

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

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AN INTERN'S EXPERIENCE BY ELEISHA HEWES



I had the great pleasure of interviewing Simon Metzner, one of the best interns to walk through the doors of Alliance House. Although I personally have not had the opportunity to work one on one much with Simon but, many of those who do find him to be easy to work with and very adaptive to the clubhouse philosophy which is unlike anything taught in the school of social work.

Simon was born in Munich, Germany, although he grew up here in the states. His father brought their family to the good ole state of Texas when Simon was young. Why Texas? Well because like many, his father was in search of a dream and that dream was to be like John Wayne. Simon, just like his father, has dreams although he no longer lives in Texas and does not desire to be like John Wayne.

Simon's dreams are more projected towards helping people recover and succeed in a life that sometimes can seem so dark and overwhelming. He studied philosophy and social justice for a while then he decided it was time to take action. He knew he wanted to make a difference in what can be a dismal world for some. So he decided to become a social worker. It is this life changing decision to become a social worker that led him to Alliance House.

When asked what aspects of Alliance House he enjoyed the most he stated "the voluntary nature." He went on to talk about the difference he see's between the hospital that he works at as a psych tech and Alliance House. When a person does not want to be in the hospital they are angry and bitter making it hard to help them. At Alliance House people are voluntary, they come and they go as they please, and they accept Simon's help in fact they desired it. Because of the difference in attitude Simon stated "I am impressed by the positive vibe here at Alliance House, members want to participate." He also was happy to see that many of the members at Alliance House were thriving; these were people he had seen in the darkest places at the University Neuropsychiatric Institute. They were now efficiently running an entire clubhouse, making new friends and best of all making steps towards getting back into life.

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**CONTINUED FROM THE FRONT PAGE**

Just as everyone who walks through the doors of Alliance House has a life changing experience, Simon has as well. He now views mental health treatment in a whole new light. Realizing that there is hope for the person who has spent years and years in and out of the hospital, isolating for months without light. He has realized that Clubhouse is a light, it is a community that as he says "without this support individuals would continue to isolate, because there is not another community that is as accepting."

Simon is grateful for the experience of working with Alliance House; the acceptance he felt from everyone has helped him gain a new hope. A hope for the future of mental health treatment as well as social work, he plans to take this hope with him as he valiantly climbs the ladder to success. We wish you well Simon and thank you for the hard work and passion you brings us here at Alliance House.

ADVOCACY: BY AMBER MACKAY

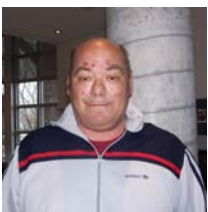
It's a brand new year and at the beginning of every year Alliance House along with many other agencies find out exactly how much of a budget cut Medicaid expects to receive. This year, because of economic struggles, the cuts are around 15%. Luckily, Alliance House has a history of being involved in advocacy efforts especially around the yearly legislative session. This year is no exception.

I was fortunate enough to be accompanied to an important Medicaid coalition meeting this month by two very active advocates Lila Galvan and Travis Westerman. Both Lila and Travis are involved in advocacy in different ways. Lila is one of our board member representative who is charged with fully representing the membership at Alliance House and advocating for them with our wonderful board of directors. Travis is this year's Utah Clubhouse Network UCN member representative and Alliance House's Advocacy co-chair. Travis is charged with being a liaison between the UCN meetings and the advocacy efforts Alliance House makes each month.

The Medicaid meeting we attended was crowded.

Filled with over 40 people from various helping agencies in the state we, as a newly formed coalition, discussed ways to be seen and heard up on the hill. We talked about banding together as one big community committee to fight for the Medicaid benefits that are so desperately needed to assist our respective clientele. We left with homework assignments and our brains working overtime with all the information we obtained. Many more meetings of this Medicaid community committee are to come. This year is a crucial time to be contacting our representative and voicing our thoughts regarding what our government can do for us.

