

CHARTER HOUSE JOURNAL

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CI WORLD SEMINAR 2017

To truly understand club-house it is essential to attend a three week training or an international conference. It is so amazing to be with over 700 club-house people from 16 different countries. Then you truly feel like you are part of something much bigger than yourself. The ideas and experiences that we had were so amazing and can only enhance our clubhouse.

The venue at the Renaissance Center in Detroit was lovely and the weather was amazing. It was a perfect time and place for an international conference. Michigan clubhouses did an amazing job of hosting. Everything was very well organized. Many thanks to the clubs that helped to create this event.

Thank you to Charlie W for



volunteering to interpret for the Korean delegation that attended and many thanks to Clubhouse International for paying for his stay at the conference.

Another Thank You goes to Marty Alward and the State of Michigan for providing scholarships so each clubhouse could send two members to the event. What a wonderful

gift this was. We really appreciated your gift to us.

We have already began to take what we learned and use it to make our clubhouse an even more amazing place!

WORLD SEMINAR 2017 > CLARK W.

On September 25, 4 of us from Charter House went to the Clubhouse International world seminar. There were 700 people from 16 countries. The people I met were very friendly. The thing I learned the most was making changes in our daily unit meeting. They

said the meeting should start on time. No waiting for others. The meetings should last only 30 minutes and notes (minutes) should be taken. One of the things is to have water on the table. All and all it was a great event.

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ACT PROGRAM IS LEAVING THE BUILDING > JOHN H.

One of the points that Charter House became accredited is that ACT, Assertive Community Treatment, had to leave the building that Charter House shares with them.

There's a Standard that governs that we need our own space to ourselves, which includes having our own, individual entrance.

On October 26th, Charter House threw a going away party for the ACT staff. Yours truly had the proud moment of delivering a farewell speech.

It'll be different. I see ACT upstairs everyday for my meds and therapist appointments. The convenience factor will be gone. I was told they'll deliver my meds

to Charter House while I'm there.

ACT will be missed. A few of their staff members I'll probably never see again. That's just a small sacrifice, it was needed for Charter House to remain accredited, without that, our doors would've been shut next year.

MOVIE AND DINNER > JOHN H.

On Saturday, October 7th, a handful of us members went to the movies and out to eat.

The theater was awesome. A huge two-story screen, and a knock-your-socks-off audio system. You're entire seat would vibrate to the rumbling sounds of way too loud special effects. Visually appealing as well. Good for 2D.

The movie, "Blade Runner 2049", however was "OK". Great effects, but it was almost 3 hours long. I didn't really follow the plot, it was about cloning people or something. The movie had its faults, but it was fun to

see.

After the movie, we all dined at 5 Guys Burgers & Fries. My favorite place to eat. I ordered a medium bucket of Cajun fries and a beverage.

Next time, I'd probably pick a quieter film to watch. Although the visuals and sound were superb. NCG Cinema is where we went, I would've chosen Regal.

Overall, it was a great Saturday afternoon. Got to hang with my friends and our coordinator Stephanie and Jon, a staff colleague.

I'd do it again in the future.



FIVE GUYS
BURGERS and FRIES

COFFEE HOUR WITH ANDY SCHOR > JAMES R.

Andy Spoke on the no fault insurance, (more specifically) you can't sue the other driver if he is at fault. You have to go through the insurance companies. The insurance companies have to duke it out.

Right now Michigan has insurance for life with no cap off. They want to lower the insurance to a set amount. They want to lower it to \$250,000 or \$500,000 instead

of being insured for life. On health care for retired people, Andy wants to keep it the same. A legislative solution is being drafted by Republican's and Democrat's. Opioid legislation mentioned. The House is working on a bill that clarifies what medicaid may be used to pay for "Medically necessary acute treatment services."



RECOVERY STORY > JAMES R.

I lived in Dayton, Ohio 19 years ago. I was working at a Meijers Distribution Center for 7 years. I was injured in a car accident and my injuries kept me from doing my job. I eventually lost it. Then I lost my apartment.

