

alliance house

Clubhouse Chronicle

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LOCAL EDITION

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



Western Regional Conference

By Tarra Perea and Collette Soffe

We met at Alliance House on a Thursday afternoon. We loaded up in the vans and headed for the Yarrow hotel in Park City. When we arrived we checked in and got settled. We couldn't wait for the fun and learning to start.

That first night we enjoyed the Good Will Band and appetizers along with meeting many interesting people from different Clubhouses. After the mingling was over the real work was to begin. To guarantee that things would run smoothly for the opening ceremonies, the stage was put up and the flag posts were assembled the night before.

Friday was the big day! The opening ceremonies

made the evening open with a bang and everyone was very touched by the message delivered by Ken Verdoia about each of us having our own light. Sometimes in our lives our light goes out; when this happens we rely on one another's light for strength and direction.



The rest of the day was filled with workshops and discussion groups. Rulon Gardner was an exciting speaker and the listeners were amazed at his life challenges and how he decided to handle the hard situations he found himself in. He worked hard and accomplished so much with his determination to succeed. No matter what others said or thought he was determined to give his best and to be happy with his achievements in all that he pursued.

The conference wasn't all work. Friday afternoon

participants at the conference were taken on a tour of the Olympic Park and fortunate to watch the Flying Aces perform some real amazing feats of gravity! Tarra found the workshops uplifting her, but she really enjoyed watching the Flying Aces.

Saturday was another day of learning. Collette found the workshop on how and why the standards are in place to be enlightening and very informative. She also found it exciting to meet and talk with others from different clubhouses. The workshop on Dual Diagnosis was Tarra's favorite and she liked learning about how Hawaii works hard to help all those that come through their doors.



Sunday was the closing ceremonies. Dancers came to delight those that attended with some authentic dancing from the islands. Those that were touched and

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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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enlightened by the conference had the opportunity to talk a few minutes about their experience with mental illness and how they have been helped by this conference.

Those that attended will not soon forget the great time. The participation of

the speakers that volunteered their time and efforts were and are very much appreciated. When we arrived home everyone was tired but filled with the joy of clubhouse!

Education Spotlight Education Dinner



By Travis Westerman
and Carla Marjerison

The education dinner went smoothly. Lots of people showed up and we had a nice meeting about the future of the education program. Tutors will now be able to have set schedules for students to sign up. And students will know that there will be a tutor there when will arrive.

All tutors will have to go through an orientation. And once every three months the education dinner will be repeated and possibly revised.

This will also make it easier for students and tutors to get to know each other for a more successful education session.

After the meeting there was a chicken and rice dinner with "Trista's desert pizzas". All in all it was a success.

Clubhouse Insider



By Duncan Macdonald
&
Sue Hanson

About forty Alliance House members and staff bussed and wiped down tables for the Annual Greek Orthodox Church on September 8th-10th. This is a fun annual event, which includes great food and fantastic dancers. Our members all worked really hard during this event, but we are a great team.

On September 7th, workers from the Jones, Waldo, Holbrook & McDonough and Dental Select came to Alliance House for the United Way Day of Caring. We cleaned up the house and our apartments at 1805 S. Main Street and then had a delicious lunch.

Many projects were completed at Alliance House including cleaning all the windows, deep cleaning the kitchen, organizing the basement, and getting our yard in topnotch shape.

We really appreciate all the hard workers from both of these companies.

On October 17th, we will have our Employers' Dinner. The point of this event is thanking the companies that we have T.E.Ps with for allowing us to work with them. The invitations were sent out on September 27th. The Career Development Unit have worked very diligently in making sure that this will be a grand event. If you've received an invitation, please RSVP soon.

Mark your calendar-our House Retreat is at Wasatch Mountain Club on October 12th. We plan to celebrate the goals that we have completed and make new goals for next year. Of course, we'll play some fun icebreaker games as well.

Standard of the Month



By Miriam Hyde

The Clubhouse has its own identity, including its own name, mailing address and telephone number.

Hello. My name is generic, as is my gender, hair and eye color. I live on Anywhere Street and have no means of communications.

Hello. My name is Miriam Hyde. I'm female with brown hair and eyes. I live in Holladay, Utah. I can communicate with you via telephone, email, fax, and in person.

There's a building on Somewhere Street. It's really hard to find an address. There are always people going in and out but I can't figure out why. I can't look up the phone number because I don't even know the name of the place!

Welcome to Alliance House. Our address is 1724 South Main Street; Salt Lake City, Utah 84124. Our phone number is 801/486-5012. The email address is *alliancehouseslc@yahoo.com*. You can also fax us at 801/466-5077.

What a difference individual identities can make! This is even more important when a clubhouse is associated with something bigger, such as an auspice agency. Clubhouses should be easily and clearly identified, both name and address on the outside of the building. Community members may not understand what "it" is but they can at least come in and find out.

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

We would like to welcome Noreen Bedford, Sandra Ellis, Charlotte Rainer and Sherrie Waller. Hope you have a great time.

We want to say thank you to a real hard worker. He has been working on fixing some of our computers. His name is Charlie Huggard and he has done a lot of extensive work. Thanks Charlie for working with the computers.

Wasatch House has invited some clubhouses to join in with their Halloween Dance. Hope you can come. It's only a dollar! There is food and fun for everyone. It is in Provo Utah and on October 31st 6pm- 8pm.

Alliance House Clubhouse Retreat October 12th at 9am –4pm. Reviewing last years goals, Having team building games and even more. We are glad that teamwork works. Relationships are growing, And Jeremy is trying to get the exact square footage of A.H.

