

alliance house

Clubhouse Chronicle

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LOCAL EDITION

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A long-standing partner with Valley Mental Health and United Way, a non-profit agency



CLUBHOUSE
THE LIGHT TO
RECOVERY

**UTAH CLUBHOUSE
NETWORK GOES FOR
THE GOLD
CATCH THE LIGHT OF
RECOVERY**

by
Miriam Hyde and Sue
Hanson

The Utah Clubhouse Network is proud to be the hosts of the 9th Western Regional Conference. The Conference will be held September 14 through 17, 2006, in beautiful Park City, Utah at the Yarrow Hotel. Park City was one of the

sites for the 2000 Winter Olympics. Once a small mining town, Park City has become a world-renowned resort and home to the Sundance Film Festival.

Those who arrive on Thursday will be greeted with appetizers and bluegrass music from The Good Will Band from Salt Lake City.

The Opening Ceremony will feature 2002 gold medallist Rulon Gardner. His speech may motivate, inspire and leave a lasting impression of what can be accomplished in one's life. Mr. Gardner is the author of Never Stop Pushing. Following his appearance, he will be available for book sales, signing and photo opportunities.

The Conference agenda will include several speakers and many workshops, with topics including from "If You Build It, They Will Come", "The Glue That Binds The Clubhouse" to "Stepping Stones to Employment" There will be workshops discussing Medicaid and clubhouse and the impact of mental health services on the system. We are excited

we are having attendees from the ICCD Faculty, as they will also be attending the Faculty meeting immediately after the seminar. A number of people are coming from the International Center for Clubhouse Development, Australia, Canada, clubs from the east coast and representatives of clubhouses that are new and just starting.

Special events will include a 'state of the art' bus tour of Olympic Park (luge, toboggan and ski jumps). Gear up for a high-flying, action-packed ski performance featuring the world-renowned Flying Aces. An elegant banquet is set for Saturday night, followed by music and dancing so plan on being dressed up!

And we're not done yet...



Clubhouse Chronicle

Alliance House is a member of the International Center for Clubhouse Development...

...a global network creating opportunities for people living with mental illness to be respected members of society.

Alliance House provides...

...A guaranteed right to a place to come. A guaranteed right to meaningful relationships. A guaranteed right to meaningful work. A guaranteed right to a place to return.

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The closing ceremony on Sunday morning will be full of Hawaiian flavor as we pass the torch to the Hawaii Coalition. Feel free to bring your grass skirts, pineapples, and coconuts. Mohe Kono Kono Productions will entertain us

with an unforgettable performance, followed by an open "mic" session.

T-shirts and other memorabilia will be available for sale throughout the conference. As you are planning your conference wardrobe, keep in mind Park City is up in the mountains and is cool. You can purchase a Western Regional vest to keep you warm.

Attendance is filling up so you will want to get your registration in as soon as possible. Registration forms are available on the ICCD website, or check with your clubhouse.

See you in September!

Education Spotlight Mason Andrus



by Dennis Card

Mason was raised in Sandy, Utah. He is very creative and composes music for the guitar. He plays in a band named Moon Clouds with

Rob Peden and Gordon Butler.

Mason earned his G.E.D. from Jordan Tech. He studied horticulture and learned enough to work in a green house, which he really enjoyed.

Mason has been a member of Alliance House since September of 2001. Some of his favorite things to do at Alliance House are mowing the lawn, running the snack bar, working in the Career Unit and being the receptionist.

At Alliance House, Mason likes the people, the work, the nutritious and inexpensive lunches, as well as the support it provides him. Mason said "Alliance House created an atmosphere for developing self-reliance, self esteem, and motivation."

Alliance House sold Mason a computer for \$35 and he really appreciated it, otherwise he might not have been able to afford one. Mason's educational and career plans are to attend Salt Lake Community College and become a computer technician. I'm sure we all wish Mason the best for the future. Carla of the Career Development Unit said, "Mason is so dedicated to his T.E. at Nutty Guys, and he has a lot of plans for the future. I can't wait to see all he'll do in college."

Employment Spotlight



If One Is Good, Two Is Better

By Amy Astin, Duncan
Macdonald, & Amber Weber

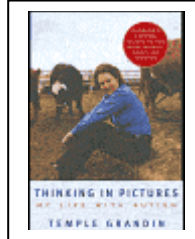
Alliance House is thrilled to announce that we have obtained not one but two positions at the large bookseller, Barnes & Noble. After five months of job developing, we have positions at the Sugarhouse store and at the Gateway Mall.

