

alliance house

Clubhouse Chronicle

February 2007

WORLD EDITION

Volume 10, Issue 2

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



Building Partnerships

By David N. Mathews

I first started working for the Salt Lake Brewing Company or Squatter's in May of 2005. My title for this initial employment was dining room setup assistant. My primary duties involved arriving before the restaurant opened in the morning at 8:00 a.m. and distributing towels to the servers and cooks. I then set down the chairs from the tables, cleaned tables, and made sure the tables were properly aligned. Additional duties included cleaning the table bases, the televisions located throughout the restaurant, the four-person

bicycle used in the Saint Patrick's Day parade, and the beer signs

located by the bar describing the various flavors of beer sold at the restaurant/bar.

I was also responsible for cleaning various areas where people would scuff their feet and for cleaning out the heating vents once a month with a vacuum cleaner in order to ensure the restaurant was a healthy and pleasant environment to dine in.

This employment was arranged through the Alliance House Transitional Employment Program (TEP). I served in this position for six months. Upon successful completion, management offered me

independent employment! I accepted a new position. I found Squatters to be a fun place to work with supportive staff; a somewhat laid back atmosphere, and the true feeling of family.

My new job began in November 2005. I work four days a week for total of 20 hours as a delivery assistant charged with delivering of food, restaurant supplies and beer to Squatter airport restaurant at the Salt Lake City International Airport. In order to supply the restaurant it takes my work partner and I three trips from the delivery truck each day to supply dry goods and two refrigeration units. I haven't missed a day or been late yet---holidays included!!

Prior to holding these positions at Squatter's I worked at the law firm of Jones, Waldo, Holbrook and McDonough in their copy center as an "inter-office runner." Before that, I worked as a courtesy clerk at Smith's Food and Drug center in Murray. Both of these were through the TE program. With each of these jobs I learned what I want in a job, what I'm successful at in a job, and what I didn't like in a job. I found challenges in employment with each position. For now I fit in and enjoy my work at Squatter's immensely. I am not overstressed and I work hard to improve my efficiency. A side benefit from this employment has been gaining

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.

Contributors: Dave Matthews, Tarra Perea, Sue Hanson Duncan Macdonald, Jeremy Christensen, Jan Buck, Betsy Ogden, Ted Echols, Eleisha Hewes, Lynn Sorenson, Denis Boucher Amber Weber, Kent Palmer,

Contributing Editors: Duncan Macdonald, Ted Echols, Betsy Ogden, Brooke Baltazar, Collette Soffe, Jessica Olsen, Eleisha Hewes, Sue Hanson, Jeremy Christensen

Subscription Mailing and

Phones: Alliance House Business Unit, 1724 South Main Street Salt Lake City, Utah 84115
www.alliancehouse.org
801-486-5012
FAX 801-466-5077

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upper body strength and becoming more physically fit.

I know without the assistance of Alliance House and my placement managers for all three TEPs, I most likely would not be employed at this time. I also would not have been able or confident enough to return to Westminster College taking one course each semester.

Clubhouse Chronicle

Thank you is such a small word for what all has done for me.

Last Spring, I renewed my interest in historic buildings of downtown Salt Lake. Since Squatter's is on the Historic Register, I began to research its history. Much to my surprise, there is a distinct and long history of the building. It was built in 1909 as Hotel Garden and housed people working in various trades on the west side. The building later became home to the Boston Hotel, the New garden Hotel, and in the 1970's the Jaz Bistro. Following closure of the building for a decade, it reopened as the Salt Lake Brewing Company in the late 80's and then as Squatter's Pub and Brewery. I did the research and collected the five photographs. I had the photographs professionally mounted and donated to the restaurant. They will be on permanent display beginning this month. This project was fun and very interesting to do. It is a small token of my appreciation for what this employment and opportunity has done to increase my confidence and self-esteem.

Standard of the Month Standard #15



By Betsy Ogden!

"The work-ordered day engages members and staff together side-by-side, in the running of the clubhouse. The clubhouse focuses on strengths, talents and abilities; therefore, the work-

ordered day must not include medication clinics, day treatment or therapy programs within the clubhouse."

I love this standard because it is important to get good relationships. If it were just staff doing all of the work then it would be harder to make good relationships.

Jessica likes this standard because it talks about utilizing the strengths, talents and abilities of the membership. Everyone has so much to offer; it is amazing what strength this brings to the clubhouse.

Employment The Gift of Work



By Jan Buck

Work is an integral part of the clubhouse program. It is a way for people to gain dignity and independence. Through their work they feel important and a part of the community. One of the main goals of Alliance House and the Clubhouse program is to get people back to work. The first step is getting individuals out of their homes and into Alliance House where they help do the important work of the Clubhouse. This work is meaningful because without members and staff to do this work, there would be no Clubhouse. The work within the Clubhouse is divided into three basic units: the Business Unit (BU), the Career Development (CD) Unit and the Culinary Unit (CU).

