

1987-2008

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

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ALLIANCE HOUSE INTERNATIONAL TRAINING BASE REOPENS



By Cynthia Wood During the first two weeks in June, Alliance House hosted Colleague Training by welcoming nine colleagues who work at three other clubhouse locations: Moab, Provo, and San Antonio, Texas. These colleagues were very impressed and had nothing but great things to say about Alliance House, especially the staff and members. Also, these colleagues conveyed that Alliance House gave them some terrific ideas to take back to their clubhouses.

When spotlighting each of the six colleagues (three were unavailable for comment) two qualities of Alliance House were mentioned often: how Alliance House operates and the layout. For example, Alliance House has many positive, life-enhancing opportunities. Unlike other agencies who offer services to adults diagnosed with mental illness, we don't focus on treatment, diagnosis, symptoms, and medication, because the purpose of Alliance House is to encourage members to enhance the quality of their lives by seeking employment and obtaining their G.E.D. In other words, members are inspired to become proactive and independent by taking charge of their own lives and living at their full potential despite the stigma of "mental illness." Alliance House inspires positive, life-enhancing messages that the "mentally ill" are just regular people leading regular lives and that they can do great things and made a difference in the world.

Some of the other things these colleagues were impressed with were how both the staff and members possess much needed energy, vitality, and enthusiasm. For example, our clubhouse seems to be well organized and the people are very helpful as we (Alliance House) all pitch in and work as a team. The six colleagues who were spotlighted are: Vesta Higgs, Allison Fagnant, Shelly Hulse, Samantha Melvin, Jason Bergshoeff, and Lee Hernandez.

VESTA HIGGS: (trained in the Career Development Unit) Vesta is a native of Moab, Utah and is currently living there.

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



She has been married for 21 years and has three children who are 21, 18, and 16.

The clubhouse Vesta works at is in Moab and is a housing residential facility for adults over 18 who are on SSI. Vesta explained that only eight people can live at the facility at a time. Their stay is strictly voluntarily and indefinite. Vesta is responsible for helping clients manage a budget, keeping tabs on the residents, and doing computer inputs and outputs.

When asked what she most enjoyed about Alliance House, Vesta replied, "I've had a lot of fun here. Alliance House is organized and the people are cooperative and helpful. Plus, I'm impressed with how everybody pitches in and works as a team."

ALLISON FAGNANT: (Trained in the Business Unit) Allison is a native of Wasatch County in Provo. She attended B.Y.U. and graduated with a Masters Degree in Social Work. Allison has been working at Wasatch House for three years - since she graduated from college. Allison works in the Kitchen Unit where she met her husband two years ago. At press time, Allison is expecting and is due to have her baby in November. Allison assists in preparing and serving lunch and cleaning up. She explained that five main meals are served daily at Wasatch House and there are four side dishes. Plus, there is one big menu that changes every three months.

When asked what impressed Allison the most about A.H. she exclaimed, "During my time here I've enjoyed every minute of it. I'm impressed with the clubhouse model and I've picked up some very good ideas to take back to Wasatch House. Overall, A.H. and the people all are well and good."

SHELLY HULSE: (Trained in the Business Unit) Shelly is originally from Bountiful, Utah. She also lived in Moab for four years and began her career at Interact Club 2 ½ years ago where she now works as a generalist and a case manager. As a case manager, Shelly works with six clients and assists them with their budgeting, housing issues and with their daily living skills. As a generalist, Shelly advocates for entitlements (Social Security and Medicaid).

When asked what she likes most about A.H., Shelly said, "Alliance House is one of the first clubhouses I've had a chance to visit besides Tooele. My overall impression is I loved A.H. and the people." Lastly, Shelly stated, "I'm proud to be a part of the mental health team."

SAMANTHA MELVIN: (Trained in the Business Unit) Samantha was born and raised in Baltimore, Maryland, and moved to San Antonio, Texas in August of 2007. At press time, Samantha is married, but has no kids. Samantha

loves the outdoors. She has been working in the mental health field for 18 months about which she exclaimed, "I love working as a therapist in the mental health field."

