy ride*
- ◇ Charlie: *I liked everything especially the dune buggy ride*
- ◇ Cate: *the dune ride and painting the ceramics*
- ◇ Nicole: *The spirit of the outing and the bus ride*
- ◇ Melinda: *the Art Barn*
- ◇ Sean: *the sand dunes and their history*
- ◇ Janice: *Working with Lynn to put this trip together*
- ◇ Laura: *The dune buggy ride*



“SOFT SKILLS”

Laura Sandberg and Carol St. Pierre

One topic that we have been discussing recently with our transitional employees at Charter House is “soft skills.” Soft skills are the nontechnical skills, abilities, and traits that workers need to have to function on a job. These skills include problem-solving and other cognitive skills, oral communication skills, personal qualities, work ethic, interpersonal skills, and teamwork skills. Often times, employees are trained to do the technical skills when they start a job, but they are expected to know how to get along with others, how to communicate effectively, and how to problem-solve when issues arise on the job. We have been talking with each other in our ongoing training sessions to help transitional employees improve their soft skills. This will ultimately help them be better workers when they get permanent jobs in the community. Below are some comments from Carol who is currently working in a transitional peer support specialist position at Charter House regarding her own experiences with improving her “soft skills.”

My soft skills have greatly improved while working here at Charter House. For example, I have used them when I over see the members doing their tasks. The way that I use my voice and how I say it shows the skill. Also, I use it when I am talking to members just during a conversation. The way I say something as well as my body language has an effect on the result of the conversation. In the past when I would get frustrated or when I would misread someone’s communications, I would end up quitting a job. At Charter House, I have learned to use the soft communication skills which have helped me to think and reason out situations before they have become out of control or resulted in me quitting. Another example is when I need a member to complete their task. I use my soft communication skills to motivate them and the end result is positive for both the member and the task because the task is completed to the Club House standards. It also helps my relationship with the members at Charter House.



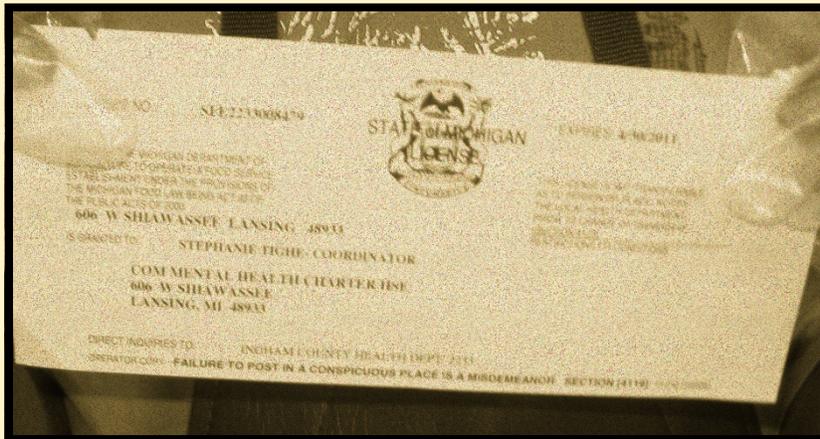
Carol St. Pierre and Laura Sandberg.

Vineyard Grill Kitchen Unit



VINEYARD GRILL DOES IT AGAIN!

The Vineyard Grill Team proudly shows off the Health Department license that it has successfully maintained for more than 25 years. Working towards and achieving this standard of excellence has proven to be a shining moment in the recovery journey of those on the team.



State Of Michigan Food Safety License

Under Construction!

Clerical Unit

The Clerical Unit is under construction as Charter House is getting new work stations throughout the building. The new furniture should help us become more organized and, in turn, more efficient and productive. Stay tuned for updates!



Stuff!



And more stuff!



Installed new work stations.

WE'LL BE ON THE WEB
SOON!

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... But Teach a Man to Fish

Sean Hetrick

It has been said, "If you give a man a fish, he'll eat for a day, but if you **teach** a man to fish, he'll eat for a life-time." With that thought in mind, Charter House has begun retooling our Supported Education unit, by offering a variety of new "member-paced" computer classes. The computer classes come in few flavors, gearing the curriculum to member's experience with using a computer. We've offered basic computer skills: *Computers 101*, which is a tour of the physical hardware and peripherals of a basic computer work station. We've offered a Microsoft Office class: *Computers 201*, focusing most of the attention on Microsoft Word. Lastly, we've just ended our first class dedicated to web design: *Computers 301*, teaching members the ins and outs of writing HTML scripting and producing web pages. The graduates of the Computers 301 will become the core in designing and maintaining Charter House's website, which is set to launch by the end of the year!



Steve Bartlett and Clark Williams taking notes in Computer class.



Sean teaching Steve and Clark in Computers 301.