

alliance house

Clubhouse Chronicle

November 2006

WORLD EDITION

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



Setting Our Sights High

By: Brooke Baltazar

October 12th we loaded up the vans and headed up Big Cottonwood Canyon to Brighton Ski Resort. We got to the lodge to find a nice fire with plenty of breakfast waiting for us. After much eating, talking, and exploring we were ready to get down to business.

We started off with a great activity provided by the Career Development Unit. The activity made everyone stop and reflect why we all love Alliance House so much. After this warm, fuzzy moment we jumped right into our goals.

We reviewed our goals from last year and realized we went above and beyond with the amount of goals we needed. We decided this year to keep it simple and reduce the amount of goals but still keep them strong and powerful ones.

We went through each unit and discussed specific goals. The Career Development Unit went first. They discussed developing an education brochure, revitalize employment dinners, and develop a TEP (Transitional Employment Placement) that's is only three days a week. The Business Unit wanted to create an Orientation Training session, formalize an outreach system, and improve coding for our checking account. The

Culinary Unit wanted to improve the snack bar by offering more nutritious food, create more unit work in the afternoon, and get more members to participate in the kitchen during the lunch hour. Development discussed goals of raising more money and a new system that will be starting soon. Administration discussed the goal of becoming a training base again and how everyone can help.



We set very good goals for the house to work toward and had a great time doing it. Dancing, eating, and planning for our future, made for a great day and fantastic memories. Good luck everyone on reaching our goals for this next year!



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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Education Spotlight Kevan Pettit



by Carla Marjerison

We would like to welcome Kevan Pettit to the Career Development Unit and Education Program. Kevan has already achieved his high school diploma, however he is working on increasing his reading, spelling, and math skills to help him towards his future employment goals.

Kevan spent the first thirteen years of his life living in Anchorage, Alaska; the thing he remembers the most is the beauty of the Northern Lights. He then moved to Price and has been in Salt Lake City since the early nineties. The most enjoyable way for Kevan to spend his time is with his two beautiful daughters, Natalie who is 10, and 8 year old Zoey.

Kevan has only just joined Alliance House at the end of October, so he has not had a chance to determine all the many ways he would like to become involved; he has been focusing on getting to know everyone. Kevan has recently worked as a machine operator for a vitamin

manufacturer, and his dream job would be to become an x-ray technician because he would enjoy continuing to use machinery, but having the opportunity to work with people. He believes that our community will be able to support him in increasing his education skills, "but it's up to me", he says in regards to reaching his goals.

Employment Spotlight



By: Amber Weber

It's a pleasure to be able to spotlight Betsy Ogden this month. Besty has been working a TEP at Barnes & Noble at the Gateway since August 2006. Barnes & Noble is a brand new TEP for Alliance House and Betsy is the first member to work this TEP since its development this summer. When asking Besty how she felt about being the first member chosen for this TEP she responded by saying "It's kind of neat. I am glad I get to be the first one to try it out."

Betsy has many good things to say about her TEP with Barnes & Noble. She stated that she really likes the relationships she has with her co-workers. Besty said she

feels like she has been able to be of assistance to her co-workers when they need extra help and that has made Besty feel really useful at her job. Betsy also really likes that she has the first opportunity to see new merchandise as they come off the stock room floor. Of course her employee discount on music, books, and the café doesn't hurt either which Betsy takes full advantage of to buy her favorite books about horses.

How does Besty feel about working a TEP? "Would I have been hired if I just walked in and filled out an application? I think members who have a TEP can get experience working. This gives me an opportunity, first hand, to see what employers are looking for." Besty had this to say about the support of her placement managers on the job, "it's nice to have placement managers because if you have a sick day then you can call them and tell them you are not able to work, they come help you out."

Besty's had many neat and interesting experiences working a TEP for Barnes & Noble but her most memorable would be when her supervisor Kerrie Turvey spoke at this year's annual employers dinner and when Kerrie asked Betsy to help her with a project that wasn't part of Betsy's usual tasks. "I felt good about helping my boss out and knowing she could depend on me to assist her," said Betsy.

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Its been very exciting to see Betsy grow in her employment experiences. This is not Besty's first TEP. Betsy successfully completed a group placement at Nutty Guys and felt that she was ready to take on more hours and an independent TEP. Besty is doing a great job and we are very excited to see what's in store for Besty after this TEP is completed.

Clubhouse Insider



By Duncan Macdonald
&
Sue Hanson

Things were a bit calmer this month after our busy September. A number of members have come through Orientation.

We had our Adopt-A-Highway. Our group was a great one with a lot more men. Check out our sign on Mile Marker 132. They endure chilly weather but worked very diligently at beautifying the highway. They then went to Baskin-Robbins for delicious ice cream.

