

High Hopes Clubhouse

An Independent Division of Kennebec Behavioral Health

Promoting a Culture of Work

Clubhouse Goes to Augusta



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Paul LePage started on the Advisory Board of High Hopes Clubhouse in 1997, he was then the General Manager of Marden's Surplus and Salvage. Paul was recruited to get involved in the Clubhouse Advisory Board by **Jim Schmidt** and **Mal Wilson** who were instrumental in starting a Clubhouse program in Waterville, Maine. Since 1997, High Hopes Clubhouse has enjoyed the support of the now Governor of Maine, Paul LePage.

In 1998 as the General Manger of Marden's Stores, Paul LePage offered High Hopes it's first Transitional Employment Site. The relationship with High Hopes and Marden's has flourished ever since. Over the years Marden's has offered an opportunity for over 30 members to experience employment. Currently the Waterville store employs 5 members in TE, SE and Full Time Independent positions.

From 2004-2010, Paul LePage was elected Mayor of Waterville. He continued his support of Clubhouse by attending seminars and coming to High Hopes employment dinners. He was instrumental in assisting the Clubhouse in building relationships with area businesses. In the spring of 2007 Paul traveled with High Hopes members and staff to an employment conference in Washington D.C. where he was given an award.

In January Governor LePage asked Kennebec Behavioral Health and both Clubhouses in Maine to meet with the new Commissioner of the Department of Health and Human Services, **Mary Mayhew** and himself to talk about Clubhouse services in Maine. Clubhouse directors, **Lisa Soucie** and **Christine Berry** with KBH Chief Executive Officer, **Tom McAdam** and Administrator of Community Services **Cheryl Davis** attended the meeting. Lisa Soucie got a chance to discuss the Clubhouse Model and review High Hopes successful employment outcomes. High Hopes looks forward to a visit from Mary Mayhew.

We are all hoping that more Maine communities will eventually have a Clubhouse.



Governor LePage with Tom, Christine, Lisa and Cheryl

Warrior for the mentally ill honored by Gov. Baldacci

By Amy Calder acalder@mainetoday.com

Staff Writer/ Morning Sentinel Newspaper

WATERVILLE — Jim Schmidt has spent a lifetime helping people with mental illnesses make social connections and find jobs.

PRAISE FOR JIM SCHMIDT:

“On behalf of mental health consumers, service providers, and the citizens of Maine, we are taking this opportunity to recognize your remarkable contribution to the health and welfare of those who have been challenged with mental health issues.” — *from a Nov. 15 letter to Schmidt from Brenda Harvey, commissioner of the state Department of Health & Human Services, and Laura Fortman, commissioner of the state Department of Labor*

The idea is simple: With work, one gains confidence, self-worth, friends and a sense of accomplishment — not to mention an income. While there has been progress in promoting this model of rehabilitation in Maine, the work is far from done, according to Schmidt, 83, of Rome.

When people say that many of those with mental illness are unable or unwilling to work, Schmidt disagrees. “It’s not accurate,” he said. “You can’t say a percentage of people can’t work until you give them the opportunity to work.”

Schmidt was recently praised by Gov. **John Baldacci** and other state officials for his lifelong contribution to the promotion of full-time employment and high quality of life for adults with mental illness. Schmidt moved to Rome in the 90s with his wife, Mollie, after retiring in 1992 as executive director of Fountain House, an organization supporting people with mental illness that started in New York City, grew worldwide and helped members find work. After retiring to Maine, Schmidt didn’t stop working. He helped launch High Hopes, a community clubhouse in Waterville that helps people with mental illnesses make social connections and find meaningful jobs.

It was the first of its kind in the state and was patterned after Fountain House. With about 106 members, the clubhouse now has 44 members who are working full and part time. There are more than 300 similar facilities around the world. Schmidt also helped develop Capitol Clubhouse in Augusta and works with state officials to help promote the clubhouse model.

Despite undergoing treatment for pancreatic cancer, Schmidt continues to push for funding and expansion of the program. “You look for opportunities to keep it on the table,” he said.

