

**Alliance House** is a long standing partner with **Valley Mental Health** and a non-profit **United Way** agency

# L O C A L E D I T

## Medicaid 2005

By Miriam Hyde

There is still much work to be done, but we finally have some good news from Medicaid. After three years of being without dental and vision benefits, they are finally being restored, effective July 1, 2005. These benefits are viable for one year.

Adults with TRADITIONAL Medicaid (purple card) will receive the same coverage as before June, 2002. Dental benefits will include:

- ◆ Exams
- ◆ X-rays
- ◆ Preventative Services
- ◆ Fillings
- ◆ Extractions
- ◆ Root Canals
- ◆ Dentures or Partial Dentures

Vision benefits will include:

- ◆ Annual Eye Exams
- ◆ Eyeglasses (Frames and Lenses)

Medical treatment for eye disease remains a benefit for both traditional and non-traditional beneficiaries.

NOTE: NON-TRADITION Medicaid (blue card) benefits are different than traditional benefits . You will not receive dental benefits until federal administrators who control the medicaid waiver give approval.

(Continued on pg. 2)

## Mental Health Awareness Month

By Tess Lage

May is Mental Health Awareness month. Alliance House is having a number of activities that in its own way celebrates overcoming mental illness as well as educates the community. We have our yearly high school commencement of 7 members. We consider this a triumph over mental illness, and certainly make the media and our guests more aware of mental illness.

We have our certification coming up the first week of May, and that makes all of our board and members very aware of mental illness and how we are doing on the standards. To have a certified clubhouse is a celebration of hope for members with mental illness.

The Utah Clubhouse Network (UCN) is having our annual conference in Moab this year. There will be plenaries and workshops to enlighten members and staff to members needs. This is always a good time and always re-energizes and inspires our clubhouses.

There is a number of publicized awareness days in May, Children's Mental Health Week is May 1-7 as well as National Mental Health Counseling Week; Childhood Depression Awareness Day is May 3<sup>rd</sup>; You can go to [www.freedomfromfear.org](http://www.freedomfromfear.org) to take a survey for National Anxiety Disorders Screening Day is May 4; Older Americans' Mental Health Week

(Continued on pg. 2)

**(Medicaid 2005, continued)**

This will likely take some time, but you will be notified when this benefit is added. There is no change in optical benefits. Medicaid will pay \$30 toward an annual eye exam.

There are other concerns with Medicaid. While we need to continue battling to avoid additional cuts to Medicaid, we need to prepare to fight hard so that the federal budget leaves existing low-income programs untouched. The subsidies that may most affect the disability and low-income communities are: Medicaid; Food Stamps; Earned Income Tax Credit (EITC) and Supplemental Security Income (SSI). There are a number of other low income programs that may be affected as well.

It is up to us to stay aware of federal and state bills, and to know when it is appropriate and necessary to send emails, letters, letters to the editor and to make phone calls. Work with your clubhouse Advocacy Committee to participate in these crucial activities.

According to a Utah Issues brief of April 4, 2005, "Compared to the private insurance market, Utah Medicaid is remarkably lean, efficient and cost effective, with a vast array of cost containment measures already in place. Utah Medicaid will have provided health coverage to more than 280,000 Utahans by the close of fiscal year 2004. The majority of those covered are Utah's most vulnerable, sickest, and poorest residents. Children and very low income parents make up 85% of the caseload, while the elderly and disabled comprise the remaining 15% of the caseload. Despite flexibility for states to establish higher income eligibility guidelines, Utah follows the minimum federal income guidelines for most of its programs. Even with Utah's adherence to the minimum income guidelines, Utah's Medicaid budget is continually challenged with increasing caseload, higher health care cost and spiraling drug costs. Cutting or capping federal funding for the program that the State will have to find additional ways to cut back its Medicaid Program."\*

\*\*\*\*\*

**(Mental Health Awareness, continued)**

is May 22-28<sup>th</sup>; National Schizophrenia Awareness Day is on May 24 ([www.sanonymous.org](http://www.sanonymous.org) or [www.nsfoundation.org](http://www.nsfoundation.org) for additional information )

The internet has many articles and websites available if you search for Mental Health Awareness Month.

