

# November 2018

## The Haverhill Clubhouse

### Haverhill Clubhouse attends the USA National Clubhouse Conference

October has been an exciting month here at the Haverhill Clubhouse. One of the premier events we participated in was the USA National Clubhouse Conference held in Bethesda MD from October 14<sup>th</sup> to the 16<sup>th</sup>. A contingent from Vinfen Massachusetts Clubhouses include the following: Kristi J. Director of Day Services, Janette T. Director of Atlantic House, Kerry C. Director of Haverhill Clubhouse, Tom C. Director of Point After Club, Haverhill Clubhouse Representatives Christian W., Linda C., Rebecca C., Katie L., Liza B., David D., and Point After Clubhouse representatives April V., and Barbara H., all boarded a Jet Blue airliner from Logan International Airport, Boston MA early Sunday morning. We arrived in Washington D.C. and then took the Metro to our hotel in Bethesda MD. This provided everyone with a first hand learning experience on how to prepare and pack for a plane flight, how to navigate through TSA, how to read the Metro map and purchase Metro train tickets, and how to effectively deal with anxiety when traveling.

Once at the hotel, the group attended several informative sessions over the course of two days to improve the effectiveness of clubhouse in such areas as transitional employment, work order day, fundraising, health and wellness initiatives, and developing better community relations. One of the major takeaways from the conference was the need to effectively convey the benefits and outcomes of the clubhouse model, and its importance in the overall spectrum of mental health recovery. It has become abundantly clear that legislators and philanthropic contributors want to know if their dollars are being used wisely. To this end, the importance of keeping statistical performance indicators, such as the number of clubhouse members assisted in gaining employment, housing, reduction in psychiatric hospitalizations, etc., help to provide quantifiable metrics that help demonstrate the efficacy of the Clubhouse model in treating/recovery from mental illness and the justification of the expenditure of funds on Clubhouses. In other words, are the services provided by the Clubhouse effective and sustainable? By keeping/maintaining accurate records, programs may demonstrate their effectiveness and also examine areas that need improvement.

When traveling to Washington, D.C., one would be remiss not to take advantage of seeing the many historical sites that are available. Our Clubhouse along with Point After Clubhouse attended a Twilight Tour of Washington, D.C. where they visited some of our nation's most iconic sites, such as the Lincoln Memorial, Washington Monument, The Capital Building, the White House, MLK Memorial, WWII Memorial, Korean War Memorial, and many others. Additionally, while on our tour, we witnessed "Marine 1" (The President's helicopter) land on the South Lawn of The White House, which was very exciting. This was a historic trip for the Clubhouse. Everyone received valuable information on how to improve Clubhouse operations, There were also representatives from other Massachusetts clubhouses. The most rewarding part of the trip was talking with other clubhouse representatives on how their clubhouse has helped to transform their lives and steered them on the right path of recovery.





## **Excerpts from the USA National Clubhouse Conference by Liza B.**

The Haverhill Clubhouse recently attended the National Clubhouse Conference in October. I attended several informative sessions where important information was shared, and I would like to take this time to report on the current trends permeating throughout the clubhouse world that help to improve the lives of clubhouse members. The first session I attended was entitled “Mind The Gap.” In this session, it was pointed out that it is essential to make outreach contact with members that have not been in for awhile to help keep them connected to the clubhouse and to make them feel they are needed. Towards the end, the presenters suggested to make use of current technologies that most people have access to. They recommended sending text messages to club members via cell phone with the idea being that they may be more receptive to this communication rather than direct contact. Additionally, they pointed out that the use of social media is an excellent way to inform members of current events that are happening. Facebook, as it was pointed out, is a very popular platform used by club members, as well as Instagram and Twitter. What also is nice is being able to send a birthday card via electronic media as way of sending a personal message.

