



FRONTIER PRESS

Special 30th Anniversary Edition

April 2020

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Director's Thoughts

By Renee Schell



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To commemorate, we were planning an Anniversary Open House on April 1st and an Anniversary bash on April 3rd. Since things took a wild turn, we had to cancel these events with the hope of rescheduling at a later date. As we realized that we must cancel the in-person events due to the COVID 19 situation, we quickly set a tone that this wasn't going to overshadow our big anniversary. We decided to host a celebration on Zoom (teleconferencing service) on April 1st. We showed a slideshow of 300+ pictures to colleagues and friends of Frontier House while everyone shared memories and blessings of our Clubhouse.

Happy 30th Birthday, Frontier House!
30 years...what a monumental milestone! We were the first Clubhouse to open its doors in Colorado. We then joined Clubhouse International in 1997 and became accredited in 1999. We have seen some of the strongest Clubhouses in the state close or move away from the Clubhouse Model, but we've held strong and true to the model since the day we opened.

In this special edition, we hope you enjoy the stories, memories, and reflections from our colleagues, and we hope you take this opportunity to celebrate with us, even amidst this time when we can't be physically together.

Our Clubhouse is 30 years strong! I'm deeply touched with emotion as I say this. I've been with the Clubhouse for most of these years, and have witnessed first hand the powerful bond of our relationships, the steady tenacity of our Clubhouse community, and the unfaltering hope weaved through all that we do everyday. Clubhouse works. Frontier House is a living and breathing testament that people with mental illness can and do have productive and happy lives. Here's to another 30 years of making a difference in our member's lives. Join me as I cheer.....

GET CLUBHOUSE!!

Interview with Larry Pottorff By Clark Bacco

In keeping with the 30th anniversary of the Frontier House, I will put on my Frontier Press field reporter hat for each issue throughout the year, hopefully providing further insight to the lengthy and oft told tale of the Frontier House. For this issue I conducted a phone interview with none other than the man who was there at the clubhouse inception, Larry Pottorff. The following article is derived from my interview notes and my recollection as I see fit.

Our story starts with a young Renee, who is still in High school; as she gazes out the window during Social Studies class and teases her big hairdo in shape. Chomping on some Bubble Yum, she is dreaming of the heavy metal head bangers concert that she is to attend that night. The year is 1983, and, in a seemingly unrelated occurrence in Greeley Colorado Larry Pottorff starts his ca-

reer at Weld Mental Health, where Dale Petersen is the Executive Director.

When asked where the idea for FH came from, I was told that it was on Larry's first day of work that Karen Thompson had him watch a VHS tape on a place called the Green Door in Washington D.C. She expressed the idea of a consumer run program, and thus, the seed had been planted. It was over the course of the next few years where someone from Boulder attended a Clubhouse Conference and enthusiastically reported on it, later following a three-day visit to Cirrus House in Nebraska it was agreed that a Clubhouse model was the path forward. I notice that this member engaged grass roots concept somewhat overlaps in format to that of National Alliance on



The first 2 members of Frontier House, Donna and Joseph with Larry Pottorff visiting Cirrus House in Nebraska

(Continued on page 8)

'We Are Not Alone' — Operating a Virtual Clubhouse

As I write this, I'm sitting at home for the 3rd week of doing my part in flattening the curve of the COVID 19 impact on our community. This thing known as Coronavirus sure has turned the world upside down! At first, we were not prepared for a closure of our Clubhouse. When it was determined that we will close our building temporarily in order to keep our community safe, we had to momentarily hit the 'pause' button as we worked to determine how we can operate a Clubhouse without walls. We prevailed and quickly came together! We embraced the concept that **'our Clubhouse building is closed, but our Clubhouse community is open'** and we worked to create a virtual Clubhouse.

I am humbled and grateful for the showing of support we received, and for how our colleagues (both members and staff) rallied together to create our new, but temporary 'normal' which looks like this:

Every Monday through Friday, we have a Morning/Unit meeting from 9am to 10am. Members and staff work together to operate our Clubhouse remotely, focusing on connecting with our colleagues, outreach, member support needs, work ordered day tasks, what's for lunch (Grab n' Go), social activities, and making decisions about the Clubhouse. We are aware that some members may not have the ability to call into these meetings. We are taking phone calls at the Clubhouse during the week, so please let us know if you or another colleague may need something.