CD UNIT UPDATE



By
Dennis Boucher & Carla
Marjerison

This month we have seen many T.E. changes in personnel. Mason Andrus was selected to take on the Squatter's position, and so finished Nutty Guys. Cindy Richardson was selected to take his place and started at the

beginning of October. Denis Boucher (ME!) successfully completed working at Valley Mental Health, which was a serious achievement. Trista Schroeder replaced him (me) at this job. Rick Schroeder, Trista's husband, will be starting the position at Grand America this month as well. Also at the beginning of October, Amy Astin began her employment odyssey at Youth Services. The unit has been working hard with plans for the Employer's Dinner on October 17th. We still need to complete the program, arrange for centerpieces, and confirm attendees.

We held our first Education Dinner this past month. There were approximately 18 students and tutors there who helped generate ideas for the program. We are now working on planning tutor and student orientations to introduce new members to the program. The group decided to have this dinner four times each year, so the next one will be at the beginning of December. Sherry Buck, Victor Gaisford, Kathy Handy, Mike Rugaber, Rick Schroeder, Sheldon Stultz, John Schultz, and Breana Thatcher continue to work towards their high school diploma.

During the last month, we have welcomed Karla Laing, Richard Davis, Ruth Watts, Jeremy Appling, Vickie Brophy, and Samuel Luke to the Career Development Unit. We are so lucky to have their talents and energy. All these new members, in many capacities, add zest and vigor to our growing unit!

Culinary Unit Update

The new and improved culinary unit is proud to bring you, the Alliance House Members.

We would like to get more members involved. Please come and join the fun team. We have had improved attendance in the kitchen in the last month.

Also, we'd like to say thank you to all the new wonderful help in the kitchen. Thanks to Richard, June, and Marie. We'd also like to thank the many other members that have been around to keep the kitchen going.

Hi my name is Richard. I like long walks on the beach with a blonde on a warm summer night.

My name is June. I have seven grandchildren and I love to go to church on

Sundays. It makes the day go by fast.

My name is Marie. I like to spend time with my kids.

We are proud to be able to help out with the retreat on the 12th of this month. We will be putting together all the food. Once again, we invite you all to join us in the culinary unit.

Cox's Corner



By John Cox

Well September is gone. I had my 58th birthday and found out that a lot of my friends have birthdays during September. I really needed the chance of serving hours at the Greek Festival. I proved to myself that I would not have lasted a full shift, though I am in no shape to go to the Greek Festival in the future. I sure do hope we keep the Greek Festival, as it is a great service we provide! I need to say a job well done to all the people who worked the Greek Festival!

Also there is more that happened in September 2006, Day United Way, Day of Caring, and the Western Regional.

Thanks Again,
John

Jeremy's Sound byte



By
Jeremy Christensen
Executive Director

Relationships. Ever have difficulty with these? I have. On the other hand, when I think of the best times in my life, they have always involved meaningful relationships. It is an interesting dichotomy to think about. Relationships have the potential to really challenge or enrich our existence.

One of the cornerstones of clubhouse is relationships, and for good reasons it seems. Everything we do in clubhouse, whether as a staff or member is in conjunction with an interaction with someone else.

When it is not, whatever activity we are engaged in, doesn't seem as meaningful. I have learned in relationships, that no matter the person, past, ability when I authentically work side by side with someone I learn more from them than I imagined possible.

So a call to all members and staff (especially myself)... when you are working on a project, any project look around and invite others to join you, support you, for both of your benefits. Clubhouse seems to me more about the process of relationship than the finished product of any given task... and two peoples input usually ends in a better product anyway.

What about those people that I have a "personality conflict" with? Sometimes it seems no matter what I try the relationship seems to disintegrate and I find myself withdrawing... isolating. I have often found when I work through my issues, resolve difference, those relationships end up being the most meaningful relationships of all.

A tricky thing, these relationships. Not something we are taught in school next to math and science, but probably the most critical thing in

our lives. So a little encouragement... when we find ourselves in a relationship bind, find courage to push through the tough times, set up boundaries to take care of yourself, find meaning in conflict, be willing to be wrong, respect differences and don't be afraid to share your strength. My advice sounds really tough to me, and as I write it I view it more as a mantra for myself than anything. But I really believe that thoughtfully engaging in tough relationships can bring the meaning to those relationships that we long for.

October Birthdays

<u>1st</u>	<u>Cadie Gregerson</u>
<u>2nd</u>	<u>Andrew Watts</u>
<u>2nd</u>	<u>Keith Roberts</u>
<u>7th</u>	<u>Lauren Bloom</u>
<u>10th</u>	<u>Shelly Hoffman</u>
<u>13th</u>	<u>Preston Gilbert</u>
<u>16th</u>	<u>Nance Nelson</u>
<u>18th</u>	<u>Sherry Buck</u>
<u>19th</u>	<u>Kimberly Keener</u>
<u>22nd</u>	<u>Joe Jenkins</u>
<u>25th</u>	<u>Dan Carbine</u>
<u>26th</u>	<u>Irene Lieshman</u>
<u>30th</u>	<u>Iris Boyd</u>
<u>30th</u>	<u>Toni Hall</u>



Did you know?

In the month of September:

Total Hours Attended:
3165 Hours

Number of members enrolled in Supported High School:
18 Students

Activities

2 nd	Housing Barbeque
5 th	Mueller Park Picnic
7 th	Millcreek Canyon Picnic
12 th	House Retreat
14 th	Ogden Festival
18 th	Adopt a Highway
19 th	Gardner Village
21 st	Bowling at the U of U
26 th	Halloween Dance at Wasatch House
28 th	Wheeler Farm
30 th	Halloween Party
31 st	Halloween



Happy
Halloween!

+ _____ +

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USA

