



Director's Thoughts

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Clubhouse International



ACCREDITED

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Pictured below: Left— Our colleagues posing in front of the Seminar banner holding 'We Are Not Alone' signs.

Right—Seminar attendees at one of the many Plenaries.

Tusen Takk!

This means, 'A thousand of thanks' in the Norwegian language. Our Clubhouse was absolutely impressed with the Clubhouse World Seminar experience in Norway. We had a very successful trip to Oslo and Lillestrom, Norway. Frontier House was one of 100 Clubhouses in attendance from 20 countries. There were 500 attendees, 8 plenaries, and 42 workshops.

It is hard to pinpoint just a few topics from the conference, but here are a few that resonated with me:

- ◆ *The Restorative Power of Giving Back: Contributing Your Talents and Strengths to Your Clubhouse Community*
- ◆ *Recovery of the Whole Person: How Clubhouses can integrate supporting members' mental and physical health*
- ◆ *Community: The Power of Belonging*
- ◆ *Stories of Members' Lived Experience: Dismantling Stigma and Raising Awareness of Mental Health Issues*
- ◆ *Bringing New Creative Energy into Your Clubhouse Units*
- ◆ *Clubhouse Employment: 'Tried and True' Strategies and New Initiatives for a Changing World.*

Our team of 5 came back from the experience with fresh ideas and a renewed sense of energy we hope to sprinkle upon our Clubhouse community.

Each colleague who attended the seminar presented highlights, ideas, and inspiration over the span of several Clubhouse meetings. These presentations have sparked effective

and engaging conversation around topics such as orientation and tours, member leadership, reach out, decision making, engagement, speakers bureau, and member stories, just to name a few.

Immediately upon our return, I could feel the influence that the seminar had on colleagues. Ideas started to fly around with new and fresh things taking shape at the Clubhouse. This is much needed to keep the spark of Clubhouse strong and bright.

Each year, we budget the funds to send colleagues to either national or international Clubhouse seminars. Throughout the years, we have attended many, and with each seminar we gain knowledge, inspiration, and innovative ideas. If a colleague is interested in attending a Clubhouse seminar, stay involved in the Clubhouse by finding opportunities of leadership and volunteerism, and express your interest to your colleagues.

Thank you to the Clubhouse and Advisory Board for supporting our commitment to attend Clubhouse seminars. Afterall, one of the reasons why we are 30 years strong is because we are eager and determined to branch out into the world to learn from our international Clubhouse colleagues so that our Clubhouse may grow and continue to provide life-changing opportunities for our members. Our attendance at Clubhouse seminars makes this possible!

****For more information and to view photos of the Seminar experience, go to our Facebook page.

GET CLUBHOUSE and have a Blessed Thanksgiving!!!!





November 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
27	28 3pm Standards Discussion	29 1:30pm Menu Planning 3pm Vocational Mtg. 4pm NAMI Connections	30 Clubhouse Express 2pm Clubhouse Mtg.	31 1:30pm Grocery Shopping	1 Clubhouse Express 2pm Drivers Ed. Prep 4-6pm FAC: November Birthdays & Bingo	2
3	4 3pm Standards Discussion	5 10am-3pm New Member Orientation 2pm Banquet Planning Committee 3pm Vocational Mtg. 4pm NAMI	6 Clubhouse Express 2pm Clubhouse Mtg.	7 7:30am Advisory Board Meeting 1:30 pm Vending and Food Bank 2:30 Wellness: Yoga with Telisa	8 Clubhouse Express 2pm Drivers Ed. Prep 4-6pm FAC: DJ Clubhouse	9
10	11 Veteran's Day Clubhouse open from 8am to 1pm	12 1:30pm Menu Planning 2pm Banquet Planning Committee 3pm Vocational Mtg. 4pm NAMI	13 Clubhouse Express 2pm Clubhouse Mtg.	14 1:30pm Grocery Shopping	15 Clubhouse Express 2pm; Drivers Ed. Prep 4-8pm FAC: Dinner at Pizza Ranch	16 10am Holiday Portrait Session
17	18 2pm Calendar Planning 3pm Standards Discussion 3pm Art Show at CP Library	19 10am-3pm New Member Orientation 10:30 Clubhouse Colorado Coalition Meeting at FH 2pm Banquet Planning Committee 3pm Vocational Mtg. 4pm NAMI Connections	20 Clubhouse Express 2pm Clubhouse Mtg. 4pm: Serve at Guadalupe Community Center	21 1:30 pm Vending and Food Bank 2:30 Wellness: Yoga with Telisa	22 Clubhouse Express 2pm Drivers Ed. Prep 4-6PM FAC: Bowling	23 10-2pm Celestial Seasoning Tour and Picnic Lunch
24	25 3pm Standards Discussion 3:30pm Pioneer House meeting at Pioneer House	26 1:30pm Menu Planning 2pm Banquet Planning Committee 3pm Vocational Mtg. 4pm NAMI Connections	27 Clubhouse Express 11:30am—1:00pm Annual Thanksgiving Dinner	28 Happy Thanksgiving Clubhouse Open 8am-1pm	29 Clubhouse Open 8am-1pm	30