I ended up moving to Grand Rapids to stay with my Grandmother. Three months after moving in with my grandmother she took me to a psychiatrist because I was acting different. I was getting messages from the radio, TV and CD's. I was spending all my time watching TV.

I went in and out of psychiatric hospitals (2-3 times) and Bridges Crisis Unit (3-4 times). They said I was depressed but I felt bored. I was given the diagnosis of Schizophrenia, unspecified.

I moved to Lansing and was eventually able to get my own apartment. I then start-

ed coming to Charter House. I worked on the lower level. I cooked, I swept and mopped in the kitchen. I also cleaned a bathroom. I was there for about a year but had some conflicts with other members so I decided to leave Charter House.

I tried several other jobs. I worked at Peckham for about 2 months as a janitor. I worked at the YMCA for about 2 months and then at Little Cesars for about 3 months. I tried many jobs but was unsatisfied with all of them.

Then I got really depressed, almost to the point of killing myself. I ended up in the hospital psychiatric ward. I was in the hospital for a month and I was also in and out of Bridges Crisis Unit. I was in Bridges for about 2 weeks each time.

Now, after 12 years I decided to go back to Charter

House. I am working in the upper level, which is called the Clerical Unit. I am enjoying the clerical unit a lot better than the kitchen. Working in the clerical unit has allowed me to sit more and be off my feet. I get tired easily because of my diabetes so I needed a sit down job. Charter House is the overall perfect fit for me.

I go to church now and like listening to Christian Contemporary music. I only watch about 3 hours of TV a day. I still get messages from the TV and radio but not as many.

The people at Charter House are nice to me. If not for Charter House I would probably still be at home watching TV all day. Since I have been back at Charter House I have not been hospitalized.



RECOVERY STORY > BLANCA B.

Hi, I'm Blanca, I was 21 years old back then.

Living in a 'blink and you miss' town of Mulliken, MI wasn't all that it's cracked up to be!

Being the only Hispanic family in that town was a challenging obstacle course.

So this is my story. Walking miles in my shoes wasn't all a bliss. You want to know something, I heard loud voices in my head and was trying to run away from family.

Right out of the blue! I became delusional by polar-manic-depressant-schizo-effective.

Running away from this episode wasn't easy, but it was embarrassing.

My family had to pick me up and rush me to the hospital.

Now that was weird, I had not been doing street drugs. I didn't smoke or I was non-alcoholic. The doctors diagnosed me with a chemical imbalance in the pituitary gland. In the center of my brain.

My family was upset with this situation. I knew I was mentally ill. Now I look back and it was a sad memory for me.

On and off I wasn't the same anymore. I had to go to hospitals and serve jail time. I had to deal with the courts. Taking prescription medicine by force was no laughing matter.

Remembering that I was heavily sedated and very drowsy and always sleepy.

For years I've lost jobs and became an abusive daughter to my family. Even my Mom was afraid of me then, because my family saw me as a threat. I'm still taking medicine.

Through tough unconditional love for me, my family like always stuck together, and my heart forgave them for their actions.

Now I'm in the process of recovery. I met my husband eight years ago. I'm very happy now, my anniversary is August 29th of 2017.

I've realized, life can be so humble and wonderful.



MUMS THE WORD > GARY, PAIGE, & DAN

On Wednesday October 4th George, Josh, Gary, Clark and Mike E all went to Horrocks Farm Market in Lansing. We were looking for some plants to freshen up the air and brighten up the place. We got 4 mums, 2 aloe plants, and 1 large lily plant. They really look good in the clubhouse. We put the mums on the dining tables, the lily in the front entrance hallway, a mum at the front desk, and an aloe plant in the administration area. They need watering every week which is done by the mem-

bers. We are glad the air will be cleaner and our days will be brighter!



NICOLE WALKS FOR NAMI



National Alliance on Mental Illness

In October Nicole W participated in the annual NAMI Walk. She was their #1 money raiser for this walk earning over \$2,200. Her knees have been a little sore since

then! We are very proud of Nicole and her willingness to use her voice to advocate for those who have a mental illness.