Lila, Travis, and I encourage all members, staff, friend and family of members and staff and any supports of Alliance House and the clubhouse model to take just a little time and make a connection with their local representative to encourage them to consider and become educated on important issues that will affect large amounts of good people in our community. This contact may be a quick phone call, an email or a letter, or attending meetings in your community that you find are important. More information to come regarding our efforts and the fight for Medicaid assistance this year.

COX CORNER: THE HOLIDAYS 2009

New Beginnings equals a New Year 2009 For your sake Please make no resolutions you might not be able to keep!! I hope you finished last year with a merry c-mas, If you prefer Merry X-mas. I wish you had the best X-mas you could have had! I wish all my readers the best in the New Year and I hope Santa was good to them!! I do wish I could say something more original. But that's life, HAVE A GOOD ONE!!!! THANK YOU!



**CLUBHOUSE INSIDER: BY DUNCAN MACDONALD
& SUE HANSON**



Happy 2009 Clubhouse world. Alliance House has many things to be thankful for from 2008. We are looking forward to another eventful year. We have three Clubhouse trainings planned for 2009. We will be sending two staff and a member to a three-week training and we will still be starting two new T.E.s. We will also be having another milestone breakfast, an employer's dinner, graduation, and of course we hope to have many new members come to Alliance House.

Our Christmas party on the 24th was a slam dunk as usual. We had seventy members packed full into the clubhouse. Our favorite band, The Goodwill Band, performed some wonderful Christmas music to fill our hearts and souls with the Christmas spirit. After the music, the Alliance House elves delivered Christmas gifts to all the members that attended the Christmas get-together.

On Christmas day, we had approximately 35 members attend our Christmas dinner. We would like to thank all of our board members who donated food and helped serve our Christmas meal.

We are very excited about our new T.E. at Camp Bow Wow. Our friend, Sharon Hofferman, has started this franchise and Alliance House was one of the first to get a position with her new company. Rumor has it that this is one awesome T.E.!!!! We would like to welcome Heather Bernau as our new Supported Employment Coordinator. We hope everyone has a healthy and happy 2009!!!!



Trends in Statistics

By Petra Pallos

The Holidays have been very busy and with all the cheer we have lost a large amount of our attendance hours. The average daily attendance has been the same but the total time each member attended per day has significantly dropped. I guess the large consumptions of fruit cake have kept people at home recouping. Our active membership has also decreased from 165 in October to 156 in November and December. On a positive note, our retention from orientation has increased as new potential members become more interested in Alliance House. We must be doing something right.

December Birthdays



- Timothy Smith**
- Crystal Owens**
- Tracy Allen**
- Kenneth Romrell**
- Margie Mathena**
- Shauna Mitchell**
- Kent Palmer**
- Lori Schettler**
- Connie Bell**
- Rachel Bangerter**
- Trena Doudey**
- Pamela Ellington**
- Debra Brogger**
- Ruthena Hensley**
- Tatiana Wilcox**
- Barbara Boswell**
- David Mathews**
- Kerry Matern**



BUSINESS UNIT: BY BETSY MAXWELL!



Welcome John "Dean" Clark. We have been busy giving tours and doing Orientations. Orientations have been moved from Wednesdays to Thursdays at 10:30 a.m. There have been some members moving into our housing. We have Tineke Van Dijk who moved to 1805 and William Hill who moved into Valley Villa. Welcome and enjoy your stay. We want to thank all the members and staff who helped with furniture and helping with the move-ins. Community Housing resources are also available. Please contact the Business Unit for more information. Thank you Songguk Clubhouse for the card.

EMPLOYMENT SPOTLIGHT: BY CYNTHIA WOOD

For this month's Employment Spotlight six members and one staff, whom are all in the Culinary Unit, were interviewed. The seven interviewees gave recognition and praise to Clubhouses, staff, and members. Plus, some positive feedback on what makes the Culinary Unit so unique; not to mention, some hints on improving the meal menu.

