



Just the Facts!

September 2016

- Total number of enrolled members: **87**
- Total number of unduplicated members served this month: **42**
- Active member participation rate: **56%**
- Total # of member hours in Clubhouse: **1269**
- Average daily attendance: **13**
- Attendance Most Days (Mode): **11**

Crane Connection

Volume 1 Issue 7

October 2016

Our NAMI Walk *by Barbara D. and John S.*



Clubhouse representing

On September 17, 2016, a group of Clubhouse members, staff, volunteers, and board members met at NAMI San Mateo at 8:30 in the morning. When we got there, we all received a goodie bag which had a muffin, an apple, juice, a T-shirt, and other goodies. The light refreshments were a great way to fuel ourselves and prepare for the walk!

Around 9:30 am, we boarded the bus headed towards Guadalupe River Park in San Jose. The bus was big and comfortable, a very nice bus! There were 13 passengers total with 7 people coming from the Clubhouse. We were a fun and talkative

group!

When we arrived at the park, the weather was perfect. Before the walk started, our group separated to visit different booths and got some resources and goodies from them. Immediately, we saw some familiar faces, friends and colleagues from different mental health agencies and Behavioral Health and Recovery Services of San Mateo County. The emcee also did several announcements and asked each team to introduce themselves on the stage. There were different teams like Stop



Walking side-by-side!



Together we're strong!

the Stigma Trekkers, Strong Souls, The Marvels, and more!

When the walk started, we were greeted by Native American Dancers who performed a beautiful and intricate dance wearing vibrant and colorful attire adorned with feathers. They also drummed which we believe motivated us to get going. We stuck together as a group and chatted and sweated together, encouraging each other each step of the way.

We saw a lot of people holding signs of support for their groups and loved ones while others wore T-shirts with pictures of friends and family. We even got honks of support while

Cont. on page 2

Stronger Together: The USA National Conference: *by Amaal G.-G.*

I was recently given the opportunity to attend the National Clubhouse Conference in Washington D.C. and I was asked to share some closing words at the conference's last plenary, below are my closing remarks:

I was very impressed with the plenaries. I was motivated and inspired by the speakers and the great ideas they had to share.

I got a lot out of the workshops. I went to the Young Adult workshop and learned great techniques to engage youth. It was also good to hear how other Clubhouses struggle like we

do with engagement of young adults.

At the Language of Clubhouse workshop, I learned a lot of good ideas on how to start the conversation at our Clubhouse about how we present ourselves.

Finally, at the Accreditation workshop I learned about the process of accreditation and it made me feel a



Erica and Amaal at the conference

lot better about our prospects and the benefit of moving forward with accreditation for our Clubhouse.

As a member of a new Clubhouse it is inspiring to meet others doing the same thing we do, facing the same challenges, and celebrating the same accomplishments. It is great to meet people from new Clubhouses and from seasoned Clubhouses.

Going home, I am dedicated to sharing what I learned here with all the members and staff of my Clubhouse so that we can grow from this experience.

Our NAMI Walk (cont.)



A great showing of support

we walked!

You can choose how far you walk, either a 5k (which is roughly 3 miles) or a 1k. There were multi-

ple stations with bottled water which really helped with the warm weather.

The Clubhouse team walked the entire 5k! After the walk, they had people cheering us on as we crossed the finish line. Part of the goodie bag we received in the morning was a coupon for food, which you could use to purchase from a Mexican food truck and/or a shaved ice truck. The authors and other Clubhouse colleagues got different flavors of shaved ice and it was



Signs of support all over

such a refreshing treat, especially after a long walk under the hot sun! The Mexican food truck had really good food too.

We really enjoyed it and we are looking forward to next year!

In the Beginning of the Clubhouse... *by Douglas W.*

The clubhouse started with an idea in a room. A few people knew about clubhouses in other places around the world. Someone came up with a zoning area that might work as a building to start the clubhouse. A lot of paperwork needed to be done when it started in the new building. Everyone involved worked hard, the people that thought of the idea, including new members.

We requested funding from the State of California, through City Hall in Redwood City. We had a meeting and waited to see if funds were available. The

state came through with the money and our first clubhouse was started in San Mateo. We had a lot of donations from the community in support of the clubhouse. We started with three or four members and grew to eighty-seven members at the new location in San Carlos. The clubhouse first started in May of 2015.

Since then we have hired an executive director, some people were hired as generalists, and one got promoted to program director. A couple of members have also gotten hired to work outside of the

clubhouse. We are working on our first TE (Transitional Employment). We hope to get more employment as time goes on. A lot is going on in the Clubhouse and we are continuing to grow each day.



Doug in our new Clubhouse

Events and Socials

October 4 -
Day of Prayer
11:30a—1p

October 6 -
Edgewood Hike
4p-7p

October 7 -
Party Game Social
4p-7p

October 8 -
Sana Sana Event
10:30a - 3:30p

October 13 -
Bowling
4p - 7p

October 15 -
Pumpkin Patch
10a - 2p

October 19 -
Putnam Clubhouse Gala
5p - 9p

October 27
Birthday Social
4p - 7p

October 31 -
Halloween Party with
Heart & Soul
4p - 7p

Celebrating Halloween *by Jennifer M. and Monica N.*

Halloween has given many people the opportunity to hide behind a mask. It allows you to be something that you are not- gives you the power to be different. My interest in researching the origins of Halloween started when the different connotations of Halloween came up. Many believe that Halloween originates from evil, but after doing my research I have realized that it is the opposite. Here is what I have learned.