The next session I attended was entitled “Well on Our Way”, and dealt with the topic of improving the health and wellness of our members. It was pointed out that people who have a serious mental illness die 15 – 30 years earlier than those that don’t have a serious mental illness. This fact was attributed to lack of medical insurance, fearfulness of going to the doctor, poverty, and several other factors. Additionally, new research is now emphasizing that physical health and mental health are inexorably linked, and both domains need to be addressed in order to produce optimal health in individuals. According to clubhouse standard # 28, health and wellness are important factors that need to be adopted in all clubhouses. This represents a new change in the philosophy regarding the overall mission of the clubhouse. The presenters delineated eight dimensions of wellness. It was affirming to discover that the Haverhill Clubhouse is well ahead of the curve and implemented several of these initiatives prior to the Committee coming out with this new policy.

Another interesting session I attended was called “Kicking Your WOD Into High Gear”. The presenters noted that during the work ordered day, you need to have patience and kindness because you don’t always know what is going on in the club members life and how difficult it may have been for them to get to the clubhouse. One of the presenters shared a story about how a club member from California, who previously worked in a high paying job in the corporate world, left her position due to the high stressed nature of the job that was exacerbating her anxiety. She then joined the clubhouse. The clubhouse was just getting started and was struggling with how to organize the different units and activities. She became an integral part in helping the clubhouse get off the ground and increase its membership. The experience also helped her to reinvigorate herself and reenter the job market with a new set of skills. This story served to highlight the importance of how club members and staff work together for the betterment of the clubhouse community. I really enjoyed my time going and I would like to thank the Haverhill Clubhouse for allowing me the ability to go.



Being Heard, Getting Stronger

SUNDAY OCTOBER 14

Regency Ballroom 1401

5:00 PM - 6:00 PM

OPENING SESSION

Clubhouse International, New directors, and guests

Melanie Bates, President, Clubhouse International Board of Directors

Maria Nemes, Capital Clubhouse, Washington D.C.

Maria Endreth, Capital Clubhouse, Washington D.C.

Just Corcoran, Executive Director, Clubhouse International

Lee Bellugi, Clubhouse International

Andy Ben Landmark, Clubhouse International

Clubhouses are Effective

MENTAL HEALTH IMPROVEMENT  
BUILDING RELATIONSHIPS

Clubhouses help members reduce loneliness<sup>1</sup>, enlarge social support networks over time<sup>2</sup>, and friendships that evolve in the Clubhouse often move to the community<sup>3</sup>.

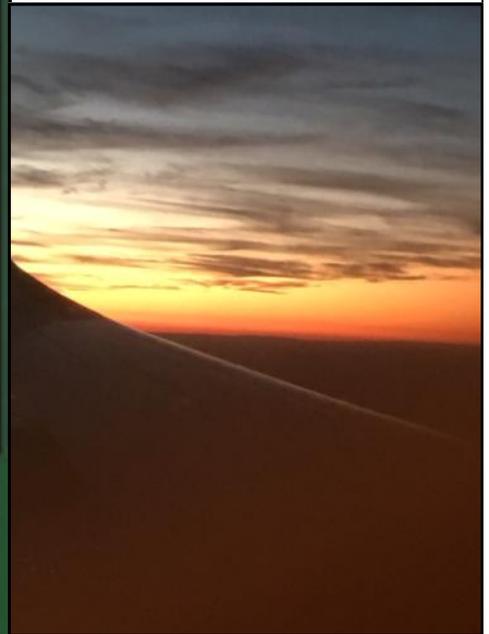
PARTICIPATION IS POSITIVE

Greater clubhouse participation associated with self-reported changes in employment, quality and quantity of social relationships and coping illness.<sup>4</sup>

FEELING BETTER

Members reported decreased psychiatric symptoms and improved self-esteem.<sup>5</sup>

