

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

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ALLIANCE HOUSE MILESTONES



By Bill Hill The 2008 Milestones Breakfast was a big success this year. Held at the Sheraton Hotel, over 330 people attended to show their support for the Alliance House. It is truly inspiring to see that level of support from the community.

Attendees at the breakfast showed their generosity by donating \$59,000 during the event. This amount triggered a \$50,000 matching grant from the George and Dolores

Eccles Foundation bringing the total amount to \$109,000. Another major donor who had pledged \$80,000 to be fulfilled over the next four years instead donated the entire amount this year. This combined with a \$3,000 donation from a local business brought the total to \$192,000 generated at the event. Additionally, the Milestones Breakfast received pledges totaling \$77,000 for a grand total of \$269,000.

The amount of energy required in putting on such a large event is tremendous. Preparation began six months in advance. The members and staff would like to express their gratitude to The Alliance House Board of Directors and especially to Edna Elkins (Chair, Development Committee) and Karen Wildfoerster (Development Director) for their dedication in ensuring that the event was well organized.

On the morning of the breakfast, numerous members as well as staff donated their time providing necessary logistics to attendees (parking, directions, and sign up). Their service was invaluable in making the breakfast run smoothly.

Alliance House members presenting at the event were: Travis Westerman, Tracy Allen, Lauren Bloom and Eleisha Hewes (Poetry) and Bill Hill (In My Own Words). Many attendees particularly commented on how moving and inspirational the poems given by Travis, Tracy, Lauren and Eleisha were.

Board Member, Babe Blattner-Thompson gave the opening remarks as well as a thank you to the attendees for

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

Contributors: Jeremy Christensen, Phyllis Sharples, Simon Metzner, Petra Pallos, Lynn Sorenson, Jolene Dalley-Waters, Dunc MacDonald, Rob Peden, John Cox, Bryson Beal, Jan Buck, Travis Westerman, Markus Buckalew Margeret L., Sue Hanson, Bonnie Wood, Amber Mackay, and Bill Hill.

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A partner with Valley Mental Health



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their support and Executive Director, Jeremy Christensen spoke of his vision for Alliance House and how it had made a difference in his life. Last, but certainly not least, Board Member Ken Verdoia gave an energetic description of his experience with Alliance House and appealed to the audience to demonstrate their support for AH.

The Alliance House would like to express its thanks to The Eccles Foundation, Valley Mental Health, Wells Fargo Bank, and Parsons, Behle and Latimer for sponsoring the event. These organizations as well as the hundreds of individual supporters are the primary reason that Alliance House can open its doors to uninsured people. This support has made a difference in the lives of many people who otherwise would not have access to the resources that Alliance House provides. On a daily basis, you can see people growing in self esteem and gaining the self confidence required to enter the workforce.

Please feel free to come in to Alliance House for a tour. They are given on a regular basis and form a base of support that enables us to offer Clubhouse Membership to adults who suffer from mental illness.

STANDARD OF THE MONTH: NUMBER 31

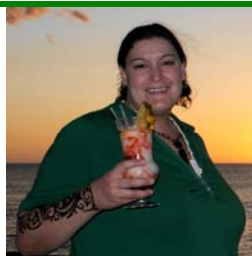
By Bonnie Wood & Amber Mackay

"The clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed." – Standard #31

"I think we are fortunate to have a clubhouse which keeps their doors open for us on the actual celebrated day so that we are all included in the community." – Bonnie Wood

Many have strained relationships with their families and some live too far away from their families to visit for these important dates.

There is a richness and warmth in the welcoming of the Alliance



Thanksgiving



House. We all want everyone to share the holidays with the loved ones and friends we find at the clubhouse.

NOTE: As in every year the clubhouse will be open on both Thanksgiving day on November 27th and Christmas Day on December 25.

All members are welcome to attend us at the Alliance House from 10 am – 2 pm on Thanksgiving and Christmas at our address on 1724 S. Main St. SLC. Buses 17 and 9 pass by this location, although for those holidays, times and services vary.



CLUBHOUSE INSIDER:



By Dunc Macdonald & Sue Hanson

Hey everyone! Sue and Dunc are finally back in the newsletter!

Our annual house retreat will be held on October 29th. It will occur at the Tracy Wigwam in Millcreek Canyon. This is a chance for members, staff, and board members to make goals for 2009.