We have members who are helping with the operation of the Clubhouse by updating the App, writing newsletter articles, conducting reach out, grant writing, providing support to Pioneer House, facilitating weekly Clubhouse Meeting, making birthday cards, making face masks, posting to Facebook, George's joke of the day, running a bingo game...just to name a few things all while having an attitude of gratitude that our Clubhouse is still here.

There is no doubt that these are uncertain and scary times as we do everything possible to maintain health and safety. I am thankful for the network that is fostered through Clubhouses around the world. The original motto of Clubhouse, 'We Are Not Alone', is veracious as ever. There are Clubhouses from around the world that are learning how to create a system to ensure that members will have the critical supports of belonging to a Clubhouse, even as they are not able to gather together in our Clubhouse buildings.

Clubhouse International has been very supportive during this time. I had the opportunity to meet with them via Zoom, joined by the directors of Spirit Crossing and Iris Clubhouse in Wyoming. I was pleasantly surprised to discover that we were already making strides in operating a virtual Clubhouse

community, and at first, we didn't even realize it!

I'd like to take this opportunity to share some eloquently stated words from Clubhouse International, 'COVID-19 Crisis, Our Resilient Clubhouse Communities':

We have always said that Clubhouses are communities, rather than simply being mental health 'programs.' Now we are learning just how true this is. Clubhouse resiliency, innovation, passion and dedication have quickly led to an inspiring array of strategies and solutions to address the new reality. Members and staff may no longer be able to gather together inside their Clubhouse buildings, but they have shown that they will continue to support each other through the crisis. We are deeply moved and awed by the extraordinary level of care and connection that continues to hold Clubhouse communities together, despite the severe restrictions regarding physical togetherness.

Our international Clubhouse community should take a moment to reflect on this phenomenon. We should be aware that, as a Clubhouse community, we have succeeded in creating a network of human connectedness and unconditional support that is almost unheard of in today's society. Even in the uncertainty and anxiety of these days, this is something we should all understand, and celebrate.

Rather than implementing 'social distancing,' as governments have suggested to us, Clubhouse communities have chose to implement a system of 'physical distancing.' And in spite of this physical distancing, we are finding creative ways to remain socially engaged with each other.



Join us for daily Clubhouse meetings, Monday—Friday at 9:00am.

Pictured is a Zoom meeting with some of our colleagues.



Grab n' Go lunches prepared at the Clubhouse on Mondays, Wednesdays, and Fridays and can be picked up between 11am and 1pm at the back door.



Thanks to Sandy for handmaking birthday cards for members!



Thanks to Ashlyn for organizing a virtual bingo game! Tune into the daily Clubhouse meetings and Facebook to get the numbers. We draw 2 numbers a day. Bingo cards can either be delivered to you or picked up at the Clubhouse.

April 2020



All Meetings this month will be conducted using Zoom (teleconferencing service). It is easy to do as long as you have a phone and/or a device to dial in or access the internet.

Zoom information for daily and weekly meetings is listed to the right. This can also be found on our Facebook page

Morning Meetings

9am Monday-Friday: Join Zoom Meeting
<https://zoom.us/j/701516758>

Meeting ID: 701 516 758

Dial by phone: 1 669 900 6833

Clubhouse Meetings

2pm on Wednesday: Join Zoom Meeting
<https://zoom.us/j/373384299>
Meeting ID: 373 384 299



