

Charter House Journal

COORDINATOR'S CORNER BY STEPHANIE TIGHE

SPECIAL POINTS OF INTEREST:

- Unit Updates
- New Members / Staff
- Advocacy
- Kevin DeMott Story

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Happy Spring Everyone! It feels great to see the sun again. Already some of us are wearing shorts and short sleeves!!

Recently we talked about being Hope Givers or Hope Stealers. I think this is a great question to ask ourselves. No one wants to be a hope stealer but sometimes we accidentally are. How many times a day do you give someone hope? 0? 5? 100? We all need lots of hope and it is so easy to give (like a smile!) so lets get busy!!

The Advocacy Unit is actively on recruiting persons to serve on our Advisory Committee. We are creating an Advisory Committee because it is part of what we need to do for ICCD, but mostly we are creating it because we want to be more involved in our community and for our community to know more about us. We are very excited about this and looking forward to working with this new group of community members.

Many thanks to those of you who were in our new DVD. If you

have not yet seen it, ask and ITCH member and they can show you what computer you can watch it on. Clark and Marge taped their recovery stories and they are FANTASTIC!!! The members of the Advocacy Unit did a great job organizing it. Many thanks to the Maintenance Team for setting up for the premier of the DVD. The room looked great!! And also thanks to them for cleaning up afterwards!! Thank you to the Kitchen Unit for the great refreshments that morning. It made the event really special.

A note to family and friends of Charter House. Charter House is currently working to achieve accreditation through the International Center for Clubhouse Development. It has been shown that Clubhouses that are certified have better outcomes for their members. These include less days in the hospital, fewer hospitalizations, fewer arrests, and a higher degree of satisfaction with their life. To become certified we need to go to a training center and get

some training. To do this we are going to need \$9,000. The members recently raised \$21 for this but we have a long way to go. I am asking you to participate in our fundraisers whenever possible as 100% of that money goes directly back to the members for things like training, conferences and activities. We also will accept any donation, large or small, they are all appreciated.

One of our newest fundraisers is Recycling some electronics and printer cartridges. When we send these items in, we receive cash for them which goes into the member account. If you have any old cell phones, printer cartridges, laptops, tablets or ipads we would appreciate them. If you use any of these items in your workplace and are willing to collect them for us we would also appreciate that! Feel free to call me for more information at 371-2077 x2278.

TOUR / MEMBER CORNER

For the months of January and February, Charter House had 14 referrals. Out of those 14, ten attended a tour with 6 showing interest in attending Charter House orientation. Charter House would like to welcome *Antonio R., Ivory T., Kirk F., Kathleen P., Bruce H., and Tujuana R.* to the clubhouse.

Three referrals have **become** Charter House **members**. Welcome aboard **Ivory, Kirk, and Antonio**. We look forward to having you as a member of our clubhouse.

VINEYARD GRILL

Things continue to cook in the kitchen! We are seeing an increase in the number of meals we are making teach day, which must mean we are doing something right! We would like to welcome Ivory, Mohammad, and Carrie to our kitchen. Each of them brings their own spice, skill, and ideas. We are glad to be working with them!

ITCH UNIT

The ITCH unit has been quickly learning the ins and outs of many software titles. Software including Microsoft Office 2010, focusing on Word, PowerPoint, Excel, and Publisher. We are also learning how to use Microsoft Expression Web 4 to build websites. The four members involved in this "pilot" unit adventure are Clark W., Steve B., Julie T., and Kathleen A. They have all created new Yahoo email addresses to communicate with each other outside of Charter House. The four members in this first run of the ITCH unit will be able to teach other members who, in the future, would like to learn

SKILLS GROUP BY RACHEL

Skills group is all about learning techniques to help cope with the ups and downs of life in a safe, fun and supportive environment. We have been focusing on emotion regulation over the past couple weeks. Emotion regulation refers to a person's ability to understand and accept his or her emotional experience, to engage in healthy strategies to manage uncomfortable emotions when necessary, and to engage in appropriate behavior when distressed. In the coming weeks we will be working on interpersonal effectiveness skills; these skills can be used readily in your everyday social and work lives. We engage in open discussions, and mindfulness exercises weekly to expand on what we learn. Exercises and activities we have done include Mindfulness Pictionary and mindfully eating Valentine's Day chocolate. We always have great time together while learning and love to see new faces. Stop by soon to see how we use straws