We would just like to remind people that our clubhouse came to consensus that lunch is now \$1.50. Due to rising costs of food and our budget, we have raised our prices. We have never raised our prices in twenty-one years.

We are sad to be reporting that Brooke Harger will be leaving us August 22nd. She has accepted a job working IHC. She has been instrumental in starting up our Supported Employment and most of all many of our Martha Stewart projects. Alliance House will really miss her and hope that she comes back.

From September 24th to October 10th, we had three training teams join our clubhouse. The Club House Stairways from Chico, California: Armando Hernandez, Meredith (intern), Ted Montgomery and Mike Little, the founder. From Commerce Park in Pennsylvania: Karen Greutz, Laura Smith, and Karen Retorick. From Spirit Crossing Clubhouse in Fort Collins, Colorado: Stephanie Madsen, Sandra Vasquez, and Grant Midcap. From Helgenzin Klubutalo: Bugit Huntenen, Mirja Tolonen and Passi Paksuniemi.

When asked about our clubhouse, Karen Retorick said, "I sincerely thank you for a wonderful week of training...Alliance House is totally fantastic. I'm sure that you'll see other teams come out from house for future trainings."



By Petra Pallos Did you know...Wow

September was a busy month and we have the statistics to prove it! We have increased our Transitional Employment openings and made way for new members to take advantage of our on going Transitional Employment spots. 8 positions were opened and filled by happy hard working members. So as expected, our cumulative wages earned by members from the Transitional Employment has also increased from \$3,154 to \$4,794.

Our lunches served this month also increased from 543-640. This was partially due to our visiting colleagues and the members increased attendance this month. We expect the number of our new members to rise with the new contract Alliance House has with the VA. Next month we anticipate this new exiting change in attendance!



To those celebrating

Birthdays in November...

- 1st- Rhonda North
- 3rd- Katherine Meals
- 5th- Joey Hardman
- 6th- Bob Davis, Marianna Dimitrio, Big Mama Jett, Anne Phillips
- 7th- Kitty Cather
- 8th- Nicole Ferguson
- 9th- Joseph Lindsey, Paula Oviatt, Paul Retz
- 10th- Gary Atkins, Kristen Sheehan
- 11th- Amie Hanson, Claudia Munroe
- 12th- Rachael Sims
- 13th- Brett Christensen, Geraldine Gilmore, Rebecca Jensen
- 16th- Michael Miller
- 23rd-Christopher Brock
- 24th-Wayne Jensen

BUSINESS UNIT:

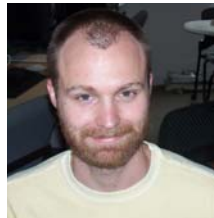
By Jan Buck and Simon Metzner We're happy to have a new and talented member join us. His name is David Goodman and he enjoys music and would like to be a professional vocalist some day. He is hoping to be self-employed as an owner and manager of an apartment building. David's main goal is to become self-sufficient and we wish him the best in his endeavors.

We are looking forward to the Holiday Season and have some suggestions from Patty Pheil, M.S.W. on making our way through the holidays.

1. Try to avoid putting unreasonable pressure on yourself to be happy. Just go with the flow.
2. Seek out people who make you feel good.
3. Get your endorphins going – get out there and enjoy the snow!

And most importantly, be sure and attend the wonderful dinners and parties we will have here at Alliance House. The food, friends, family and all types of fun are perfect if you occasionally feel a bit lonely.

We'll be looking forward to sharing the special season with everyone.

**HEALTH HUT/CULINARY UNIT:**

By Markus Buckalew and Margaret L. We'd like first to thank the dedicated crew of the Culinary Unit. We need more support in the afternoons with waiters and waitresses. Look for new winter recipes in the Health Hut, possibly soups. We do our shopping on Monday or Tuesday mornings and anyone is welcome to come along.

On Thanksgiving from 10:00 am to 2:00 pm, the Board, Members, and Staff will all come together to make a great meal and share items/food from home.

The Culinary Unit would like to welcome Elizabeth Becer back to the Unit and Alliance House. We would also like to thank Lynn for her dedicated help and guidance with the Health Hut and ideas for healthier meals and snacks. Sue and Lila have finished training and are back in the Culinary Unit. Sue and Jeremy have provided new appliances for the Culinary Unit and the Health Hut. We would like to thank Jeremy for his great garden – he has brought us tomatoes and other vegetables.

