

# alliance house

## Clubhouse Chronicle

July 2006

LOCAL EDITION

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



## Graduation

**Eleisha Hewes  
&  
Mary Krmyzan**

"There is a good reason they call these ceremonies "commencement exercises." Graduation is not the end; it's the beginning". ~Orrin Hatch . Three of our valued Alliance House members graduated on May 24, 2006. After many months of hard work in the Alliance House education program. All three members struggled to achieve their final goal of receiving their high school diploma. Throughout their lives they encountered many obstacles due to mental illness.

The three members who graduated were Chris Jones, Mary Krmzyan, and Theresa Price. These members were acknowledged highly for the effort and work it took them to reach the point of graduation. Jeremy Christensen gave a heartfelt speech speaking to the members, family and friends giving them words of inspiration. Mary Krmzyan had a chance to speak and tell her story about her life long struggle to make it through school all the while struggling to deal with her mental illness. She has fought long and hard to make it to where she is at now and she is enrolled in collage to get her associates degree in psychology. "I can admit I practiced it about 20

times and breezed right through it. But when I got up there and started realizing what was going on and the emotion I was feeling, I started to cry." Unfortunately, Theresa Price was unable to make it to the graduation, however the audience and graduates clapped for a moment in honor of her achievement. "It was hard not to miss Theresa Price, our third graduate," said Mary Krmzyan

Joy Maxwell and Jeremy Christensen were the MC(s) for this event. James Anderson who is the principle of Horizonte gave out the diplomas. Also present was Doug Gregory, an education counselor who has helped our students involved with the education program for many years.



has spent timeless hours with the students tutoring

them, as well as teaching a computer class at Alliance House; gave a tearful speech about dealing with mental illness and struggling to overcome hurdles in life. To finally achieve all that you can to the best of your ability.

Overall graduation went off with a bang. The Families, Friends, and Alliance House, could not be prouder or happier for these bright young people. They

### 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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have come to the end of one road, but there are many more to follow. May they enjoy themselves, as they set forth in the journey before them. "Alliance House among our families, and the

other supportive people there were, all there for us grads, and I think it meant a lot to us to see the support that we were getting in this once in a lifetime event. I can personally say that I thought I'd never make it this far, but there I stood graduate of 2006 and it was the best feeling in the world.," commented Mary Krmzyan.

## Education Spotlight



### Sheldon Stultz Carla Marjerison

Sheldon Stultz has been a member of Alliance House since the end of May. He came here primarily to work towards his high school diploma, however he is interested to determine which areas of the clubhouse he would like to get involved in such as the Thrift Store. So far, he says his favorite aspect of the

Club is getting to know more people.

For approximately a year, Sheldon has worked at the university. He is responsible for sweeping, emptying the trash, cleaning the bathrooms and dusting. Even though he enjoys his job, Sheldon was offered another position painting signs for a different company. He turned this opportunity down because he would like to focus on his education right now, rather than taking on more than the 19 weekly work hours he currently has. Sheldon plans to begin attending our Tuesday evening Employment Dinners to take part in some discussion and delicious meals.

Sheldon attended Kearns High School until 1998. He was "bouncing" in and out and eventually, due to living circumstances, he was no longer able to attend. Unfortunately, because he still needed many credits he wasn't feeling confident that he would have graduated with his class at Kearns. Once he is able to obtain his diploma through A.H., Sheldon plans to go on to further study or training. He wants to focus on doing a lot of exploration to determine what field he would like to go into because he sees many students at the university who start their studies in the Fall and then do not

continue in the next semester.

We would like to welcome Sheldon to Career Development Unit and hope to get to know him better through all of our work.

## Employment Spotlight



### How Work Ended its Day *Margie Mathena*

Work at the Jones Waldo Law Firm was a very pleasant experience for me. Everyone was wondering when my last day was, and so we started training Eleisha on the job. She took to the job like a duck to water. [She learned fast and I'm sure she will do a fine job.] She will also have fun learning names and all the ins and outs of the position. I was kinda emotional in leaving the job because I got to know so many wonderful people and learn some valuable skills [to put on my resume]. A few special ladies gave me some nice presents: a beautiful picture and a necklace. I was happy to see so many people from the firm stop by and give me a fond farewell. The Copy Center Staff had two Alliance House

cakes and ice cream for everyone. It's been a great experience for me and a special thanks to Sue and Carla for being there to help me all the way.

## Clubhouse Insider

**Duncan Macdonald  
&  
Sue Hanson**

On June 5, 2006, Alliance House held their 9<sup>th</sup> Annual Queen of Hearts Fundraiser. We had a record-breaking number of attendees at this great event. They were all served wonderful and tasty appetizers, while they meandered through our wonderful silent auction items. As they sat back and indulged in this tasty lunch, they listened to some great speakers. Many staff, members, and board helped make this a successful event.

We would like to thank Lynn Sorenson for her terrific help in the kitchen during Tess Lage's absence. She did a terrific job in helping our Culinary Unit run smoothly and a great sense of humor. She went above and beyond the call of duty.