To recognize Schmidt’s legacy, state officials are providing scholarships to two clubhouse members to attend the Clubhouse Conference and Employment Celebration in Washington, D.C. next year. The members will attend workshops, visit the Capitol, meet senators and representatives and help honor employers, according to Schmidt.

Waterville City Manager **Michael Roy** is chairman of the advisory committee for High Hopes, of which Schmidt is a member. Roy said without Schmidt, there would not be a clubhouse here. “He brought the idea to our area and helped secure a lot of our funding,” Roy said. The late **Mal Wilson** also was a key player in developing High Hopes. “It was the belief of people like Jim and Mal that those with mental disabilities should not be confined to a life of collecting benefits,” Roy said. “People with mental illness have worth, they have value to society, they can work in certain situations under certain conditions, and that work can be a huge part of their rehabilitation.”

Wilson and Schmidt were unstoppable when it came to developing the program, he said.

“Jim came in with experience about the program and Mal was out on the street, recruiting the hospital and Colby College and Marden’s (Surplus & Salvage),” he said. High Hopes is a program of Kennebec Behavioral Health, which at the time of the club’s inception was Kennebec Valley Mental Health Center. High Hopes works with businesses such as Marden’s, T.J. Maxx, Johnny’s Selected Seeds and Grondin’s, to help club members find employment. If a member cannot make it to work, a club staffer will fill in.

Mayor **Paul LePage**, who also is Maine’s governor-elect, remembers Wilson coming into Marden’s and insisting that LePage be a member of the advisory committee for High Hopes. LePage did, and Marden’s started hiring club members. Two years ago, Marden’s won a national award for its work in employing dozens of people with mental illness. “It not only works — the one thing I never expected to see out of it was that the High Hopes members are really inspirational to the rest of the work force,” LePage said. “They come in with such a can-do attitude and a desire to learn, and they work so hard and they literally motivate others to work hard.” LePage said that as governor, he plans to promote the clubhouse model, statewide.

He praised Schmidt for his efforts. “He’s got such a wealth of knowledge and he is persistent. It’s nearly impossible to say ‘no’ to Jim. I think the world of him. He’s just a wonderful person.”

Roy echoed LePage’s sentiment. “I certainly admire his long career of working with people with mental illness. I have tremendous respect for the fact that when he retired, he didn’t stop.”

In 1997, Jim Schmidt received the Alice Fordyce Public Service Award for his work at a United Nations Award celebration in New York City. He also was honored for guiding Fountain House programs through a worldwide expansion. A New York City native, he received a bachelor’s degree in Foreign Service from Georgetown University and a master’s in social work from Columbia University. He is modest about his achievements, preferring instead to name others who work hard for the clubhouse model.

“I’m glad to have been part of it,” he said. “I know what the struggles are. It’s hard. It’s not easy. There’s more work to do.”



Jim Schmidt of Rome speaks about an award given by Gov. Baldacci and the commissioners of the Maine departments of labor and health and human services for his contributions to people who suffer with mental health issues. He is on the board of High Hopes Clubhouse in Waterville. Behind Schmidt is his son, Cliff Schmidt.

Staff photo by David Leaming

Quarterly Statistics

For Dec. 2010-Feb. 2011

Members in TE: 12

Members in SE and IE: 25

***Full Time Employment: 14**

Members in Education: 9

Average Active Membership: 104

Average Daily Attendance: 36

***Successful Alumni members working full time with verified wages**

Employment Update



Joe Barba successfully completed his Transitional Employment (TE) site at Ruby Tuesday. Joe is keeping busy at the Clubhouse and awaiting the next TE site available. Good job Joe!

Corie Clough started her job at Ruby Tuesday in January and is

doing an awesome job. She has not missed a day and has even braved the many snow storms to ensure that the job is done. Way to go Corie!



Corie Clough returns from work!



Margaret King has successfully completed her Transitional Employment (TE) site at TJ Maxx. She is now busy filling

out applications for employers in the area. Congratulations and Good Luck to Margaret!