Samantha is from Our House in San Antonio, Texas, and has been at this job site since January 2008. At Our House, Samantha works in the Housing Unit where she prepares meals, keeps the Horticulture Unit intact, coordinates social activities, works in the snack bar, and also does mobile outreach for members who are inactive. When Samantha was asked about her time at A.H., she replied "At Our House the kitchen hasn't been built so I'm taking back to San Antonio some good ideas for our future Culinary Unit."



JASON BERGSHOEFT: (trained in the Career Development Unit) Jason is originally from Moab, Utah but was born in Monticello, Idaho in 1980. Then in 1985, Jason moved to California where he lived until 2002, and now he is living back in Moab. Jason's favorite pastimes are watching television and DVDs and coloring. Jason works at Interact Clubhouse in Moab, where he does statistics and data entry. Jason stated that what impressed him about Alliance House were the friendly staff and members and how everybody at A.H. made him feel at home. Jason: "Alliance House is all well and good. I'm learning new ideas to take back to Interact Clubhouse."

LEE HERNANDEZ: (Trained in the culinary unit) Lee was born and raised in San Antonio Texas. In his leisure time Lee enjoys reading, writing, working on his lap top computer, listening to rap music, and working out at the gym.

Lee works at Our House which is located in San Antonio where he has various responsibilities. Lee is on the Board of Directors and works side by side with the program coordinator. His other responsibilities are making sure the Horticulture Unit is being kept up and he also does lunch runs.

During his stay in Salt Lake, Lee said he hasn't had much time to do anything else and isn't used to the cold weather (unlike San Antonio where winter doesn't exist). However, the friendly people are what he most enjoyed about Alliance House. Lee said, "I really loved the guest house, and enjoyed every minute of my time here in Salt Lake and while at Alliance House since I've learned much here to take back to Our House."

ALLIANCE HOUSE GUEST HOUSE REVIVED:



By Nicole Ferguson and Phyllis Sharples

In case you didn't know, we have a wonderful guesthouse. However, it recently needed a fresh coat of T.L.C. in order to be ready for our colleague training. The business unit had bottom line for getting it ready, and worked hard to make sure we had enough beds, linens, kitchen items, etc.

So, when the time drew nearer, we took a good look at it and realized we needed help! The house was equipped properly, but it lacked the feeling of a welcoming home.

We decided to call in the big guns. Margo Stevens is on our board of directors, and has a sister, Kate, who is an interior decorator. She willingly agreed to provide us with her expertise.

She walked through the house, and immediately saw potential where we had seen none. It was so interesting to watch her get excited about the process. She asked her business partner, Theresa, to come by and help with the revival and boy, did they make it happen! They took all the pictures off the walls and rearranged them to best suit the décor of the individual bedroom or the living room. The pictures were all hung at eye-level and were complimented by additional interesting decorating items from the guest house, or things they had donated from their store. They also rearranged the beds, end tables, lamps, etc. Simply moving a bed made a bedroom seem inviting, rather than sterile.

The end result was startling. The guesthouse was ready for the colleagues and each visiting colleague commented on the warmth and comfort they felt immediately upon entering the house. A member from the Moab clubhouse said the guesthouse was 'homey and comfortable' and the San Antonio clubhouse said Alliance House was the 'best training, the best members and staff, the best food, and the best guesthouse!'

So, thank you so much to Kate and Theresa... for your expertise, your love of beauty, and your generosity. You made a difference!

A beautiful shot of the guest house living room after it was redecorated! Thanks to the wonderful creativity of Kate and Theresa!



To those celebrating Birthdays in July...

- 4th- Lisa Marrelli
- 5th- Liza Flores
- 6th- Brenda Robinson
- 7th- Spencer Basham, Jan Buck, and Randall Kidd
- 11th- Starlight Whitaker
- 12th- Shirley Pedler
- 13th- Lellani Coombs
- 14th- Kevan Pettit
- 16th- Barbara Evans
- 18th- Courtney Houts
- 19th- Danielle Green and Teresa Lyons
- 21st- Amy Astin
- 22nd- Elgin Gornik
- 24th- Alan Hamilton
- 28th- Doug Harman, Janis Kelley, and Dave Owen
- 29th- Dennis Card
- 31st- Cecella Morris

WHERE THERE'S SMOKE...IS THERE FIRE?