Federally recognized "Evidence-Based Practice" by SAMHSA



USA NATIONAL  
CLUBHOUSE  
CONFERENCE

Tom,  
Kerry,  
Kristi,  
Janette



NATIONAL/INTERNATIONAL STUDIES

A recent matched study revealed 11% lower Medicaid health costs for members of Fountain House Clubhouse, and a 21% savings for high utilizers.<sup>9</sup>

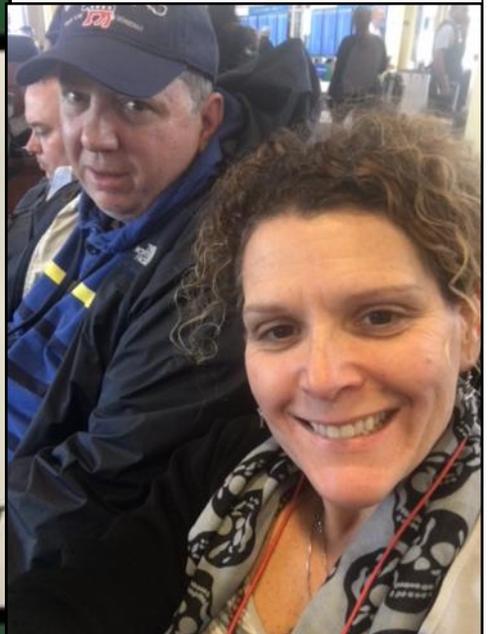
The cost of Clubhouses is estimated to be one-third the cost of the IPS model; and substantially less than the ACT model.<sup>10</sup>

In a matched control study of a Clubhouse in Baltimore, member's annual total mental health care costs were \$5,120 less than the non-clubhouse comparison group.<sup>12</sup>

In the same study, members who attended 3+ times per week had total MH costs of \$9,068 less than members who attended less often.



ing Heard, Getting Stronger



PIC•COLLAGE



Pictured left is the featured room at the USA Clubhouse Conference. The banner behind the presenters is the Clubhouse International Banner.

Pictured right is the escalator the group had to ride to get out of the metro to the hotel.



A group of 7 went on the clubhouse conference in Maryland. We were there Oct. 14-16th. We attended useful workshops and had good food. It was lucky we had the opportunity to tour Washington D.C. via a trolley. The weather was good the few times we stepped outside. The workshops were intense but not overwhelming. I would recommend going to a Clubhouse conference. I would also recommend anyone who has not been to Washington D.C. to do so in the near future.

**Happy Birthday!!**

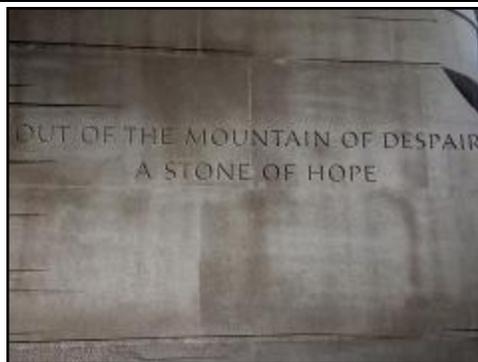
Russ G.	11/3
Raymond A.	11/6
Mason G.	11/6
Debra D.	11/7
Orlando S.	11/8th
Stacey F.	11/13
Stephanie M.	11/13
Jude D.	11/15
Dan G.	11/15
Bill C.	11/17
George V.	11/17
Gena S.	11/19
Kevin Y	11/23
Christine M	11/24
Mark R.	11/28



Pictured left is the group riding the Metro. It was interesting due to being more straightforward and not as bumpy as our T in Boston. This picture was taken on the way to Union Station to get on the trolley for the Twilight Tour.



Pictured Right is the Martin Luther King JR Memorial. This memorial is made out of pink sandstone. The memorial is very inspirational and moving. When you look up at the monument it looks like you are looking into the face of a leader.