There is an opening for another member to go into the TJ Maxx TE site starting at the end of March.

Karen Lewis and **Richard Knight** continue to work in Supported Employment positions with the company. Keep up the good work!



Scott Dubay and **Tammy Corson** continue with their TE sites at Marden's Surplus and Salvage. They are both doing good work and will look forward to Supported Employment positions in the future.

Joe Leblanc and **Wendy Brault** have both worked over two years at Marden's. Joe has been willing to share his experience of going to full time work and being off benefits with the entire Clubhouse membership. Joe has been very candid with all the members and staff of the Clubhouse about what are the challenges and the rewards to working full time.



Joe Leblanc, speaks about full time employment.

WOODLANDS ASSISTED LIVING

Congratulations to **Sonya Darby!** Sonya started a full time employment position at Woodlands Assisted Living in Waterville Maine in February. She continues to come to the Clubhouse daily as well as work second shift at her new job. Sonya is being trained as a PCA and is... "feeling pretty good about myself." Good for you Sonya!!



Sonya Darby, getting ready to leave the Clubhouse for work.

Work and More Work at Clubhouse!



Jeff Hall, working at Lakewood Continuing



Marisa Griffin, happy at work, Lakewood Continuing Care

Lakewood Continuing Care Center continues to employ five High Hopes Clubhouse members. **Jeff Hall, Marisa Griffin, Bertha Fortin, Shawn Eames, and Kevin Taylor** are all working TE and SE sites, and doing very well. High Hopes Clubhouse would like to thank Lakewood Continuing Care for the opportunity to be in such a wonderful employer partnership.

Kevin will soon be finishing up his TE site and moving on to other employment. If you are interested in working this job site, please let the co-placement managers, **Claude Tardy** or **David Sovetsky** know you are ready for work.

Paul Grenier, continues to work his TE site as a dishwasher at Friendly's. Paul is doing great and has missed no time.

Jeri Genereaux and **Dale Shaw** continue to work SE positions at Friendly's. Dale is working as a cook

and Jeri as a dishwasher. High Hopes Clubhouse would like to thank the management team at Friendly's for their continued support to provide employment opportunities for the members of High Hopes Clubhouse.



The TE site at Dairy Queen will be starting on March 15th. This seasonal TE goes from March to November and is 16 to 20 hours a week. **Jackie Worthing** and **Morgan Place** are the co-placement managers for this site. If you are interested in this job, please talk with Jackie or Morgan.

Community Employment Partners

- | | |
|-------------------------------------|---|
| Marden's Surplus and Salvage | Center |
| Ruby Tuesday | Vassalboro Recreation Care & Comfort |
| Kennebec Behavioral Health | Waterville Public Library |
| Lakewood Continuing Care | Rite Aid Oakland |
| Dairy Queen | Sodexo Colby |
| TJ Maxx | Shaw's Waterville |
| Friendly's | Freedom Services |
| Kmart | Woodlands Assisted Living |
| Living Water Spiritual | |

Thomas College and High Hopes Clubhouse

High Hopes Clubhouse is very excited that a Thomas College Marketing Class has agreed to take High Hopes Clubhouse on as their project and develop a marketing plan for the Clubhouse. This was suggested by Advisory Board member, **Jim Peacock** who set the wheels in motion. **Anita Anderson, Peter Wilson, and Margaret King** along with **Lisa Soucie** did a presentation to the class on the Clubhouse Model. High Hopes Clubhouse is a very different type of program or business than the class usually takes on as their project, but with some modifications to a marketing strategy the class voted overwhelmingly to accept High Hopes Clubhouse as their project. The Marketing Class was given a formal tour and Clubhouse orientation and had a chance to meet with our members, and staff. They had some great ideas on how to assist the Clubhouse in marketing ourselves to employers and to the general community. We will be working on a logo, updated brochures, business cards, a tag line, facebook, and community relations. We are very thankful to have this great opportunity!