In closing, I feel it is each of our responsibilities as staff and members to advocate and make the public aware of what mental illness is and is not, as well as what resources are available to people. I especially feel it is important for members and potential members to know that clubhouse can help them reach their goals and dreams whether that is going back to work, graduating from high school or college, the sky is the limit!

**A Glimpse Into the Life of Joy**

By Tess Lage



Photo by: Carly Wildfoerster

Joy was born in Jersey Shore, Pennsylvania, the fourth of five. She was essentially raised on an agricultural farm in the beautiful valley of Pine Creek.

Her earliest playmates were wild rabbits, as the older children were at school and young David doesn't come along for ten more years.

Joy loved to run barefoot over freshly plowed fields, and on her Grandparents cinder-paved lane. Joy loved to run barefoot, consequently, Grandma taught her to bathe at night with both Lava and Camay soap.

Queen Anne's Lace was everywhere. Grandma made up Mason jars full of food colored water for

the kid's to run around and dip the flower heads. All this color surprised Grandpa when returning from his job at the Steel Mill, driving down his lane in the old, green International pick-up. Probably quite the psychedelic trip!

One of Joy's favorite fragrances is machine shop grease. She loved to stand beside her Dad and Grandpa when they fired up the lathe, selected a piece of brass and miked it up to create a keyway or thread a bushing. Joy thought the best part was the waste product that fell beneath the lathe, glittering like shredded gold.

Joy worked hard and graduated from Pennsylvania State University; got a job; got a mental illness; and got very, very sad.

Joy found Alliance House, made friends, and lived happily ever after. Now all the stuff in between doesn't seem as important.

### Employment Spotlight

By Rob Peden

In February, an uncommonly large number of job starts stretched the Alliance House Transitional Employment (TE) staff thin. Despite the fact that one of our Transitional Employment Placements at Cornerstone Counseling was converted to a supported position and Grand America temporarily suspended one placement because of an unexpected change in their banquet accounts, Alliance House TE development team, led by Employment Coordinator Dixie Pond, has put a lot of energy towards Transitional Employment this month.

Our TE development team has secured a new Courtesy Clerk position at the Sugar House branch of Smith's Supermarket (this is an important strategic move since the placement managers, Jon Paulding and Marie Bennett, have already trained for our placement at the 4500 South Smith's location). Dixie has screened a receptionist placement for the Utah Jazz basketball team and reports there may be two other possible placements available with the Salt Lake Stingers baseball team. "We're still investigating these three positions" Dixie said, "they've have pretty much been promised to us. If they don't work out as TEs, they

might be available for members who want supported employment." Dixie's efforts with our Independent Employment Program are equally impressive. To help prepare our self-study for the upcoming ICCD recertification, Dixie compiled records of all members who work independently. "I'm amazed at the job she's done," said Michele Gauthier, a business unit staff at the Alliance House, "this is probably the best handle Alliance House has ever had on the records of independent working members. That was one of the goals on the action plan Rob and I prepared at Gateway House, but we thought it would take months to compile it, Dixie did it in two or three days".

\* \* \* \* \*

Mindi Bradford, who became an Alliance House member in February of 2005, is the first job-holder at the Sugarhouse Smith's TE placement. Mindi Bradford started the Smiths T. E. on April 12<sup>th</sup> 2005. The position deals with bagging groceries and organizing things that have fallen off the shelves.

According to Dixie Pond, "Mindi's attitude and contribution to the clubhouse clearly show that she is eager and able to work." Marie Bennett agrees, stating that "Mindi is doing great at the job, she's learned the duties quickly and has a great attitude. She's very pleasant to the customers, energetic, and smart, I'm certain she'll be excellent for Alliance House as well as for Smith's."

Mindi was born in Bountiful and graduated from high school in Park City. She has worked successfully at a variety of jobs in the past, most notably at Deseret Industries. Her contribution to setting up Clubhouse Closet, Alliance House's thrift store, has been invaluable. Besides operating Clubhouse Closet, Mindi regularly covers the reception desk, helps out in the kitchen, tackles miscellaneous projects for the CD Unit, and does virtually anything the clubhouse needs. "I think Alliance House is wonderful," Mindi said. "I'll be working afternoons, but I still plan on coming in for after-hours activities and mornings. I always have fun here."