Zoom meeting, audio only

Zoom meeting with video



Photo: <https://www.pexels.com/photo/two-dogs-sitting-at-table-with-coffee-cups-450000/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30 9:00am Daily Clubhouse Meeting	31 9:00am Daily Clubhouse Meeting 4 pm NAMI Connections	1 9:00am Daily Clubhouse Meeting 2pm Clubhouse Mtg.	2 7:30am: FH Advisory Board 9:00am Daily Clubhouse	3 9:00am Daily Clubhouse Meeting	4
5 Netflix Watch Party 4pm—7pm (See Facebook events for more info)	6 9:00am Daily Clubhouse Meeting	7 9:00am Daily Clubhouse Meeting 4pm NAMI connections	8 9:00am Daily Clubhouse Meeting 2pm Clubhouse Mtg.	9 9:00am Daily Clubhouse Meeting	10 9:00am Daily Clubhouse Meeting FAC 4pm: Zoomcraft—Grab your favorite craft and join the zoom meeting. Let's share our crafts and enjoy some wellness time. Join Zoom Meeting: https://zoom.us/j/7992000211 Or call: 1-669-900-6833 or 1-346-248-7799	11
12 Easter	13 9:00am Daily Clubhouse Meeting 2pm Calendar Planning	14 9:00am Daily Clubhouse Meeting 4pm NAMI Connections	15 9:00am Daily Clubhouse Meeting 2pm Clubhouse Mtg.	16 9:00am Daily Clubhouse Meeting	17 9:00am Daily Clubhouse Meeting FAC 4pm: Trivia Join Zoom Meeting: https://zoom.us/j/3672454476 Or call: 1-346-248-7799 or 1-669-900-6833	18
19	20 9:00am Daily Clubhouse Meeting	21 9:00am Daily Clubhouse Meeting	22 9:00am Daily Clubhouse Meeting 2pm Clubhouse Mtg.	23 9:00am Daily Clubhouse Meeting	24 9:00am Daily Clubhouse Meeting FAC 4pm: Drawful 2—A game of Pictionary online. Join Zoom Meeting https://zoom.us/j/519663129 Or call: 1-669-900-6833 or 1-346-248-7799 Meeting ID: 519 663 129	25
26	27 9:00am Daily Clubhouse Meeting 3:30pm Pioneer House Mtg.	28 9:00am Daily Clubhouse Meeting 4pm NAMI Connections	29 9:00am Daily Clubhouse Meeting 2pm Clubhouse Mtg.	30 9:00am Daily Clubhouse Meeting	1 9:00am Daily Clubhouse Meeting	2

SEEK: Supported Employment and Education Korner

INDIVIDUALIZED PLACEMENT AND SUPPORT (IPS)

Individualized Placement and Support (IPS), is an evidence-based practice of supported employment in which the job seeker determines the type and place of desired employment. The vocational rehabilitation specialist then works to build a relationship with the employer to help facilitate a placement position for the job seeker. This is done by learning the needs of the employer and identifying how the employers needs can combine with the job seeker's choices.

IPS PRINCIPLE #3 — RAPID JOB SEARCH

IPS programs use a rapid job search approach to help job seekers obtain jobs rather than assessments, training, & counseling. The first face to face contact with the employer occurs within 30 days.

By the Numbers-Mar. 2020

Job starts Year to Date: 51
 # currently in IPS (Supported Employment): 19
 # currently in Independent Employment: 35
 # of Transitional Employment Placements Year to Date: 24
 # currently enrolled in school: 9

Congratulations to a few of our Colleagues!



Pam E.
 Successfully
 completed 9 months at the
 NRBH TE!



Auriel S.
 Has maintained an A in her
 classes as she works on her
 diploma!



Lexi B.
 Is enjoying a
 volunteer position at the
 Greeley History Museum!



Emma A.
 Has started a
 position at Leprinos Food



"My involvement with Frontier House has taught me leadership and communication skills. It has boosted my self-esteem, confidence, courage, and self-worth. Through the Clubhouse, I'm involved in real life responsibilities such as employment and education. I also have the opportunity to contribute to important work that enhances my abilities and the Clubhouse program alike. The Clubhouse has helped me integrate into the community, to live independently, and to have supportive relationships that help me live a life of wellness and recovery."