In addition to the above scheduled activities for the month, there are also very important standing **daily meetings**. A great way to get involved in the Work Ordered Day of the Clubhouse is to attend these meetings. Every morning at **9:00 am** all Clubhouse Colleagues meet in the dining room for a **morning meeting**. This meeting is a great opportunity for all Colleagues to greet one another before going to unit meetings at 9:15. **Unit meetings** are held both at **9:15 am** and **1:00 pm** each day to organize the day and get everyone involved!

SEEK: Supported Employment and Education Korner

The Employment Specialists have been very busy this past month with networking at different events to keep updated on the job market. Other than going to different networking events in the community to search for jobs, the clubhouse's vocational and morning meetings are a great resource to use when you are at the clubhouse and are in search for employment. Our staff colleagues can help any member begin the job hunting process and can help them with filling out applications. If you are interested in obtaining employment, make sure you talk to your staff first to see if they can help you reach any goals that you have. Other than using the vocational and morning meetings for job search, Indeed is a great online tool to you to help you narrow down your search if you are in the market for a specific field!



Congratulations on your employment!

Marty C (right):
Independent Employment at King Soopers
Danielle B (left):
Supportive Employment at Auto Zone



November EMPLOYMENT ANNIVERSARIES

Job starts :

Danielle B: Auto Zone
Marty C: King Soopers
John W: IHOP
Tawnie C: ARC Thrift Store
Lexi B: Ross
Dustin H: JBS

6 months:

David T: Golden Corral
Travis S: Westridge Animal Hospital
Christa S: North Range Behavioral Health

1 year:

Jeff W: Institute of Environmental Health
Richard B: Este Park Airport Shuttle

My Experience with IPS By Ashlyn M.

I have been in the IPS program for a while now; I think since I became an active member. It has been really beneficial to me in a lot of ways, it's not a perfect program but I think it does a lot of good things.

When I first started, I thought I was incapable of working. I thought I should just try and keep surviving like I was, which was extremely similar to a leech in my case, but the clubhouse changed that view. I was put in the IPS program and found that I could work, that not only was I capable but that I enjoyed it. I got my first job ever as a dispatcher and even it's ups and downs, it was a great fit for me.

When that company shut down, I was without a job for a while but the staff assured me that I would be successful once more. They helped me look for a job that I wouldn't mind doing. They didn't try to push me to get a job I would hate because they wanted me to be successful and happy, not just getting by. Though it means my work history is a bit spotty, it also meant I didn't have to hate working every day, which really helped my mental health. I did have one position that I didn't enjoy, but I thought I would when I got it. I think with that. There was a miscommunication or some crossed lines or something and things seemed a bit different to me before than after I started. I was able to push through with the help of my staff at

the time, Alex. She helped me mediate with my boss when it was necessary and was there when I had questions. Her and Abenie, and later Jauniee, kept supporting me by going in and talking to them regularly which was really helpful.

I think one of the strongest areas of the IPS program is that we're encouraged to look for positions we want, not just settle because we need money. I feel like maybe a couple things to work on may be communication and how appointments are set up. I hear a lot that a staff colleague popped in to see the employer but they aren't there. I think maybe if an appointment is made ahead of time that may help with that issue. But I'm no specialist either, so maybe that's the way to do it.

I'm grateful for the IPS program and very grateful that it is in my clubhouse because it has helped me gain confidence and assertiveness in going after the jobs I want, believing I can do it if I put my mind to it, and having my supportive colleagues by my side along the way.

By the Numbers- October 2019

of job starts Year to Date: 39
currently in IPS (Supported Employment): 17
currently in Independent Employment: 29
of Transitional Employment Placements Year to Date: 21
currently enrolled in school: 9



Ashlyn working with Jauniee on applying for jobs.

November Birthdays

11/2 Shannon C.	11/21 Ken H.
11/5 Ashlyn M.	11/22 Betsy B.
11/7 Corey M.	11/25 Jose S.
11/7 Chandra J.	11/27 Ricardo M.
11/9 Ted B.	11/27 DeEtte A.
11/10 Tom K.	11/28 Mickayla E.
11/14 Sean H.	11/28 Ed W.
11/16 Heather K.	11/28 Dan H.