CLERICAL UNIT UPDATE

The Clerical Unit has been busy the past couple weeks with a plethora of new projects and challenges. The updating of our phones and phone system was an exciting change and we are continuing to train people on how to use it. We also are teaching unit members how to check the Charter House email, do lunch sales, make lunch coupons, and type the Snack Shop notes. It is our hope to develop a well rounded group of members that is able to teach and learn from each other. We team up on challenging tasks to improve both our unit and the clubhouse as a whole.

We have also started a few new projects on Clerical Unit designed to specifically address the needs and wants of Charter House members. We recently reformatted the morning meeting notes page so that it easier to take notes on and follow. We also have started updating and revamping the different bulletin boards around the clubhouse. One of these boards is the vocational board, and now on a daily basis a Clerical Unit member looks up jobs out in the community and posts them for members to see.

We look forward to continuing to meet the needs of Charter House

THE SNACK SHOP BUSINESS UNIT

The Snack Shop is a great place to shop, and to work. Working there helps to improve math skills, by working with the cash register. We get to meet people and we strive to accommodate and take care of our customer. We work as a team, and have a great time fellowshiping together. The snack shop has proven to be a nice fundraiser for Charter House. We thank you for your support!

VOCATIONAL NEWS

Transitional Employment

Transitional Employment continues to be busy. We've recently combined the 2 crews to 1 crew. That way an employee can learn a little about pop machine, vending/maintenance and recycling/shredding all in one. This month we would like to give a warm welcome to Bo and Mohammad for starting with the crew. Welcome Guys!

MEET LARRY J. W. BY THE M-TEAM

Larry J.W. is a new member of Charter House. He is spending 3 days with the Maintenance Team Unit. One of our M-Team members sat down with him in between tasks and conducted the following interview.

Why did you choose to come to Charter House?

I want a job, a job you can get paid for.

What kind of skills do you have?

Bus boy, butcher, everyday things.

Do you have a pet?

No.

What do you like to do for fun?

Watch tv, make toy models, like the enterprize.

What is your favorite food?

Pizza, especially ham and mushrooms, Lasagna, Chicken, Hamburgers, etc.

Do you work best by yourself or with other people around?

With other people, but "good by myself too".

Which unit will you choose after your orientation is over? Why?

Maintenance, because I'm good with maintenance a little bit.

The Maintenance Team enjoyed working with ? and training him on our unit. Training new people is one of the many pleasures that the team enjoys.

MEET KENNY

When did you start Charter House?

December 2011.

Why did you decide to come?

I really need structure and to try to find a job.

Which unit(s) and groups have you enjoyed participating in?

I really enjoy working in the clerical and advocacy units.

How has Charter House helped with your recovery?

It helps me get stability and to find different jobs for employment.

What do you like to do in your spare time? Any hobbies?

I like using computers along with watching television. My hobbies are playing basketball, jogging and working out.

Do you have any favorite TV shows? Favorite movies?

I have no favorite television shows or movies.

What is something that you would like people to know about you that would help us get to know you that you have not already shared?

I am a more laid back person and I get along with others very well.

Where do you work?

I work at Transitions North working in the office doing the filing.

What exactly do you do with the filing?

I file the people's names alphabetically in folders.

What do you enjoy about your job there?

I enjoy putting alpha names in order for their filing.

MEET MOHAMED

When did you start Charter House?

2 months ago

Why did you decide to come?

To socialize with people, and to try and find a job.

Which unit(s) and groups have you enjoyed participating in?

I like working in the kitchen, where I like to prepare and cook food. The kitchen follows the rules of the health code.

How has Charter House helped with your recovery?

It helps your mood and I enjoy the environment and being around people.

What do you like to do in your spare time? Any hobbies?

I like to play basketball, play video games and ride my bike.