Sue and Amber worked with District Manager, Linda Good and her Assistant Rachel Weber, to create the two Transitional Employment Positions (TE) and educate Barnes and Noble about the Clubhouse Model. This new T.E. brings much excitement, as it is our first national placement. We were even fortunate enough to have Rachel Weber take a tour with Duncan Macdonald. Rachel enjoyed lunch where she was able to meet members and gain first hand knowledge on the inner workings of clubhouse. Alliance House

The newly acquired positions are called Zone Maintenance. Job duties include, but are not limited to, cleaning and organizing store products. While some aspects of job developing are still in the works, we project members to be placed in the positions before the end of the summer. Barnes & Noble will be a great asset to our T.E. program. We look forward to a lengthy partnership.

Clubhouse Insider

Duncan Macdonald
&
Sue Hanson



The Book Club is reading a book called "Thinking In Pictures" by Temple Grandin. Grandin is a gifted animal scientist who excels in her field, despite her autism. We have had some interesting discussions about autism and other disabilities. One of our conversations revolved around how Western Medicine has progressed when it comes to treating individuals with disabilities. Grandin uses a unique thinking style to create restraining chutes by visualizing how the cattle would move through the system.

We have started afternoon learning sessions that are designed to teach important skills about clubhouse projects to a group of 2-3 people at a time. Our first session was about creating greeting cards in the Career Development Unit on July 12th. Travis Westerman helped coordinated this session.

We have participated in the 5K NAMI Walk on July 24th. It's going to start at 7:00 a.m. We had about a dozen participants.

Our community garden is going well. There is lots of member involvement. They are learning gardening, health & wellness and team building skills. In the next few weeks, we will put eight hours of time as a service project. Weeds are being plucked weekly. Plants are growing strong. We should be ready to harvest for the Culinary Unit next week.

We are planning to have our annual retreat in October. This is an excellent opportunity for members, staff and board members to get together and share ideas for the future of the house. This activity brings members and staff together in a fun atmosphere, as well.

The planning for the Western Regional Conference is coming right along. Many of our

members have volunteered to speak at the conference.

Standard of the Month



By Eleisha Hewes

#20 Members have the right to participate in all the work of the clubhouse, including administration, research, intake and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy, and evaluation of clubhouse effectiveness.

This standard is one of our most important standards. It is important, because it is one that equalizes members and staff. This equalization starts from the very beginning when the future staff member first comes in for their interview. Two members are placed on the hiring committee and these members are present at the interview. They have developed questions of their own to ask the interviewee. The interviews take place at the clubhouse, allowing the interviewee to

meet the members. I believe this procedure helps to build the bond between the potential new staff and the members. This allows the members to feel more like colleagues. After the staff member is hired every member has the opportunity to evaluate the job performance of the staff member. This evaluation process enables members to anonymously express the impact of staff on clubhouse effectiveness.

Members and staff also work together to provide a variety of different ways to reach out to members who have not been attending. It is important for members and staff to do this together, because it brings them together as colleagues. This creates a connection between members, who have shared similar experiences, and helps provide a reason for the member who may be struggling or ill to return to clubhouse.

Members have the right to participate in all work of the clubhouse; this equalizes staff and members, and gives a chance for members and staff to work side by side with each other. Unlike day treatment, this allows staff and members to get to know each other on a personal level. We learn from each other at the clubhouse. No one in the clubhouse is a specialist when it comes to work

within the clubhouse. Every job is open to anyone who wishes to do it. One of the greatest things about clubhouse is, if someone doesn't know the job, staff or member, there is always someone else to work with them to help them learn how to do the job.

The most exciting work in the clubhouse to me is advocacy and public relations. Members and staff work hard to build great public relations as well as to advocate for rights for the mentally ill. They have formed advocacy committees where staff and members meet together to plan presentations out in the public, to lobby for bills, to go to Medicaid retreats, and much more. It is vital that members participate in this, because it means so much more coming from those who are affected by all this.

Orientation is another fun job to do at the clubhouse any member wanting to participate in orientation can do so. This is excellent, because it allows the new members coming into the clubhouse to feel more comfortable. They get to know members right off the bat. When the new members arrive, they usually only have their referring party's point of view. When they see members doing orientation they immediately get a members point of view of what clubhouse is like. Also

it helps build lasting relationships between new members and experienced members.

Business Unit Update

By Betsy Ogden



We would like to welcome our newest member Patrick Chavez. Thank you for joining us. Patrick helped make calls to get applications for housing.

There has been some work done on housing assistance packets for members who are in need of housing. We have obtained about eighteen applications for apartments around Salt Lake County.

We have many members from our unit that are now working as well. Elizabeth Becar is working at the First Baptist Church helping with their pre-school. David Rostenberg has recently started at the group placement with Nutty Guys. Way to go you guys!

We are working on updating our website. We want it to

be better than before. We are adding new photos as well as updating our information. We hope it will be more user friendly.

