

# 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



## Work Hard to Play Hard

By Brooke Baltazar

Recreational activities seem a little strange to have in a setting where we are so work oriented. And many outsiders may think in a setting where we try to be as collegial as possible there would be no room for recreation. Well, here is why recreation is so important in the whole model of clubhouse.

Building meaningful relationships is a vital part of what clubhouse tries to do. Spending time together

outside of the work place is a great way to increase those relationships and get

everyone to relax and enjoy each other.

We have done a variety of recreational activities to help us increase our relationships and amplify our fun. We have attended Salt Lake City Bees baseball games, participated in a variety of barbeques, hikes, and days in the park. We have received tickets to go on a lift ride at Sundance as well as attend a variety of festivals. We also have Heart and Soul, a group of local artists, come and perform once a month. These activities not only increase relationships amongst

members but it helps us spread the name of Alliance House to different business and people in the community. We also have what we call Coffee House. At this, members and staff members are able to share their talents with each other, drink coffee, and eat good food.

Many of our members enjoy activities such as the dollar movies or bowling. One great thing about our recreational activities is that members have a chance to decide what they would like to do and help make preparations for it whether it's asking for free tickets or planning a menu for the barbeque. We all seem to pitch in and join in the preparations of this great part of clubhouse. Our activities take place on Thursday night and Saturday day.

Here is what some of our members have to say about how they feel about our recreational program. "I really enjoy our program. It's great. I really enjoy the rides and going golfing." said Jim Mcwhorter, a long time member. John Cox said, "It gives me something to do when I've got nothing to do.

## 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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I really enjoy Heart and Soul and the outdoor activities in the summer."

## Education Spotlight



By John Schultz

Victor Lee Gaisford was born in Lehi, Utah. He has been married once and has one son and one granddaughter.

Victor's hobbies include collecting rocks and fossils. His religion is also important to him. Victor says he was excellent in school until he got to high school. He went to school in Memphis, Tennessee. He also went to school in a small town and rented a house with his sister and brother-in-law. He was there six months and drove back to Lehi by car.

Currently Victor is working towards his G.E.D. tests. In the future his dreams are to get his high school diploma, and possibly a job to get rich.

He states that Alliance House has a lot of good people.

## Clubhouse Insider

By Duncan Macdonald  
&  
Sue Hanson

Sue Hanson has now had 20 great years in Valley Mental Health and 11 of those years here at Alliance House. Our Executive Director, Jeremy Christensen, presented her a very nice gift certificate and gave a moving speech about her. She feels that the Clubhouse Model is the best she has ever been involved with and feels so honored to work with so many great people. She looks forward to many more years at Alliance House.

The Western Regional Conference is moving right along. We have nine presenters that are doing plenaries and workshops at the conference. Alliance House is having a day for the presenters to do a practice run on their speeches in front of the clubhouse membership on Sept. 6<sup>th</sup> at 2:00 p.m. We're calling it "Applaud the Presenters" Sue would personally like to thank the members for all the hard work in the many, many faucets of preparing for the conference.

September is going to be a very busy month at Alliance House. We will be having a Day of Caring on September 7<sup>th</sup>. It starts with a kick off breakfast at 7:30 a.m. We

will then come back to the house and start working both at the clubhouse and at the 1805 apartments. The Jones, Waldo, Holbrook and McDonough Law Firm will help us at the house by deep cleaning the kitchen, doing yard work, and cleaning the windows. Dental Select is going to work at the 1805 apartments. They're going to clean the basement, put up shelves, paint the doors and do yard work. We will have a delicious barbeque lunch to thank them for their work. We are very excited to have both of these companies learn more about Alliance House.

The other major activity is the Greek Festival that runs September 8-10. This is our 18<sup>th</sup> year working with the Greek Orthodox Church. This is an opportunity for members, board members and staff to work together to help in a fantastic event. We will be busing and cleaning tables as well as wiping trays.

## Standard of the Month

# 3

By Amy Astin

I was asked to write this month standard of the month. I choose to focus on

standard #3 in this article. Which is: *Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.*

This is the standard that seems to jump out at me as the most important for me. The key word is "choose" or that the individual member is allowed to make their own choice in when they come to the clubhouse and how they participate in the Alliance House activities.

Life happens. People become sick or a family member is hospitalized for one reason or another. Sometimes it is impossible for members to get other responsibilities done in their life if they are required to adhere to a schedule or sign some kind of contract related to attendance and/or participation.

Since many members struggle with some form of severe mental illness, this standard makes sure that no undue stress or pressure is put on the individual who chooses to attend and participate in Alliance House. When dealing with symptoms of mental illness it is often very difficult to commit to things or to do anything productive during the day. The clubhouse provides a place to come so that the individual can get away from isolation and form new relationships. With no

schedule or contracts members can come and go as they feel like it and choose how they will help in the operation of the clubhouse. With the member in control it empowers the individual to start down the path of recovery from mental illness.

