

High Hopes Clubhouse

An Independent Division of Kennebec Behavioral Health

Quarterly Newsletter Fall 2010

Clubhouse Retreat Day



Ready for 1st annual retreat



Employment Dinner

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In the spirit of Clubhouse, Friday August 13th was our first Clubhouse retreat day. This was a day long event. We held workshops and had presentations by members and staff on a wide variety of topics. **Lisa Soucie** and **Anita Anderson** opened the event with a welcome speech titled “We Believe in You”.

Allysia Aquino, David Sovetsky, Jon Duffy and **Claude Tardy** gave a slide show and open discussion on the importance of “Relationships” in the Clubhouse. **Jackie Worthing, Melissa Pierce** and **Kathy Root** spoke on wellness, providing information on smoking cessation, nutrition and encouraged more members to take advantage of our group membership to Champions Fitness. In the wellness workshop we also discussed providing healthier choices for lunch and the snack bar.

Linda Lagasse, Donna Dunn, Barbara Pooler, Linda Groder and **Wendie Trow** held a workshop on the “Work-Ordered Day”. The “ICCD Certification Process” was presented by **Lisa Soucie** and **Anita Anderson**.

We are beginning to prepare our self-study for certification in March 2011 and discussed ways of getting members and staff involved in this process. The



Full time employment



The relationships workshop

biggest turn out was for special guests **Jim Schmidt** and **Mel Clarrage** (from the Disability Rights Center) who served on a panel discussing the benefits of and fears surrounding full time employment. Also on the panel were our own **Joe Leblanc** and **Marisa Griffin**. We ended the day with a discussion on where we are headed as a Clubhouse. We had a great turnout and the day was a great success.

St. Louis Conference On a US Clubhouse Coalition

High Hopes Clubhouse director, **Lisa Soucie** attended the United States Clubhouse Coalition (USCC) Conference in September, in St. Louis, Missouri.

The purpose of the Conference was to discuss the survival and the growth of the Clubhouse Model in a difficult political climate, and to collaboratively develop a strategy to best assure sustainable funding for Clubhouses across the United States.

During the Conference the four areas focused on were:

State Strategies— Create strategies for drawing on the resources/ guidance and influences of the USCC to respond to crises in individual states, and to assist and promote ICCD –certified Clubhouses in individual states.

Evidenced Based Practice Research— Develop and utilize an advocacy strategy to organize and disseminate research information to influence public policy.

Federal Funding— Develop a list of possible funding streams and strategies to access them.

Alliances— Develop relationships marked by respect and mutuality with the most influential US mental health advocacy groups and individuals to have ICCD certified Clubhouses endorsed as a key component of any core service system.

The Conference was well attended by 56 people, of 32 Clubhouses, the staff of the International Center of Clubhouse Development and the Massachusetts Clubhouse Coalition.



Staff and Member to Attend Three Week Training

High Hopes Clubhouse requires all its staff to attend a three week training at a certified training base. One of our newest staff, **Jackie Worthing** and member **Dale Shaw** will be attending training at the very first Clubhouse, Fountain House in New York City. This will be Jackie's first trip to New York, "This will be awesome, I'm very excited and feel privileged that I'm given this opportunity." They will be leaving on November 28th. We look forward to hearing about all the things they learn and wish them a safe trip.

Staff Hello's and Goodbye's

Wendie Trow has been with us a little over two years. She's been a vibrant participant in the Business /employment unit. She is relocating to the State of New Hampshire to be with her new husband. We will miss her energy and enthusiasm and wish her well.

We have a new intern who will be with us this fall and winter. **Debbie Marquis** is a student at UMA. "I'm enjoying learning all about Clubhouse. I especially like getting to know the members and staff." **Morgan Place** is our newest staff. She was an intern at our sister Clubhouse; Capitol Clubhouse. Morgan is in the process of learning what we do here at High Hopes. "I'm really excited about this job and look forward to developing relationships." Morgan is a native of Maine and hopes to be working at High Hopes for a long while.



Morgan Place

Members in Education

Education can be a critical part of securing gainful employment. It can increase employment opportunities and earning potential. Attending school utilizes very similar skills to working a job.

The following members are pursuing education in the fall: **Kevin Taylor, Jeremy Cochran, Keith Clark, Melissa Pierce, Brandon Sturtevant, Joe Barba, Tammy Corson, Marie Waddell, Gayle Silver, Anita Anderson, Justin Bussiere, Barbara Pooler, Sharon Dennison, Chad Beane, Dale Shaw and Dorothy Currier.**

We have the fall course catalogs in the business unit. Tours of KVCC and UMA are being planned for the 2010 fall sessions and many members have signed up. We are also looking into the possibility of getting members into the free career planning course through Waterville Adult Ed; so far two have signed up. Seven members and two staff went to Waterville High School to tour the Adult Ed program and two members signed up for the GED program.

As more members get involved in education and talk about it with others we are seeing an increase in interest. This is a similar phenomenon to when members try a TE site: they act as role models for others. The barriers members face are similar to those encountered with employment.

We are open to any ideas or suggestions as to how to improve member involvement in education.



Members can use Clubhouse computers for their homework

Presentations and Trainings

As always High Hopes Clubhouse is eager to share our Clubhouse by doing presentations and tours whenever asked. When doing presentations out in the community not only do both members and staff present but many members get the chance to participate by creating the video's and power point shows, writing and printing information packets and giving feedback to others practicing public speaking.

This summer the entire Clubhouse community attended the Psychosocial Response to Aggressive Behavior training.

In October we also had members and staff renew their CPR certification.

Several members and staff have recently presented on the Clubhouse model for: KVCC, Cornerstone Behavioral Health, and KBH School Based Services program.