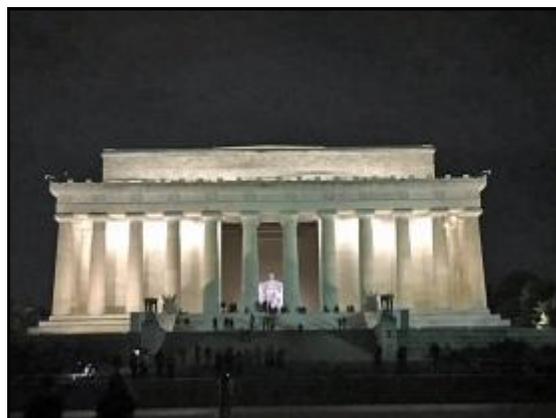
Pictured left is the Imo Jima memorial all light up. This was our last stop.

Pictured bottom left is Abraham Lincoln. His is very inspiring to our community.

Pictured right is a Picture of the National Mall from the Lincoln Memorial. You can see both the National Monument and the State House.



Pictured Bottom Right is the Lincoln Memorial from the bottom of the steps.





# Employment

## Interviews with new interns from NECCO (By clubhouse reported David D).

The Haverhill Clubhouse recently accepted two new interns from Northern Essex Community College in Haverhill, MA. The clubhouse and NECCO have entered into a mutually beneficial relationship. This year features two new interns, Eddie and Scott who are both majoring in Human Services. This is an excerpt from the interview:

**David:** So Eddie and Scott, what are your majors at NECCO?

**Eddie:** I am majoring in Human Services

**Scott:** I am also majoring in Human Services

**David:** What does your internship include?

**Eddie:** To help engage members in activities here at the club and to learn as much as I can from the members and staff about recovery. My course is a four credit course and I am looking to being an active participant here

**Scott:** In addition to that, we spend a total of 150 hours during the two semesters, we need to keep a daily log of which outlines our day and write down our actions, thoughts and feelings.

**David:** What has been the highlight of your internship so far?

**Eddie:** What I enjoy most are all of the smiling faces of the people when they reach their goals, and how the members make the best out of everyday.

**Scott:** Assisting with the computer class, working the barbeque grill on Columbus day and sharing my special teriyaki marinade with the clubhouse which was a hit.

Both Eddie and Scott have already made an impact with the members and staff and they have become welcomed additions to the clubhouse family.

On Tuesday, October 30th, 8 of our members will be heading to Orientation for The Salvation Army. They are all eagerly awaiting their seasonal employment! CONGRAULATIONS TO YOU ALL!



## Intake, Outreach, Orientation and Housing

This article is about our Haverhill Clubhouse staff member Taylor. Although she has many daily tasks throughout her day, she makes time to keep a smile on her face. Taylor’s unit is the intake, orientation, outreach, and housing. She is always a cheerful person to be around, when coordinating her daily responsibilities. Despite all she does throughout the day she continues to have a handle on her job professionally. Her job duties includes assisting members with housing searches, coordinating applications for different types of housing including section 8, state aided housing, lottery housing, and working with the fair market rates. She also does housing searches on Craig’s list, Zillow, Trulia, and many other sites. Taylor also finds the time to bring members out on weekend trips. She is a very busy staff member and she also continues her education at night despite all her obligations. We all appreciate her hard and honest dedication.

This article was written by Cheryl L.



# Education Updates

The Clubhouse has been so great; everyone is wonderful. I have learned a lot and seen a lot. One of the most moving and exciting things that happened was with the help from Nicolle. I was able to get my Green Card and Work Permit. Although I am seeing doctors, the Clubhouse is going to help me with going back to school (I am currently going to enroll in ESL), and hopefully one day I might be able to start working. As of now I attend Clubhouse two hours every day and five hours on Thursdays. Please follow the Clubhouse newsletter to see all the wonderful things they do for people with mental health issues. I am so proud to be a member. I look forward to what and where I will end up. Some people take having a mental health issue for a joke. In a place like the Clubhouse a lot of people are able to live a normal life.

By Olga K.