-Danny O'Canas, Clubhouse member since 2010

The Frontier House Member's Guide to Wellness During Isolation

Staying home can be difficult for those individuals who enjoy an active life in the community and at the clubhouse. Many individuals struggle to remain out of self-imposed isolation as a part of their daily wellness, so isolation feels like a step backward in their wellness journey. As a member of Frontier House, you are Wanted, Needed, and Expected just as much now as you always were. To ensure an easy and healthy transition back into Clubhouse activities once the doors reopen, take care of you!

1. **Keep your routine as normal as possible:** get out of bed, take care of personal hygiene and dress for the day.
2. **Work-Ordered Day:** do some of the tasks at that you do at the clubhouse such as disinfecting, organizing, outreach, and meeting participation
3. **Mealtimes:** Keep mealtimes routine such as eating lunch at 12:00

when lunch is normally served at the clubhouse

Social Activities: Take the time to call fellow members or spend some time on social media

Help Fellow Members: Contact staff if you are aware of a fellow member in need of assistance with food

Participate in Zoom Meetings: Call into the scheduled Zoom meetings Mon.-Fri. at 9am and Wednesdays at 2pm. Ask staff or check the App, Facebook, or the Remind Text for information.

Limit news: Turn off the news and focus on wellness activities

Self-Care: Exercise, eat healthy, hydrate, and get plenty of rest

Stay Well: The most important task you can focus on to help is to stay well. You will be needed back at the clubhouse as soon as possible. Take care of yourself.

Clerical Unit News



4/4 Josh V. 4/18 Joann D.
4/9 Koyla B. 4/18 Sandy D.
4/11 Chelsea S. 4/24 Kathy M.
4/12 Steven Y. 4/25 James D.
4/13 Rick M. 4/27 Frank A.
4/16 Christopher F.

This is a list of birthdays for active members. Happy Birthday to all those with April Birthdays!!!

Hello colleagues and greetings from the Clerical Unit. Well, we can say things have not been business as usual! Due to all of the restrictions regarding COVID-19, building closures and social distancing, we have had to get creative with the operation of our unit. That isn't to say that meaningful work isn't happening. One thing that the Clerical Unit has really been focused on this last month is our media presence. We have used this opportunity to get our media room tentatively set back up. The hope is that once all of the restrictions are lifted, we can continue to set up and expand the room. We have also been trying our hand at more online videos and Facebook content. Recently, we did a video with tips and tricks to help people cope with the stress of sheltering in place and social distancing. We have also been trying to up our Facebook game with things like caption contests, jokes of the day and other engaging content. We have used this opportunity to do some great work on our app, too. If you don't have it yet,

you can download it to any smart device by going to your app store and searching for Frontier House of Greeley. Our unit colleagues as well as our Kitchen Unit colleagues have been lucky enough to be able to connect every morning via Zoom to have one large Clubhouse meeting. If you are interested in joining morning meetings, please check our Facebook page for the weekly login information. If you need any assistance, whether it be technology based or otherwise, please do not hesitate to reach out to us via Facebook, email or phone. As you may have already heard, our building may be closed, but our community is very much open!



By the Numbers-

March 2020

Ave Daily Attendance: 42
Number of Referrals Received: 9
Number starting Orientation: 5
Number of New Members: 5
Number of Total Active Members: 155



Our 30th Anniversary Frontier House shirts have come in! Please let us know if you are interested in purchasing one through email, Facebook or a phone call.

The History of Frontier House (reprinted from many years ago)

Back in 1983, Larry Pottorff saw a video on Fountain House and thought that he'd like to do something like that in Greeley. When a building from Weld Mental Health became available, he and some other people decided that would be consumer-oriented. They started by having a general meeting and discussed what we wanted to do with the building and spent the first thirty minutes on what the smoking policy would be. A committee was set up and had meetings two times a week, but after being open for six months there wasn't much interest in what was happening at the house.

Three people attended a day long workshop on the Clubhouse Model and brought back to the committee and from it decided to start a Clubhouse. A trip to Cirrus House in Scottsbluff Nebraska was made to learn about the Clubhouse model. They read all the literature possible on the Clubhouse philosophy. When the Clubhouse opened, there was just one staff person but Julie was soon hired. The Clubhouse started with eight character members and no Transitional Employment (TE) worksites. Larry thought that when he was the only staff member the Clubhouse would die, but was amazed to see more people coming in. Ever since then, the membership continues to grow.