Alliance House hosted an extraordinary and

unforgettable Employer's Dinner on October 17th, Ken Vedoría was once again our MC and was very elegant in tying in our theme. David Mathews gave a moving speech. Barnes & Noble's Kerry Turvey gave an inspirational talk about being a partner with Alliance House. Barnes & Noble is our newest placement and they seem very excited about being a long-term partner with us. We were very excited to have Mayor Carroon at the dinner.

The Business Unit is starting a Wellness board. The point of this board is to share ideas on how to have a healthier life. This includes bulletins about diabetes, smoking and other health issues.

Standard of the Month

By, Irene Leishman,
Miriam Hyde, and
Collette Soffe

#15 The work-ordered day engages members and staff together, side-by-side, in the running of the clubhouse. The clubhouse focuses on strengths, talents, and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the clubhouse.

Engage- what exactly does that mean? Webster's definition of the word is *To bind by a promise, pledge,*

etc. To bind! That is a strong word, especially when talking about the relationship between a member and staff and member-to-member. This is where the wording of side-by-side comes to mean so much to everyone.

Whenever asked for a job description of someone one that participates in the clubhouse; that person would preferably use the words we engage in work side-by-side. In keeping with the standards we are to work in a binding manner that links us together for a common cause. This is one of the many strengths that clubhouse offers those that come and participate whether the person is a staff member, a clubhouse member, a board member or whatever your reason for coming to this wonderful place is.

Irene Leishman likes the words "focuses on strengths, talents and abilities."

"Because it lets a person come and do those things they are able and capable of doing without the restraint of what a person cannot do. We are focusing on one another's strengths!"

Not only does this standard focus on the participation with a staff and member working side by side but members working side by side to help increase one another's skills through knowledge they share with one another. This is the observation made by Miriam Hyde.

The work order day should take place in a manner that is meaningful and engaging for those that are involved. We
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also come here to receive support in the goals we are pursuing and this helps us focus on that goal. This standard is to remind us of this unique relationship we build with one another.

It is so good for staff and members to enter a building that is there just for them. It is a source of pride when you can say, "This is mine". You don't mind taking care of the building when you "own" it. Many members feel that the clubhouse is home, and use the address and telephone number for personal matters.

Having a name, address and phone number means the clubhouse can be listed in the telephone book. The information can be listed on a brochure or business card – or on a newsletter! Choosing a name for a clubhouse becomes a group decision and that name reflects the thoughts and feelings of the staff and members. Having a name makes the building even more personal and "mine".



Business Unit Update



By Betsy Ogden

Welcome RC Call, Richard Nielson, Alex Skibine, Kelly Parr, and Ted Echols. Thank you for jumping right in and helping with Billing Ted. We also want to welcome back Big Mama.

We have been hard at work updating old forms such as; weekly schedules, phone lists, reach out binders and Birthday lists.



In October we had some Halloween fun. There were a couple parties and lots of goodies. We decided to try to hold our own party at Alliance house and there was a drawing for prizes. We also had some dancing. Jeanne Christensen made her clam chowder to share and boy did it go fast. Everyone had a fun experience. One more thing

that went on was lots of people were creative with pumpkin carving.

Thank you all for being so helpful when we got really busy on projects. We hope we can achieve all of our many goals this year.

CD UNIT UPDATE



By

Mike Potter & Carla Marjerison

In the last month there have been a few changes in T.E.s. Cheryl Law has started working at the VMH T.E. Chris Smith and Mike Staples completed their six month stints at the group placement at Nutty Guys. Congratulations to them and good luck as they consider what steps to take in their future. Barbara Evans will be joining Dave Roestenburg and Cindy Richardson in one of the Nutty Guys openings, and the other is in the process of being filled. There are lots of independent job opportunities on the Job Board in the Unit – check it out!

We had a successful tutor-training meeting this past month. Seven of our many tutors came to learn about where assignments are kept, which resources are the most effective for our high school students, how to record students' grades and how to

volunteer their time and match up with students. To all the students out there: please start using the sign up and respect our tutors' time by making sure you show up for the time you request and commit to! Pat Sanchez, one of our new members, will be enrolling in high school through Horizonte this month. Please wish her good luck on her studies.

The Clubhouse Closet continues to thrive, thanks to all the hard work of Terri, Stacie, Cheryl, Preston. We would like to remind everyone that they must save and pay for items through the cashier only. Items that are found in the change room will be hung back up.

We would like to welcome Jill Unrein, Kevan Pettit, Pat Sanchez and Eric Orton to the Career Development Unit. We hope you enjoy working with us!

