

Alliance House is a long standing partner with Valley Mental Health and a non-profit United Way agency

W O R L D E D I T

FROM DREAM... TO REALITY ALLIANCE HOUSE CELEBRATES THE OPENING OF THE NEW ADDITION

BY ROB PEDEN

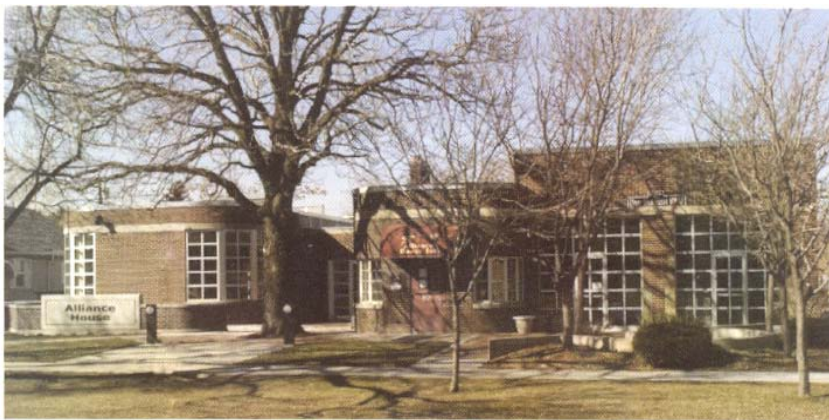
On March 22, 2005, Alliance House marked its official opening of its new and improved facilities. The ceremony marked the culmination of a long fund-raising campaign, which began in 2001, and an eight-month construction project. The expansion includes a new, larger dining room and a new work area occupied by the Business Unit.

Although every staff, board member, and member who has attended Alliance House since the planning for the ceremony began

contributed in some way, the elegance of the event clearly indicated the guidance of our Development Director Karen Wildfoerster. Karen was instrumental in planning, arranging speakers, designing invitations, selecting the theme – *From Dream to Reality* – and virtually every other detail of the event.

“The theme was perfect,” said Jan Nelson, an esteemed board member *emeritus* and past-President of the board. “I’ve been involved in every step since the first concept: from our initial,

sketchy dream of what we might want to this beautiful, comfortable reality, the theme describes its evolution exactly. And I loved coming in early to see everyone scurrying around to prepare for the program.”



So on this otherwise cloudy, gloomy Tuesday afternoon, after a full day of deep cleaning to which every member contributed, the program kicked off. The rainy weather that forced the event indoors may have

dampened attendance, but the crowd was large enough to cramp even our new opulent space. Ken Verdoia, who served as Master of Ceremonies, thought the weather actually contributed to the event by underscoring Alliance House’s function of providing shelter from the storm.

Dr Chase Peterson, the eminent physician and former President of the University of Utah, was keynote speaker. He surveyed the standing-room-only crowd and promised that he had just cut his forty-minute oration to three. He related the story

of his elder brother's bouts of anxiety and celebrated the progress the mental health community has made through programs like clubhouse. At one point, he paused in his speech and asked, "How many here think themselves entirely self-made?" When no hands were raised, he noted, "That's right. We *all* need help occasionally."

This emerged as one of the themes that threaded through the remainder of the presentations. Executive Director Jon Paulding, Board President Jayne Middleton, James Sorensen, and Valley Mental Health CEO Debra Falvo all pointed to the importance of support from good people in the recovery process of the mentally ill. Mr. Sorensen recounted early attempts by school teachers to



Linda Peterson
Photo by PeggySue Whipple

stigmatize him as unteachable and how his mother's encouragement and understanding helped him overcome the stigma. Every speaker was eloquent and engaging.

Other themes that seemed to recur were that we are all

connected in some way, often unexpected, with the mentally ill, and that it is the people, not the building, that makes a clubhouse program. While it's true that Alliance House's Board of Directors, staff, members and friends have made it a premier clubhouse, it was tacitly agreed that we were entitled to indulge ourselves temporarily in our glorious new setting.

Jayne recognized the founding parents, whom many were present for the event, whose early vision made Alliance House possible. Bernadette and Sydney Velick, Jeanne and Ray Christensen, and Jan and Norm Nelson gracefully accepted the applause that they so well deserve.