Be on the lookout for a DVD that Nicole just made for NAMI where she talks about how NAMI helps family members of persons with a mental illness and those with a mental illness. In the video she shares a bit of her personal story.

MORIARTY'S IRISH PUB > JOHN H.

I'm not exactly a bar-hopping individual, but on my trek to find my favorite watering hole, I was directed to a place called Moriarty's Irish Pub in downtown Lansing.

Allen, a former transport driver for Charter House, told me about the place. He works there as a door man/bouncer, and we hang out while I'm there. They call him "Big Al"...

For one, the atmosphere is very cozy and inviting. There's a cool new live band every night at 9:00, with no cover charge.

The food... well what can I say, is awesome. I go there especially for the taco salad in a huge tortilla shell bowl. (Charter House now makes taco salad in a bowl for the lunch menu because of my idea!)



I go there basically for the food and entertainment, about once every two weeks. They know me by name there...

So, if you ever come to Lansing, I invite you to check out Moriarty's Irish Pub. It's an experience you'll never forget.

Cheers!

FENNER BONFIRE > JOHN H.

On Friday, October 27th, Charter House rented some park space in the woods at Fenner Park here in Lansing, and we had a bonfire going in the pit.

It was a little chilly outdoors, but the fire kept us warm. Member Adam played his guitar and we had a few hot dogs on sticks,

two of which I lost in the fire, but I finally managed to roast one to perfection. We also melted marshmallows on sticks for S'mores with chocolate candy bars.

Charter House is making this an annual event. It'll be my third bonfire. A good way to make memories, as

I did. Looking forward to next year!



FREE THANKSGIVING MEAL AT BLONDIE'S BARN

Blondie's Barn in Haslett Michigan will be hosting a FREE Thanksgiving Meal on Thanksgiving Day from noon to 2:00 pm. Dawn "Blondie" Manuel started this a few years ago to help people out that need a little extra help around the holidays,

but realized that there were a lot of people who had no place to go on Thanksgiving. This opportunity offers a place for people to go so that they are not alone on Thanksgiving.



UNCLE JOHN'S CIDER MILL > JOHN H.



One day in October, a bunch of us went to a seasonal attraction called Uncle John's Cider Mill, up in

St. John's, MI.

Uncle John's offers all kinds of autumn activities like hay rides and a corn maze. They also sell pumpkins.

We went indoors for just made apple cider that Uncle John's produces annually from

their own apple orchard. We also had homemade donuts. It was fun.

Uncle John's is a fine place to be for a chilly October day. We're doing it again next year. I'm looking forward to returning.

INTERVIEW OF WILFORD

New Member name Wilford W.

Why did you come to Charter House?

To have something to do.

What unit do you work on?

Upper level.

What days are you coming to Charter House?

Mondays and Tuesdays.

When did you come to Charter House?

Oct 30, 2017

What is your favorite part about Charter House?

The things to do

What do you like to do in your free time?

Play video games, watch t.v.

What have you been doing with your life lately?

Not much...living in the group home.

What are your hobbies?

Video games.

What kind of music do you like?

Heavy metal.

What are your goals? Where do you want to go in life?

To become a better person. He wants to go to college.

What is your favorite food?

Pizza.

Are you interested in working? What kind of work have you done in the past?

Yes, I've done temporary jobs, factory jobs, etc.

INTERVIEW OF ZACHARY

New Members name Zak P.

Why did you come to Charter House?

So I can get job experience.

What unit do you work on?

Lower unit.

What days are you coming to Charter House?

Monday and Tuesday.

When did you come to Charter House?

Oct. 30, 2017

What is your favorite part about Charter House?

Meeting new people.

What do you like to do on your free time?

I like to draw listen to music, and play tennis.

What have you been doing with your life lately?

Mostly hanging out with my friends and stuff like that.

What are your hobbies?

Collecting magic cards (the gathering card game).

What kind of music do you like?

Heavy metal.