Pictured below is Kara V. learning how to type.



Pictured Below is Olga K.



## Exciting News in Education Updates

By: Jonathan J.

In the education unit, computer classes are booming. In fact, one must sign up as it is a very popular course. Aside from the course's popularity, run by Nicolle, the course serves an important function. To survive and thrive in the 21<sup>st</sup> century, one must be computer literate. The eleven member class is learning valuable skills that will serve them well in continuing their respective educations and seeking out employment. Independence is another benefit of the course. Students can more readily access online documents as well such as paystubs. These achievements belong to the students and Nicolle. "I hope to keep the education unit going strong to help both the Clubhouse and community" said Nicolle.

## Educational App of the Month

Tired of trying to type on your phones tiny keyboard? There is a phone setting that lets you talk to your phone device while it converts your words into text., ask Nicolle or Katie for help to adjust your phone settings.

## Suicide Prevention

We would like to make sure everyone has the tools to get help if they need it. Here are a few ways to get in touch with the Suicide Prevention Units:

The phone number is 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/>

Text at: 741741

Please use these if you need help at anytime.

**YOU ARE NOT ALONE!!!**



# Education Updates

## Science:

What is the primary ingredient in glass?

## History:

A total of fifteen U.S. Presidents were born in just two states. Which ones?

## Sports:

A National Basketball Association star from 1975-1989, he became the all-time leading scorer in 1984. Who is he?

## Geography:

Can you name all the US states whose spelling contains only four letters?

## Arts:

What Frenchman wrote the 1873 novel Around the World in Eighty Days?

Answers on Pg 12

Call 2 Talk  
We're Here to Listen  
[www.uwotc.org/Call2Talk](http://www.uwotc.org/Call2Talk)  
508-532-CALL(2255) or  
dial 2-1-1

Call 2 talk is 24 hours a day, 7 days a week confidential mental health support call line that assists individuals and families through stressful times. They also help those who may be suicidal.

Remember to work in Units. Not only to help out your Clubhouse, but to help build confidence to get a job.

**If you ever are bored check out the BORED BOARD in the Main Clubroom!!**

## Communication, Arts Social and Recreation Unit

The CASR unit has engaged in many fantastic events this month. Our first major event of the month kicked off with a trip to the Topsfield Fair. This was a special trip due to the fact that it was their 200<sup>th</sup> Anniversary. Through the gracious donation by Kate B. from the Topsfield Fair Committee, we were able to bring 30 people from our Clubhouse to the fair. Everyone had a great time! The Essex's Sheriff's Departments canine show was a big hit with everyone, as were the Belgian horses, rabbits, elephant, and cows. Everyone loaded up on fair food such as French fries, sausages, fried dough, and other goodies. Although not very healthy, it tasted great and it only comes around once a year...why not have some fun! Everyone also enjoyed browsing in the numerous shops and picking up a few specialty items. In addition, the Clubhouse restarted their bowling league with the Point After Club and both clubs had a great time. October is Halloween time and the Clubhouse attended 3 different parties. As part of our mission to give back to the community and to fundraise for a good cause, the Clubhouse joined forces with the Knights of Columbus to raise money for the community and for the Clubhouse. Many members volunteered to take a two hour shift to hand out Tootsie Rolls and accept donations. The event helps us to feel more apart of the community and gave us a sense of participation in helping others in need. Our Clubhouse restarted our monthly art classes held at the Essex Art Center in Lawrence and this continues to be a highlight event for many of the members.



Pictured above left and right along with left are all from the Topsfield Fair.



Pictured Right is Kerry Michelle and Chris hanging in the back yard.



## Health and Wellness

### Ingredients

**6 medium (6 cups)** tart cooking apples, peeled, cored, sliced  
 $\frac{3}{4}$  **cup** firmly packed brown sugar  
 $\frac{3}{4}$  **cup** uncooked old-fashioned oats  
 $\frac{1}{2}$  **cup** all-purpose flour  
**1 teaspoon** ground cinnamon  
 $\frac{1}{2}$  **cup** cold Butter



Vanilla ice cream, if desired

### How to make

#### STEP 1

Heat oven to 375°F.

