



Traverse House



September 2025 Newsletter

Community Awareness & Advocacy



Traverse House Colleagues holding county flags.



Traverse House colleagues with Club Cadillac colleagues



Traverse House colleagues with State Rep. John Roth



Traverse House colleagues with Ashleigh, Rep. Betsy Coffia's Aid

Traverse House colleague, Jayna E. with Deb Stabenow who served from 2001 to 2025 as a United States senator from Michigan.



Director's Corner

September is a month based in recovery and awareness. Members traveled to the State Capitol to advocate for mental health funding and services. We spent time meeting with legislators, discussing funding concerns, and sharing our voices on the steps of the Capitol. This impactful rally creates awareness and combats stigma with more than 2000 participants in attendance. Traverse House colleagues have also been working hard on our Reaccreditation Self-Study! We are halfway through the questionnaire and will submit our completed documents by November 1st, 2025.

Completing the self-study has given us the opportunity to evaluate our practices, space, and effectiveness. These questions have led to important conversations and allowed us to think about the overall impact of our Clubhouse.

-Hannah D, Traverse House Director

Employment



Congrats to Joe R. on obtaining employment at 7/11!

"Employment helps my recovery because I can be financially stable. I enjoy the social interactions I am able to have with the many customers who come into the store."

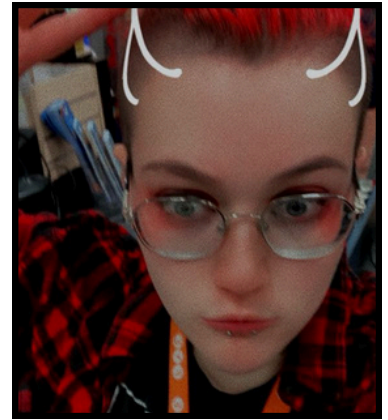


Congrats to Doug on his new volunteer opportunity! Doug began volunteering at Traverse House as a volunteer driver.

"I am happy to be able to extend a needed and valuable service to my fellow colleagues."



Congrats to Jim S. on his new employment opportunity at Shell gas station! **"My fellow employees make this job a dream come true. Even during a heavy delivery by vendors I'm in great spirits!"**



Congrats to Tyler S. on their new employment opportunity at FYE! ..

"Employment helps me not only be financially stable but allows me to be mentally stable by keeping busy, so I don't have to think."

Employment Symposium

We went to the 2nd Annual Employment Symposium in Lansing. This was a one day training that included workshop sessions on best practices with Clubhouse employment programs. We listened to new ideas and suggestions on how to develop more Transitional Employment Placements. Some of the sessions focused on benefit management, and ways to better incorporate employment into the work-ordered day. Traverse House is part of the Training Committee for Clubhouse Michigan, and we were asked to present this year. Michael L. shared his inspirational employment journey and spoke about overcoming barriers to working.

pictured colleagues:

Carrie R., Lizzy W., Hannah D., Joe R. and Michael L.



Congrats to Michael L. and Lizzy W. on their new volunteer opportunity at TC Paw Cat Rescue!

"It makes my heart happy to be able to interact with the animals and watch them go to good homes." -Lizzy W.



Connection (Member Socials)



Colleagues enjoying a beautiful day together for our Labor Day social recreation activity.

above: Michael L, Justin R., Hunter D., Hannah D., Dave S., Chris G., Lizzy W., Doug B., Sam P., Joe R., Rachel F., Carrie R., and Jayna E.



Breana D. holding a Monarch butterfly while in Club Cadillac's greenhouse

Several colleagues were able to attend Club Cadillac's pig roast and had a wonderful time!



Breana D. painting Lisa W.'s nails during our Social Day at Clubhouse.



Colleagues playing the Family Cards Against Humanities- loads of laughter for hours!

Michael L., Jim S., Carrie R., Jayna E., Lisa W., Lizzy W., Hunter D., and Betsy Z.



Lizzy W. (Traverse House) & Tricia H. (Club Cadillac)

Culinary



Traverse House has a great partnership with **Feeding America**. We typically travel to their warehouse in Cadillac 3-4 times each year to restock our member pantry with needed items. Thank you to Justin R. & Cheryl for helping with the pickup!

August Statistics 2025

Number of times the Pantry was utilized:

240

Number of Meals Served:

465



Sam P. making colleagues pancakes for his own birthday!

Upcoming Activities

September Social Recreation

October 4th: Jacob's Farm **10am-3pm**

October 8th: Recovery Celebration **10am-2pm**

October 10th: Color Tour **3pm-5pm**

October 31st: Halloween Party **3pm-5pm**

Committee Meetings

October 7th: Wellness @ 2:00pm

October 1st: Newsletter @10:30am

October 2nd: Website @ 2:00pm

October 6th: Rotary Born to Read
@ 8:30-10:30am

October 14th: Community Awareness
@ 10:30am

October 9th: Food Coalition @ 9:00am

October 21st: Education @ 11:00am

October 28th: Employment @2:00pm

Member Statistics:

Active Members: **76**

Average Daily attendance: **29**

Employment Statistics:

Number of Members Employed: **24**

Wellness

"I was able to obtain my primary transportation through money saving programs like the MiAble Account. This account allows me to save and work toward becoming more independent. I work at the Hagerty Banquet Center, and I love my job because I get treated fair and I am respected."

-Justin R.



(Poem selection by Clubhouse colleague,
Tyler S.)

Three Sentences

"I believe you"

"You did nothing wrong"

"This was not your fault"

Three sentences that can turn a victim into a survivor.

Three sentences that are not used nearly enough.

-Nikkta Gill



"I purchased my new tricycle in September. Rene G. assisted with assembling the bike and then Recycle-A-Bike assisted with the seat modifications. I wanted to have the bike for wellness goals, helping to make my legs stronger and aiding balance. Plus, it helps with transportation as I can ride to the store!"

-Marilyn V.

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Email: trahse06@yahoo.com

Facebook: Traverse House Clubhouse

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

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