We would like to applaud Carla Majerison and the members in the Career Unit for an outstanding graduation. There wasn't a dry eye in the audience. Congratulations 2006

members on completing your 2006 goals.

We have a bunch of interesting activities coming up this summer. Please come and get a June Activity Calendar.

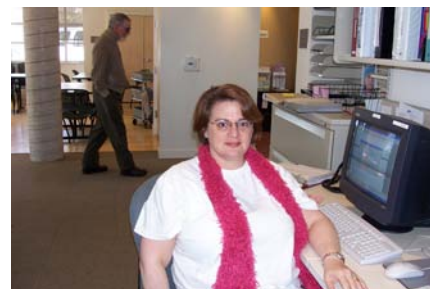
## Coming Events

Day of Caring-Sept. 7<sup>th</sup>  
Greek Festival-Sept. 8-10<sup>th</sup>  
Western Regionals Sept. 14<sup>th</sup> -17<sup>th</sup>

## Standard of the Month # 7

*The clubhouse provides an effective outreach system to members who are not attending, becoming isolated in the community or hospitalized.*

### Miriam Hyde



People come, people go! It's too much of a revolving door! You can't force someone if they don't want to be contacted! Just too shy. Don't want to be responsible for it! Too many answering machines! Don't like talking to unknown people! Can't keep up with everyone! It's like stalking someone! If a member

wants to be here, they would come!

Wow! There are many reasons to not do outreach, and they're valid. They're just not good enough.

Imagine being all alone. You know there are people who care about you, but you don't have the initiative to pick up the phone. Maybe your involved with "unhealthy" activities and don't want to mix your allegiances. Perhaps you've been gone for a while and it feels too hard to go back. You may feel that no one really misses or needs you.

A healthy clubhouse has healthy outreach. Phone calls, cards, mobile – the name of the game is to extend a hand in friendship to another member. Is your clubhouse struggling with outreach? Ask questions about it...find out "Why?" Are some of the reasons listed above? What answers do you have?

If a member say, "I'm scared!", offer reassurance that they won't be doing it alone. "Too much effort!" needs to know they won't be doing it alone. Ah, there is that ol' side-by-side stuff again.

It's helpful to have a form that indicates when and how a member has been outreached. This way, the unit will know when the last attempt was made and the

member's response. Should you honor that response? The easy answer is "Yes". The harder answer is "Does your unit know this person well enough to see through what might be fear and isolation?"

Telephone calls can be intrusive. A safe way to contact someone is by mail. Send a card, a newsletter, an activity calendar. It becomes imperative that the membership records be up-to-date so mailed items (and phone calls) get to that member.

I have been on both ends of outreach. I'll admit that it takes some energy to get going on those phone calls, but as soon as they are done, I think, "That wasn't so bad", especially when I am one-half of the side-by-side team! I'm not great at making cards but I sure can sign them! I've been on several home and hospital visits.

When I had both my surgeries, and again when I had pneumonia, I received calls and cards. Members and staff came to see me, both at home and in the hospital. They gave me a sense of still being connected and cared about. The visits gave me the strength to call in when I was lonely or fighting depression. The visits felt so good that I cried. (It didn't hurt that they always

brought made-from-scratch cookies!)

Don't give up on outreach. It's good for the member who giving it, and great for the member receiving it.

What about "reach in"? It's just as important to be aware of attending members' needs. Compassion and encouragement to the member sitting next to you is equally important to outreach. Alliance House has a practice (during morning and unit meetings) of touching each others' hands, sometimes accompanied by a loud, verbal "bzzzz". This is, of course, voluntary, but what a great way to say hello! Then we do a quick check-in with unit members. Everyone feels special and important. Take thirty seconds to listen to me and I'll be your best friend!

Think about ways to improve your outreach program. Do you need to do it more regularly? Do members know how to do it? Is your system easy to follow and understand? Never stop looking for ways to improve it (Alliance House is always trying new methods).

There is a reason this Standard exists – to bring members together in their best and worse times; to demonstrably support and care about each other. The

more members that attend, the more invigorating the atmosphere. Your clubhouse may grow so that you'll find yourself with more staff and more members, more staff and more members, and pretty soon you'll be looking for a new building. Happy growing everyone.

## Business Unit Update

**Betsy Ogden**



We would like to welcome our new members which are Carol Tannenbaum and Chris McMullin.

We are so glad that Scott Pyke has helped put up the flag.

We have been doing great on our goals from the action plan. We have been making progress.

Tour training is completed. A lot of members participated and learned how to give tours.

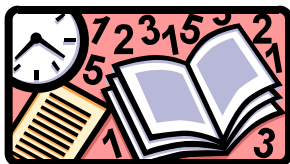
Orientations are getting better since we held a meeting to make it so its not too long.