Linda Peterson anchored the program with the story of her experience with Alliance House. She described giving up her comfortable life in Pennsylvania because she needed the support of her family in Utah. Linda went on to explain her tendency to panic when she started her first Transitional Employment Placement, causing her to abandon the position after the first six weeks. When faced with a second TE, she felt the pattern recurring – six weeks of productive work, then panic and flight impulse. She expressed her gratitude to the placement managers – Tess Lage and Pam Roskelley – who supported her and helped her work through her anxieties, allowing Linda to complete the TE successfully, then move on to a similar independent job.

"I was so glad to see that Linda's doing so well," said Merildene Judd, who supervises Alliance House's TEP at Horizonte Instruction and Training Center. "I worked with Linda when she had that first TE. She has grown immeasurably. I can see her new self-confidence, her sense of purpose, and her dedication to reaching her goal of independent work. I think I have just enough perspective on the members placed at Horizonte that I can see how their association with Alliance House has helped them all. It's truly a wonderful, wonderful program."

The high point of the program was reserved for the end. After announcing the dedication of areas of the clubhouse to some of our most special friends – the dining room to Jeanne Christensen; the meeting room to the LDS Foundation; CD Unit to Regence BlueCross BlueShield; Business Unit to George S and Delores Doré Eccles Foundation; Education Room to J L Sorensen; and even the Hole in the Wall Snack Bar to Lynn Hintzke – Linda announced that we were dedicating the clubhouse in its entirety to Jan and Norm Nelson. "I was absolutely blown away," Jan said later. "This came as a total surprise. Norm and I expected nothing of the sort. I wasn't sure I'd heard correctly." Jan had to read the plaque to assure herself it was true. "I mean, whoever heard of such a thing?"

There are too many people to thank individually for making the afternoon such a success. After all, our whole history contributed to the moment, from Margaret Currin taking up smoking to Norm's

involvement in our housing program, from Jon Paulding's clear and persevering vision of what Alliance House is to Linda's success story, from Jan's struggle with pizza dough at our very first TE to Mr Sorenson's participation and generosity. But for this one, brief, two-hour segment of that history, let's reserve a special thanks for Karen Wildfoerster.



**Jan and Norm in front of the plaque dedicating Alliance House to them.
Photo By PeggySue Whipple**

Community Computer Education Program

What Is CCEP?

By Linda Krough

CCEP stands for Community Computer Education Program. It is a course that improves the employment skills of students who are clients of Valley Mental Health. Clients or students learn how to operate a computer and are provided with the necessary tools to assist them in getting a job and succeeding in a workplace. This class, taught in a non-clinical setting, meets two hours a day, three days a week.

I love being a Teacher's Aid for the CCEP. I'm grateful for the opportunity to review and expand my knowledge of the material that I've learned. I'm gaining confidence and self-esteem, and developing a better sense of direction for obtaining my goals, and feeling more optimistic about my future in general. It's been a great way to explore the new options and interests that the CCEP and Alliance House opened up for me. Besides it looks really

good on my resume to achieve high goals.

My Experience

by Betsy Ogden

CCEP is a very informative class that teaches about how to use the computer. I enjoy all the interesting stuff I have learned so far.

They taught Power Point, Ect and us all about Resumes, Microsoft Excel and Microsoft Word, Mavis Beacon, and Power Point.

It is so exciting and I am glad I signed up. The class is held at The Horizonte School in Salt Lake City. The class is held three times a week and goes for a school year. It started in September and ends in June. There is also going to be graduation for CCEP students attending this years class.

The Selection Process begins with a long application, including a two-hundred word essay about why I wanted to be involved.

After VMH had reviewed my application, I set up an interview with the instructor then waited for a response

Over a hundred people applied. Forty students got in. I almost didn't get it, but thank goodness I was the first alternate. I got a call from the instructor and found out I got in.

When I learned to disassemble the tower of the computer during class we divided into groups. Each group got a tower to work on. We took everything out and we talked about each part and what the part does. We had a couple classes to learn this. We know the motherboard is an essential and important part.