Presentation by David Dubay, Community Work Incentives Coordinator

In February **David Dubay**, CWIC gave a great presentation for members and staff on "How Working May Affect Your Benefits." David was very helpful in answering questions and concerns of the members. David was able to assist the Clubhouse members and staff in understanding recent changes in benefits, and to talk about real and perceived issues around going to work while on benefits. David continues to come to the Clubhouse monthly to meet with members individually.

High Hopes Celebrates the Holidays



It is a High Hopes Christmas!
Tasha and Morgan ham it up!

Employment Dinner
March 25, 2011
4pm-7pm

NREPP– SAMHSA’s National Registry of Evidence based Programs and Practices

The ICCD Clubhouse Model has been accepted for inclusion as Evidence Based Practice by United States Substance Abuse and Mental Health Services Administration's (SAMHSA).

You may review the Intervention Summary for the Clubhouse Model by going to the website at (<http://www.nrepp.samhsa.gov/>). You will find the Clubhouse Model on the registry if you type Clubhouse in the search box and hit enter. You will be able to view the outcome categories in Employment, Quality of life, and Treatment/recovery.

Upcoming Social Events Calendar

March 17th– St. Patrick's Day Dinner 12 noon.

March 18th— Social Night at Clubhouse 4pm-7pm

March 25th– TE Dinner 4pm-7pm

March 26th– Breakfast at Friendly’s 9am

April 1st– Social Night at Clubhouse 4pm-7pm

April 8th– Social Night/ Movie Night 4pm-8pm

April 9th– Shopping Day with Jackie 8am –12pm

April 15th– Social at Clubhouse /ZUMBA 4pm-7pm

Young Adult Committee

The High Hopes Clubhouse Young Adult Committee (YAC) continues to meet weekly. The focus of the committee the last few weeks has been on how to better engage young adult referrals to the Clubhouse. It is important for the young adults to support potential new members and for new members to feel welcome into the Clubhouse community. YAC members are training in giving orientations and working on improving the “buddy system.” YAC has developed an orientation video that is geared to potential members under the age of 25, and they have worked on updating YAC information on the Clubhouse website.

YAC meets the first Wednesday of the month at 4 pm and a social from 5pm-7pm. The remaining Wednesday’s of the month YAC meets from 2pm-3pm.

Wellness

High Hopes Clubhouse members and staff continue to use the gym membership at Champions Fitness Center as part of the Clubhouse Wellness program. The group goes to the gym on Tuesdays and Thursdays and many members are using the gym on the weekends and evenings. We would like to thank Champions Fitness for their continued support of the Clubhouse.



Three Week Colleague Training At Fountain House

Myself and **Jackie Worthing** attended a three week training at Fountain House in New York City. We both were glad to get the opportunity to attend Fountain House because it is the first Clubhouse, with over 60 years of history. Jackie worked in the Reception Unit and I in the Research Unit most of the time we were there. We were also given the opportunity to work in other units. We attended evening and weekend social events at Fountain House and even got to spend a weekend at High Point, a 500 acre farm in New Jersey that is owned by Fountain House. At the farm they raise lamas, alpacas, and chickens. We were fortunate enough to meet a 400 pound kissing lama. We both agreed the weekend went by too fast.

Cheryl Davis joined us as our third week administrator and participated in the Education Unit. During this time we were able to visit two other Clubhouses, Chelton Loft and East N.Y. Clubhouse. Jackie and I also visited different Transitional Employment sites in the area. In our free time we did get the chance to tour New York City with our colleagues from Fountain House as well as with the other Clubhouse training teams from; Texas, Australia, and Argentina. We cherish the memories and experiences we had and have kept in touch with the friends we made at Fountain House and with our fellow training teams from around the world. Jackie and I would like to thank the members and staff of Fountain House for their hospitality and a great training experience.

By- **Dale Shaw**

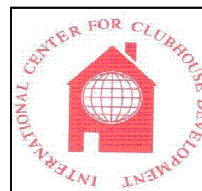


Dale and Jackie sight seeing in New York City



Three Week Colleague Training Group
Fountain House

Visit Our New Website at
highhopesclubhouse.org



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