



Crane Connection

Volume 1 Issue 5

August 2016

Just the Facts!

June 2016

- Total number of enrolled members: **82**
- Total number of unduplicated members served this month: **44**
- Active member participation rate: **76%**
- Total # of member hours in Clubhouse: **1310.4**
- Total # of hours members spend per day: **54.17**
- Average daily attendance: **16.5**
- Attendance Most Days (Mode): **17**

Clubhouse Training at Genesis Club *by Yvette A.*

On Saturday July 9th, 2016 at 11:25 pm, Jennifer, John and myself left for Boston on a Boeing 547 aircraft. The flight was six hours long. When we arrived in Boston the weather was 60 degrees and very humid. There was a van waiting for us to take us to Worcester, Massachusetts where we would be staying in the Genesis Clubhouse guest home called the Chandler House. It was a old style Victorian house with 12 bedrooms with one or two beds in each room. The house was huge and easy to get lost in. It took me a few days to find my way around. We also shared the guest house with Putnam Clubhouse and J-



California Clubhouse and Putnam Clubhouse at Genesis

town Clubhouse. We all stayed in this big house together.

We visited Genesis for a comprehensive clubhouse training session. They provided training for two weeks, Monday through Friday from 8:30 till 4:30. We were there everyday except weekends. Although I felt the training was very intense and at times long and frustrating, we all made it through the day. We as a clubhouse learned about membership, the voluntary nature of the model, work order

days, relationships, clubhouse space, employment and education, roles and responsibilities, functions of the clubhouse, some funding and governance administration, and brief issues of research findings from the program for Clubhouse Research.

I found this experience very exhausting but also very rewarding. I was very proud of myself and our clubhouse. When Erica arrived I finally felt complete, excited, and overwhelmed because I knew her being there meant it was time for her to do her work. I recommend this comprehensive training seminar for any member in the future.

California Clubhouse goes to Worcester *by Jennifer M.*

One of the things I learned right away at Genesis Club was that staff and members are referred to as colleagues, instead of as members and staff. I like the term colleague because it puts everyone at the same level. Three of California Clubhouse colleagues attended a training at Genesis Club for two weeks and two colleagues came on the last three days. It was a very intense training. We worked and had discussions from 8:15 am to 4:30 pm every day. The first day we arrived we had a day free because it was Sunday. We stayed in Genesis's guest house which was a 3 story house with 12 bedrooms.

On Monday we arrived at the Clubhouse where we were assigned different units to work in. After our work we would go to meeting to discuss the readings we did the night before. Every night we had reading to do. For

the final three days we worked with Kevin Bradley, the Executive Director of Genesis, Juliana Fuerbringer Board President of California Clubhouse and our Executive Director Erica Horn to develop an action plan for our clubhouse.

On the last day of the trip we traveled to Rockport which was a little lobster town where we ran into a huge thunderstorm and the town emptied in about ten minutes. I loved the storm once we were safe in the car. The sound of the thunder and lightning was spectacular. We also visited Salem and it was spooky. There we went to museums and learned about the history of the town.

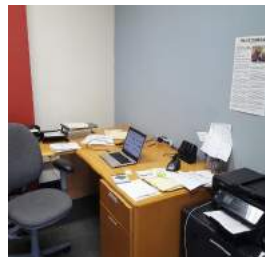
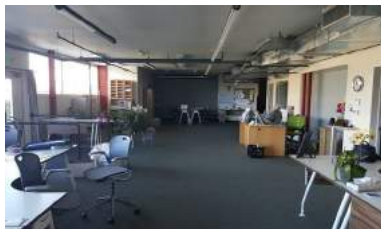
From my experience this was a great chance to learn and see a clubhouse that has been in existence for 28 years. The trainers



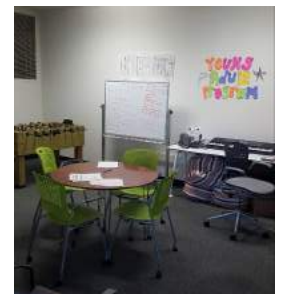
Jennifer in front of Genesis Club

were wonderful! It showed me what a clubhouse can be. While visiting, my job was to work in the membership unit; Genesis has 6 different units. I greeted people as they came in the door during the day and I also sold meal tickets. I went on the weekly visit to the lock down facility at the local hospital. There we explained what clubhouse is and invited them to join once they were discharged. My goal for the coming years is to visit more Clubhouses around the world.

Welcome to our NEW and BIGGER CLUBHOUSE!