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

By the Numbers— October 2019

Average Daily Attendance : 38
 Number of Referrals Received: 5
 Number starting Orientation: 4
 Number of New Members : 4
 Number of Active Members: 155



We will be hosting our annual Thanksgiving meal for members soon! Please join us on Wednesday, November 27th at 11:30am at the Clubhouse for this free Thanksgiving meal. We look forward to seeing you! Please call to RSVP and to let us know if you would like to bring a guest.

Clerical Unit News

As always, the Clerical Unit has been hard at work. We have completely revamped the task boards in our unit. Before, our boards felt overwhelming and cluttered. We stripped them down to the bare bones and gave them a complete overhaul! Now, not only do the boards look cleaner and more streamlined, they contain more information on each task. This information will hopefully allow a newer member to have a greater understanding of our unit's work ordered day tasks.

Along those same lines, we are really hoping to begin work on our unit task books soon. These

books would break each unit task down to its base elements, giving step-by-step instructions on how each task can be completed. Again, the unit is hoping that this will increase unit engagement throughout the day as teams of colleagues can try their hand at tasks they may not be extremely familiar with. Hopefully, this little extra bit of direction will give colleagues the confidence to step out of their comfort zone in order to try something new!

Pictured below is an example of the task description sheets utilized at Fontenehuset I Oslo.



CU New Members

The Clerical Unit welcomed some new members over the last month.

Next time you are in, say hello to Kolya, Alejandro, Marybell, Jojo and Janice!

Friendships happen at Clubhouse! Pictured left: Barbara and JoJo enjoying each other's company.

Twilight Sanctuary Chronicles: Prologue By Joye Thorpe

Beyond the forests lies The Heartland, a huge forest that is home to all sorts of wildlife. What lies beyond The Heartland is No Man's Land or the Wastelands what the locals call it. The Wasteland is nothing more than a barren landscape with no tress, no water and no wildlife due to too many wars being fought here. It's also believed to be the final resting place of the Old Kingdom that once stood thousands of years ago.

Smoke covers the sky as Central City was burning in the distance. The smell of burning ashes

and people's screams and cries for help could be heard within the city. The barrier around the city had already fallen soon after the centre floating tower was destroyed. Elijah and his sister, Angelica laid dead on the floor of the shattered tower. They were killed by the flying feral beasts. Their bodies were torn apart with blood covering the floor and walls of the tower. Is this what's to become of Central City? Who is truly winning this war? I'm writing this story to tell you about the history of Twilight Sanctuary thus is my duty as a timekeeper.

KITCHEN UNIT MONTHLY REPORTING September 2019

Food boxes to members: 1
 Meals served: 486
 Avg. # Served per day: 23
 Avg. cost per lunch: \$ 3.22
 Paid IOU'S: 12
 Number of FACs: 4
 Number of Weekend Outings: 2
 Number of Holidays: 1
 Avg. Mtg. Attendance: 10
 Type of Social:
 -In house: 2
 -Out of Town: 1
 -In town: 2

"Courage does not always roar. Sometimes it is a quiet voice at the end of the day saying, 'I will try again.'"
 – Mary Ann Radmacher

Kitchen Unit Update

Are you looking for a place to have Breakfast? Guess what! The Kitchen Unit is now serving breakfast on Tuesday and Thursday mornings. Breakfast orders are taken from 8-9am. Breakfast is served from 8:45am-9:10am. Just in time for our Clubhouse morning meeting. We have multiple ways to get your order placed if you can't order in person at the Snack Bar.

- 1) Place an order at the Clubhouse the day the before.
- 2) Feel free to call in an order to the receptionist at 970-347-2128 or you can call the kitchen direct at 970-347-5327. **Please be patient if we don't answer the first time.**

Breakfast Menu:

- 1) Full Breakfast: 2 eggs to order, 1 Meat (Bacon/Sausage), Toast, Small Drink \$1.00
- 2) Breakfast Sandwich: 1 egg to order, cheese, 1 Meat (Bacon/Sausage), Small Drink \$1.00

Extras:

- 1 Egg: .20
- 1 Meat: .40
- Toast: .20

We are also looking into offering specials each week.



Darci and David cooking up some breakfast!

Expense Report– SEPTEMBER 2019

	Income	Expenses	Profit/Loss
Lunch	\$648.90	\$1564.72	-\$915.82
Snack Bar	\$477.95	\$367.73	+\$110.22
Vending	\$49.00	\$33.38	+\$15.62

Recipients of the Courage Award

Two of our members were recognized at the NRBH Adult Services Banquet for the Courage Award.

In November 2017, I was hospitalized with pneumonia and alcohol poisoning. I was also in renal failure due to the lack of oxygen as I had stopped breathing. After 8 days in ICU and an additional 20 days of follow-up care I returned home to my mother's house.

In January 2018 my mother passed away and I wound up back on the streets, homeless and lost in addiction. After several long months of being on the streets I wound up in the hospital again and upon recovery I sought out change.