By Felicia Smith and Lynn Sorensen After May 8, 2008, the kitchen was never the same.

About 10:00am that morning the culinary unit crew felt the heat from the boiling stove and roasting oven. The last thing the crew wanted was the fire alarm to go off. The fan was turned on. (It should always be turned on while cooking.) The hot air moved but the alarm screeched on. There was no fire.

Sue ran down stairs and shut off the alarm. The spaghetti and meatballs were nearly ready to serve. The warm air swirled back up to the alarm sensor, which sounded off again! There was not only an alarm sound but the shocking spray of a sprinkler from the ceiling which squirted a thick gray liquid that covered the noodles, the red sauce, the meatballs, the spices, the vinegar, the clean dishes, the sinks, the garbage cans, and of course, some of the staff.

Turns out the water was thick and gray from the antifreeze that's put in it. It stops the water from freezing in cold weather. All the people working in Alliance House got up from their duties and walked outside. Within a few minutes, a big red fire truck parked out front and the firefighters hurried inside to investigate, while the Alliance House compatriots planned an alternative lunch.



"We just ordered pizza and hung out in the front while the clean up crew came. It was so pathetic," reported Taffi. "We thought we would have to all go home but the clean up crew came so quickly from Valley Services we were able to finish up the workday."

Some people felt a bit ill from the fumes.

There was much excitement, but no evidence of a fire was found. The spaghetti was ruined and thrown away. All those tasty meatballs, wasted. It was an experience we don't wish to have again. In the days that followed that alarming day, the kitchen was inspected for any hazardous conditions. The repair workers have visited more than once to make sure the alarm is in working order. Kitchen staff and volunteers from other units continued to scrub the gray stuff off the walls, counters, appliances, shelves and even the ceiling. The kitchen has not been this clean for a couple of years!

So the future looks bright and clean in the culinary unit. We have a clean kitchen, an improved alarm system and we are full of enthused people who work here.

Something is always happening in the unit so please come and see us.

And remember, "Time is an illusion; lunch time doubly so."--Douglas Adams, American humorist_(1952-2001)

HEALTH HUT/CULINARY UNIT:



By Lila Galvan and Ray Reitz

When our training team returned from Gateway House in South Carolina, their action plan turned our Culinary Unit upside down.

The Culinary Unit is now a double unit. We now have a snack bar that is called the Health Hut. 'B' and other great members have really got it going. The Health Hut offers a variety of healthy snacks and alternative lunches. They also offer breakfast in the morning, and good coffee. Bernice makes the best pancakes. Thanks to all of those members that are putting efforts into building the successful Health Hut. This has been great for building relationships.

Now on to the culinary. Our faithful Lynn is now in charge of getting healthy lunches out. Great members

have stepped up to help (there we go building relationships again). Part of the action plan is to be more conscientious about healthy lunches. Lynn and other members have been searching the cookbooks for great recipes (here we go building relationships again).

We have now implemented waitresses and waiters to serve lunches. We have two volunteers daily from each of our units. It's just like eating in a restaurant. Waiting tables is great, and so is being waited on. Thanks to all of you who help out.



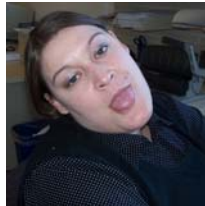
HEALTHY CHANGES:



By Taffi Demmons and Amber Weber

Cultivate the habit of taking a few minutes to purify your body and your mind with your breath when you first get into bed. Simply focus on your breathing, taking three deep, relaxing, cleansing breaths, and then mentally scan your body for any areas of tension. When

you find a pocket of tension, gently breathe into that area, imagining the tension leaving your body with your exhalation. "Before I go to bed I take my medicine and turn the music on. Sleep gives me more energy for the next day and it also makes me think better." - Taffi Demmons.