**ALL WE
NEED IS
YOU!**



Accounting Training *by Riley M.*

On July 14th, we supplemented our usual Work Ordered Day with a training on the Accounting category. Agnes has done much of the accounting work in the first year of the Clubhouse, with help from Jiro. As an organization, Clubhouse was lucky that one of the first members was suited to those tasks! At the training, Agnes explained several of the routine procedures: tracking daily transactions such as selling lunch tickets and snacks, transfers between cash register and cashbox, bank

deposits, and so forth. We vary in our preferred learning styles, so we listened to spoken directions from Agnes, we watched her run through each process. We also have written guidelines in each binder full of records. (I'll need to re-read those guidelines, next time I'm doing any of our accounting. Accurate, clear records are important, but my attention span was not at its best on that particular day.)

When Jiro moves on from the Clubhouse, we'll want several of

the regularly-attending member to be familiar with those tasks, so that institutional memory and continuity can

come from both members and staff. As we grow, more of us members can become cross-trained, so we can cover for each other if someone is sick or travelling or otherwise away from the Clubhouse. Also if someone's path of personal growth involves branching out into some new-to-



Agnes teaching accounting

them tasks. The more of us who can show a new member any of the tasks in the Work Ordered Day, the better. We may hold more trainings, as we settle into our new building and as we expand into our second year.

Events and Socials

August 4
Board Game Night
4pm -7pm

August 11
Hike at Camp Sawyer
4pm-7pm

August 19
Tie Dye Night
4pm-7pm

August 6
Academy of Science
10:30am-3pm

August 18
Rockin' Jump
4pm-7pm

August 25
Birthday Social
4pm-7pm



CALIFORNIA
ACADEMY OF
SCIENCES

Why Work Matters and Why We Need YOU! *by John S.*



Gilbert working at Menchie's Frozen Yogurt

Within the thirty-six standards of the Clubhouse model lie two important standards that make the Clubhouse unique and distinct from other mental health programs. These two standards speak of the necessity of a Club-

house to be able to 1. enable members to return to paid work through various employment options and 2. provide Transitional Employment—a very supported form of employment that is unique to Clubhouse.

But why is employment such a highlight in the Clubhouse model? It is the same reason why anyone wants to find a job or have a career - to pay the bills, to provide for family, to become independent, to feel accomplished, to have a sense of meaning among many others.

According to Erik Erikson, a crucial psychosocial stage during middle adulthood is generativity vs. stagnation. During this stage, an individual strives to contribute to society (generativity) or if they fail to, live a life of stagnation. This may explain why over 50% of members are between the ages of 31 to 50. This theory suggests that there is an intrinsic human drive to contribute to the community, to have a meaningful and productive life. We know that this remains true even if a person is diagnosed with mental illness.

But unfortunately, mental illness can rob people of their self-esteem and with the accompanying stigma, become outcast from general society. These reasons have prevented most members from having gainful employment even if they are motivated and qualified for the job.

This is where Clubhouse comes in. One can call Clubhouses “opportunity centers” because they not only help and support members find meaningful

work, they also provides a space to reintegrate back into society and the workforce by being a safe and compassionate “training ground”. However, the Clubhouse needs your help. **We are currently seeking Transitional Employment positions** to place our very hardworking and motivated members. If you are an employer or are connected to local businesses who are hiring for part-time positions, we would like to hear from you! By hiring us, you not only help in changing a member’s life for the better, but you are also taking part in an international human rights movement against the stigma of mental illness.

To learn more about the Clubhouse and Transitional Employment or you if have an employment lead or opening, please call us at (650) 539-3345, email us at info@californiaclubhouse.org or visit our website <http://www.californiaclubhouse.org/>

Gerri On-The-Go: Sierra Storytelling Festival *by Geraldine K.*

What a delightful time my husband and I had at the 31st Annual Sierra Storytelling Festival on Saturday, July 23rd in Nevada City, California. A variety of storytellers spun their yarn of stories from their extremely divergent backgrounds. All stories were centered around their childhood experiences and they indeed weaved extraordinary tales.

Regi Carpenter (first storyteller we heard) grew up along the St. Lawrence River where she went bull head fishing with her father as a little girl. As a fifth grader she went night crawling for worms and made all their sounds. After gathering enough bait, her father taught her how to catch large amounts of fish. Along with other fish neighbors they were able to have an awesome “fish fry” served with bread. Regi referred to this event with a biblical saying about the loaves and fishes.

Gene Tagame began by saying “not in our

time, but in the old time when earth and sea were new.” His style of telling stories came from his Cherokee and Filipino heritage. He began by playing his sacred drum and in Cherokee. Then he gathered children around him and gave them instruments while he played a Native American flute.

At five Gene had visions of becoming a Raven dancer. At first he received his leggings and as he grew his uncle gave him an apron, wing, and beak. Now he could become that dancer. Gene dressed in all his “regalia” and danced for the entire audience.