After going through detox I was accepted into the IRT program of North range Behavioral Health. After 28 days there I entered into the trt program and then found the frontier house. it was here that I found Hope and inspiration to continue in my recovery and find peace and joy through my mental Health crisis.

Now one year later I have a full year of sobriety, I have obtained employment at Westridge animal hospital, I have lost 64 lb in 6 months and my health has been restored to the point of no longer being on blood pressure medication or needing of CPAP machine for sleep apnea. I can now walk again, I feel healthy mentally and physically, and most importantly Frontier house and North range Behavioral Health has helped me to regain hope for a future and the joy I have not experienced in a very long time.

Thank you so very much to all that have participated at all levels in my recovery hand restoring my joy!

~Sean B.



Sean proudly showing his certificate of recognition

I just would like to start out by giving thanks to the Lord for my salvation. Second, I would like to give thanks to all the amazing staff at North Range that worked together to not only create an amazing action plan for me to be successful, but went beyond and learned how to communicate in a way that I was able to learn the tools and ways that has made me successful in overcoming my daily battles of what is called addiction.

I have been addicted for many years. The addiction has become my identity. But as I stand before you, this addiction has now become my testimony. If somebody told me 2 and 1/2 years ago that I would be standing here giving this speech on behalf of myself, my first reaction would have been laughter. My second reaction, I would have said, I don't know how to be successful. Two and a half years ago I was a broken woman, and now I stand before you I am employed, I have a house to call home, but most importantly **I am stronger**. My grandchildren are now young adults and being able to assist and guide them through life obstacles has now become the greatest reward. I am forever grateful for this program as it has allowed me to awaken a strength I did not know I had.

At the beginning of my journey, I promised to do this for myself; I put myself first. In order to become successful, I had to recognize my purpose; my purpose was to pave a way for other women who have struggled with addiction and to let them know that every day is a battle, but with the right team walking this path, you too can become successful. As I stand here before you, a mother of 4 beautiful daughters, a grandmother of 13 and 2 great grandsons, I am living proof it is never too late to become the woman you want to be.

I thank my family for loving me. I have been fortunate to have the support of my family. Thank you all for being there for me. Before I close, I would like to give a special thanks to Darci for standing by me and assisting me with finding and obtaining employment and life skills. Words cannot explain how thankful I am for you and for all of the staff at Frontier House. I am forever grateful for this program.

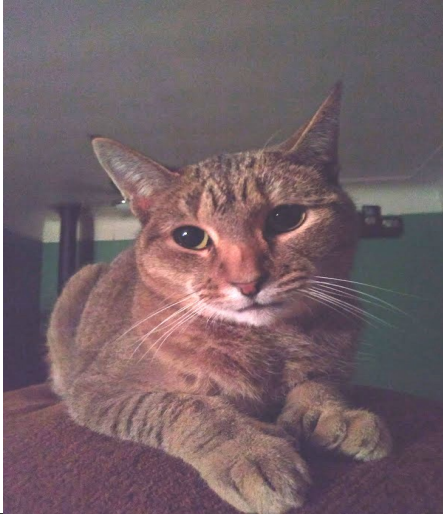
~Kathy M.



Kathy with her certificate of recognition and Darci by her side



Pet Spot



This is Darci's cat, Disco. Disco is 8 years old and she is a Polydactyl cat. She has 6 toes on each front paw, which makes her a great hunter. Disco will find and gift her family with garter snakes, squirrels, rabbits, birds, pretty much anything that moves. Her best friends and cuddle partners are 2 dogs. You can typically find her laying in front of the fire cuddled up with her dog or in a box. This cat sure loves her treats, she will follow you around and meow at you until she gets her treats.

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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Phone - 970-347-2128
FAX- 970-356-3777

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

Frontier House Food Drive

Now that Fall has officially arrived, that means the Kitchen Unit is getting ready for our annual Thanksgiving and Holiday Meals. Our meals are successful because of the assistance we receive from our colleagues and community partners. Please keep in mind that Frontier House will be holding our annual Food Drive during the month of November. If you are interested in donating perishable and non perishable food items, feel free to bring them to the Clubhouse during the month of November or contact the Kitchen Unit.

Items for the Food Drive are listed below.

- | | | |
|--------------|-------------------------|------------------------------|
| -Turkeys | - Desserts | -French Onions |
| -Ham | -Cream of Mushroom Soup | -Canned Yams |
| -Potatoes | -Cranberry Sauce | - Any other perishable items |
| -Gravy | -Marshmallows | |
| -Stuffing | -Dinner Rolls | |
| -Green Beans | -French Onions | |

***Monetary Donations
are accepted to help
pay for additional
food items.***

