



Traverse House

May 2026 Newsletter

Wellness Plan of Action

The month of May starts the beginning of work on the new action plan Chelsea and Joe created from their New Colleague Development Training and presented surrounding wellness. To promote better wellness into Traverse House, we are continuing to work on the following action steps:

- Have joint (member and staff) menu planning
- Do daily wellness reports
- Survey members on wellness topic interests
- Host Wednesday Wellness meetings
- Create wellness punchcards
- Purchase an indoor mini greenhouse

Traverse House
NCDT 2026 Action Plan
Wellness Focus



by Chelsea and Joe



Social Recreation



We took a beach walk to Yuba Park in May.



Members enjoyed a beautiful Memorial Day at the beach!



Member Spotlight



Our member Lizzy is officially a first-time grandma! In preparing for her grandbaby, Lizzy wanted to do something special. So, she reached out to another member who is very talented in crochet, Nancy. Lizzy asked Nancy to help her make a baby blanket because she knew Nancy was a great crochet artist. Lizzy says Nancy did a great job and her daughter and grandbaby just love their new blanket. Its so great when members can connect during these big life events!

Community Awareness

Born to Read

Each month, Traverse House volunteers with Sunrise Rotary to pack books for newborns and local preschools. This allows us to develop great relationships and serve the youth in our community.



Jail and Justice

Traverse House was asked to participate in a focus group for the new Jail and Justice Center. Mike, Hannah, and Joe provided feedback around our current system and barriers that are commonly faced by those with mental illness.

Member, Mike was able to express concerns about how when people become incarcerated, their Medicaid gets cancelled which causes issues after release. Mike also says it was nice meeting with others who are concerned about the jail system in Traverse City.

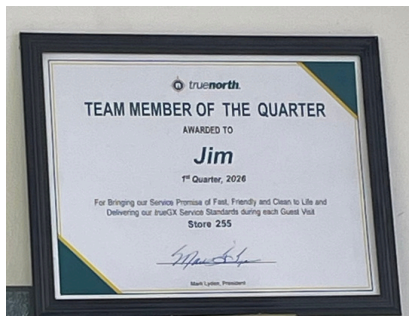


May Awareness Walk

At the beginning of May, many members and staff were able to take a nice walk around town to promote Mental Health Awareness month. This is one way we provide advocacy in our community.



Employment



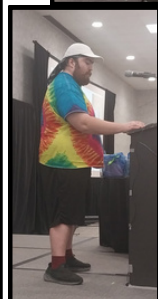
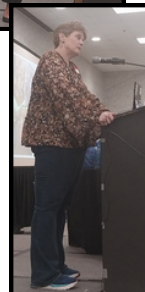
Jim S. has been employed through True North since August 2025. He works 5 days each week and takes a great deal of pride in his position.

Jim reported that his store recently did very well on a white glove inspection. Because of his hard work and dedication to his position, he was recognized and awarded the Team Member of the Quarter!

Education

Day of Recovery Education

Each year NMRE (Northern Michigan Regional Entity) holds an educational opportunity in Gaylord at the Treetops Resort. This year, Northern Michigan Clubhouses were featured as the keynote speaker presentation. Club Cadillac, New Horizons, Petoskey Club, and Traverse House members and staff spoke about the Clubhouse model and how that model has supported their recovery journey. Cheryl, Sue O, Jayna E, and Sammy P represented Traverse House and did an amazing job! Sharing testimony is one of the opportunities Clubhouse provides, and helps to build skills and confidence.



Directors Corner



Traverse House has successfully received our formal Accreditation Report from the site visit and review in December. **Our Clubhouse has been awarded a full 3 Year Accreditation through Clubhouse International!!**

Working toward this standard requires investment from all members, staff, the auspice agency, and the overall community.

THANK YOU to all who support our vital program!!

The Accreditation team noted a number of our strengths listed below;

- The Clubhouse has a warm and welcoming atmosphere. The artwork displayed throughout the space is professional and contributes positively to the overall environment.
- Relationships at Traverse House are genuine and strong, contributing to a supportive and connected community.
- The Work-Ordered Day at the Clubhouse, particularly in the morning, is robust and engaging, supporting active member participation in meaningful work activities.
- Traverse House maintains a structured and responsive employment planning process through both weekly and monthly meetings that address different aspects of employment development.
- The Clubhouse offers scholarships that support members' access to both educational and wellness opportunities in the local community.
- Traverse House has an engaged and committed Advisory Board, with long-standing participation from members.

State Recognition

In May, we received a "Special Tribute" from the State of Michigan. This tribute was to recognize Traverse House for its 30 years of dedication and service to the Northern Michigan region. The members of the Michigan legislatures recognize Traverse House on its "work on bettering the mental health of the citizen of Michigan."

This tribute was signed by State Senator John Damoose, State Representative Betzy Coffia, Lieutenant Governor Garlin Gilchrist II, and Governor Gretchen Whitmer



30 Year Anniversary Prep



We had such a full Mental Health Awareness month in May. Members have been spending time getting organized for our end of the month Anniversary Celebration. We worked on painting birdhouses and pots and members also spent time working with our plants in the space to re-pot and prune.

Culinary



Empty Bowls was a fundraiser for the Northwest Food Coalition that helps raise money for the coalition and local pantries, where people sample different soups made by local restaurants, and receive hand crafted artisan bowls. "Empty Bowls" represents people in our area who are hungry. We had 9 members help volunteer at this years event where they helped serve and stock 17 food stations, or helped with popcorn and games. The volunteers were also able to take home an artisan bowl for helping with the event. This event served approximately 900 people! Events like this gives clubhouse and it's members rewarding opportunities to give back to our community.



Statistics 2026

Number of
times the
Pantry was
utilized:
312

Number of
Meals
Served:
479

Upcoming Activities

June Social Recreation

6/4 Moomer's Ice Cream 3:30-5:30

6/13 Sleeping Bear Dunes 10:00-4:00pm

6/19 Club Open Juneteenth 10:00-2:00pm

6/23 Beach Picnic 3:30-5:30pm

Committee Meetings

Born to Read

6/3 7:30-10:30

Purchasing

6/3 8:30-9:30

Food Coalition

6/11 9-10:30

Employment Readiness

Every Friday 8:30-9:30

Member Statistics:

Active Members: 77

Average Daily attendance: 29

Employment Statistics:

Number of Members Employed: 23

Phone: 231.922.2060

Email: trahse06@yahoo.com

Facebook: Traverse House Clubhouse

Web: 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