Do you have any favorite TV shows? Favorite movies?

I like to watch BET, MSNBC news, and my favorite is the Lakers with the NBA.

What is something that you would like people to know about you that would help us get to know you that you have not already shared?

I am optimistic about life and have a positive attitude. I like to meet new friends and am pretty outgoing. I keep my head up even when something could be negative and I have my motto, "There's no point in getting depressed."

MEET LUCIA PSS BY DANIEL G.

Where do you live and where did you grow up?

I live in Lansing now, but I grew up in Ypsilanti.

Tell me a little bit about yourself?

Well, I just got a brand new job at Charter House, and I'm a mom with 2 kids.

Could you explain what a Peer Support Specialist is?

Someone who has had a mental illness and is in recovery helps people with a mental illness.

Why did you consider working at Charter House?

It's a fun place that helps people.

What do you like about working at Charter House?

It's a great place that helps conjure up good energies.

Could you tell us about your previous work experience?

I was a nurse, and I worked with kids.

What are your hobbies and what do you like to do in your spare time?

I like to make baby quilts, and I enjoy reading.

MEET JOHN H. BY PEGGY S.

When did you start Charter House?

In November of last year.

Why did you decide to come?

To get me out of the house.

Which unit (s) and groups have you enjoyed participated in?

The kitchen and the clerical units.

How has Charter House helped you in your recovery?

It helps me to see good, nice, and friendly faces.

What do you like to do in your spare time? Any hobbies?

I like computers, and computer building.

Do you have any favorite tv shows? Favorite movies?

Yes, X Factor, The Waltons, and Sanado Movie.

What's something you'd like people to know about you that would help us to get to know you...that you have not already shared?

I run a radio station in the apartment building where I live.

CAMPFIRE FUN BY RANDY JOHN AUSTIN

During my day after Charter House I like to find papers to use for my fires. I enjoy a fire pit with a hot cup of cocoa. I spend my time enjoying the fire. I get a nice warm fire going and then just relax and think of fun things. I also gaze and look for the moon and galaxies. I enjoy the way the ink in the newspaper makes the fire change colors. Being by the fire makes me happy. I learn to respect fire but, enjoy it at the same time. I wish more people had the same thoughts about fire pits, and that not all fires are dangerous, unless you do not respect them, and do something destructive with it. Fire can be enjoyed safely with the right kindness and respect for it.

HOW CHARTER HOUSE HAS TURNED MY LIFE AROUND BY CARRIE MOFFETT

I work on the kitchen unit, called the Vineyard Grill. I oversee the dishes, and take out the trash. I stay really busy! Working in Vineyard Grill helps me to attain skills for job applications. I have hopes of one day working in a restaurant. I have applied for jobs on MSU Campus, and at Beggars Banquet and Harpers. Actually Harpers almost hired me on the day I filled out the application! Wow! What great experiences and good times I have here at Charter House to help me in the community.

THE LANSING MALL BY LYNN

On our evening activity we went to the Lansing Mall. I had a great time talking with the other members and with Andrea. I had a Subway Sandwich and it was great! I tried the steak and cheese one. It was nice to get out and have time with everyone outside of Charter House.

ACCOMPLISHMENT OF THE ADVOCACY UNIT IN 2011

The year 2011 saw many accomplishments for the Advocacy Unit of Charter House. We made our voices heard out in the community by being a presence at Walk A Mile and Power Day, which we informed members about and encouraged them to attend. At Power Day we presented Joan Bauer with a plaque as a token of gratitude for her support of mental health programs. Our own Nicole W. was also asked to speak at Power Day. We also met with Dr. D'Mello and his students to inform them about clubhouse programs. The Advocacy Unit advocated for many policies that effect members of the clubhouse. We spoke out against funding cuts to Older Adult Services and the House Budget proposed by Paul Ryan which would limit the amount of Medicare that the feds would pay to the states. We also advocated for those who are dually eligible for Medicare and Medicaid by attending a seminar on the topic and sharing the information with other Charter House members, then completing an online survey and speaking at a Senate Appropriations Committee meeting at the capitol.

