

1987-2009

CLUBHOUSE CHRONICLE

JANUARY 2009

WORLD EDITION

A nonprofit agency in partnership with Valley Mental Health and United Way

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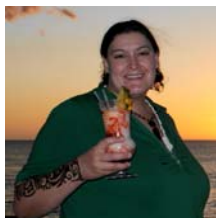
DEMOCRACY DAY: BY TRAVIS WESTERMAN AND AMBER MACKAY

Democracy Day was on February 2, 2009. Alliance House went to the Utah State Legislature along with Wasatch House (Provo), New Reflections (Tooele), and New Heights (Price). Together we made up a large percentage of the people advocating for various things.

Alliance House arrived at 10:00 a.m. and proceeded to the main presentation, where the main topics were housing issues and self advocacy. During the presentations they talked about things like the high rent crisis and ways to buy your own home through organizations like Habitat for Humanity. One of the most impressive presentations was about self advocacy and how everyone in the room could be a good advocate whether for themselves or in the broader community.

After the presentations, there were free-guided tours for those who were interested including many members of the various Clubhouses. The rest of the people adjourned to the Capitol for a free lunch and a chance to meet their local representatives of both the House and Senate. After the tours all participants met at the Capitol's beautiful marble rotunda where tables were laid out with numbers representing the legislative districts.

After a short time enjoying our lunches some of the representatives came down and sat with their constituents. The Senate representative who talked with most of the member of Alliance House was Senator Scott McCoy. Senator McCoy was extremely easy to talk to and was more than willing to answer any of the questions posed by the members and staff. Some of the great information he provided to us was about the importance of in-person advocacy as well as letter writing and the powerful messages of constituent stories. He also talked about the updates in Medicaid funding. All in all it was a great day.



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
- meaningful relationships
- meaningful work
- a place to return

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A partner with Valley Mental Health



CLUBHOUSE CHRONICLE

BOARD MEMBER SPOTLIGHT BY: ELEISHA HEWES

Ken Verdoia is in his fourth year with the Alliance House Board of Directors and is serving his first term as President of the Board. However, he became active with the Clubhouse many years earlier when his long-time friend, Karen Wildforester, asked him if he would be the MC for our annual Employer's Dinner. He accepted, not knowing that his life was about to be changed forever after participating in this special event. Ken served as MC for the next three years before being asked to join the Board of Directors. Ken fell in love with the positive atmosphere of Alliance House so you can image the delight he felt when he was invited.

Ken's lifelong understanding of mental illness comes from personal family experience. He understands Alliance House as being a place of light, which shines from the collective group who participate in the work on a day-to-day basis. As I was speaking to Ken he gave a description of this light that sent shivers down my spine. He spoke of this light as being a beam that radiates down from the clouds. It is something that can be seen from miles away. If I were an artist I could paint it on a canvas but words don't justify the beautiful symbolic meaning that this man expressed.

"I am not really President, we all are in this together." Ken has amazing dreams and goals as the President of the Board of Directors. He humbly acknowledged the greatness of his predecessor Larry Goldsmith and then spoke about his goal to bring the light of Alliance House to the public. He wants to bring more people into Alliance House to share with them the extraordinary

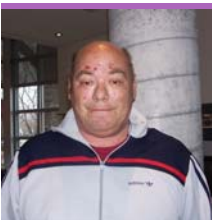
capabilities of our Members. He would love to have every single person in Utah know, understand, and support Alliance House Members. However, knowing that he cannot reach all of them he wants to reach as many as possible.

Ken spoke about his astonishment that Members can come from the deepest darkest places and achieve success such as going back to work, school, and building relationships. He is honored to be a part of the process and seeing new people participating in the Clubhouse to find a better way of life. We are a community made up of Members, staff, and Board Members. It is this community that produces the beautiful light that Ken speaks about. We are the guiding light that brings in those who are currently lost or hurting; it promotes a new way of life. "We will never run out of those who need us," said Ken.