Antonio Sacre with his Irish-Cuban heritage was the funniest storyteller at the event. He related his childhood experiences that his mother told him with such humor. His Irish Uncle Pat would pile all fifteen cousins into the back of his station wagon and put four-year old Mark on the

dashboard and drive all the way to the beach. They would eat Uncle Pat’s white bread with peanut butter and jelly sandwiches. The uncle taught Mark how to swim just like he taught all the other cousins: threw him into the ocean and waited for him to pop up dogpaddling. Antonio used a Cuban or Bostonian dialect for all his stories. He was a delight.

We enjoyed the company that we met during our stay, especially at our lunch break. People from Santa Rosa, Australia, and London surrounded our table as we ate quesadillas and garlic fries.

For my husband and me, it was well worth the trip.



Geraldine at the festival

HIP Housing: Home Sharing *by Erik M.*

Home sharing: is it an option? HIP housing of San Mateo is offering a matching program for individuals to sub rent from local homeowners and renters. The homeowners would sublet a living space for a renter who goes through an interview process with HIP housing. There are many benefits in this arrangement financially and there is an option to reduce rent if

one is willing to do household duties for the homeowner. Although they say that this is an ideal arrangement, I think there should be a dialogue between parties before any set move in or agreements.

Hip housing is located in downtown San Mateo by the Caltrain tracks at 364 South



Railroad Ave, San Mateo, CA 94401. Their telephone is (650) 348-6660 and are open Monday to Friday 8:30 am to 5 pm. For more information about the program you can visit: <http://hiphousing.org/programs/home-sharing-program/>

Clubhouse Evaluation Report *by Clubhouse members and staff*

California Clubhouse surveyed 36 members to determine their level of satisfaction in participating in the Clubhouse program. The survey consists of 27 quantitative questions; 2 attendance questions (frequency and durations of attendance), 22 questions that ask members about their level of satisfaction in the different aspects of the program, and 3 questions on access to the Clubhouse. The survey also included 5 open-ended qualitative questions as to what members have gained from their involvement in the Clubhouse and areas of improvement for the program.

Members surveyed

ranged from those who joined from the time it opened to more recent members as well as those who attended often to infrequently. The correlation between attendance and satisfaction is weak but positive ($r = .15$).

Compared to the survey results from 2015, the Clubhouse saw improvements in the following areas based on the member feedback. The most significant positive change can be seen in the question, "After attending the Clubhouse regularly, I have noticed an improvement in my symptoms." This suggests that participating in the Clubhouse, including work-ordered day and

socials, has real positive impact on the quality of life of the members. In addition, the survey shows that members also improved their skills in handling difficult situations, have better access to resources, and are satisfied with overall programs and activities in the Clubhouse. The areas of improvement for the Clubhouse might be in providing a wider range of opportunities that allow members to develop new and useful skills.

This year's survey included 3 additional questions on access to the Club-



Come by to meet our awesome colleagues!

house. While the questions may not be applicable to the new location because most of the responses were completed before the move, it is notable that none of the 14 members who indicated potential barriers to participating in the Clubhouse responded that it is due to "lack of interest."

DONATION INFO

California Clubhouse is a non-profit organization. Every contribution, large and small, helps California Clubhouse continue our mission to create opportunities for people living with mental illness to be respected members of society by providing rehabilitation programs that facilitate their recovery.

For donations please contact **Erica Horn** at 650-539-3345 or visit <http://californiaclubhouse.org/donations/>



California Clubhouse

Membership Information

California Clubhouse is a membership-based social/vocational community where adults living with persistent mental illness come to rebuild their lives.

California Clubhouse is a free and voluntary program for adults 18 and older living in San Mateo County who suffer from severe mental illness. We are currently located at **210 Industrial Rd, Ste 102, San Carlos, CA 94070**. For more information, please contact us at **650-539-3345** or email us at **info@californiaclubhouse.org**.

Testimonials

“Before the Clubhouse, I did absolutely nothing. I just went to doctors’ appointments and did groups. I worked but wasn’t happy with my job. Clubhouse keeps me busy so that I don’t have to be isolated. I met new friends and it gave me an opportunity to grow and better my health issues. I love working with everyone here and I highly recommend this to anyone who has a mental illness and is interested in doing meaningful work.” - **Yvette A.**

Thank You!

Want to support a great cause? California Clubhouse needs your help ! Here are some items that the Clubhouse needs for its day-to-day functions:

1. Precision NuWave® Revolutionary Portable Induction Cooktop
2. Juicer or blender
3. Video Camera
4. Van
5. Copy Machine
6. Guitars and other gently used Musical Instruments
7. Computers
8. Ipad

*California Clubhouse is a not-for-profit, tax-exempt organization and your donations are tax deductible.