BUSINESS UNIT



By Betsy Maxwell Welcome Julie Seals, Raymond Reitz, and Rivka Newman. We just had our first Training Base on June 2nd thru June 12th. We thank everyone for helping. Our colleagues felt very happy here training with us at our clubhouse. Our next training is September 22nd to October 10th with clubhouses from Pennsylvania, Colorado, and Finland. Our new staff member starts July 1st

2008. Her name is Petra. We are having an Open House on August 7th for family and friends at Alliance House.

CAREER DEVELOPMENT UNIT



By Carla Marjerison Welcome all the new members to the CD Unit: Wes Joosten, Jon Ellis and Rachel Wilson! The CD Unit has a bit of a breather now with graduation and our first training completed. Please cheer on Shelby Pinkerton, Rachael Sims, and

Kairee Staples, some of our newer members who are working towards their high school diplomas for 2009. And all you other Alliance House members: come in and spend some time hanging stuff in the Clubhouse Closet!



JEREMY'S SOUNDBYTE



By Jeremy Christensen

Happy summer everyone. I have to make a confession. I have taken far too much vacation this past month. But I have to say what a wonderful break it was. I think I underestimate sometimes how much I need to take a little me time. I realize that when I take too much me time I get slothful and lazy and don't feel good about myself, so I usually avoid me time. But I will be working on having a little more balance between these two areas in my life.

I think that is one of the things that works so well in the clubhouse: we have balance. Each morning we start with organization in our meetings, and then go hard to work, take a break at noon and eat lunch and socialize with friends, get back to work for the afternoon and then a couple evenings a week we head out for some fun on a social activity again with friends and then on to our own personal lives (me time) and family. I think if we are missing or doing too much of any of these we are shorting ourselves and headed for burnout. So enjoy a vacation, read a book, visit with some family and oh yea...don't forget to work!

COX CORNER



By John Cox The numbers game... Everything can be numbered, but for me, I use the alphabet... ABC- ACA-ADA meaning Base 26, much like base 10.

I guess the reason people use numbers is their 10 digit base; compared to base 26. Car license plates use both bases which equals 36. When you are dealing with cars like in California it really helps to save space on their license plates.

I remember being in California ten years ago and at that time the base #36 was taking 7 to 10 spaces to make room for all the cars etc...and that was 10 years ago. Base #36 sure came in handy. It is a base that works!!!!!!

TRAINING BASE SCHEDULE 2009

It's never too early to plan on coming to training at Alliance House! Here's our schedule for the upcoming year!

We've got a **three-week training January 26th to February 13th, 2009**. Come bundle up and enjoy the winter splendor Utah has to offer while you improve your Clubhouse techniques.

We also have a **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!

Finally, 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!

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!



Did you know... We have 12 people planning on attending Western Regional Conference in Hawaii in October! Four members and three others who are paying their own airfare!!! That's dedication!

MEMBER SPOTLIGHT: TAFFI DEMMONS



By Cynthia Wood This month's "Member Spotlight" is Taffi Demmons. Taffi is a relatively new addition to Alliance House. Even though she has only been a member for four months, she has a lot of energy. And, so far, she has been a big help in the Culinary Unit preparing tasty meals. Looking to cope, Taffi conveyed she found companionship in Alliance House. For example, she has improved her social skills by connecting with new people; as a result, she's now very outgoing. When asked how Alliance House has impacted her life, Taffi says she is more motivated and inspired. "I enjoy helping out in the C.U. What I've gained from Alliance House is that I've made new friends and I enjoy being around people. Now I'm more outgoing."

Taffi has roots here in Utah where she was born and raised. However, she also lived in Sacramento, California as a youth and graduated from Special Education while attending school there. Later on, Taffi moved to St. George, Utah, while married to her now late husband. When asked about the rest of her family, Taffi said her relatives live in Cedar Hills, Utah, and California.