We are also looking for places to go talk about Alliance House. We want to spread the word about clubhouse to our friends and the community.

CD UNIT UPDATE

by
Dennis Card & Carla
Marjerson



There have been a number of members finishing and starting Transitional Employment Placements (TEP's) this month. Betsy Ogden, who exhibited extreme energy while working at Nutty Guys for the last 6-months, completed her TE. Ryan Herron completed his 6-month TE at Squatters, and Tracy Park completed her 9-month placement at Horizonte. Although we have not yet selected a member to fill the vacant

position at Horizonte, Brian Jensen has been selected to fill the Squatters position. We would like to congratulate them for their hard work and dedication.

In the Education arena, Theresa Price, one of this year's graduates, returned after a lengthy absence. At the end of the month we will present her with her diploma, since she was unable to attend the graduation ceremony in May. Several members are in the process of registering for college and making application for financial aid. John Maxfield is planning to study computer science, Travis Westerman physics, Tracy Park accounting, and Mason Andrus will be taking some Adult Education Courses.

The unit has begun making plans for the Employers' Dinner, which will take place in October. The theme "Celebrating Milestones" has been chosen; Memory Grove has again been booked; and we will soon be coordinating with Utah Foods for menu planning. Afternoon learning sessions began July 12, with Travis Westerman teaching people how to make greeting cards. During the second session on July 26, Eleisha Hewes will lead a group in downloading and printing pictures from the digital camera. Potty Parties are going well, although the odor in the woman's room

continues to be an olfactory assault. We are happy to report that the Clubhouse Closet made \$342.52 in June. We would like to thank Cheryl Law and Terri Keemer for continuing to lead the charge in organizing the giant donations of clothing we receive each week; They can always use more help!

During July, the Career Development Unit has been busy and we are looking forward to our unit retreat, which has been tentatively set for Tuesday, August 8th. We know we'll have a productive and exciting day. Hope to see lots of you there!

Jeremy's Sound byte

by
Jeremy Christensen
Executive Director



Changes around Alliance House are starting to slow down... at least in the staffing department, though they are speeding up in about every other area. We should have a full time staff hired in the Culinary Unit by next week. We are deep in discussions about the feasibility of getting the training base up and

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running again, as well as deep in discussions about how to increase our income to handle a growing clubhouse and a training base. As new staff continue to get established we will also look at sending more members and staff out for 2-3 week trainings.

Our clubhouse to do list just gets longer and longer, and it would be easy to say, "things will slow down when..." or "it will get easier when..." but I am more convinced that they just don't slow down or get easier. As we feel that burden mount, then I think it is more about a process of prioritizing and managing our own time and stress.

What a great opportunity for clubhouse members and staff to take a look at our individual lives, ask ourselves, are we getting out of life what we want? If so, then great! If not, how are we reevaluating our time management, goals and objectives and trying things from a new direction to foster better quality of life for ourselves? We can all be engaged in this process all the time, and what a great process to be engaged in at a clubhouse where we are persistently supporting each other to get into and maintain long term employment and meaningful relationships. "Burn Out" is something we are all at risk for if we are not taking care of ourselves. I really believe we deserve to find ways to

enjoy our work, relationships and life to the fullest. It is more our individual responsibility, than our circumstance, to create that joy. What a great opportunity we have in clubhouse to support each others quest for happiness!

August Birthdays



1 st	Max Rowan
2 nd	John Drewiczewski
3 rd	Scott Pyke
5 th	John Schultz
6 th	Donald Lockhart
7 th	Margaret Burke
8 th	Traci McKendrick
12 th	Victor Gaisford
13 th	Jessica (Meg) Sloan
14 th	Ryan Herron
19 th	Rick Schoeder
21 st	Austin Allen
22 nd	Jennifer Dobb
23 rd	Maxwell Williams
23 rd	Johnny Reyes
24 th	Kay Atkin
26 th	Connie Murphy
27 th	Miriam Hyde
30 th	Kim Tanner



August Activities

3 rd	Hike – Secret Lake
5 th	Miniature Golf \$1.00
10 th	Alta Short Hike/Barbeque
12 th	Sugar House Movies \$1.00
17 th	Heart & Soul 6:30
19 th	Super Sat-Mirror Lake
24 th	Coffee House
26 th	Octoberfest Snowbird

Did you know?

- Our average daily attendance has increased by six members since January.
- In May, Alliance House had eighteen people attend orientation and we had 61% retention.
- Accumulative wages for people holding TE's is \$4693 for the month of June.
- We had over 300 hours of volunteer hours in the month of June.

“Hard work never hurt anyone. It's a lack of it that destroys people.”
 –Katherine Hepburn

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