When Frontier House opened, the Alley Cat Café was at the CSP (Community Support Program) and only served lunch three times a week. It was quickly decided that the café needed to be in the Clubhouse. About a year later, a fourth lunch was added. Now the lunch is served every day with two employment dinners a month.

The first TE worksite was with Ramkota Inn where embers worked as housekeepers. Frontier House has maintained a working relationship with Ramkota since that time. There are now five TE worksites that employ thirteen members on a regular basis.

The first social outing Frontier House went to was at the Dinosaur Park in Ft. Collins. Six members attended that outing. The most recent one was the Rockies-Cubs game in Denver which was attended by 26 members and guests.

In the first year of operation, Frontier House worked with Aims Community College to add an education component. This arrangement worked well for two years before Aims could no longer afford to provide a teacher. We have recently developed our own 'in-house' educational program, complete with a certified teacher.

Kitchen Unit Update

We're all in this together! Thank you to our Clubhouse community for coming together at this time to support each other. The Kitchen Unit has utilized the community resources available. We are grateful for the support and partnership from NRBH's Kitchen in helping us connect with the supplies needed to provide our Grab and Go Meals.

Frontier House will be offering **Grab and Go Meals on Monday, Wednesday and Friday from 11am-1pm**. All meals will include a cold entrée, 2 sides and a drink for \$1. You are able to purchase 5

meals at a time, if needed. Cash and meal tickets can be used to purchase meals.

Please pick up your Grab and Go Meals at the backdoor of the Clubhouse. Make sure to ring the bell to let us know you have arrived. Please practice social distancing and maintain a distance of at least six feet from others. If you are in need of a Food Box, please let us know. If you have questions feel free to ring the bell or call the Clubhouse: 970-347-2128.

Expense Report– February 2020

	Income	Expenses	Profit/Loss
Lunch	\$422.06	\$2627.35	-\$2205.29
Snack Bar	\$117.10	\$146.13	-\$29.03
Vending	\$78.25	\$72.97	+\$5.28

George's Joke Corner:

What do wedding anniversaries and chores have in common?

Men tend to forget them.

How many ninjas does it take to change a light bulb?

We don't know as soon as the light come on they all scatter.



Member Spotlight: Diane D.

Many members know Diane for her loud personality and talented crochet skills. But did you know that Diane has been a member of the Clubhouse for the last 20 years! At first, Diane was a bit hesitant about the Clubhouse, she was not sure if this was the place for her. She said that once she was able to meet new people and build new relationships, she knew that this is where she wanted to be. She says that the Clubhouse helped her to not feel lonely any longer since she lives by herself.

Diane is an active member in the Kitchen Unit and enjoys preparing and serving lunch. Her new favorite thing about the Clubhouse is our Breakfast service. She makes the effort to catch the early bus and come in early to enjoy breakfast with her colleagues.

She misses the Clubhouse and can not wait for us to open the doors again. She especially enjoys the socials with the Clubhouse, and misses

going bowling with her colleagues. She misses her Clubhouse family and hopes to see everyone soon.

She wanted to show that even in the photo, we are practicing social distancing!



Pictured is Diane (right) with Alex (left) during this year's Employment and Education Banquet

Let's cook together!

Here is an idea that was shared by Clubhouse International. Share a recipe with the whole Clubhouse community so that once per week everyone cooks the same meal at home and eats together at the same time. Cooking and baking can be a healthy outlet during this time. This is also a great way to pass the time and feel productive during the day.

Share pictures of everyone's version of the meal on the Clubhouse Facebook page. We are looking forward to having a virtual Clubhouse meal together.

Here is a breakfast idea that we could enjoy during our daily Zoom morning meeting. Get creative and have fun in the kitchen.

Ideas to make a creative hot breakfast cereal:

GIVE IT TEXTURE. Mix cooked grains in with your oats as they cook.