HEALTHY CHANGES:

By Jolene Dalley-Waters

Remember this holiday season, with all of the yummy food choices, you can make wise food choices. For a healthy heart try to make choices which have less fat, less sodium, more fiber and fewer calories. It can be tempting, but if all else fails, leave some food on your plate.

CAREER DEVELOPMENT UNIT:

By Travis Westerman

Greeting friends of Alliance House, a lot went on in the CD unit this month. This month has been filled with both good and bad news.

First the good news; Lonnie Jackson and Rachael Sims have finished their credits for high school. So if you see them please congratulate them. If you don't know who they are then come see our new wall of fame in the CD unit. We have changed the pictures of the people in education and employment, making it much less busy and more appealing.

Now for the bad news; Brooke has left us. We will all miss her much, but are grateful of all the hard work and dedication she has put in over the past few years. She will be missed.



EDUCATION UPDATE:



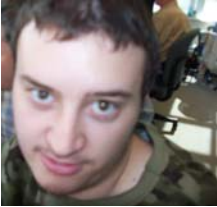
By Dunc MacDonald and Phyllis Sharples

The Education area is alive and thriving. We are proud to announce one of our students has completed the necessary credits for graduation. Her name is Lonnie Jackson and she can be found most Wednesdays working hard in the Education room. Now that she has completed her credits, she and her son, Dameon, are committed to reorganizing the education files.

Lonnie has a background in office management and that has been evident in her enthusiasm for this project. She states she is grateful for the help she has received from the clubhouse in obtaining a high school diploma and now wants to give back. We are grateful for her and hope everyone will take the opportunity to get to know her even better.



EMPLOYMENT SPOTLIGHT:



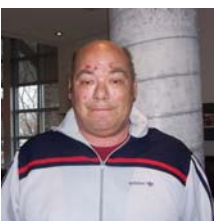
By Bryson Beal

By Tim Rush has been a member at Alliance House for a few months and he started his journey on learning how to be a grill cook on November 4, 2008. He enjoys his job where he has an IE which is an independent employment. He says his job is easy and his supervisor is easy

to work with. He trains for 5 hours from 7:00 am to 12:30 in the afternoon. He works at the Salt Lake Community College, and enjoys being there.

These job opportunities like this create ways for people from the Clubhouse to interact with the people and environments outside of Alliance House, and to get new skills from the outside world beyond the Clubhouse; getting a paycheck and money is an important and exciting thing for the members to look forward to.

COX CORNER: THE HOLIDAYS 2008



By John Cox The Holidays are a special time of year...It starts with Halloween and kids are special. The story I have heard is that once upon a time Halloween was called All Hollows day which is to recognize all the different sprits in the spirit world.

Then comes Thanksgiving. Thanksgiving is said to be a thanks to God for life and trials conquered in the last year. A SPECIAL DAY!! Then comes CHRISTMAS I call it C-MAS, I think it keeps the CHRIST in CHRISTMAS...HAPPY HOLIDAYS 2008!!!

JEREMY'S SOUNDBYTE



By Jeremy Christensen

It feels like we are on the way down a roller coaster this past month and about to go back up. It has been quite a ride. Again this year I have had the opportunity to call many of the donors to Alliance House and thank them for their donation this year. In spite of the economic turmoil the nation and world are facing, donations had a bit of an increase from last year and I had to ask myself why this is.

I don't know that I came up with the right answers, but from my conversations with people I really got the sense that people care deeply for the welfare of others especially when times are tough. Many people thanked me and Alliance House for giving them the opportunity to learn about Alliance House and hear the stories and poems from members who presented at this years Alliance House Milestones fundraising breakfast. Many lamented that they had not known about Alliance House before this event and wished they had been able to get involved sooner. Many others shared stories of current family members in need and the reassurance they felt that there is a program like Alliance House in our community.

It never ceases to amaze me how resilient people are, and this is exemplified to me daily as I work and associate with the members of Alliance House. Watching people face unspeakable horrors and darkness, reaching for light and most often finding that light somewhere within themselves and then immediately sharing that with others, which has made Alliance House a very bright place. A place I come for inspiration, to recharge and find fulfillment. So I too would like to add my thanks to Alliance House.