A formal Clubhouse tour and presentation was held for the Maine State Rehabilitation Council. We were pleased to have council members, **Allison Trussel** and **Drew Bolduc** come to tour the Clubhouse.

If your organization would like High Hopes Clubhouse to come and give a presentation or you would like a Clubhouse tour, please give us a call at 207-877-0038.

Quarterly Statistics For July, August and September

Members in TE:	12
Supported Employment:	22
Full time Employment:	10
Members in Education:	16
Total Active Members:	104
Average Daily Attendance:	37

Employment Update



Marden's Surplus & Salvage is our longest running and very loyal employment partner and is currently employing four of our Clubhouse members.

Joe LeBlanc continues to maintain his full time status at Marden's S & S. Way to go, Joe!

Wendy Brault continues working in her Supported Employment position and her supervisor reports that they are very pleased with her job performance.



Tammy Corson

Tammy Corson did not miss a beat as she went directly from the Ruby Tuesday site to Marden's TE site, working in the clothing department. Tammy is learning the many

aspects and responsibilities of this position.

T Scott Dubay is also working at Marden's in the food department. Scott is getting excellent reviews from his manager. Great job!



T Scott Dubay

VR Update

We have a new Vocational Rehabilitation Counselor working with High Hopes Clubhouse. We are pleased to welcome **Charmaine Bouford!** **Rachel Merriam** and **Donna Mann** from Vocational rehabilitation continue to be on the High Hopes Clubhouse Advisory Board.



Richard Knight continues to do very well at this SE site and has expanded his employment scope to sales on the floor and janitorial duties to increase his hours.



Karen and Richard

Karen Lewis has accepted an SE position that has expanded her job skills to include the dressing room and sales floor. This was offered to Karen by management for being an "impressive worker."

Margaret King will be taking Karen's vacant TE position. Margaret has some experience in retail, and is excited about her new job.



Margaret King



Kmart is our newest employer which has offered us a twenty hour TE position as a floor associate. **Melissa Pierce** will be the first member to be in this placement. Melissa also continues to volunteer her services at the Waterville Public Library on her days off.



Melissa Pierce



Tammy Corson has successfully completed her TE placement at Ruby Tuesday. She did a wonderful job for this employer. Tammy is now considering furthering her education and starting another TE job with more hours. **Joe Barba** will be filling this position and is very excited to be going back into the work force.

Work and More Work at Clubhouse!



Kevin Taylor is the newest member to work the TE position at Lakewood Continuing Care Center. They have been very pleased with Kevin's job performance and have increased his hours to twenty four hours a week. **Paul Grenier** successfully completed this TE job and is already working at another site. **Bertha Fortin, Jeff Hall, Shawn Eames and Marisa Griffin** continue to work in Supported/Independent Employment positions at this fantastic long time employer.



Kevin Taylor

Jeri Genereaux has completed her TE position and is now working in a SE position at Friendly's Restaurant. Jeri has moved on to performing additional tasks including food prep.

Dale Shaw continues his Independent Employment position and is working full time. Dale enjoys the fast pace and busy atmosphere and is taking management training.



Paul Grenier is the latest member working the TE position. Paul also enjoys the fast pace as the days fly by and before you know its payday and he is getting his well deserved paycheck!



Peter Wilson works the TE position at Living Water Spiritual Center. The center offers retreats of varies lengths. Peter works in the kitchen doing dishes, food prep and cooking. He is especially well known for his popovers.

Freedom Services

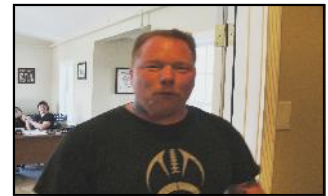
Dana Marney has begun his TE placement at Freedom Services. He is very excited and enjoys the many different aspects of this position. Dana's work ethic has not gone unnoticed as his employer has mentioned in the corporate newsletter what an asset he is to the company.



Dana Marney



Leo Valcourt has successfully completed the TE position at Dairy Queen. Leo did a terrific job and is looking for something else. This TE site will open up again once the season changes.



Leo Valcourt

Community Employment Partners

Marden's Surplus and Salvage

Ruby Tuesday

Kennebec Behavioral Health

Lakewood Continuing Care

Dairy Queen

TJ Maxx

Friendly's

Kmart

Living Water Spiritual Center

Vassalboro Recreation Care & Comfort

Waterville Public Library

Rite Aid Oakland

Sodexo Colby

Shaw's Waterville

Freedom Services

High Hopes Clubhouse

Upcoming Social Events

We will be open again on Thanksgiving Day and for Christmas. Upcoming Friday night socials will be posted. Social planning house meetings are held at 1p.m. on the first Wednesday of every month.

Halloween Party

We held our third annual Halloween party on Friday the 29th. 53 members came, most wearing costumes. It has become our favorite party of the year.



YAC Update

Young adults are a fast growing population being served by High Hopes Clubhouse. Because our needs are a little different than the older members we have established a Young Adult Committee (YAC). We meet once a week and have socials once a month. At the last meeting we discussed the possibility of having two socials a month, going out to eat and visiting employers. We are also looking at ways to become more involved in the Clubhouse by out reaching members and doing orientation tours. We currently meet on Wednesday at 2p.m. and socials are the first Wednesday of the month starting at 4p.m.

Healthy Hearts Update

The Healthy Hearts program at High Hopes meets weekly at Champions Health and Fitness Center in Waterville. The gym membership is available to all active members and staff. This program promotes healthy lifestyles by working together to establish new habits. Each person has the opportunity to meet with a personal trainer to learn how to use the machines correctly and set up a program to meet individual needs. The gym membership is available seven days a week and members are encouraged to buddy up with a partner and have some fun.



Working out at the gym



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