

alliance house

Clubhouse Chronicle

June 2006

LOCAL EDITION

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



Walk for Suicide Prevention

**Eleisha Hewes
&
Brooke Baltazar**

On average one person will commit suicide every 17.5 minutes in the United States alone. In Utah suicide rates have increased 256% since 1956 and has now ranked Utah as the 13th State in nation for suicides. It is the 3rd leading cause of death for young men between the ages of 15-24 in Utah right behind accidents and homicides (Mental Health Association of Utah stats). Not only are these

statistics astonishing but also it causes us to stop and think of the effects of suicide on our state and on the lives of many people. This walk brought those people together to share in the lives of their loved ones and to prevent suicide from taking anymore precious lives. By banding together we can find ways to fight this and save the lives of those whom we love.

On April 22, 2006 twenty members and staff from Alliance House joined together with many other Utahans to help fight back against the suicide epidemic. This was an eye opening experience for many of us. Most of the people who walked in this event were doing it in memory of someone they knew who had committed suicide. It was a

tearful event for all of us, we were very happy to have the caring support of the members and staff.

There were many great speakers who gave tearful remembrances of their family and friends who had committed suicide. The most heart wrenching for one of our members was on audiotape that a mother took of her 5-year-old child speaking about how he felt about his dad committing suicide. This reminded us all about an aspect that we rarely think about, when it comes to suicide, it is the young children affected by this tragic decision of a parent or guardian.

Overall the walk was a great way for us to get out and support our members, our community, and ourselves. It was hard to accept that so many people have chosen the long-term answer to short term problems. But it helped us to feel empowered to know that just by showing our support and getting the word out there we can make a difference. We all can make a difference by doing small things like this. If we show our support for each other and help each other when one of us falls, we can help fight this epidemic and stop this from happening to those we care about.

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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Graduation 2006

Mary Krmzyan

Another year since the last graduation has passed. And yet again here we are. We will be having three grads this year: Mary Krmzyan, Chris Jones, and Theresa Price. This class is among the smallest of Alliance House, but the accomplishments of these three people are humungous. I can only say it has been a great year. Congrats to the grads, and thank you to all the members and staff for the



foundation of support. I however, am among the graduates and feel that even though some members have not made it this year they will be there soon. I would like to say to anyone trying to reach his or her education goals in the clubhouses around the globe good luck and keep going. Graduation was held on May 24th at the Wells Fargo Building and it took a lot of teamwork with creativity to come up with this new and improved (but still the same) graduation. Thanks to everyone.

Kathy's Biography

Kathy Ann Handy



My name is Kathy Ann Handy. This will be a search of my getting a High School Diploma. When you seem to be going nowhere in your life, as many have found out you want to help out as many people as possible through your continuous strivings to share.

Math is one of my best subjects. Reading is okay also. Hoping to explain myself on further, essays as this telling about myself through words.

I was born in North Salt Lake; a whopping 8lbs, then as my mother has told me I was different than most babies. Instead of crawling, I scooted on my bottom and never sucked my thumb either. This means to me that I have always been in some way different from other children.

Schooling has always come easy to me. Well enough that after trying many times through the G.E.D. program to get somewhere (they say a G.E.D. is

supposed to be as good as your high school diploma), I want more from myself. I find some things a challenge in studying new things. I've always tried through my work to do some things, which will tell you about me.

I enjoy what this country has to offer to me, such as freedom, very patriotic, believing in the cause of an elected president who has conducted this war to keep everyone safe.

Through study you can go to the moon if you wish so. So achieving a high school diploma may take awhile, but you can feel much more proud of yourself. Then maybe you can get a better job once you are done. Keeping my mind open to anything being possible, I'm actually enjoying myself while learning.

Given my Pacifistic ways, I find myself actually loving my neighbor more often than not. We can forgive someone who tries to push his or her beliefs on us. I've come across a few who have felt sorry for themselves; they know no differently!

Then you go on to the religious beliefs. If there were any such thing as to let the American people who may read this article know, I am a born-again Christian. I believe I'm someone you may or may not want to know. You are always someone I would want to know. I believe in persons not personalities, and I believe gossip kills. To let a person Alliance House

share something they believe in' their viewpoint, can clear the air.

Now I turn to World Peace. I believe this is something attainable! Showing friendships, reaching out to the stars and beyond to make it better for future generations. My beliefs are that strange or even paranormal things are happening which we can't explain (whether you believe in ALIENS or not). Examples are fields being plowed at night with no one running machines, watering the same way, tilling these fields, and then harvesting the same said fields. I've a belief that when they show themselves, we should not be afraid. Now to philosophizing, Aliens are in the bible. You can think me strange, but I believe. All that you see here is just some little notations to give you some of myself, hoping to bring us closer together now that you know this.

Clubhouse Insider

**Duncan Macdonald
&
Sue Hanson**

May was Mental Health Awareness Month. In honor of this, members and staff wore silver ribbons. We also put interesting facts about mental illness in our Daily News.