Taffi Demmons has been a member of Alliance House for 6 months and says she's proud to be a part of Clubhouse. In the C.U. Taffi is a floater and helps out wherever she is needed, although, her main position is being Maitre'd. Taffi takes pride in her work. For example, Taffi conveyed that she is always more than happy to go the extra mile by lending a second hand for others whenever needed. When asked what her favorite dish the C.U. has served, Taffi replied the Italian pasta rigatoni is tasty and to die for. "Alliance House helps with symptoms of anxiety and depression," and that's what influences and motivates Taffi to keep coming to Alliance House. Also, Taffi says she really looks up to Lynn Sorenson who is in charge of the C.U. "My salute goes to Lynn Sorenson for all she contributes to the C.U."



Tony Thomas has been a member for four months and says it's been worth every minute of it. For example Tony conveyed that he works on an array of projects in the C.U. such as selling lunch tickets, assisting in meal preparation, cleaning up after meals, and

keeping everything intact. When Tony was asked what influences him to keep coming to Alliance House, Tony responded, "I really love and enjoy the people here. Learning and developing new skills, meeting new people, and building genuine friendships are some of the beauties Alliance House has to offer." Well, Tony keep up the good work and keep rocking!!!

Andy Henderson commented that he likes working in the C.U., "Because I'm bored." Recently, Andy had been hired to work for Slick's, which is a kitchen that is located at Salt Lake Community College on 1595 South State Street, through Clubhouse's Transitional Employment Placement. When asked Andy what motivated him to apply for a T.E.P. Andy commented, "Because I need the money." At press time, Alliance said that Andy is doing awesome on His T.E.P. Way to go Andy.

Mike Potter replied, "It feels good to be back. I really enjoy working with both staff and members in the C.U." Dave Z. commented, "I think the C.U. is excellent because we work as a team---it is joint effort. And usually the food is on time." Chris C. has been a member since 2008. Remember the 1980s adage, "Where's the Beef" Chris says he's all chickened out. "I'm tired of chicken." The C.U. has gotten lousy with chicken.

Jolene Waters is a staff in the C.U. and she commented that the Health Hut is one of her favorite features at Alliance House because Health Hut offers an array of nutritious snacks and drinks.

HEALTHY CHANGES: BY JOLENE DALLEY-WATERS



Greetings everyone. This article is to talk about the new nutrition meetings held on Thursdays at 2:00. Every Thursday the culinary unit gets together to plan the menu for the next week. But instead of simply saying what sounds good, we plan based on the food pyramid and food groups. We try to plan meals that enough fiber, protein, vitamins, minerals, and so much more.

Besides planning the meals we also have a little discussion about nutrition in general. We have had talk so far on what the food pyramid is and what anti-oxidants are. This now being are third meeting, things are looking exciting.

EDUCATION UPDATE: AMAZING COLLEGE STUDENTS



By Dunc MacDonald and Phyllis Sharples

Horray! Winter Break!

Alliance House is so very proud of its six fabulous college students - Dunc Macdonald, Jeremy Appling, Eleisha Hewes, Tracy Park, Holly Anderton, and Raylene Heath. Each of them are working hard in their studies. Tracy Park came to Alliance House to check her grades and almost exploded with excitement when she discovered she received an A- in her English course and a B+ in her Math class. Dunc also did well in his classes. He received an 86% in his English class and we are all thrilled that he did so well. Jeremy Appling continues to take a full course load and work at the Salt Lake City Library. Holly Anderton is studying Horticulture and also working part-time at Jones Waldo Law Firm. She is always seeking ways she can expand her knowledge regarding plant life. Raylene Heath is close to being finished with her course study in Medical Coding and Billing. She reports that she just has to finish her externship and she will be fully trained. JoAnne McVinney finds herself involved in her externship as a Pharmacy Tech. Reports from her friends at Alliance House show that she's doing well.



Congratulations to all of our scholastic members. You're all doing a great job. Keep it up!



EMPLOYEE SPOTLIGHT: HEATHER BERNAU



By Tineke Van Dijk Alliance House would like to welcome its newest staff member, Heather Bernau, to its fold. Heather was born in Wisconsin and moved to Kanab when she was six years old – thereby becoming a Utah resident. She previously worked at the CATS (Correctional Addictions Treatment) program of Valley Mental Health where she was a case manager and worked directly with the prisoners (so watch out)!

