



Traverse House

October 2025 Newsletter

Recovery Celebration

Every year CMH holds a Recovery Celebration to celebrate mental health recovery and recognize accomplishments of members. This is a day filled with joy and excitement!



Above Top row from left to right:
Chris G., Holly B., Lizzy W., Jayna E.,
Justin R. Front row from left to right:
Chelsea F., Breana D., Carrie R.,
Tersea B., Marilyn V., and Michael L.

Right: Marilyn V., Chelsea F., Carrie
R., and Jayna E.



Above: Left to right: Michael L.,
Breana D., Carrie R., Jayna E., and
Lizzy W.

**Members receive awards for
their involvement in mental
health awareness and
accomplishments.**



Education

This season we had some
members receive
scholarships for Royal
Icing Cookie Decorating
and Songwriting! Such
great life long learning
opportunities!

Members Supporting Members

Our close knit
community is so great!

Our members are always
so helpful towards each
other, whether it is just
being a friend or helping
people move belongings
across town. Way to go
guys!



Community Awareness

Employment Dinner

TRAVERSE HOUSE EMPLOYMENT & EDUCATION DINNER

On November 5th, we are inviting some local employers and community members to help us celebrate Traverse House Members who are working on Employment and Education Goals.

We are always looking for more local employers to help support our members reach their goals. Contact us to see how you can help!

Spreading the Word



Left: Our member, Breana, had the opportunity to attend the Sunrise Rotary weekly meeting and sell some of her beautiful bracelets. All of these sales go back into the Clubhouse member fund! Way to go Breana!

Right: Members Jayna and Breana sporting some merch to help spread the word on mental illness and end the stigma!



Social Recreation



Above: Members getting ready to concur the maze.

Right: Much needed refreshments after making it through

Jacob's Farm

This fall season, members had the opportunity to visit Jacob's Farm and Corn Maze. It was a great time to spend outdoors and get some movement in!



Employment

Welcome Chelsea



Chelsea is our new staff member here at Clubhouse. Originally from Northern Michigan, Chelsea earned her Bachelor's Degree in Psychology from Oakland University. She has always had a passion for supporting others, which has led to a career in mental health and human services. Helping people navigate life's challenges and find the resources they need is truly meaningful work to her.

Outside of work, Chelsea enjoys traveling, rock collecting, and spending time with her two dogs, Oliver and Aurora. Whether she is exploring a new place or just out for a walk with the pups, she finds joy in the little things and believes in living life with curiosity and compassion.

Director's Corner

The countdown is on!! Traverse House is in the final stages of our reaccreditation preparation. We Held four separate half-day retreats where members and staff completed our self-study document. Along with the Clubhouse Profile Questionnaire, we have submitted all documentation to Clubhouse International for review.

Earlier this month, we were notified that Maureen from Cora Dale Clubhouse in Indiana, and Chrissy from Sally & Howard Levin Clubhouse in Pennsylvania will be coming to Traverse House on December 15th to December 17th! We are so excited to show off our wonderful Clubhouse program and have the accreditors meet all of our vibrant members.

-Hannah D, Traverse House Director

Check out some before and afters from our cleaning day in preparation for our accreditation visit!



Before:



A huge THANK YOU to all of our members who have assisted with reorganizing and cleaning our Clubhouse space over the past two months!! We had many thoughtful discussions about function and esthetics in our Clubhouse.



Standard #13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.

After:



Culinary

Food Rescue and Pantry

With recent government shutdowns, there may be increased food insecurities. Food Rescue ensures Clubhouse that we will stay stocked in our pantry and we will continue to provide delicious and nutritious food to our members. We will remain stocked with our normal pantry items and fresh food and produce!



Work Ordered Day



Members help prepare food daily for the clubhouse!

Smoothies on Fridays are a delicious end of week treat.



September Statistics 2025

Number of times the Pantry was utilized: 367

Number of Meals Served: 423

Upcoming Activities

October Social Recreation

November 11th: Veteran's Day, limited hours
10am-3pm

November 15th: Self Care Saturday **10am-3pm**

November 27th: Thanksgiving Day, limited hours
11am-3pm

November 27th: Black Friday Shopping, limited hours **10am-3pm**

Member Statistics:

Active Members: 75

Average Daily attendance: 25

Committee Meetings

November 3rd: Rotary Born to Read
@ 8:30-10:30am

November 4th: Newsletter @10:30am

November 5th: Purchasing @8:30am

November 7th: Website @ 2:00pm

November 10th: Wellness @ 2:00pm

November 12th: Community Awareness
@ 10:30am

November 13th: Food Coalition @ 9:00am

November 19th: Education @ 11:00am

November 25th: Employment @2:00pm

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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