Betsy Ogden at CCEP

This year, CCEP will have two six-month sessions instead of one nine-month class. This will be the first time that the class is open to non-Medicaid people, as long as they are served by Valley Mental Health. I recommend you

pick up a copy of the application from Carla and try for it.

Colleague Spotlight: Bob Davis

by Robert Davis



I was born into a family of four children. I was the second. When I was born, I had my air closed off. The result affected my motor function, and my mother's doctor predicted I would be confined to a wheelchair my entire life.

The chief of staff at the hospital, and, indeed, the entire staff took pity on me. He and various doctors and nurses regularly massaged my arms and legs in an attempt to develop my muscles.

As time went by, my body grew stronger. Eventually, I was able to walk. I grew up on a thirty-acre farm in Iowa, where I attended a one-room school through high school. After I graduated, I got my first job in Iowa City. I worked at different jobs off and on, but I found kitchen work by far the most rewarding and interesting. I have now spent twenty-five years working in different kitchens.

I moved to the State of Utah in 1988 to live and find employment. After some time looking, and with help, I found a job at a place called Friendship Manor that lasted six years. After this I continued looking for work, unsuccessfully, as it turned out, until someone told me about Alliance House.

I volunteered at Alliance House, working in the kitchen primarily, but in other areas as well. I finally took a Transitional Employment Placement at Grand America Hotel, where I worked for nine months, successfully completing my assignment.

I'm eagerly looking forward to my next TEP or IE. Alliance House has been great for me.

Standard of the Month

By Duncan Macdonald

This time we'll be talking about Standard #5. It reads: "Members at their choice are involved in the writing of all records reflecting their participation in clubhouse. All such records are to be signed by both member and staff."

I feel that this standard is an integral part of the clubhouse. It ensures that members are involved in all of their records from initial goal setting to monthly notes. Since these charts are done on-line through Valley Mental Health there's no place for the staff and member signature; however, there is a button to sign the monthly review note. We have recently made strides to get all of our membership involved in the writing of their monthly notes.

"I think we are starting to do a better job with this standard, but we still need to make sure members know they can and should be involved."

- Carla Marjerison

"Member participation is very important to the clubhouse. Members would have no voice otherwise."-Jennifer Saunders

"In the clinical world, many decisions are made for the clients by their clinicians. In the clubhouse world, members are the driving force in all activities that have to do with their progress and recovery. It is that members are involved in setting their goals and connecting on their progress."-Jon Paulding

"I appreciate being part of the writing the monthly notes. I am reminded of the goal that I've set and allows me to reflect on my progress I've made."-Kent Palmer

"I like being involved in writing records reflecting my participation because it lets me know I'm getting better on my skills."-Betsy Ogden

Unit Updates

by Betsy Ogden

Career Development Unit Update

Who's New? Mindi Bradford, Grace Chen, Carolyn Clark, and Adam Lee. We hope they all like being here.

Our unit is currently planning for our future High School Graduation Ceremony. We plan on holding a couple of meetings before graduation. At these meetings, we will chose where we are going to have our ceremony and also who's speaking. We will also plan what refreshments we will have. We have five members in the class of 2005 who are graduating from high school.

Our thrift store, also known as the Clubhouse Closet, is looking real nice. If members need a nice outfit for work they can get it here.

Business Unit Update:

We would like to welcome Deborah Graves. She is a new member and we want her to feel good coming.

We had our business unit retreat to plan and organize goals. Members and staff met together in the morning at Alliance House to discuss organization of our new beautiful unit. In the afternoon we went to Jan and Norm's condominium clubhouse to discuss goals of our unit. Many members and staff were involved in this process. We made many new friends and renewed old friendships. Thank you to everyone who helped make this day a great day.

Members who are interested in giving a tour can go see if there are any tours listed on the business unit white board and sign up for the tours they want to give. We also want to know if members want to be trained to be a tour guide.

Culinary Unit Update

We would like to welcome My Gip, Mike Davis and John Drzewiczewski. We hope they feel needed and wanted.

We have been working on some rules for the kitchen. Rule #12 says that hands may not be washed in the same sink as dishes. Also, Rule #9 says all dishes and utensils must be air dried.