We all have more fun when Mindi's here, Alliance House is grateful for members like Mindi Bradford.

So, congratulations to Mindi on the new job, congratulations to Dixie for a job splendidly done and a thanks to Dixie for *all* you do.

### Education Spotlight by Denis Card

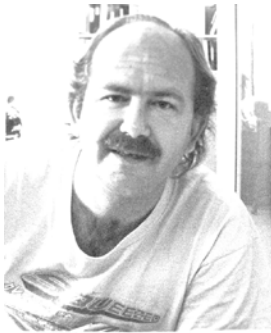


Photo by: PeggySue Whipple

The Clubhouse Chronicle would like to highlight Stephen Gomez this month. Stephen's formal education ended in the eighth grade. Sometimes he would hop trains and at times he was transient.

Now Stephen is highly motivated and working towards his high school diploma. He reads the Bible and does his homework daily. Stephen lives independently in his own apartment. He accepts any Alliance House job assignment and does it diligently. Steven is careful, precise, and persistent with his schoolwork. Rob said: "Stephen's writing style is articulate, clear, and expressive." Carla said, "Stephen is one of our most dedicated students. His desire to complete high school education is strong. He knows what he needs to learn and he is willing to put in the time to learn it."

Stephen's long-term goal is to become an auto mechanic. Stephen will have the skills and education to become an excellent auto mechanic. We all wish Stephen the best for the future.

### Standard of the Month By Duncan Macdonald

This time we'll be discussing Standard #6. It reads: "Members have a right to immediate re-entry into the clubhouse community after any length of absence, unless their return poses a threat to the clubhouse community.

I think this is an extremely important standard. It ensures that members can come back no matter how long they are away.

"Re-entry is one of the magic things about clubhouse. Each person is responsible for their own behavior, therefore, they're responsible for their own re-entry. Everyone eligible is welcome back with open arms."-Miriam Hyde

"I am happy that Alliance House has a mediation committee composed of staff and members who decide when a member can return."-Kent Palmer

"A member feels and knows that they will always have a place to belong."-Tracy Park

"I think that lifetime membership-almost unconditional-is a great ideal and that's the way it should be in reality, though, it seems that many clubhouses compromise this through their association with other agencies. I think Alliance House does as good a job as possible under the circumstances."-Rob Peden

### Unit Updates by Betsy Odgen

#### Career Development:

We want to welcome Angela Jensen.

Our Graduation is set for May 26, 2005. We have a lot of members graduating from High School. It will be held downtown Salt Lake City at the Wells Fargo Building. The address is Here is the list of members who are graduating: Trista Struhs, Cheryl Law, Preston Gilbert, Tracy Bankhead, Amanda Allred, Richard Jones, and Ryan Gillespie.

The Clubhouse Closet has now been open for a couple months. It has been going strong. A lot of members contribute their time to run it. We have received a lot of great donations.

#### Business Unit:

We would like to welcome Andrew Ingersoll, Janet Jamison, Jennifer Richmond, and Joe Jenkins. They have jumped right in with helping out.

Members have been working on getting trained on accounting, billing, orientation, outreach, and making cards. We also do mobile outreach.

Our system for tours is working very well. Many members are signing up to do tours.

Since we have had our new space open, many members are becoming comfortable working in the Business Unit.

### Culinary Unit:

We would like to welcome Sean Jones, Patsy Andersen, and Marci Logan. He is new and he is already busy helping out.

We have revived our healthy Breakfast Bar in our Snack Bar.

The Culinary rule we are currently working on is Rule #13, which involves sanitizing tables and counters. They must be sanitized with disinfectant spray after each use. There is also a rule that states that the washer and dryer may not be used for personal use.

### A Perspective on Standard #10

By Joy Maxwell

#### RELATIONSHIPS

10. ...Clubhouse staff have generalist roles...

This member wishes to convey her thoughts regarding the above Clubhouse Standard.

The generalist role is the foundation for the appropriate management of the clubhouse. This responsibility certainly falls on the staff; however, it equally challenges the membership to support the Standard by refraining from clinical concerns within the club. Members need to monitor themselves regarding the discussion of psychological issues, diagnostic criteria, and medication management. In short, we are accountable for taking our crises and dramas to the appropriate clinical setting and personnel.