THREE WEEK TRAINING: CONTINUED ON PAGE 7



By Rob Peden Alliance House welcomed four clubhouses in September and October for three-week training. The clubhouses represented were from Club Stairways (Chico, California); Commerce Park (Williamsport, Pennsylvania); Spirit Crossing Clubhouse (Fort Collins, Colorado);

and Helsingin Klubitalo (Helsinki, Finland). The members and staff from each of these clubhouses were incredible and all worked very hard to learn as much as possible, develop strategies and tactics to implement clubhouse goals, and take good information back home.

Every day of the three-week training was an adventure for Alliance House. Just having the extra people in the house was energizing and we looked forward to getting to know them. Each of the colleagues brought something special and made an impact on our clubhouse. ! Spirit Crossing from Colorado shared some of their experiences from their clubhouse, as well as learning from Alliance House.

The colleagues from Chico, California are starting a brand new clubhouse and were both excited and overwhelmed at the prospect. Our Chico friends, Armando Hernandez and Ted Montgomery, kept us all laughing and made sure we served bacon at least once. Mike Little and intern Meredith Ray joined Armando and Ted for the third week. Sending an intern to colleague training proves the commitment Club Stairways has to

achieving long-term success in the Clubhouse community.

Birgit Huhtinen and Mirja Tolonen represented Helsingin Klubitalo, with Pasi Paksuniemi attending as third-week administrator. The colleagues from Finland were very conscientious of their health and walked to the gym every day to work out. The genuine Finnish lunch they prepared was one of the highlights for Alliance House and the other colleagues. Their dedication to wellness is exceeded only by their linguistic skills; our Finnish colleagues easily held their own in a training conducted in their *third* language.

Commerce Park sent Karen Greutz and Laura Smith as visiting colleagues and Clubhouse director Karen Retorick as third-week administrator. Even among a group as strong as this, the Commerce Park participants demonstrated impressive enthusiasm and

energy by throwing themselves wholeheartedly into both training and the work of Alliance House. A strong, experienced Clubhouse already, Commerce Park came committed to improve in specific areas and worked tirelessly to plan that improvement.

Another established Clubhouse, Spirit Crossing was represented by Grant Midcap and Sondra Vasquez; Stephanie Madsen was the third-week administrator. They graciously contributed as much information as they gained, sharing their ex-

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!



THREE WEEK TRAINING: CONTINUED FROM PAGE 6

periences on what makes a Clubhouse work. They were an integral part of the discussions, receptive and energizing to all the presentations, and a model of what a team of visiting colleagues should be.

Two features of this training group stand out. First, Ralph Bilby joined us for the second week to spearhead the employment section of the training. With nearly a third of a century of experience with employment and job development, Ralph is the acknowledged master of Clubhouse employment programs. Ralph's presentations were so valuable that Alliance House taped much of them for use in subsequent trainings. In his discussion of Transitional Employment Placement job development, he quipped, "I've been turned down for more TEP developments than anyone in history."

Amber Weber, who helped implement this training, said "What can you say about Ralph Bilby. The whole time he was here, he was inspiring, extremely personable, and his knowledge benefited not only our colleagues, but the totality of Alliance House's employment program."

The second distinctive characteristic of this training was the Milestone Breakfast, which fell on the final Tuesday. This fact allowed our colleagues to volunteer and observe firsthand how a proven fund-raising program can be implemented in a Clubhouse environment.

"All of the colleagues were fantastic!" said Lila Galvan. "They wanted to interact with Alliance House's

members and staff. They wanted to work in the units. They were highly motivated."

And they loved every minute of it. The visiting colleagues were almost unanimous in praising the warmth and hospitality of our members and staff; the comfort and hominess of the Eccles Guest House; the helpfulness of the consultations, the outings to Moab, Great Salt Lake, and Park City; the visits to New Reflections Clubhouse; and the visits to our TEPs at Jones Waldo, Squatters and Horizonte. One of the colleagues said, "The most helpful aspect was that all of the staff and members were so helpful in all areas. Discussion and socialization with other colleagues and the whole Alliance House were great."

Things just get better and better. Special thanks to Sue, Lila, Angela, Joy, Rob, and Amber for their participation in all the discussions, presentations, and consultations, and to all the members and staff who made this group so member. May all of our future training groups be this amazing.



**Are you interested in
learning more about Alliance House?**

- Check us out on the web at www.alliancehouse.org
- Come in for a “Lunch on Us Tour”
- Email or call us for more information

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