In Taffi's leisure time she enjoys swimming and all kinds of outdoor activities. Taffi is also a cat lover and has two female cats, Shelby and Jenny.

Lastly, Taffi mentioned her employment history where she's done work in LDS Temples, in locations that include St. George, Jordan River, and Salt Lake. Well, Taffi KEEP TRUCKING!!! Let's all welcome Taffi and make her feel at home.



STANDARD OF THE MONTH: NUMBER THIRTY-TWO



By Rob Peden 32. *The Clubhouse has an independent board of directors, or if it is affiliated with a sponsoring agency, has a separate advisory board comprised of individuals uniquely positioned to provide fiscal, legal, legislative, consumer and community support and advocacy for the Clubhouse.*

A clubhouse's board works in two directions: first, through the director, staff, and member representatives, it influences the nature and direction of the programs; second, it serves the clubhouse by reaching out into the community and providing the support the clubhouse needs to implement the programs effectively. This is one of the reasons that clubhouses are encouraged to build their boards from a variety of fields. The more lines of work and experience the board represents, the more all encompassing the advice, as well as the outreach effort, will be. The specific duties and authority of a board vary immensely depending on the nature of the clubhouse. At Alliance

House, besides advising on programs and supporting virtually all our activities, the board of directors own the clubhouse, the 1805 Apartments, and the Eccles Guest House, are responsible for overseeing the budget, and have authority over the selection and hiring of the Executive Director.

Alliance House Board President Larry Goldsmith says, "Most of our ongoing efforts are supportive. We try to help with fundraising, with community relations, with identifying employment opportunities, and almost anything we can to help the clubhouse."

Alliance House has always had a very strong board of directors. This is because the concept of our clubhouse was initiated by what would become the kernel of our first board, who then enlisted Valley Mental Health to administer it. Under the guidance of Margaret Currin, Jon Paulding, and Jeremy Christensen, our board has done an excellent job of renewing itself. Rarely does a day pass without at least one of our board stopping by Alliance House to help further the clubhouse's goals. "I've dealt with non-profit boards for over thirty years," Shirley Pedler, one of our current member representatives, asserts, "and I've never seen one this involved and dedicated. Everybody volunteers to help in every way they can."

EMPLOYMENT SPOTLIGHT:



By Bryson Beal and Lila Galvan

What can we tell you about Bill? He is tall, and he is a kind and generous guy who does many good things for people in the Alliance House and his community. We all enjoy being around him, because he makes us happy, safe, and secure!!

Bill was born right here (not the fire house). This is home base. He has also lived in San Francisco, Los Angeles and, unfortunately, in Beaver, Utah.

When Bryson and I interviewed Bill he shared some incredible things. Bill said, "Walking through the doors of Alliance House was one of the most significant days of my life." Bill said he enjoys developing a social network, and not having to put on his "fake happy face."

Bill was chosen for the committee to select our new staff person. His comments about the position were "that it helped him to walk through some of his

fears, and he re-learned some skills from Jeremy, Eleisha, and Katie. He also said that "it was not a job, it was an honor." When I spoke to Eleisha about her experience working with Bill on the interviews, she said, "Bill is a wonderful, active member with a great attitude. He is good with people." She also said he is a valuable asset to Alliance House, he just does not recognize it yet. (But who of us did?)

Bill is currently working a TE at Whitmore Library. He said that the TE has helped him to reestablish a schedule and routine. Bill is waiting for housing. All of us hope it comes soon! Bill recently shared at one of our reach outs at the U of U. He spoke some words that stuck with him: "UNI saved my life. Alliance House gave me my life."

Bill, it's great to have you here.



A special birthday wish to those who celebrated birthdays in June.....

5th- Wayne Bryan

8th- Eric Brizzee

9th- Lori Stout

10th- John Feenstra

13th- Cindy Carlson and Camille Kraut

15th- Renee Smith

16th- Jason Spencer

17th Lila Galvan

22nd- Mason Andrus and Ted Echols

23rd- John Albretsen

24th- Bryson Beal

27th- Joan Chapman



Alliance House

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