#### STEP 2

Place apples into ungreased 8-inch square baking dish.

#### STEP 3

Combine brown sugar, oats, flour and cinnamon in bowl; cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Sprinkle sugar mixture over apples. Bake 25-35 minutes or until apples are tender and topping is golden brown.

#### STEP 4

Serve warm with ice cream, if desired

Looking for some relaxation and stretching exercises?

Sit in a chair or use a mat

Join Lynn

Tuesday at 10:00 upstairs in the  
Art Room



*If you are looking for a job, head  
upstairs to our Employment Unit!  
Don't forget to work in the  
units.!!!*

*Unit work builds confidence for  
jobs!!*

### Joke of the Month by Tom W.:

Why was the Ogre considered to be a good musician?

# Announcements

## Stay Connected to DMH!

Stay Connected with DMH year round through our multimedia and social media outlets.



### Sign up to receive our DMH Connections Newsletter and other DMH Communications!

Scan the QR code or email Michelle at:  
[michelle.a.cormier@massmail.state.ma.us](mailto:michelle.a.cormier@massmail.state.ma.us)



### Follow DMH on Twitter!

@MassDMH

We tweet daily sharing events, mental health information and articles and retweets of those we are following.



### Massachusetts Department of Mental Health is on LinkedIn

[www.linkedin.com/company/massachusetts-department-of-mental-health](http://www.linkedin.com/company/massachusetts-department-of-mental-health)

Network with other DMH employees and learn about the latest jobs available at DMH.



### Instagram

@massdmh

Follow us as we celebrate good mental health through photos.



### Flickr

MassDMH

View photos from today's Citizen's Legislative Breakfast and other DMH events. Follow us and favorite your DMH photos.

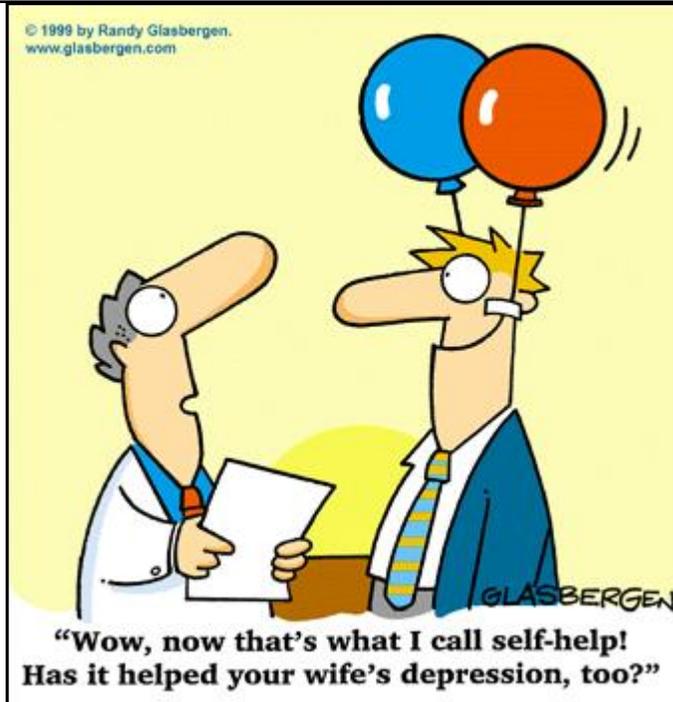


### DMH Connections Channel

[www.youtube.com/dmhconnections](http://www.youtube.com/dmhconnections)

Subscribe to our DMH Connections Channel and view recovery stories from today's Citizen's Legislative Breakfast, documentaries and other DMH produced videos.

