

# Traverse House Clubhouse

"Members provide mentorship for new members and working together makes us stronger"



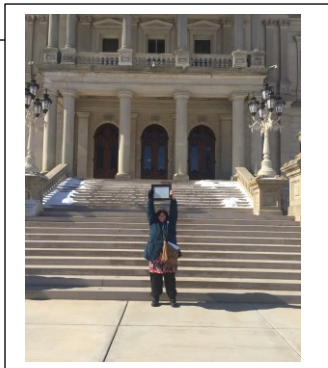
Traverse City

Spring 2019

*Mission Statement: The Traverse House Clubhouse is a community for people working with mental health issues. The Traverse House works to enable every member to reach their full potential as a respected productive member of society.*

## Recognition

Traverse House Member and Advisory Board Member Betsy Zeeryp, won third prize in the Ernie Reynolds Essay Contest in conjunction with the Michigan Protection and Advocacy Service Inc. The winning Essay was about Betsy and the residents of her building she lives in using their advocacy resources and skills to protect their housing environment. Betsy feels inspired by her accomplishment. She says "we all have a story to be told. A story is never complete unless it is told. There is one person out there who is struggling and telling your story uplifts them and can save that person's life."



## Education for Life

The education unit will be purchasing new text books and GED supplies for those wanting to move forward on their education. Clubhouse came to consensus on the purchase, as there were funds that hadn't been utilized for scholarships. Using some of these funds to have education supplies available to members is a good move on clubs behalf.



## Healthy living

Coping skills are for all persons. They can be used at anytime, anywhere. There are all types of coping skills that work differently for everyone, not everyone experiences help from an individual skill; but don't give up there is a coping skill out there just for you.

A coping skill I often use is a DBT (Dialectical Behavioral Therapy...) skill. It is **One thing in the moment\*** which is exactly as it sounds, doing only one thing at a time. For some it might be reading a book, writing a letter, talking on the phone or anything a person desires to do, just doing only one thing and thinking on only that one thing. If you find your mind wandering, no problem go back and start again to think again what it is you are focusing on. There is no time restraint it is limited or expanded by your choice.

\*DBT, Improve the moment, one thing in the moment by Marsha Linehan.

By Jami S

## Recovery

By definition, a recovery is a return to a normal state of health, mind, or strength, the action or process of regaining possession or control of something stolen or lost. Navigating through the mental health system like I have, Maslow's theory on the hierarchy of needs serves as an important guide that we all have to follow, whether we are mentally challenged or not and I've noticed also that there are no other way around certain benchmarks that we all have to maintain. Food, Clothing, warmth, and rest are just the beginning stages before security, safety, and then relationships can become a fulfilling part of anyone's recovery. Just remember, you are not alone.



## Accreditation



As a leading mental health resource for Grand traverse and Leelanau communities, traverse house is proud to be accredited by Clubhouse International. According to their website, an Accredited Clubhouse is recognized by Clubhouse International as one which operates with a "high level of compliance with the International Standards for Clubhouse Programs."

## Employment Celebration

On, March 13, 2019 Traverse House staff and members attended the 5<sup>th</sup> annual employer celebration event at the State Capitol Building in Lansing, Michigan. This event focuses on recognizing an employer in the community who provides employment opportunities and support to Clubhouse Members who wish to return to work. This year, Traverse House would like to recognize the Hagerty Conference Center for their commitment to furthering the mission of the clubhouse providing transitional and supported employment to its members. The award was presented to Scott Williams who is the Executive Chef for Hagerty. Williams is very positive about the clubhouse relationship and continues to promote the benefits of transitional employment with in the Traverse City community. In all, 6 members have been employed as kitchen stewards over the past 3 years.



Traverse House Clubhouse

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Clubhouse

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## Director's Corner

An important aspect of growth for a Clubhouse is on-going evaluation of how the Clubhouse is operating and identifying goals. In February, Traverse House held an all member, all staff, Advisory Board retreat. During this time we talked about our goals for 2019 and decided that we want to focus on three areas of growth including; wellness, community awareness and participation in the work-ordered day kitchen unit and afternoon.

Since the retreat, we have worked on increasing opportunities for exercise offering a twice weekly exercise class. We also established a wellness committee that meets to discuss wellness topics and incorporate information and activities into Clubhouse. We also created a community awareness committee that meets weekly to discuss ways to provide information and outreach about the Clubhouse in Traverse City. Since the retreat, we have worked on our layout and approach with the Clubhouse newsletter and we are also in the process of designing and creating a Traverse House website. Finally, we have continued to encourage and engage members with participation in the work-ordered day, the kitchen unit, and the afternoons. This will continue to be a work in progress, but our average daily attendance has increased from 21 in January to 25 currently!