Jeanne Christensen has been doing a fantastic job of helping us with our employment dinners. They have been incredibly gourmet and tasty and lots of

members have enjoyed learning new recipes but most of all working with Jeanne.

On the April 25th cleaning project, eight Alliance House member and staff participated in our first Adopt A Highway. The highway we have adopted is in Parley's Canyon, which is on the way to Park City. Our crew put



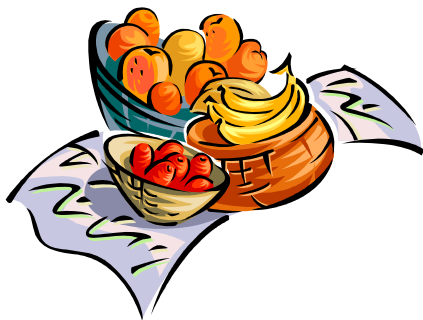
on bright orange vests so we would be seen on the highway and we were given big garbage bags to put all the trash in. We covered a two-mile stretch along the highway and picked up several bags of trash. Our next Adopt A Highway is in July. We hope to get more people involved in the next Adopt A Highway. "It was a fun and rewarding experience" says Elizabeth Becar. "It was satisfying to be a part of something bigger than yourself and getting the name of Alliance House out. It was a great promoting experience," said Tarra Perea.

On May 22nd and 23rd, the ICCD conducted a new clubhouse development training. This training was held at the Raddison Hotel. Alliance House gave a tour of their clubhouse to thirty-four attendees and Jan Nelson presented on the development of boards. We all

are very excited about how many people from the West coast are interested in starting a Clubhouse in their community. Gay Warner presented on her experience at Clubhouse the last day hoping to inspire them about how Clubhouse has changed lives.

According to Rob Peden, the annual board retreat was very impressive. It was held on May 6, 2006. He felt that everyone was able to speak up at the retreat. He, also, stated that Ken Vedoia was an excellent facilitator and added a great deal to the meeting. The board has given a compass/direction to the future of Alliance House.

On May 16th, Alliance House was given a plot at the Wasatch Community Garden. The plot is four feet wide by twenty-five feet long. Jeremy Christensen is spearheading the garden. Five members went with him. The garden will have to be watered by us until the plants are established, then a drip system will take over. The clubhouse will be responsible for weeding. We planted squash, zucchini, broccoli, tomatoes, cucumbers and onions.



Standard of the Month # 19

Miriam Hyde



“All the work in the clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job specific training”.

The important work of running a business is exactly what clubhouse is about. From answering phones and greeting visitors as well as vacuuming and recycling, all the tasks of operating a clubhouse are necessary and of equal importance.

From previous experience many tasks are familiar to members and staff. Members and staff may be drawn to these tasks because they are comfortable.

Many tasks offer challenges and the opportunity to learn by doing something new and untried. Personally, I’m very familiar and comfortable with clerical type work, but get me in the kitchen and I feel overwhelmed. I am learning to be more receptive to becoming a mediocre cook!

However, learning the basics of cooking is not meant to prepare me to be a chef. If my interest is piqued enough, I can get help in applying to a professional cooking school. Doing the tasks of kitchen work teaches me, but the clubhouse, which is there for our recovery, is not there to train me to be a chef.

The work in the clubhouse helps members become confident, goal oriented and grow in self-esteem. Accomplishments in participation and engagement in the workday accompany better decision-making, taking on responsibilities and learning and improving skills. Members know that they are wanted and needed and are part of a greater community. Additionally, for many members, the socialization greatly reduces isolation.

Think about what would happen to clubhouse, in philosophy and practicality, if we did offer job training:

- Opportunities would be limited
- TEP program would be ineffective
- After training, it is likely that members would not return
- Could be more stressful

Staff would no longer be in a non-hierarchical position. Rather, they would be “teachers” in authority over “students” (since we would no longer be members). “*Job specific*” could also affect the relationships between members. Staff may

find “teacher’s pets” and members could become competitors rather than colleagues.

All around the clubhouse are examples of members regaining self-worth, purpose and confidence. Tarra, a member for three months, feels “I’m actually doing something; that I’m here for a reason and feel a part of things and am needed”. As a member for four years, Barbara says, “It gives me a place to come to every day and helps me retain my clerical skills, as well as develop long-lasting friendships.” There are agencies whose specific purpose is to train you to be a (fill in the blank). Use your clubhouse for all the advantages and then be ready to give back. Being an active part of your clubhouse prepares you for life, and all that it offers.

Business Unit Update

Collette Soffe
Scott Pyke
&
Tarra Perea



The Business Unit is up and running! We have amazing help and have a great time working hard.