There are several different types of employment in the community that members can attain. Transitional

Employment Placement (TE) is a job that is developed and owned by the Clubhouse and different members take turns working the job. The job lasts anywhere from six months to a year. The company likes the Alliance House TE program because they are guaranteed that someone will always cover the position. If the member is sick, the staff will work the shift. The really cool thing about this arrangement is that the member has the support of their placement managers. If there are any issues to work through, the placement manager can speak with the employer if the member asks for help. I remember when I was working a TE up at the State Division of Mental Health. I had some problems and asked my placement managers for some support. They helped me and this relieved a lot of the stress that I was feeling.

Another type of employment offered through the Clubhouse House Program and a transition from TE is Supported Employment (SE). This differs from TE because the job is owned permanently by the member and the position is not covered by AH Staff. Also the member has a choice whether or not they would like staff to intervene on their behalf by speaking with the employer.

The next step is Independent Employment (IE). The member gains employment and works a job on their own.

The comforting and reassuring thing about any type of work the member may pursue is that there is always the support and encouragement of the Clubhouse, its members and staff.

Clubhouse Insider



By Eleisha Hewes and Tarra Perrea

This month we have been busy with the coming of 2007. We proudly celebrated our 20th Birthday on January 11th. This was an exciting day for all. We had many members, staff and board members help prepare for this day by performing various cleaning tasks and ordering lots of delightful food. The CD unit worked persistently on luminaries that were placed outside the front walk representing all the current members of Alliance House. This made for an awesome illuminating effect. Although the weather was bad outside we had an excellent turn out, with people such as Mayor Peter Corroon, Valley Mental Health President Debra Falvo, clinicians from Valley Mental Health, as well as many members, board members, and staff. The Business Unit prepared an excellent 45 minute slide presentation of old and new pictures along with music. This was a way of showing how we have been able to grow and transform into the wonderful place we are today with out forgetting the great people and events that took place to lead us to where we are. Over all it was a night to remember. What a great way to kick off 2007 and hopefully a model of all the terrific things we have coming in the future. Eleisha Hewes made the yearbook representing all the

big events of 2006 as well as those that were not so big. It includes pictures, newsletter articles, memorabilia, and odds and ends made by members here in the clubhouse. If you have not seen it I recommend you come on in and take a look it is GREAT.

More changes with the new year, Rob is coming off of the board of directors and Eleisha Hewes was selected to come on .We would like to thank Rob for all his hard work and time spent on the board. We welcome Eleisha and wish her the best as she takes on this exciting adventure. It was hard to choose Eleisha because there were many great members who applied for the board also. Through much pondering and even going to a rating system we finally were able to decide on her. It was a photo finish and although we had many great people go for the position we could only pick one. It goes to show all the talent and great stories of people thriving here at Alliance House. Until Next month we wish you all well.

Clubhouse Insider

#2

By Sue Hanson

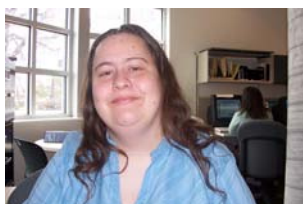
Dignity, Opportunity, Hope and Empowerment, these are the words that describe what Alliance House does for members.

It was my pleasure to present a 20th birthday gift to Alliance House. It is a cedar pole with these words in four different languages as these words are part of many other members' lives throughout the world. For the past 13 years I have been inspired on a daily basis by witnessing people who are challenged with mental illness discovering their dreams and reclaiming their lives. Each

member brings into the clubhouse a unique contribution and each day comes full of possibilities when you walk through the doors of Alliance House.

When spring arrives we will plant the cedar pole in the front yard so everyone will be reminded of the power of clubhouse and also educate or visitors about the stories behind those words.

Business Unit Update



By Eleisha Hewes

Welcome to 2007, while I am welcoming in the New Year, I would like to take the time to welcome our new members Kathleen Burnett and Shirley Pedler. We are looking forward to getting to know you both and working with you. One more introduction that needs to be made is our new full time staff member Jessica Olson. She took Brooke's place when she moved to the CD unit. Jessica comes to us with many years of clubhouse experience. She has worked at 2 other clubhouses the last one being in Honolulu, Hawaii. Jessica obtained her masters degree in Social Work from the U of U although she still claims to be a Utah State Aggie fan. Jessica has been a great addition to the business unit; she is fun and always full of energy. She is constantly engaging others and very easy to work with. The business unit welcomes her and looks forward to many great times to be had with her,

Collette, and all of its priceless members.