#### WHY?

If your clubhouse is lucky enough to have

generalists who have thoroughly embraced the concept, philosophy, and Standards of Clubhouse (which means they have to do a 180 from all their original clinical education and experience). We, as clubhouse members, have a responsibility to support and encourage clubhouse staff's continued effort to maintain themselves as generalists.

I, for one, do not want clubhouse staff well-versed in the DSM-IV for fear they would be tempted to view us as symptoms and diagnoses instead of individuals with unique characteristics. Nor do I want staff pharmacologically savvy for fear these very characteristics will be uniformly viewed as a result of, or lack of, medication. In other words, when I tell a joke in clubhouse, I expect a chuckle, not a referral.

Finally, it's everyone's responsibility to honor the Standard of staff as generalists. I do this by generally speaking my mind.

## Did You Know?

By John Adams

...that we have 10 members on Transitional Employment Placement. We have members on Smith's (Sugarhouse and Murray), Youth Services, Whitmore Library, Horizonte ITC, Grand America, Valley Mental Health, Cornerstone Counseling, Squatters, and Jones, Waldo. Congratulations to the hard working members for holding up the banner of Alliance House.



## *In Memory of Vicki Cottrell...*

Vicki Cottrell was dear to many of our hearts. She was a tremendous advocator for people with mental illness and a great inspiration. People with mental illness will be greatly affected by her loss. She was an irreplaceable part of our lives. Next month we will dedicate more to her.

## MAY BIRTHDAYS




---

8<sup>th</sup> Angela Jensen  
 12<sup>th</sup> Albert Mathena  
 12<sup>th</sup> Michele Gauthier  
 15<sup>th</sup> Betsy Ogden  
 18<sup>th</sup> Gary Lansberry  
 22<sup>nd</sup> Dixie Pond  
 24<sup>th</sup> Erik Hansen  
 24<sup>th</sup> Cheryl Ann Slattery  
 25<sup>th</sup> Jared Smith  
 30<sup>th</sup> Jennifer Saunders  
 30<sup>th</sup> Jose Organista  
 31<sup>st</sup> Carrie Nelson

## May Activities Schedule

### Thursday Activities:

May 5 Skatin' Station  
 May 12 Crafts with Tracy Jenson  
 May 19 Miniature Golf  
 May 26 Graduation

### Saturday Activities:

May 7 Midvale city Cinco Demayo  
 May 14 annual bird festival at Great Salt Lake- free  
 May 21 living tradition festival  
 May 28 BBQ at City Creek Canyon

*Come participate in our fun activities!*



## Thank you to all our wonderful contributors:

### Editing Team:

Kent Palmer  
Miriam Hyde  
Mike Perry  
Duncan Macdonald  
Andrew Ingersol  
Rob Peden

### Photographers:

PeggySue Whipple  
Carly Wildfoerster

*We so appreciate our board members and all that they do for Alliance House.*

Alliance House, Inc.  
1724 South Main Street  
Salt Lake City, UT 84115  
Phone: (801)486-5012  
Fax: (801)466-5077  
Visit us on our web page at:  
[www.alliancehouse.org](http://www.alliancehouse.org)  
Visit the ICCD web page at:  
[www.iccd.org](http://www.iccd.org)

**Alliance House** is a certified member of the **International Center for Clubhouse Development (ICCD)**.

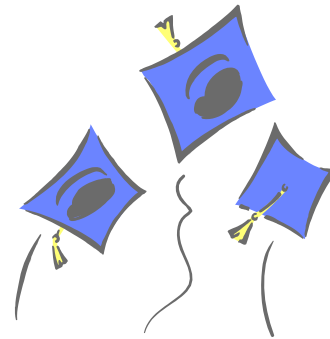
**Alliance House** is also a non-profit, **United Way** agency and gratefully accepts your contributions to ensure continuous support for those of us in recovery from mental illness.

## Platform to Fly

(Alliance House Graduation)

Come honor our Graduates

On May 26, 2005 @ 5:00p.m.



Reception following Graduation Ceremony

Wells Fargo Building on the 5<sup>th</sup> Floor  
299 South Main Street  
Salt Lake City, UT