This year Charter House was not only seen out in the community, we invited the community in to meet us! We held an open house where we had some wonderful guests and got to know some of our neighbors. The Advocacy Unit interviewed and hired a couple new staff members including a full time peer support specialist and three relief van drivers. We also got together with fellow clubhouses at the MAC picnic in August and the Annual Clubhouse Conference, and invited them over to see us by hosting a MAC meeting.

The Advocacy Unit not only advocates for members in the community, we also do some in-house work to ensure the clubhouse runs smoothly. This year that included taking over responsibility for the member account. We also report to the members about the account and help raise funds for it through baked goods and card sales, among other things. Also we added Advocacy Unit business to the morning meeting agenda so that the membership knows what we are up to and gathered and reported data on the clubhouse for the Michigan Department

of Community Health.

An ongoing project of the Advocacy Unit is the pursuit of certification with the International Center for Clubhouse Development (ICCD). This year we completed the application and got approved for membership with the ICCD. We also began working on a mission statement and decided to pursue ICCD training, as no one currently on staff has ever received this training. Finally we began working in developing an advisory committee and got our first member!

Our goals for 2012 include the full development of an advisory committee, the completion of the new Charter House DVD, participating in Walk a Mile and Power Day again, attending the Clubhouse Conference, and completing the self study for the ICCD. We would also like to start having monthly lunches where we invite community members to eat with us and get to know us. Finally, as always, we will continue to advocate for our members where and when it is needed.

ADVOCACY UNIT

The Advocacy Unit wrote letters to our governor, to our senators and representatives asking that insurance parity be granted for all mental illnesses, not just autism. The governor is currently asking for coverage for autism only. We included statistics on how many people are affected by mental illness and how many are affected by autism. Autism is much more rare in the population.

The Unit has also been working on letters to our President, the governor, legislators, and the director of the National Institutes of Mental Health, concerning the horrible way persons with mental illness are treated in our correctional facilities.

We have invited the clubhouse members to join in the letter writing campaign and have received enormous support from the members.

Our goal is to have our voices heard and counted. So far, we have heard from Representative Joan Bauer, and we are waiting to see if more responses come in. The Advocacy Unit believes in taking a proactive approach to issues that affect us. We use our voices to bring positive changes to way society treats persons with mental illness.

CURRENT NEWS FROM DETROIT FREE PRESS

The Advocacy Unit has started responding to a series of articles that are running in the Detroit Free Press. This photograph is from an article which ran on February 5th of

(inmate #608233) banging his head against the wall. Diagnosed as bipolar when he was 11 years old, he had languished in solitary confinement for four months,

Mott's treatment. We are demanding more money for education of prison administrators and employees about mental illness. Any clubhouse member can sign one



this year. It shows what happened to an inmate at the Ionia Correctional Facility on January 6, 2011. Corrections officers at Ionia Maximum Correctional Facility found 19 year old, Kevin DeMott,

sometimes without his psychotropic medication. He was then hit twice with pepper spray and manacled in belly chains and leg irons. The Advocacy Unit is writing letters concerning Mr. De-

of the letters and have it go out in their name requesting better, more humane treatment for persons with mental illness who, unfortunately, comprise a great part of the prison population.

To View The Original Article Click This Link: [Detroit Free Press](#)

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THE ROAD NOT TAKEN
ROBERT FROST (1874-1963)
SUBMITTED BY STEVE B.

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference



ANN ARBOR CLUBHOUSE: FRESH START
BY NICOLE W.

Back in January we took a road trip to Ann Arbor, MI to visit Fresh Start clubhouse. They had recently become certified by the International Center for Clubhouse Development and they held an open house.

We were graciously treated and given a tour of their clubhouse. They had two units a, the co-op and kitchen units. They also had a snack shop.

Some of their members volunteer at the Veterans Administration. Also some of the members have part time jobs at T.J. Maxx and Old Navy. We found out that another clubhouse, Genesis House, helped them obtain the jobs. They advocated for them.

One clubhouse's success can have far reaching potential for another clubhouse.