## Tips to overcome your depression



1. Let Your Pet Nuzzle Blues Away
2. Eat Smart to Lift Mind and Body
3. Choose Foods to Boost Your Mood
4. Try Low-Fat Carbs for a Pick-Me-Up
5. Drink Less Caffeine
6. Treat Your Aches and Pains
7. Work Out to Change the Way You Feel
8. Choose an Exercise You Enjoy
9. Exercise With Others for Support
10. Be Sure You Get Enough Sunlight
11. Explore Your Creativity
12. Make Time for Mindful Relaxation
13. Keep Friends and Family in Your Life
14. Get the Sleep You Need
15. Avoid Alcohol and Drugs
16. Stick to Your Treatment



## Silhouette of the Mind Project



I really love the silhouette of the mind project that Nicolle has been working on and I love the silhouette she made for me. Nicolle is an amazingly creative and talented artist with the medium of photography. I feel that she captured my soul, mind, spirit and heart very well with this collage of different images that she arranged in and around my silhouette. When you look at my silhouette you can see that music is something I am very passionate about. I love playing guitar and singing and listening to music. It has been a very powerful healing tool for me over the years. You can also see that crows are my favorite bird and that I love walking in the forest. I have always been fascinated by the mystical and mysterious powers of nature. I also enjoy learning about different indigenous cultures around the world. I would also like to recognize Christian and Kerry for helping Nicolle brainstorm ideas for this project. I do not want to say too much about my silhouette. I want people to let their imaginations wander when they look at what Nicolle created here.....

Peace  
Sam C.

The Haverhill Clubhouse has embarked on an innovative art project. Silhouette of the Mind is a photographic representation that uses the medium of photography and symbolism to express one's inner and emotional experience. Each Club member was asked to participate in a meditation exercise, to help members gain deep access into their creative unconscious. Following the calming exercise, Clubhouse members were asked to answer a brief questionnaire to elicit their responses to five questions. The first question was to ask what their favorite color is, the second what animal best represents them, the third was to choose an object of significance to them, and the fourth was to choose a landscape that appeals to them. The fifth and final question was to choose a word that best describes their emotional state. Nicolle then placed the selected representative images into and around the silhouetted figure of the member. The results are dramatic and truly magnificent. We look forward to the project being unveiled with a public showing schedule at the Essex Art Center.

## Member's Writings

### Joke of the Month

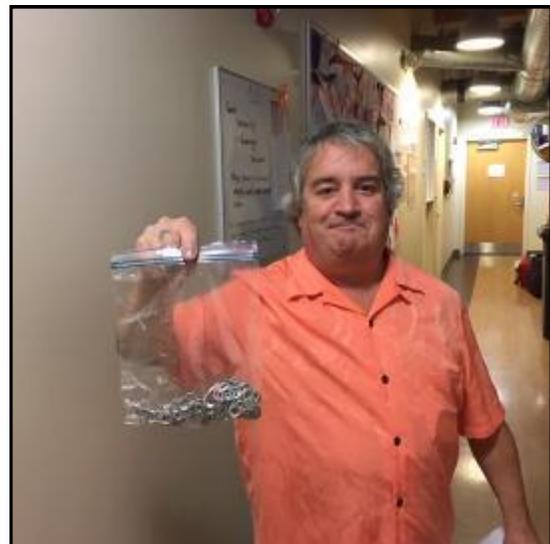
#### Answer:

Because he could improvise.

### JUST DOING OUR JOBS (Poem by Ed H.)

Tears of blood reign  
 Of remembrance remain  
 The survivors inside pain  
 Will not the confessional sweep away  
 They will answer not for themselves, yet for us  
 And their brothers without  
 Have gone before they know  
 There but for the grace of God  
 They do not hesitate knowing it could be their time

You might think that you don't matter  
 in this world, but because of you,  
 someone has a favorite mug to drink  
 their tea out of that you bought them.  
 Someone hears a song on the radio and  
 it reminds them of you.  
 Someone has read a book you  
 recommended to them and gotten  
 lost in its pages. Someone's remembered  
 a joke you told them and smiled to  
 themselves on the bus.  
 Never think you don't have an impact.  
 Your fingerprints can't be wiped  
 away from the little marks of kindness  
 that you've left behind.