Alliance

## Career Development Unit Update

**Gay Warner  
&  
Amber Weber**



The CD Unit has been quite busy this past month with donations, many new orientees, high school graduation, several TE changes, and new interns. Our biggest event was graduation, which occurred on May 24, 2006 at the Wells Fargo Building. We had three students take this exciting walk into the next phase of their life. Those students were Mary Krmzyan, Chris Jones, and Theresa Price. The event itself was lovely with special speakers, deliciously catered food, and beautiful music. Special thanks and appreciation to Carla Marjerison, Education Coordinator for spending countless hours preparing and organizing this year's event.

We received a very large donation from Peter who is the grandson of Jayne Middleton our current board president. Peter spent 100 hours collecting sheets and

towels, books to donate to our up and coming library, and building a custom made bookshelf for our thrift store. We greatly appreciate the thought and time that was put into this large donation.

We would like to welcome new members Sheldon Stultz and Alan Reed to the high school program. Good luck with all your studies.

There have been many changes to our TE's this last month. Margie Mathena successfully completed her TE with Jones Waldo Holbrook and McDonough Law Firm. Eleisha Hewes is the new member working at the law firm. Stacie Schofield finished her TE with Whitmore Library and now Tarra Perea will be working that TE for the next 6 months. Lance Baum finished his 6-month TE with Nutty Guys and just recently became employed independently at the University of Utah. Mason Andrus filled a position at Nutty Guy and has already started working on this group placement. Connie Bell received an independent job working as a library assistant at the downtown library. We are very excited to see so many new employed members of Alliance

House. Congratulations and good luck!

We are fortunate to have two new interns working at Alliance House this summer Jamuna Jones and Kathryn Hanson. Jamuna is a student at the University of Utah completing her bachelors degree in social work with plans to move on to get her masters degree. Jamuna has already been a great asset to the CD unit since her arrival only 3 weeks ago. Kathryn Hanson is an intern from SLCC getting her Associates degree in social science. Kathryn plans on completing her associates this summer and moving onto the University of Utah to get her bachelors degree in social work. Welcome to you both.

## Culinary Unit Update

Tess Lage  
&  
Ryan Herron



We want to give a HUGE thank-you to Lynn Sorenson for jumping in and working so hard in the Unit while we

were short handed, she will be missed!

We have several great new members, Charlotte Murphy and Nermin Mandel. They have added to the talent and hard working members we have in our unit right now. Everyone is pitching in and working hard and making it fun to be there.

We also have rotating access to Kathryn Hanson, an intern, who will be with us for 5 or more weeks. Thanks for your hard work and letting us in the Culinary Unit get to know you!

## Jeremy's Sound byte

Jeremy Christensen  
Executive Director



High school graduation come and gone, new members flooding in everywhere, Western Regional Conference looming closer and closer, beginning talk of trying to start up the Training Base at Alliance House again... just

another typical month at Alliance House.

Many people seem very attached to doom and gloom, funding decreases, crime, disaster and mayhem. I see many of the things people point out and worry about some, but I find it so refreshing to come into Alliance House everyday and see so many people, in this world of doubt, fighting so hard to find success, friendship and meaning in life through the relationships and work they participate in through the work ordered day. It is clear from so many member reports that Alliance House is a place of hope, recovery, safety, security and vision. At risk of sounding too optimistic, I must acknowledge the struggles that we face at Alliance House on many levels. These struggles seem so much lighter though with so many member focused strength, unity and opportunity.

I know it is a place I enjoy coming to, largely because the members enjoy coming here, everyone has valuable contributions and so many are willing to share those. Thanks!

### Did you know

That there are 4 members enrolled in Clubhouse Supported College?

# July Activities

- 1<sup>st</sup>- Gardner Village
- 4<sup>th</sup>- Holiday Open House
- 6<sup>th</sup>- Sprague Branch  
Library-Sounds of Summer  
Concert
- 8<sup>th</sup>- Farmers Market
- 13<sup>th</sup>- Cabellas Outdoor  
Store
- 15<sup>th</sup>- Smith and Morehouse  
Picnic
- 20<sup>th</sup>- Heart and Soul  
w/Michael Robinson
- 22<sup>nd</sup>- Millcreek Canyon  
Picnic
- 27<sup>th</sup>- Picnic at the Spruces  
in Cottonwood Canyon
- 29<sup>th</sup>- Free Sundance  
Chairlift Ride



# July Birthdays



- 2<sup>nd</sup>- Christopher  
Stephenson and  
Michael Vieweg
- 4<sup>th</sup>- Laura Litnak
- 6<sup>th</sup>- Susana Ventura  
Brenda Robinson and  
Elizabeth Knutson
- 7<sup>th</sup>- Jan Buck
- 9<sup>th</sup>- Brett Coletti
- 15<sup>th</sup>- Christine Hernandez
- 16<sup>th</sup>- Barbara Evans
- 21<sup>st</sup>- Richard Jones
- 23<sup>rd</sup>- Mike Davis
- 25<sup>th</sup>- Laura Odem
- 28<sup>th</sup>- Janice Kelley and  
David Owen
- 29<sup>th</sup>- Dennis Card
- 30<sup>th</sup>- Yvonne R. Kip
- 31<sup>st</sup>- Cecelia Morris



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