Getting to work is hard to do after the holidays, but it must be done. We are working on forming several committees here in the business unit, in order to help get things done faster and in a more organized manner. We finally got a password for our website so we should be updating this soon. We are forming a committee to work on doing this. We are also forming a committee to work with orientation to better improve the orientation process and our retention rate. Over all is well in the business unit, we are back to the hustle and bustle of the work-centered day. Until next month the business unit bids you all a good day.

Career Unit Update

By: Denis Boucher & Amber Weber

We are pleased to welcome Brook Baltazar to our unit as the Supported Employment Coordinator. Brooke will be taking on the responsibility of working with member to beef up our supported employment program. She had already jumped in with great ideas and will be an asset to our unit.

Welcome to our new members Steven Mangan, Melony, Beven, Karen Merrill, Debbie Johnson, Jacob Bohling, Darrel Zivait, Kerry Matern. We look forward to getting to know you better and having you be a part of our unit and Alliance House.

Congratulations to Kerry Matern for getting a job at Valley Services last Friday January 26th. Kerry is a brand new member

who only oriented on January 24th. Way to go Kerry!

Congratulation to Carla who has been asked to take on the responsibilities of training base coordinator, CD unit supervisor, and ICCD faculty member. Carla has a lot on her plate but is up for the challenge!

Starting this spring, there will be a 6-week employment class offered for anyone who would like to learn the skills of obtaining and maintaining employment. This class will consist of learning how to write an effective resume and cover letter, working through interviewing stress and anxiety, appropriate hygiene and grooming, effectively making cold calls to hiring employers, filling out applications etc. We are excited to offer this class and hope that anyone who is interested in gaining employment will attend.

Don't forget that every Tuesday is employment dinner offered to all members who are employed with a Transitional Employment (TE), Supported Employment (SE) or Independent Employment (IE). Employment dinners are more exciting than ever with guest speakers, fun activities and discussions and of course a yummy dinner. Don't forget to come be involved.

Advocacy Update

By Duncan Macdonald

On January 15th, Betsy Ogden, Debbie Garcia and Eleisha Hewes went to the opening day of the 2007 Legislative Session. There were a number of speakers, however, it

was a disappointment because only 2 people got media attention.

On January 19th, Miriam Hyde, Eleisha Hewes, Tarra Perea went to Democracy Day. The day started with a Continental Breakfast. There were motivational speakers and speakers that talked about important issues. These bills make regaining Medicaid dental and vision at provider rates. Another bill is about a mental health supplement. This bill would help unfounded people as well as people on Medicaid.

If you would like to get involved, there are many ways. You could e-mail, write or phone your legislators. You can also testify in person. This is how things happen. You find out about committee meetings and they give you about 2 minutes to speak.

Culinary Unit Update

By Lynn Sorenson

The Culinary unit would like to thank numerous individuals who have contributed to the kitchen. We would like to welcome back Lynn to the unit. She is very excited to be back. She will be in charge of the snack bar and the health menus. Please see her with any ideas or feedback on these things.

We had a great time doing meal prep with Austin, AJ, Super Jeff, Elisabeth, Kristin, Tigger, Joe, Kerry, Michael P. and a surprise visit at the grill from Jim. Then there's the men on fire: Denis, Ken, Samuel & Scott, of course, working the vital washing of dishes. We express gratitude to our lunch ticket venders, who include Andrew, Tracy and many other loyal helpers. We welcome Alliance House

David for stopping by to roll silverware and to all you other rock and rollers that offer assistance. Thanks to Tracy for her contribution of supplying diabetic recipes and to Travis for helping with vegetarian cuisine.

Please come and work with us. We also want to thank all our diners. Thanks for eating our meals and giving us your feedback.

Healthy Changes



By Ted Echols

"Obstacles are those frightful things you see when you take your eyes off your goal."

-- Henry Ford

I am starting a new section in the Clubhouse Chronicle this month called Healthy Changes. In the first week of February 2006 I began to find new ways to improve my health. I was really in trouble with my weight and health. I really did not want to live, but with the support of the Recovery program and the Wellness program at South Valley Mental Health I started to see that I could make some changes in my life. I began real slow and started my new program that I called "Life's New Beginning." Yes, some days I still struggle but I made some charts that help me be more accountable. My charts included a Food Chart, an Exercise chart, and a Weight Loss chart.

- In my food chart I list my breakfast, lunch, dinner, snack, and water. Also, I check off boxes each day on my chart that show my servings sizes, which

includes grains, fruits, legumes, and vegetables.