Speaking to Ken is an honor since he is both honorable and humble at the same time. He speaks of Alliance House with such passion. I truly enjoyed every moment with him. The joy and love for every Member was genuinely expressed through his inspirational words. I am truly excited that Ken is the President of the Board of Directors. I know that he will lead us far in the next few years.

In closing, I would like to thank Ken for this interview; my life has been touched by such an inspirational man. It is always interesting to think about how we impact others and don't know we are doing so. the Board in a very special way. (continued on page 3)

COX CORNER: THE HOLIDAYS 2009



THE BUBBLE.....

I was diagnosed Paranoid Schizophrenic as of December 14, 1971. After 10 years—January 3, 1981—I got married and came to Utah. I have lived in Salt Lake City for 28 years. I have been sick 38 years of my life but, I can't say life has passed me by...I have had a good life. I have learned not to live in a bubble. I have been told most people do live in a bubble. I look at life as a learning experience. I have learned there are all kinds of answers to so many questions and time is the only truth. You do not know either way -till it's too late. I guess you might say life is a gamble??—That might be weird but that is my corner.. .What is a bubble??? It is a shield people use so they don't have to do any more than is absolutely necessary to get by; IT DOES COME IN HANDY!! Thank you

February Birthdays

- Potter Michael 2/18
- Smith Nikki 02/19
- Demmons Taffi 2/20
- Henderson Andrew 2/22
- Dennies Tracy 2/25
- Olsen Mark 2/25
- Zitting Douglas 2/25
- Lewis Janyce 2/26
- Skiby Cheryl 02/26
- Davison Gary 2/27
- Green Jared 2/29



As he spoke about the inspiration he receives from me and other Members, I was reminded of why I do what I do. Ken invites the handshakes, smiles, and hugs from us all. When he walks in it reminds him that he is a part of Alliance House. So when you see him enter the building feel free to approach him and introduce yourself because he sees you as his inspiration.

“Together today and tomorrow,” is how he describes Alliance House in three words and I would have to agree. I find these three words the best way to end this article because we are together today working for a better tomorrow.



A GREAT NEW IDEA BY: BRYSON BEAL

I think that it would be a good idea for us to have a member to member supported employment option available. It is just an idea. I have talked to both Jeremy and Heather about this. They both have told me that it would be ok. I would however like to get a Clubhouse consensus from the members and staff. It's just an idea, but I am going to try it, and if anybody wants to help please let me know of your thoughts and ideas.



Thank you very much.

Trends in Statistics

By Petra Pallos



So you would think that with this economy we would see a decrease in sales in our thrift store and in our lunches served at the club house. In fact our thrift store profits and lunches have slightly increased.

We also thought that we would be losing some TE Employment positions and although some have discontinued, there are always new ones to take their place so our statistics have not really changed with jobs gained and lost this month.

CAREER DEVELOPMENT UPDATE: BY DUNC MACDONALD & HEATHER



We welcome our new members: David A., Alan T., Debbie P., Susan C., and Angel T. We are always excited to welcome new members to the unit!

The community presentations are going strong. Thank you to all those who have volunteered to represent Alliance House and share their personal stories! If you would like to volunteer to do a presentation please sign up in the CD unit.

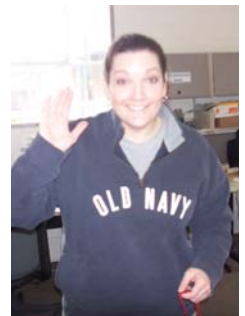
Beginning in February, we will be holding a poetry gathering at 12:30 pm on the second Wednesday of every month. Please join us if you would like to listen and/or share.

The Education department is promoting literacy and reading for fun. Literacy is a key link to obtaining desirable work and succeeding in scholastic goals. It is because of this realization that the members and staff in the education department have decided to emphasize literacy by holding a poetry gathering during the lunch hour on the second Wednesday of every month. Laurie Bryant a volunteer of ours is working with the local library to obtain books that are appealing to all readers, and we are looking towards possibly directing some of our evening and weekend activities towards literacy activities.