Some of our goals we talked about at the Business Retreat are

Alliance House

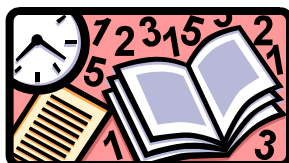
starting to take off. We talked about getting tour cards ready for anyone giving a tour at Alliance House. These tour cards are now available and ready to go whenever a tour is needed. A tour committee is also getting together and they are starting a tour meeting that will be held at the end of May and beginning of June from 4-5 p.m.

The Orientation committee has worked hard on getting new orientees plugged in to a unit right away. Many of the new orientees have come back and are a great asset to the business unit and the other units they participate in.

We are working hard on getting the newsletter out on a schedule so it comes out at the beginning of the month. Thank you to everyone that is helping with this new goal!

Career Development Unit Update

Chris Smith
&
Dennis Card



We would like to welcome Taddesse Wilson, Terri Staples, Tim Smith, and Debbie Garcia to

our unit. We hope that you will enjoy working with us.

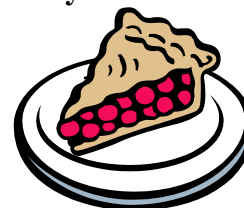
We were extremely busy making plans for Graduation, that was held Wednesday May 24th at 6:00pm. Christopher Jones, Mary Krmzyan and Theresa Price received their diplomas.

Congratulations to Lance Baum and Stacie Schofield, who completed their TEPS at Nutty Guys and the Whitmore Library. Mike Staples and Mason Andrus has started working at Nutty Guys and we know they will do a great job.

The Clubhouse Closet hosted a Fashion Show on April 28th, with people modeling clothing from the Thrift Store . Dru and Jeremy, the MC’s along with some help from ridiculous outfits, kept, the laughs coming.

Culinary Unit Update

Tess Lage
&
Ryan Herron



We would like to extend a huge “thank you” to Lynn Sorenson who has been a seasonal hire in our Unit and has been doing a wonderful job, “way to go Lynn!”

Tess will be our new Culinary Unit staff and invites everyone

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to come and have fun and work with her!

Everyone welcomes back PeggySue Whipple with her special flair, she is on a break from school (which is going incredibly well by the way) has been gracious enough to help us out while she is visiting our City of Salt Lake.

Thanks to Mike Staples for being the in-house chef without an attitude, he rolls with the many changes that come our way, without complaint.

We want to thank Mary who comes in on her own schedule and graces us with something really tasty!

Scott continues to be our reliable “man on fire” when it comes to washing dishes. He is always ready and willing to train some one new to help.

Mike Agar and Austin Allen are always here keeping busy and making sure that lunch happens.

A.J., David Callister, John Schultz, and Ryan Herron jump in anytime asked to help out the unit as well.

We are lucky enough to have a great unit! And on a personal note, I (Tess) just want to say how happy I am to be back, I have missed everyone so much. Alliance House members really become part of your heart. Thanks to everyone for the wonderful welcome back.

Jeremy's Soundbyte

Jeremy Christensen
Executive Director



Things are heating up! Pun intended, things are as busy as ever and it really is hot outside! We have had a lot of job openings lately in the TE program and new members are getting employed in Transitional and Supported employment, so I just wanted to enter a word of support to all those who are putting themselves out there, risking and pushing toward new experiences!

I wanted also to share an experience from today. I was just interviewing a new intern who is going to start at Alliance House soon. She mentioned that she had learned and heard a lot about the clubhouse model before coming here, but after spending just 30 minutes in the Business unit, she expressed astonishment at the atmosphere and ownership that the members take in their clubhouse. She couldn't stop expressing her admiration of what the members had created here at Alliance House. This is a story I hear over and over again. What an honor to be here for

everyone involved, thanks to everyone for their contributions!

Finally, we have been short, short, short staffed for about the last six months due to multiple circumstances. Even so, participation and new membership continues to rise, thanks to everyone who is participating in and supporting Alliance House. This week for the first time in a long time we have full staff and interns joining us. Just in time as we are also bulking up our membership and daily attendance. Great work everyone, and fingers are crossed as we continue to advocate for even more staff and new member referrals!

Birthdays

May 4 th	Kathy Handy
May 6 th	Lance Baum
May 8 th	Angela Jensen
May 12 th	Albert Mathena
May 12 th	Mary Krmzyan
May 15 th	Betsy Ogden
May 16 th	Janet Clark
May 18 th	Gary Lansberry
May 19 th	Monte Batt
May 19 th	Katrina Callister
May 25 th	Jared Smith
May 28 th	Susan Holder
May 30 th	Jose Organista
May 31 st	Carrie Nelson
June 1 st	Kris Wall
June 4 th	Mindi Bradford
June 14 th	John Martin
June 16 th	Jason Spencer
June 17 th	Bradley Wyman
June 17 th	Brian Jenson
June 18 th	Liz Hansen
June 22 nd	Mason Andrus
June 26 th	Ben Padgett
June 28 th	Jim McWhorter
June 30 th	David Callister

Did you know?

That the Cumulative Wages
Earned on TE's for the
month of April was:

\$14,102.83

+ _____ +

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