- In my exercise chart I have weights, walking, bed-chair and breathing exercises that I do. I use the weights three times a week for twenty minutes. Also, I walk thirty minutes a day, six or seven times a week and do bed-chair exercise for forty-five minutes, six days a week. Plus, I do breathing exercises for ten minutes, three days a week. I put down the day of the week that I do the exercises and if I made my goals.
- In my weight loss chart. I weigh every week and put the weight I have lost, if I have made my goal for the week, I celebrate.

I have lost over 90 pounds so far and have a ways to go to meet my goal. Also, I have changed my diet to a vegetarian diet. I feel a lot better. I am able to walk and do exercises and do things that I thought I would not be able to do again. I am enjoying life so much more. My charts have helped me achieve my goals and see all the hard work I have done.

"The bad news is time flies. The good news is you're the pilot."

-- Michael Altshuler

Cox's Corner



By John Cox

Valentine's Day is Wednesday, February 14, 2007, this year. That could be a special day. We already have the love for each other and we have earned the respect there of.

Clubhouse Chronicle

Sometimes we have a special person. We choose to show love, respect, and honor staff and members. I would love to have the 14th be a day of honor, love and respect at Alliance House. Have a good one.

Jeremy's Sound byte



By
Jeremy Christensen
Executive Director

I continue to be surprised and amazed at all of the wonderful developments from people at Alliance House. The clubhouse is engaging in multiple projects to help expand our membership to capacity, while maintaining a high quality of relationships and workday.

Activities and ideas are flowing from our Culinary Unit increasing our organization in the kitchen, expanding our selection of healthy snacks, increasing our quality of lunch, involving more members in exciting ventures, complying better with health codes and providing a professional restraint style atmosphere. Members are getting better prepared to enter community activities in the culinary world through their experience at Alliance House.

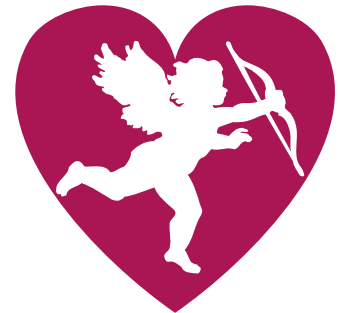
Our Business Unit has been infused with more life this month, with new members and staff, new ideas and projects. Business Unit started one of our first Orientations of the years with 10 new orientees, and did a fantastic job absorbing all the work and engaging the new members. 5 of the new orientees came back the next day! Business unit is also challenged with a major rehaul of our check writing and budget tracking system and has rallying to make the transition as seamless as possible.

Career Development Unit has been infused with new membership and staff building on their capacity to find Supported Employment, expand funding for clubhouse and develop initial efforts to reestablish the training base. If that is not enough already they have been brewing plans to increase our community business contacts to nurture new TEP and SE opportunities even though we are currently at capacity for number of TEP's. They are doing this in anticipation of growth to increase not only the number of employment opportunities but also the quality.

Our board of directors and development arm of Alliance House are also engaged in super human efforts to improve the administrative, financial and community resources of Alliance House in a long term goal to position Alliance House to be financially self sustaining and accommodating of projected growth over the next several years. We are currently serving about 1/3 of the need in Salt Lake County for clubhouse services and to engines are in motion to see that change by finding ways to serve the many adults with mental illness who

currently don't have funding, means or knowledge that this opportunity exists.

So, I stand in awe at the passion, buzz and energy that everyone is showing in moving this vision to reality. Thanks to the creative of our Board, Members, Staff and Community Partners and Friends!



February Birthdays



4 th	Michael Perry
5 th	Terri Keemer
5 th	Stacie Schofield
6 th	Jeremy Appling
6 th	Adam Lee
7 th	Travis Westerman
8 th	RC Call
8 th	Hy Chau
9 th	Breauna Thatcher
10 th	Lisa Turville
11 th	Linda Riding
14 th	Elizabeth Becar
16 th	Duncan Macdonald
16 th	Kelly Parr
17 th	Rob Peden
18 th	Marie Bennett
18 th	Michael Potter
18 th	James Warner
19 th	Kathy Jenkins
22 nd	Andrew Henderson
28 th	Gordon Butler
29 th	Jared Green



DID YOU KNOW

**THIS MONTH
OUR DAILY
ATTENDANCE
WAS 45. (AN
INCREASE OF 3
FROM LAST
YEAR)**

Happy Presidents
Day

February 19



February Activities



1 st	Hawaiian Dinner @ AH Please RSVP
3rd	Utah Museums of Arts
8th	Miniature Golf @ Hollywood Connection
10th	Cabelas Leave AH @ 10am
13th	Dance Wasatch House 6-8 pm Please RSVP
17 th	Sugar House Movies
22	Bingo @ AH
24	Bowling/Pool at U of U Leave AH @ 10am



Alliance House
1724 South Main Street
Salt Lake City, Utah 84115
USA