We would like to announce that despite the current economic crisis we have several TE openings. One is at Salt Lake Community College in the Disability Resource Center.

We still have 2 currant openings with the U of U group placement. Please fill out an interest form if you would like to be considered. Camp Bow Wow is one of our newer TE's. John Albretsen is the lucky member who is working this job, and Jolene Emmett was given a supported employment job with the same company congratulations to both amazing members. On the topic of employment we would like to send out congratulations to Bonnie Wood who was able to obtain IE with Jason's Deli. Great Job Bonnie! We are so proud of you and all of our working members who do so much to achieve their goals.

Plans for employment dinner are rolling along wonderfully; we have been able to select a theme thought up by one of our members. The theme for 2009 employer's dinner is "Courage to Dream, Fortitude to Succeed." As we all live busy lifestyles we forget to live our dreams, we lose our courage when we become fearful thus we do not succeed. Mental illness is what causes this downward spiral, it is the cooperation between the clubhouse, the community and the members that breaks down the stigma and builds a new life/ a better chance for success. We will be having weekly planning meetings on Tuesdays at 11 am for those who would like to get involved.



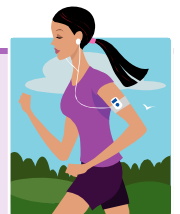
HEALTHY CHANGES: BY TRAVIS WESTERMAN



Healthy, How much is enough?

When one decides to make the change to a healthy lifestyle, how much should someone do? It is common for people to get all revved up in the beginning, exercising, cutting out sugar, eating more healthy foods, trying to stop smoking, and so on... all at once.

These are all great things but when one makes the change, go slow. If you try to take on too much all at once you're likely to get discouraged and burned out. It is far better to make one small change, like eating healthier foods, to help you keep it up for a long time. Don't take on something else until the first change becomes habit. Then move onto the next until that also becomes habit and so on. It is only with small steps like this that one can really change their life for the better.



**BUSINESS UNIT UPDATE BY:
BETSY MAXWELL**



A big welcome to our new members who are: Johnston Ponder, Myron Peterson, and Darla Brown.

Our orientation is improving. We are always looking for more ways to improve it. If you have any ideas or would like to participate on the orientation committee, please stop by the Business Unit.

We need more young people in clubhouse. We are going to send Petra and a member to Genesis Clubhouse in Boston Mass. for a one week Youth Track Training. May 18th thru May 22nd 2009. The member will be picked this month.

Jeremy's Sound byte



Things seem a bit dismal and grey in the world right now; it is hard sometimes to find good news about the economy or general state of things in the world. Well here is a bit of good news. Things at Alliance House... all things considered are quite cheery! We have higher attendance, lots of new faces and stories of success on a regular basis of people finding and maintaining work, building meaningful relationships, and dedicating themselves to life change.

Sometimes in times of difficulty we have our richest opportunities to make a positive change in our life and see more progress than in times things are going really well. As I watch members at Alliance House take these opportunities in the face of so much opposition it is hard not to be inspired and I find myself wiping away fear and doubt and adding that much more enthusiasm into my efforts and my life. It is a great time to be alive!

**CULINARY UPDATE BY:
IRENE LEISHMAN &
LYNN SORENSEN**



Let's talk about Irene. She has been at Alliance House since 1993. She belongs to the Business Unit but the Culinary Unit is often helped by her nearly every week. "I have been in the Business Unit doing accounting and computer work. I enjoy it." Irene also has helped wait tables in the dining room off and on for the past year. "I like serving staff and members. I would rather stay in the Business Unit because I like accounting and clerical work." But Irene is always motivated to offer assistance when needed and every weekday the Culinary Unit needs servers and clean up help.

We want to thank all the people who come from other units to help during our rigorous lunch time. We invite all of you to come and help us during lunch. It's a great way to get to know other members. And one great perk is that you can eat first before the rest of the clubhouse. So please come on in and serve with us.

The Kitchen Unit Needs You

Importance of Outreach
By: Scott Pyke



Outreach is very important in the Clubhouse. Members are needed to team up and take care of what needs to be taken care of in the clubhouse.