Her favorite thing about Alliance House, so far, is the members and how fun it is working with them. She enjoys seeing so many people come on their own free will and setting goals for themselves.

The quirkiest thing about Heather that is a deep dark secret until now is her deep passion for taking care of houseplants. If you have any questions about houseplants and how to not commit horticide please speak to Heather in private.

Just in case you wanted to know, her favorite restaurant is out of state in some undisclosed location. Her favorite color is green, hence the houseplants. Her favorite animal is any animal that is nice and can live in harmony with houseplants.

Please give Heather a warm welcome and a high five next time you see her in the halls aimlessly looking for the toilet bowl cleaner.



JEREMY'S SOUNDBYTE



It's a New Year . . . and my New Year's resolution is to point out the obvious. It was interesting to reflect on myself and my emotions in the first couple days of the New Year . . . at first a bit of depression and paradoxically some joy reminiscing of the past year, but then a couple days I found myself optimistic and wanting to set some goals. Of course this brought on some flashbacks about past New Year's goals and my complete neglect of those and a hearty debate in my mind about the pros and cons of making New Year's resolutions and I was left with optimism . . . strangely enough . . . after all that confusion.

There are a lot of negative things going on in the world right now, as always, but being in clubhouse everyday reminds me how much good there is, brought on by good people, doing their best to do good things. It makes me feel pretty great to be associated with such a good group of people and I can't help but think that miracles will continue to happen; lives will continue to change for the better; meaningful relationships will continue to be built and that it is going to be a really great year!

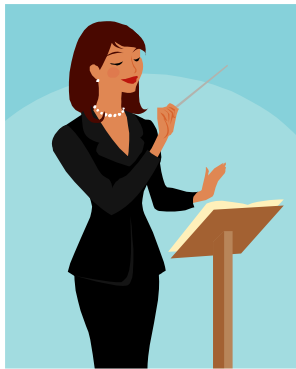
January Birthdays

**LIFE CHANGING CLUBHOUSE MIRACLE:
BY LILA GALVAN**



Thank you to all of my colleagues at Alliance House for allowing me to represent you as member representative on the Board of Directors. This is a great honor! Last year I received a Christmas card from a special person. Part of the card read, "you can create miracles. You have the power. Alliance House is here for you." She saw something in me that I had not discovered in myself.

Alliance House has been here for me on good days and bad. I have found that Alliance House is a safe place to be and a place where we all belong. As I started working at Alliance House, I started developing confidence in myself that I had not felt for years. What a "MIRACLE;" my life has changed dramatically.



Alliance House has given me the opportunity to represent the clubhouse in many capacities. If I listed all of the gifts that Alliance House has given me. This article would be two pages long. I would like to thank all of you who have helped me. I couldn't have done it without all of my friends at Alliance House.



- Raylene Heath
- Catherine Pond
- Jackie Fox
- Carol Tannenbaum
- Alan Troyer
- Chris Callister
- Jeffrey Stayton
- Grace Chen
- Taddese Wilson
- Linda Peterson
- Marjorie Wilson
- Theodore Branch
- Michele Baney
- Lynnette Johnson

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 4: BY TINEKE VAN DIJK



All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

As we welcome the entry of a new year it is important to remember the endless opportunities available at Alliance House as part of our New Year's resolutions. At Alliance

House the opportunities for involvement at every level are truly varied and endless.

When I was making my resolutions for 2009 one of my resolutions was to become as involved in Alliance House as time and other commitments allow. Even when I am not feeling up to coming to the Clubhouse, I know that once I get here the ebb and flow of the work order day calms my anxieties and helps me realize that I am exactly where I

should be; among friends and staff that support my desire to be a productive member of society.

I invite all Clubhouse members to make a resolution to become more involved in Clubhouse opportunities regardless of your functioning level at the time. Coming to the Clubhouse helps build self-esteem and allows you to feel that you are part of something larger than yourself. Let's celebrate the new year by involving ourselves in Clubhouse activities, meetings, work, and fellowship.



2009 CLUBHOUSE CLOSE-UP TOURS

- January 14th
- January 28th
- 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 due to holidays

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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