Culinary Unit Update

By B Robinson and Jeff Hoven

We have started 1:00 meetings. They have been great. Attendance has been much better thanks to member's participation.

A great new addiction to the clubhouse Jeff Hoven has really stepped up and is doing a great job. He is a very fast learner and has picked up the kitchen duties very fast. Great job Jeff H.

Board has been given a face-lift. It is much easier to read and understand. Thanks to the hard work of the members.

The kitchen unit would like to hope that June will get better and come back to the clubhouse ASAP.

Cox's Corner



By John Cox

I am so glad that people at Alliance House get along so well with each other. I believe people know if there ever is a problem there are staff who can serve as over seers, who can handle the problem.

Take the Halloween party please, I believe there have been three problems which were handled with loving care and people knew to respect the privacy of the problem. The reason I need to have you take the Halloween party is that it is a classic Example of How well the people of Alliance House get along !!!

I am PROUD!!!!

Jeremy's Sound byte



By
Jeremy Christensen
Executive Director

A great month for Employment at Alliance House! We had our annual Employers Dinner and I know I had a tear or two in my eye. We have 14 members in Transitional Employment Placements. Often in this past year members in these positions have moved onto more permanent employment and college.

Pondering on these statistics, I have been thinking about work a lot lately. For me, time at work represents a major portion of life. If it were not meaningful, I know I would be in a much different emotional state than I am right now. Most people I talk to say the same thing, work is critically important on many levels of life. We development important relationships, engage in activity that sharpens our skills on many levels, educate ourselves continually in whatever field we are involved in, meet new people,

engage in endless problem solving, hopefully realize achievements for our sweat and tears and let us not forget we earn that ever so cherished commodity... \$\$\$.

Depression is usually increased when we are not working or being productive in some capacity, too much work can cause a lot of stress and depression as well. A good balance of work can bring stability, enjoyment, fulfillment, meaning and happiness to our lives. I just read an article that expressed the importance of meaningful work to our mental health, and risks of work causing emotional strain if not managed appropriately.

So, I guess that means finding ways to enjoy work and having balance in the other areas of our lives to promote mental health in work. I have found one of the most important factors to health in work is being constantly self aware of my stress levels and emotions at work and taking appropriate breaks, vacation, and at work stress management when things get a bit overwhelming. Also helpful, is finding support systems in the work place and knowing when to access those to alleviate stress. After all if we don't, burn out is inevitable and joblessness is the next step.

Sometimes the most difficult thing for me to do is acknowledge I am overburdened and ask for help. I suppose that is my pride. The times I have been able to ask for help are the times I have found the

deepest meaning in my relationships.



Sometimes we need to remind ourselves that thankfulness is indeed a virtue."

William John Bennett

**Novembers
Birthday's**

<u>3rd</u>	<u>Kathy Meals</u>
<u>3rd</u>	<u>Robert Magana</u>
<u>6th</u>	<u>Robert Davis</u>
<u>6th</u>	<u>Christine Jeff</u>
<u>8th</u>	<u>Ken Smith</u>
<u>9th</u>	<u>Paul Retz</u>
<u>9th</u>	<u>Michael Rugaber</u>
<u>10th</u>	<u>Gary Adkins</u>
<u>10th</u>	<u>Kristen Sheehan</u>
<u>11th</u>	<u>Cludia Munroe</u>
<u>13th</u>	<u>Elisabeth Jensen</u>
<u>13th</u>	<u>Theresa Price</u>
<u>13th</u>	<u>Steven Coult</u>
<u>14th</u>	<u>Collette Soffe</u>
<u>15th</u>	<u>Nicholas Ortman</u>
<u>17th</u>	<u>David Reed</u>
<u>19th</u>	<u>June Taylor</u>
<u>28th</u>	<u>Tarra Perea</u>
<u>28th</u>	<u>Jerry Ridens</u>



**Happy
Thanksgiving**



Did you know?

In the month of
October:

Total Hours Attended:
3238 Hours

Total Lunches Served
519

Number of members
enrolled in Supported
High School:
14 Students

Thrift Store Profits
\$225.50

November 2006

2 nd	Game Night
4 th	Alterative Health Summit
9 th	Yoga with Sue
11 th	The Secret Garden Matinee 2pm
16 th	Heart And Soul
18 th	St. Mary's Church Christmas Committee Fair
23 rd	Thanksgiving Dinner
24 th	Game Day No Work Day
25 th	Christmas Crafts
30 th	Coffee House

"When asked if my cup is half-full or half-empty my only response is that I am thankful I have a cup."

Sam Lefkowitz

+



+

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