## Business Unit Update

By Betsy Ogden



Welcome to Cynthia Wood, Paul Turner, Dave Houghton, Noreen Bedford, Nicole Chavez, Sandra Ellis, and Charlotte Rainer.

We have little pamphlets for the new orientation members to read and learn what the clubhouse is all about. We have had lots of people come in for orientation this month and are always welcoming new members.

We've all been busy preparing for United Way Day of Caring. We have gathered supplies for the various projects that will take place at Alliance House and our 1805 Apartments. Jones, Waldo, Holbrook, and

McDonough Lawfirm and Dental Select will be helping us with our projects.

We have also been busy doing the final prep work for Western Regional Conference. Many phone calls and fliers have been made to make sure everyone stays informed about the conference. We thank everyone for being so patient during this crazy time.

## CD UNIT UPDATE

by  
Chris Smith  
&  
Carla Marjerison



The CD Unit Retreat was on August 8 at Jan and Norm's condo (as usual). We started off with – what else? – eating! Then an icebreaker game that Jamuna prepared. It was a lot of fun – different than other games we've ever played. She rocks! Then we got straight down to business.

We spent a chunk a time creating goals for our employment program, including the development of the mentor program and educating the House about Supported Employment.

Then we took a little break and ate some more. Next was a short session related to the Employer's Dinner which is taking place in October; then we took another break and ate lunch. A lot of lunch.

When we were all full, we played another fun game, which made everyone feel comfortable and a little riled up. Then we devoted some time to education. Some of our goals are to develop a system for orienting new students to the high school program and to start a monthly social event for students and tutors to get to know each other better. Then we took another break and ate a little bit more.

Our last session involved the Clubhouse Closet. The unit has plans to start offering a ticketing system, similar to lunch and snack bar. We also decided we are again in desperate need for hangers. (However, we only use a certain kind, so please don't bring in your own wire or plastic hangers.)

There was just enough time to clean up, snack a little, and allow Joy, Stacie, and Tracy to take a short dip in the pool. Then we hoofed it back to Alliance House with all of our leftover food and our inspiration intact.

## Cox's Corner

By John Cox

Hey People Look Who's Back! Hi my name is John Cox . I just got a Certificate of Completion for 80% attendance through the Masters Cyber Café' computer class ! For 9 months 3 days a week.

I have tried to come to Alliance House as best I could. But I have lost the chance to meet and mingle with all my friends at the Club .

I am back to employ my new knowlage of computers. Soon I will be busy.....just being busy!! Thank You SEE YA!!!!

J. COX

## Jeremy's Sound byte



by  
Jeremy Christensen  
Executive Director

Being nice. Sounds so warm and fuzzy, I know. It is really something I have been thinking a lot about lately. Common courtesy, the golden rule, empathy,

patience, understanding, tolerance... simple steps to just being nice... nice to ourselves, nice to others. What better place to be nice than the clubhouse. This is a place we all come to give and receive mutual support. We want to see success, recovery, healing, excelling, accomplishment, fame and glory.... OK I went to far there at the end. But really, what place does sarcasm, water cooler gossip, bitter defensiveness, unconstructive criticism have in a clubhouse... and more pointedly in any work place?

Oh, yes, I guess I live a bit in a fantasy world to think this is how it really is, or how it should be in the near future, when I myself couldn't claim to follow my own advise all the time. So I guess I am just saying I believe this is something we can all just work towards one little bit at a time. I believe doing just that can really encourage others to do the same through example.

Of course this suggests also setting clear boundaries if our "niceness" is taken advantage of. I really believe setting those boundaries can still be set with basic human respect for others. So there we are, me expressing life lessons that I am not entirely sure how to apply myself... but I for one feel I can commit to continue learning about being nice.

## September Activities

14 <sup>th</sup> - 17 <sup>th</sup>	Western Regional Conference
21 <sup>st</sup>	Heart & Soul
23 <sup>rd</sup>	Sugarhouse Movies
28 <sup>th</sup>	Alpine Loop Fall Colors (Dress Warm)
30 <sup>th</sup>	City Creek Canyon

## September Birthdays

2 <sup>nd</sup>	Cheryl Law
6 <sup>th</sup>	Tracy Park
7 <sup>th</sup>	Judy Uribe
8 <sup>th</sup>	John Cox
11 <sup>th</sup>	Virginia O'Neil
11 <sup>th</sup>	Cindy Richardson
11 <sup>th</sup>	Daniel Ragan
14 <sup>th</sup>	JoAnne Trone
20 <sup>th</sup>	Carolyn Clark
21 <sup>st</sup>	John Barnhurst
23 <sup>rd</sup>	Lisa Parry
23 <sup>rd</sup>	Christy Smith
24 <sup>th</sup>	Gay Warner
30 <sup>th</sup>	Diana Whitaker

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