We are trying to get back on track in having our monthly Birthday Party's on the last Wednesday of the month at 3:00 p.m.

Also we do our weekly shopping on every Thursday or Friday. Our unit is happy to announce that we have a new wonderful snack-bar, separate from the kitchen. We named it "Hole in Wall" dedicated to our wonderful construction supervisor Lynn Hintze.

Our unit keeps on making hot meals for the members, thank you culinary unit.

Director's Note

By Jon Paulding

On March 22, Alliance House members, staff, board members and friends finally celebrated the completion of our addition and remodel project. For me, this was the end of a very long process that began probably in 1999 when the board began the discussion about the need for a larger building. This blossomed into a full blown capital campaign in 2001 which was finally completed in January 2005. Construction commenced in June 2004 and was completed in January of 2005. It has been a long road, but one I knew this community would travel to its end due to the tremendous support we have for our programs. It makes me very proud to have worked with so many wonderful people and to spread the word to new friends about the importance of the services we offer to men and women who suffer from mental illness. This was truly a community effort, and we can all now take a breath and celebrate the completion of it all.



I want to thank the entire Alliance House community for all of their effort and vision. It could not have happened without a lot of faith and belief from everyone.

Did you know?

Did you know that Alliance House in the month of March made a total of 387 reach outs by phone, in person, or by card.

Reachout is an essential part of our program, members who are having a hard time need a friendly voice, encouraging them. We find that talking to members has a positive effect on getting members to return to Alliance House. Let's not forget that Alliance House is an empowering program for members on the road to recovery. Challenge yourself to call or visit someone who is in need today.

TEP	Member working TEP
Law Firm	Dave Mathews
Library	Elizabeth Knutson
Horizonte	Rob Peden
Youth Services	Lisa Mathena
Cornerstone	John Adams
Grand America	Gary Atkins
Squatters	John Barnhurst
Valley Mental Health	Jennifer Dobb
Smiths	Rich Eastlyn

We want to recognize all of our awesome members of TEP's. Thank you for all of your hard work!



April Birthdays



- 1st Phillip Bednarz
- 2nd Karen W.
- 3rd Daphne Bradshaw
- 5th Raylene Heath
- 6th Neil Gatton
- 9th Joshua Larson
- 10th William Baker
- 14th Dennis Boucher
- 15th Cathleen Fryer
- 18th Jacob Bohling
- 19th Jed Torman
- 20th Marcia Sawyer
- 20th Joy Maxwell
- 23rd Dan Child
- 24th Jenny Carlson
- 28th Twyla Hamilton

**Don't forget to come to
our Birthday Celebration:
April 27, 2005 at 3 pm.**

April Activities Schedule



Thursday Activities:

7th- Heart and Soul
 14th-Hollywood Connection
 Miniature Golf
 21th-Coffee House
 28th-Kick Off BBQ for our
 clubhouse certification

Saturday Activities:

2nd-Spring City Festival
 9th-Lamb Wool/Kite Festival
 16th-Men's Baseball
 U of U vs. UNLV
 23th-Hot Dog Roast @
 Sugarhouse Park
 30th-Open House Games or Ride
 up the canyon (weather
 permitting)

Article Contributors:

Rob Peden
 Linda Krough
 Betsy Ogden
 Bob Davis
 Duncan Macdonald
 Jon Paulding

Editing Team:

Kent Palmer
 Miriam Hyde
 Mike Perry
 Jared Green
 Rob Peden

Photographers:

PeggySue Whipple
 Betsy Ogden

Thank you to all our wonderful contributors

Alliance House, Inc.
 1724 South Main Street
 Salt Lake City, UT 84115

Phone: (801)486-5012

Fax: (801)466-5077

E-mail: ah@vmh.com

Visit us on our web page at:

www.alliancehouse.org

Visit the ICCD web page at:

www.iccd.org

Alliance House is a certified member of the
**International Center for Clubhouse
 Development (ICCD).**

Alliance House is a non-profit, **United Way**
 agency and gratefully accepts your
 contributions to ensure continuous support
 for those of us in recovery from mental
 illness.