Outreach lets members know they are important and missed. We all like to hear that we are needed. I have found that when I make calls, members appreciate the thought and are very cheerful.



Let's make sure we are all reaching out to let people know how much they are needed!



Clubhouse Insider
By Dunc Macdonald & Sue Hanson



Alliance House has had a busy, busy month and we are so excited about having many new members join our clubhouse. Some important things that have been happening this month are every Wednesday afternoon our Catch the Vision is focusing on our certification report and house retreat goals. We are trying to link these two documents together so that we can accomplish the suggestions the certification team made and to accomplish our 2009 goals.

Over the past several months, Phyllis Sharples and members have been organizing presentations to our local psychiatric hospitals in hopes to educate patients in the hospital about Alliance House and what we have to offer in order to give them hope back into their lives. These presentations have been very successful and we have seen several patients come through our doors.

Alliance House is working on proposing a new standard revision to be reviewed by the Standard Review Committee. We encourage our members, staff, and board to be part of these meetings to help generate a rationale for this initiative. Look out clubhouses!! Alliance House will rock and roll with this proposal.

We are gearing up for our next training which is April 20 to May 1. We are excited to have with us: The Meeting Place, New Heights Clubhouse, Mosaic Clubhouse and Club Stairway.

TRAINING BASE SCHEDULE 2009

If you missed our January training, it's not too late to sign up for training in 2009, but hurry! We are filling up fast!

We might have a slot or two in our **two-week training April 20th to May 1st, 2009**. Spring is a lovely time to visit the beautiful Salt Lake Valley and work up an action plan to take back to your clubhouse! Also, we have a **three-week training September 14th to October 2nd, 2009**. Fall is such a fabulous time to hike through the hills and mountains and think about how you can build relationships at your clubhouse!

If you are really ahead of your game, schedule your Clubhouse to come visit us January 2010 and be the first to plan your winter trip the Salt Lake City.

Check out our website, give us a call or drop us an email, and schedule a training date now, before the spots are all filled!

We look forward to meeting you!



STANDARD OF THE MONTH NUMBER 6: BY GAY WARNER

Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a threat to the Clubhouse community.

After several years as a member of Alliance House, I have several times had to take a leave of absence due to illness. Knowing that I had a right to immediate re-entry into Alliance House gave me great comfort. I was always welcomed back and I was thankful for the old and new friendships that welcomed me back.

Standard number 6 means to me that no matter how long or under what circumstances a member whose has been gone no matter how long they have been gone they have the right to immediate re-entry into Alliance House. I feel that as members we should welcome the member, who have taken

leave, back into the Clubhouse community. This gives our members a chance to be gone for a while and not worry about their membership standing and they know they are always have a place to return to.

As for the last part of this standard members cannot return if they pose a threat to the Clubhouse community. I feel that this happens very rarely at Alliance House and this is a necessary part of this standard. It gives all members the feeling that they truly have a safe place to come.

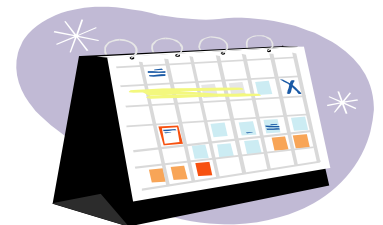
2009 CLUBHOUSE CLOSE-UP TOURS

- February 11th
- February 25th
- March 11th
- April 8th
- April 22nd
- May 13th
- May 27th
- June 10th
- June 24th
- July 15th
- July 29th
- August 12th
- August 26th
- September 9th
- October 14th
- October 28th
- November and December dates TBA d

Tours are regularly scheduled for the 2nd and 4th Wednesday of each month at 11:00 a.m. unless it falls on a holiday.

We can add tours to accommodate schedules.

If you have questions about Clubhouse close-up tours please call Karen at 467-1262.



**Are you interested in
learning more about Alliance House?**

- Check us out on the web at www.alliancehouse.org
- Come in for a “Lunch on Us Tour”
- Email or call us for more information

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