What are your goals? Where do you want to go in life?

To finish school and get a job. Answer to the second question is "graphic artist (animator)".

What is your favorite food?

Cheeseburgers

Are you interested in working? What kind of work have you done in the pas?

Yes, I've worked at a clothing store, called "Pacsun".

INTERVIEW OF PAIGE

New Intern name Page G.**Why did you come to Charter House?**

She looked it on the internet, on Charter House's web site. She "liked what she saw". She could pick from different agencies her teacher gave her."

What unit do you work on?

Usually upper unit.

What days are you coming to Charter House?

Wednesday and Thursday.

When did you come to Charter House?

Sept. 6th.

What is your favorite part about Charter House?

"I like how open people are here. I feel accepted" she said.

What do you like to do on your free time?

"I like to paint, and do make up."

What have you been doing with your life lately?

She said a lot of school work. She started working out again and being healthier.

What are your hobbies?

"I like to sing and like to paint as well sometimes".

What kind of music do you like?

"Anything that makes me dance and also classic rock."

What are your goals? Where do you want to go in life?

"My goal would be to be a clinical social worker and work with families." She also wants to travel.

What is your favorite food?

"If I had to pick something right now it would be pizza."

Are you interested in working? What kind work have you done in the past?

She's working as a receptionist. She has worked at "Bath and Body works".

INTERVIEW OF AMANDA

Why did you come to Charter House?

I want to work with the mental health population.

What unit do you work on?

I am flexible I work both unit.

What days are you coming to Charter House?

Monday and Wednesday.

When did you come to Charter House?

Late August

What is your favorite part about Charter House?

Interacting with the member.

What do you like to do on your free time?

Watch movies.

What have you been doing with your life lately?

School and work.

What are your hobbies?

Movies, volunteering at respite care and I make wreaths and bake

What kind of music do you like?

All music. Nickelback is my favorite band.

What are your goals? Where do you want to go in life?

Want my own private practice.

What is your favorite food?

Hamburger and Fries.

Are you interested in working? What kind of work have you done in the past?

Yes; babysat, fast food, and retail.

CHARTER HOUSE

WHERE EVERYONE HAS A VOICE

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HALLOWEEN PARTY > GARY L. & JOHN H.

On Halloween we had a party, and played games. One was a donut eating contest, and we also had Karaoke. We also played "suck the marshmallow through a straw". This is where you pick up a marshmallow with a straw you suck in...

We had sloppy Joes, Jell-O, potato chips and pop. We had a good time, sang along to YouTube and Member Adam's guitar playing.

We also had face painting and hand painting. We decked the halls with some spooky decorations.

It was a great party and we can't wait until next year!



BAKING GROUP > GEORGE H.



Over the last nine months, we have been having a baking group meet every Monday afternoon. Our group varies in size from three up to nine. One of the great things about the group is that several people who attend are members that

won't work in the kitchen to prepare meals, but are there every Monday afternoon to see what we are baking.

Everyone gets a say in what we make. Sometimes we make things based on what is in the pantry. Most of the time we take turns on who's choice it is on what we bake. Sometimes we bake things for upcoming events. This past week we made chocolate covered peanuts, orange Jello with mandarin oranges, and a bunch of sugar cookies for the Halloween party we had. As you can see from that list, we don't limit ourselves to things that require "baking". Several times over this past year, we made homemade ice cream.

Our baking group also helps us make money. On several occasions, we have made goodies to

take along when we sold chili and had bake sales. It is a nice fundraiser. There is a bank in the nearby town of Charlotte that has twice allowed us to have two-day bake sales, where we did quite well.

One of the most satisfying things about our Baking Group is that we try to keep in stock cookie dough that we ball up and freeze. When we identify members who have not been here in a while, who have been sick, or are not able to make it in, we will sometime bake up those cookies and take it out to them on a visit.

Overall, it is great to see people learn how to cook tasty treats for themselves and others.

P.S. Getting to do "Quality Control" and make sure that what we are baking tastes good is a great perk of being part of the Baking Group.