## Educational Trivia Answers

1. Silicon dioxide, silica, sand
2. Virginia 8/ Ohio 7
3. Kareem Abdul Jabbar/ Lou Alcindor
4. Iowa/ Ohio. Utah
5. Jules Verne (1828-1905)

Jimmy even while he is away always thinks of the Clubhouse. He continues to collect the tabs for us.

# **Don't forget to attend the Haverhill Clubhouse Holiday Craft Fair**

**December 6th, 7th, 8th**

**10:00 am to 3:00 pm**

**Hand Knit Crafts, Candles, and Works of Art  
and Bake Goods for sale**

**All proceeds go to support the Haverhill  
Clubhouse**

**We will continue selling throughout the month  
of December.**



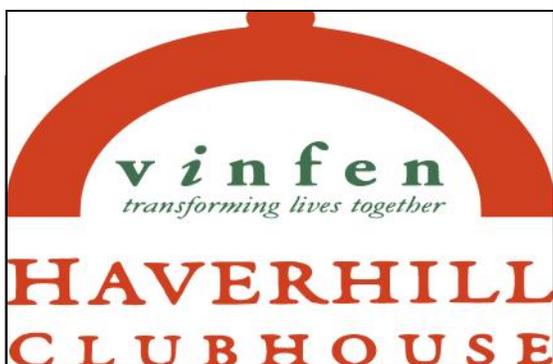
**Work Order Day is 8 AM to 12 PM  
& 1 PM to 4 PM**

**Groups and meetings are available throughout the day!**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
	10am Meditation 11am Art and Relaxation 12:30-1:30pm YMCA 1pm Peer Support 2pm Activities Planning	10am Yoga 11am Community Meeting 12:30-1:30 DRA 1:30 Nutrition Class	10:30 MOP Holy Family 12:30-1:30pm YMCA 1:30pm Creative Expressions	10:30am Job Club 11am Newsletter Group	Young Adults 11:00am 12:30-1:30pm YMCA 1:00 pm Computer Class 1:30pm Creative Expressions 2:30 pm Music Group
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# November 2018

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
			1 Haverhill Library 3:30pm	2	3 Greek Festival and Loop 9:00am
5	6 China Buffet 3:30pm	7	8 Shopping at Westgate 3:30pm	9	10 Liberty Tree Mall Shopping and Movies 9:00am
12	13 Bowling 3:30pm	14	15 Shopping at Westgate 3:30pm	16	17 In House breakfast craft fair activities and movies 9:00am
19	20 Craft Fair Activities 3:30pm	21 Day of Thanks Party 1:30 PM	22 Thanksgiving 8am- 2pm	23	24 Breakfast out and holiday shopping
26	27 Mystery Ride 3:30pm	28	29 Coffee House PAC Leaving at 3:30pm	30	



*Vinfen Mission Statement*

*Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals. Our services and advocacy promote the recovery, resiliency, habilitation and self-determination of the people we serve. As a human services leader, we strive to be the provider, employer and partner of choice.*

Phone: (978) 521-6957

Fax: (978) 521-7028

Email:

[theclubhouseconnetion@gmail.com](mailto:theclubhouseconnetion@gmail.com)

Haverhill Clubhouse  
100 Locust Street  
Haverhill, MA, 01830

Looking for old newsletters or more about our Clubhouse?

Please go to our website:

[www.haverhillclub.org](http://www.haverhillclub.org)

**Clubhouse Mission Statement \ The Haverhill Clubhouse offers respect, hope, and unlimited opportunity for membership to access friendship, housing, education and employment in their community.**