BBC online reports that Halloween originated from the ancient Celtic harvest festival. Originally it was believed to come from pagan roots, but as noted on that site it began independently of Samhain and has solely Christian roots. However, the origins of Halloween seem to be of little importance when it comes to celebrating.

According to my research, Halloween traditions vary greatly throughout the countries.

Scotland and Ireland both have children going out in the neighborhood and holding parties. Other parts of Ireland celebrate Halloween by lighting bonfires and having firework displays. In other parts of the world, many celebrate by playing practical jokes on each other. As for North America, we tend to celebrate by incorporating a little bit of everything. We tend to celebrate by dressing up, going door to door and asking for treats. The older we get we start attending parties and having games such as pumpkin carving or bobbing for apples.

Here at the Clubhouse, we celebrate Halloween by having a party, dressing in costume, and EATING scrumptious snacks.

Clubhouse is no stranger to baking, so we stir up some great desserts! We also have fun with the costumes and pick a winner for the "best costume". This year, since we have a bigger location, we will be having a joint Halloween party with our partner Heart & Soul. We are looking forward to seeing all the great costumes!



Happy Halloween!!!

August Birthday Social *by Geraldine K. and Monica N.*

On Thursday, August 25th, we celebrated birthdays. Some of our staff and members made a special lunch consisting of tacos, chopped lettuce, tomatoes, cheese, beans, and a special sauce. Amaal, John, and Agnes made a cake and Jennifer made guacamole with Monica and Amaal. All of us enjoyed dinner immensely.

Afterwards we played cards: Fluxx and King in the Corner. Then we sang Happy Birthday and ate cake. What a festive day!

Even Donna's dog, Bella, had a grand day getting her belly rubbed.

One of our largest social gatherings in our new location happened that day-fifteen people showed up. Wow!

It was great to see everyone there and even more exciting to meet new people.



We always have the best treats!

Magnificent Wellness Starts in the Clubhouse *by Ines V. and Kitty E.*

The wellness program at California Clubhouse is starting to develop with members and staff taking a short break after lunch to re-center ourselves between the morning tasks and the afternoon work day. Each day will have a different wellness activity after lunch, before the afternoon meeting. Mondays will be mindfulness and meditation, Tuesdays will be a lunch and learn about the Clubhouse, Wednesdays will be centered around music, Thursdays are healthy tips, and Fridays are art.

As a member, the wellness program is important because we learn more about making things and taking some time for ourselves. I participated in two of the wellness activities so far, meditation and art.

Meditation was relaxing, quiet, and I was able to concentrate. Some people were so relaxed that they drifted off to sleep momentarily. We lit some sage to cleanse the room and create a nice scent. I was so relaxed that I felt comfortable and I was listening to the crickets as the guided imagery was being read.

I liked the art we did on Friday. The mandala I created came out looking like a sun and I felt relaxed. We also did some collage. I enjoyed sticking on the animals that I found in the magazines. I found people and cars and it was very exciting. The wellness program that we've started at California Club-

house was great and will continue to be. I look forward to making more books and coloring more. Other members have also enjoyed the wellness program as well. We will continue to grow and develop our wellness program and look forward to introducing more members to it in the future.



Ines working on collages

NAMI at Clubhouse *by Yvette A.*

California Clubhouse would like to thank NAMI, especially Lee Nash, for their Peer to Peer Mentor Training at the Clubhouse.

I, Yvette, would like to thank the trainers, Oscar and Ryan for their hard work and guidance towards my training in becoming a mentor. I gained a lot of knowledge to teach other people the skills necessary to become a peer counselor.

I met interesting, brilliant and highly educated people during the class and I admired everybody's stories and related to their experiences.

I would like to thank Oscar for tuning our guitars and playing such wonderful music during break times. I felt so relaxed and was very impressed by the level of skill he has in music. I hope he can come to the

Clubhouse and play for us often :).

I look forward to leading a peer to peer class in the future, using the skills that NAMI fostered in me. I highly recommend this program to anyone who is interested in becoming a peer counselor. Through this experience, I have gained invaluable

knowledge that I will utilize to not only support others but enrich my life as well.



Our NAMI peer mentor group

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

"I found California Clubhouse late in 2015 looking to belong to a drop-in center and was surprised to find this one. I was referred from Alameda de las Pulgas (central county) and quickly found a welcome spot here. I started doing basic chores and soon had met some really cool members and staff. I saw the clubhouse grow from a small club of members sharing a small place on Palm Ave. to now where there are almost 90 members and now in a space on Industrial in San Carlos that is 4 times the size. It has been a good opportunity to see how the nonprofit California Clubhouse operates and allows members to participate in the upkeep of the clubhouse. It has been a really good experience as I have a way to start my day with friends and staff."

- Erik M

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. Juicer
2. Video Camera/Digital Camera
3. Copy Machine
4. Gently used Musical Instruments (Drum Set)
5. Industrial Coffee Maker
6. Art Supplies
7. Candles/Essential Oils
8. Weights/Kettle Bells/Yoga Mats

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