



# Traverse House



June 2025 Newsletter

## Member Spotlight



"Clubhouse allows me to be who I am meant to be and have a healthy outlet to share and express my emotions.

Due to the abuse I experienced, I used to be really clammed up. I now have confidence and have become a huge advocate for the vulnerable population. Clubhouse taught me to

find my strength. If services were cut or changed, I would lose my routine that keeps me going every day, go back to isolation, gain more weight, and neglect myself.

Additionally, I would lose any sense of purpose, and my mental health recovery would digress."-Betsy Z



"Clubhouse helps me to better control my ADHD and autism. Clubhouse helps me with confidence and encourages me to control any frustration and anger I experience. If Clubhouse services were cut, I would be disappointed, my friends and I would lose much needed help and connection to each other and services that we need."-Hunter D

## Director's Corner

Summer has arrived! During the month of June, Traverse House has been preparing for our annual Cherry Festival Fundraiser. We worked on updating our signs, printing tickets, preparing for our shifts, and spreading awareness about how to support our Clubhouse.

Each year members and staff work together to raise money for our Clubhouse through selling parking spots in the CMH parking lot. Our fundraiser begins on Saturday June 28<sup>th</sup> at 8:00am and runs through Saturday July 5<sup>th</sup> at 8:00pm.

We sell our parking spots for \$20.00, and all of the proceeds go toward supporting members with educational scholarships, employment support, gym scholarships, housing needs, social recreation activities, as well as, conferences and trainings for members.



We greatly appreciate our community's support and make sure YOU park with us this year!

-Hannah D, Clubhouse Director



Phone: 231.922.2060

Email: trahse06@yahoo.com

Facebook: Traverse House Clubhouse

Web: [www.traversehouse.org](http://www.traversehouse.org)

CMH Crisis Line: 800-422-7315 or 833-295-0616 or 911

Suicide Talk Line: 800-SUICIDE or 800-273 TALK or 988

# Community Awareness & Advocacy

## Advocacy is Powerful!

Traverse House staff, members and supporters showed up in numbers at the Special NLCMH Board meeting and shared their testimonies!



“Clubhouse has provided me with so much stability and support.”-JL

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“Clubhouse has helped me to stay out of the hospital. Without Clubhouse services I would stay to myself in my room.”-RG

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“A few years ago, I was a mess and really struggling- I was able to get the help that I needed and now I am back at the Clubhouse and ready to be more involved both mentally and physically, I feel that I am ready to help in any way I can with work order days. My recovery journey would not be the same if services were cut or changed, specifically the positive impact that the interactions I have been able to have with my peers.”-AB

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“I have been a member of Traverse House Clubhouse for a little over a year and point blank, it has saved my life. Traverse House has created structure and purpose in my life, it has helped me to increase my confidence and outlook on life. Also, I have been able to grow in my recovery and to get custody of my son back. Without clubhouse, my mental health would deteriorate, and I would be lost. I would lose the structure and purpose and could very well lose all my accomplishments and improvement in my mental health and recovery.”-JE

“Clubhouse has been the only service/program I feel has been helpful re: my mental health recovery. Clubhouse has been a consistent place where I can go and receive support and find purpose in my life. If Clubhouse services were cut or changed in any way, my mental health would drastically decline- I would quite literally have lost the one service I can rely on to be helpful and give me a sense of purpose in life.”-BD

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On June 20, 4 vehicles and 18 Traverse House colleagues made their way down to the NLCMH Board meeting in Cadillac to advocate on behalf of clubhouse amidst talks of potential budget cuts... **Way to show up in force!**

*Pictured: Cheryl A, Rose G, Betsy Z & Lizzy W*



## Community Connections

Every 3 weeks, Clubhouse attends the local Quick Response Team (QRT) meeting with the TCPD and other community partners! Jayna E & Jaclyn D always enjoy learning about the needs of our community, those most vulnerable and connecting others with Clubhouse services.



## Connection (Member Socials)

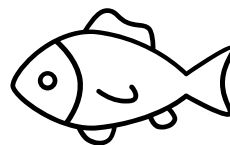
### Some fun competition!

Members and Staff enjoyed a day of Putt Putt golfing at Pirates Cove!



### Fishing Fun!

Not only are our members a great catch but they do well at fishing too!



Clubhouse may have been closed for work order day, but members gathered to celebrate Juneteenth!





## Upcoming Activities

**June 28<sup>th</sup>- July 5<sup>th</sup>:** Cherry Fest Fundraiser!!

**July 4<sup>th</sup>:** Ice Cream Social @ 2pm

**July 10<sup>th</sup>:** Beach Day @ 3-5pm

**July 17<sup>th</sup>:** Fishing w/ Chaz @ 3-5pm

**July 26<sup>th</sup>:** Open Social Day- Club open 10a-2p

***Weekly events (weather permitting):*** Trail Walks & Garage Sales (to be decided upon each Monday)

**\*\*Monthly Calendars available at Clubhouse!**

### Committee Meetings

**July 8<sup>th</sup>:** Wellness @ 10:30am

**July 9<sup>th</sup>:** Newsletter @ 10:30am

**July 10<sup>th</sup>:** Food Coalition @ 9:00am

**July 10<sup>th</sup>:** Website @ 2:00pm

**July 15<sup>th</sup>:** Community Awareness @ 10:30am

**July 22<sup>nd</sup>:** Education @ 11:00am

**July 29<sup>th</sup>:** Employment @ 2:00pm

## Employment

### New TE Opportunity Now Available!

New TE Partner Business:



Position: Part-time Sales Associate  
Placement Managers: Jake & Holly  
Start Date: August 2025

Job description and interview signups available in Employment area at Clubhouse!

If interested, plan to stop by Clubhouse and add your name to the list ASAP!

You're pushing it down our throats! Stop with the agenda!



That's awful! I don't understand it either. This time of year is rough. Just express yourself and be safe. We'll be okay, just don't let them get between us. They have no say in our relationship.

Then they proceeded to call me names! Why do people hate people like me so much?



**BZ.**