



California Clubhouse Inc.

Crane Connection

Volume 2 Issue 2

March—April 2017

Just the Facts!

January 2017

- Total number of enrolled members: **107**
- Total number of unduplicated members served this month: **48**
- Active member participation rate: **59%**
- Total # of member hours in Clubhouse: **1049.6**
- Average daily attendance: **13.63**
- Attendance Most Days (Mode): **15**

Starting a New Career Path *by Yvette A.*

Hi, my name is Yvette and I have been an active member at the California Clubhouse for the past 10 months.

During this time, I have become increasingly interested in working alongside people with mental illness. At the Clubhouse, I have spent at least 30 hours a week doing various tasks, such as: cooking, cleaning, article writing, planning socials, making presentations, etc. I enjoy being here with other members while we engage in the work-ordered day.

Recently, I finished a 10 week peer-to-peer NAMI (National Alliance on mental illness) course in which I learned how to be a mentor to those suffering from mental illness. In addition, I completed another NAMI training in which I became a certified mentor for San Mateo County. These classes were very helpful

and I learned so much! Thank You NAMI for this great opportunity.

Soon afterwards, I started interning at Heart and Soul, Inc. Twice a week, I give support to those living with mental illness. After a few months interning, I became a staff at their organization. Thank You Heart and Soul! I work at two locations, Coastside Hope in Half Moon Bay and Central County Mental Health. My duties at Central County Mental Health are to work with the individuals from Friends of Hope (one of their program locations). I'm still learning a lot from this job and the people I work with. This career was rewarding as I have been able to pursue my passion for helping others. I also thank Voices of Recovery for supporting me and letting me be part of their



Yvette's first paycheck!

WRAP group—Wellness Recovery Action Plan. Now that I have achieved my short term goals, I am preparing myself for my long term goals, which include going to college at CSM to pursue a career in peer counseling. I've been working very hard to give myself a more meaningful life, however, my most sincere thanks goes to everyone who have supported me, especially California Clubhouse.

Update on Our Transitional Employment *by Riley M.*

California Clubhouse has reached another milestone of progress towards offering all the functions of a well-established clubhouse. Our first Transitional Employment placement started on October 24th, 2016. The employer is Walgreens in San Carlos, on El Camino Real. (If you need something they sell, they are open 24 hours and they share a parking lot with Trader Joes.) I work there, usually four days a week, in shifts of four to five hours. 16-20 hours per week is a gentle re-introduction to the workforce. The agreed duration is 6 to 9 months. After that, California Clubhouse will place another member into the position. I may participate in that member's training and initial support.

Part of the Clubhouse model of transitional employment is support from Clubhouse staff. John Sy, the program director, sat in on the application interview. One of the Generalist staff joined me at work; on my first day, we met in the parking lot and walked in together. I spent my first shift watching training videos and reading policies, and she had the thrilling (or not) experience of watching over my shoulder. At the surface level, she needed the training so that she could catch any mistakes I made, and know the context of my work duties, particularly the risks. (There are few physical hazards, but toxic products such as bleach can spill or leak, and there are also legal liability issues such as selling cigarettes to minors.) At another level, her presence made a difference in my experience. Sitting side by side and

joking about the training videos was different from sitting alone in an isolated corner of the back of the building, while absorbing a stream of knowledge. The latter probably wasn't fun for most of my co-workers either, but for me it would have raised challenges specific to my mental health and my relationship with isolation. The second day was much the same. Then training included exercises in the store's front room, such as locating products in their proper category (Lightbulbs: Hardware, Aisle 9, Shelf 3). I wore the blue shirt and nametag of Walgreens customer service staff. It wasn't long before customers approached me asking where to find an item. I hadn't realized how much that's part of the job; but I'm good at it. Even when I don't know where a product is, I'll help the customer look, and that might make the difference between whether they find it or give up and leave without a purchase. Or sometimes I'll find the employee who stocks that section, and ask them. Teamwork!

By the end of the first week I was ringing up purchases at the cash register, moving items from storage to shelves, and so forth. After my shift ended, I sometimes then went to Clubhouse, had lunch there, greeted friends, and perhaps did a few simple Work Ordered Day tasks, such as scheduling a dinner gathering on the topic of employment, and drafting a guide for my successor.

After the first two weeks, we reduced the generalist's direct involvement; rather than spending the full shift with me, she'd arrive



Congratulations Riley to your success!

mid-shift. The following week, we ended the side-by-side aspect completely. Since then I've had three months "flying solo" at Walgreens, including the Christmas rush. Clubhouse is still "in the loop" and a Clubhouse staffer attended my first evaluation (which went well).

I've mentioned to a few of my co-workers that I'm in a back-to-work program. The managers know the mental health aspect of that program. I don't need much ongoing accommodation, although Clubhouse's support in the application process and training period made a huge difference. My co-workers have noticed that I'm good at fielding customer questions, and I think I've generally made a good impression. So in my case, mental illness is still mostly an "invisible disability". Depression still affects me, in subtle ways. Sometimes my persistence at a task takes the form of grim determination. Well, it suffices.

Spreading My Wings *by Jennifer M., Juliana F. and Agnes C.*

For those of you who missed our star member speaker at the Gala last year and for those who haven't heard how Agnes has done since:

While Agnes spoke confidently during the gala, she was quietly struggling with depression. After the gala, the depression worsened to the point where she couldn't talk as much. According to Agnes, she could say hi and have a short comment on things but she couldn't say anything new or start a conversation.