TOPPINGS GALORE. Toasted coconut, toasted chopped nuts, and candied citrus zest are go-tos. Try to finish your breakfast cereal with a touch of salt to bring out even more flavor.

GET SEASONAL. Rotating jams and fresh and poached fruit.

GO CREAMY. Finish it with a dash of milk or even smooth nut butters. Add a spoonful of whole-milk yogurt to the center for an extra-creamy treat.

ADD COLOR. Use your fruits, grains, and other fixins to create visual variety.

If you have ideas for meals that we can cook together, feel free to share via Facebook or Zoom morning meeting call.

KITCHEN UNIT MONTHLY REPORTING FOR FEBRUARY 2020

Food boxes to members: 6	Number of FACs: 4
Meals served: 504– Lunch	Number of Weekend Outings: 1
90– Breakfast	Number of Holidays: 1
Avg. # Served per day:	Avg. Mtg. Attendance: 15
10– Breakfast / 25–Lunch	Type of Social:
Avg. cost per lunch: \$5.21	-In house: 3
Paid IOU'S: 16	-Out of Town: 2
	-In town: 1

30 Years of Clubhouse — Congratulations Frontier House



Just a small snapshot of 30 years of Clubhouse bliss! From the first Clubhouse, to the first handful of members, to the first social, and the first director and staff. From the 12th anniversary to the 25th, with the customary cake and group photos. Here's to Clubhouse and to 30 years of Clubhouse magic!

Pet Spot



Meet Walter, Charlotte's cat. He's about 2 years old, had a twin brother that got hit by a car. He will eat you out of a house and home—he is **ALWAYS** hungry. His favorite moment was with his brother, happily playing together outside, pouncing on nothing when his brother reached out and squashed him. Fun fact—only black cats have black noses!

Your pets are important to us too!

Mental health professionals and researchers are confirming what pet owners have always known: Relationships with animals have many mental health and psychosocial benefits.

These benefits are increasingly being harnessed by animal-assisted therapy (AAT) programs, particularly in mental health settings.



Frontier House

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www.frontierhouse.org

Frontier House is a program of North Range Behavioral Health and is proudly accredited with Clubhouse International and a member of Clubhouse

Interview with Larry Continued by Clark Bacco

(Continued from page 1)

Mental Illness (NAMI) for which Mr. Pottorff was also connected with in the 1980's.

I inquired about early challenges and start up difficulty to which he replied that the vision was clear as defined by the Clubhouse Standards, and later the work towards accreditation. A site was procured at 11th Ave. & 5th St (currently the Stanek House) a large older house with a finished basement frugally furnished with necessities and a covered porch out front. It was a slow start, with Larry and July as the staff and the "charter 12" set of members. A big milestone was getting local employers on board with the Transition Employment model (T.E.), no small feat to guarantee coverage of work shifts with only two staff colleagues. Then, Garnsey Wheeler Ford stepped up to be the first employer to join the T.E. program.

All work and no play makes Clubhouse a dull place. The concept was taking hold and collaborative interaction brought about a member colleague to say about FH as "a place to grow". A quote much repeated to this day. The first

social was a Saturday trip of 18 colleagues to the Swetsville Zoo, a now defunct concept on a patch of land near the interstate. Bill Swets operated the zoo concept from "dinosaurs" he fabricated out of automobile frames and parts. A picture of this social can be seen on the cork board at the rear entrance to FH. Another benchmark was attending the first Clubhouse Western Regional conference in Utah, 1 or 2 years after founding FH.

In closing remarks Mr. Pottorff stated how the Clubhouse is "always growing and innovating". He continues with how the FH continues "to grow and evolve... growth with community connections" and cites the Pioneer House project as an admirable example of expansion. He can envision how the extensive use of media during the Covid-19 pandemic can sprout into extended and furthering use of engagement practices, and the Clerical Unit agrees. He continues with the Frontier House has "exceeded expectations in world placement". And, as for what becomes of the young Renee we spoke of the beginning of this article, well my friends that is another chapter to explore as we continue through the year of interviews on the 30 years of Frontier House Clubhouse. Until then, shelter well and be safe.