Agnes' heartfelt testimonial

There were days where she needed to have her mom drive her over. But even during these trying times, she came to the Clubhouse every single day because she believed that being there was integral to her recovery. She also received wonderful support from her Clubhouse family. Jennifer and her would go out to lunch every Sunday and Erica was present when she needed someone to cry with. In her own words, she said "people accepted me this way and this helped me slowly come out of my depression".

In her own words, Agnes said,

"As I come out of my depression, I feel less anxious of things that used to burden me. One of my biggest fears revolved around when my parents aren't around. I didn't know how to cook (even though I've lived on my own before). Now that I'm not depressed, I started learning to



Authors, Jennifer M (left) and Agnes C.

cook in the Clubhouse. With that, I started cooking at home. When my parents were away, every morning I cooked breakfast for Jennifer, who stayed with me during this time."

We hope to blow you away with another dynamic member speaker at this year's 2017 Gala. Expect great food, great people and an amazing opportunity to contribute to a great cause! This is your chance to mix with the Clubhouse community and be immersed in our internationally acclaimed organization.

Updates on our Employment Program *by Gilbert C.*

Transitional employment is constantly improving. Riley was the first member to start T.E. by working at Walgreens. Recently we were introduced to the Department of Rehabilitation for future partnership.

Many of our members are contemplating going back to the workforce. They are being prepared in the Clubhouse by making and improving resumes, practicing interviews, and gaining confidence

through daily chores.

On Feb 8, we went to a hiring event and met with the agency owner, we talked about a future partnership. We are seeking help from local agencies and businesses to employ more members of the California Clubhouse. The members who are currently in transitional employment are working hard for the

new opportunities that this year will bring, leaving a good name for the Clubhouse.



Gilbert working hard in the Clubhouse with John and Karin

My Thoughts on Christmas Eve At Clubhouse *by Jan W.*



Celebrating with friends!

On December 24, the whole clubhouse gathered for the 2nd annual Christmas Eve holiday party. The holidays are a great time to catch up with family and friends as we share stories that happened over the past year. I started my day by helping prepare the food. One of our members, Elizabeth, showed me how to carve the ham. She suggested that I turn the ham sideways, which makes the ham easier to slice. Then I cut the ham diagonally.

We also served leftover turkey, gravy, stuffing, and pie. I

believe about 20 people showed up for the festivities! After the meal was over, we all headed to our seats and started talking amongst ourselves. I talked with Avi about what was going on with her school and her life. With Morgan, a member family member, we talked about politics and books.

Once the side conversations were over, we started sharing our experiences at the clubhouse. Juliana, the founder, gave a few remarks. She recalled how clubhouse started with only a few members and the particular challenges they faced. I liked what I had to say. I told everybody that I love the warmth and kindness of the staff.

We closed our day with a group photo. It was a trouble to get everybody focused because we were all distracted. We finally got ourselves settled

when the photographer finally got our attention. The picture captured the warm spirit of the holiday.

People started leaving after that and we played around with Patrick's dog, Annie. She got a lot of attention as she moved around from person to person. We talked a little bit longer before more rides came. The day then came to a close.

It was a great party and I look forward to coming to more socials in the future.



Having a great time!

Save the Date for Our Second Gala!!!



Thursday, May 11, 2017

6 pm to 9 pm

Crowne Plaza, Foster City

Celebrating a community of hope, recovery and dignity for people who live with mental illness

**Registration is required and will be available on our website very soon!*

Thanks to our generous sponsors



Valentine's Day by Peter H.



Our beautiful set-up

Valentine's day at the Clubhouse was successful. We had an attendance of over twenty people, it was one of our most successful socials. Our meals consist-

ed of cheese burger, heart shaped pasta, strawberries covered in chocolate and home-made oatmeal cookies. Everyone had fun! We sang songs during karaoke, took pictures, and created art work; that was my favorite activity. I accidentally misplaced my keys but everyone helped me find them. It was an interesting night full of music, food, and laughter.

At the end, I left with memories and a balloon for my wife Linda, she loved it.



Our cool director with awesome Iris

Celebrating Putnam Clubhouse's 9th Birthday by Peter H. and Gilbert C.



California Clubhouse in Putnam!

Celebrations are always exciting especially when we are celebrating our sister clubhouse's anniversary. To show our friendship and appreciation we made them a gift, a beautiful shadow-

box with pictures and cranes. They loved it. We toured their clubhouse followed by a delicious meal prepared by members and staff of Putnam Clubhouse. I was very touched by a play they performed inspired by the Wizard of Oz and the stigma associated with mental illness. After the play, some members of the

community received awards and appreciation from Putnam's clubhouse. The mayor of Concord gave a beautiful speech after being recognized for her constant support to Putnam Clubhouse and people who struggle with mental illness. Despite feeling sentimental during the

play, seeing the smiles and claps after the show made it worth all the tears. We returned home with a full stomach and a happy face.



Giving our gift to our sister clubhouse

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 ericahorn@californiaclubhouse.org or 650-539-3345 or visit <https://>



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

“Clubhouse has really helped me. With their enthusiastic approach to working, and socializing, it has become the missing link that has supplied me with the comfort of knowing I can be ready for a workday schedule. A productive life is the goal, and at Clubhouse I get to work with real people, engage in work-ordered activities, and receive real support.”

- Deborah Ann

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. Video Camera/Digital Camera
2. Commercial Copy Machine
3. Art Supplies
4. Weights/Kettle Bells/Yoga Mats
5. Laptops

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