



FRONTIER  
HOUSE ■



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Thank you to Ted for taking good quality, professional pictures for the banquet.

# FRONTIER PRESS

## February 2020

Volume 29, Issue 2

### Director's Thoughts

by Renee Schell

#### Employment and Education Recognition Banquet

Last month, we held our 27th Frontier House Employment and Education Recognition Banquet at Christ Community Church. The theme, 'Reaching for the Stars Through Employment and Education' was quite fitting for the star spangled evening. At the banquet, we recognized 101 of our members who achieved vocational goals through work and education, 15 employers who have been a part of the process, and 11 Advisory Board members who support us all along the way.

I've been involved with this event for many years, and each time, I am overwhelmed with happiness and pride as we celebrate the achievements of our members. This event truly affirms that the Clubhouse does make a difference in the lives of our members as they achieve life goals and 'Reach for the Stars'!

The work attributed to this event is immense, and made possible due to the effort and dedication of the Clerical and Kitchen Units. For at least 4 months we've been planning and preparing for this event, and the weeks leading up to it were packed with tasks such as sending out invitations, reviewing recognition data, building the program, planning the food, etc. Thank you for all your work...I know its not easy to add to the already-busy days of work at the Clubhouse.

Thank you to our Advisory Board, Christ Community Church, Rudy's BBQ, and Olive Garden for helping make this event extra special!

#### Legislative Meet and Greet

A goal of Clubhouse Colorado (comprised of Frontier House and Spirit Crossing Clubhouse) is to promote, advocate, support and develop Clubhouses in our state. One way we do this is by making an annual trip to the State Capitol to speak to legislators about the importance of having a Clubhouse in every community. We will be making the trip early morning on Friday, February 21st. If you would like to meet our legis-

lators, share your story, and express the importance of Clubhouse in recovery, please join us!

#### In Memory of Davis Popkins

Last month, we lost a dear friend and Clubhouse colleague, Davis Popkins. I first met Davis in 2003 when he joined the Clubhouse. After he attended new member orientation, he joined the Kitchen Unit, which was the unit in which I worked. Quickly, we formed a natural, collegial relationship and a true friendship. At the time, I was still learning about mental health and recovery, and I looked up to Davis; he was very intelligent and wise. He was a mentor to me, and he taught me more than I could ever learn in school. He shared his personal experiences, how important it is to see someone as a person first, and to treat each other with kindness and patience.

I have many fond memories of Davis, but some of my favorite are the times we worked side-by-side in the kitchen. . He broadened my palate by showing me dishes in which I was unfamiliar. While we worked together, we got to know each other, share stories, and listen to classical music. He shared with me what it was like to live with mental illness. He helped me understand mental wellness and recovery. He didn't know it then, but he molded my understanding of how I can help others – by being humble, kind - and to listen, be genuine, and help people feel welcomed, wanted, needed, and loved.

When I visited Davis in the hospital this last time, I shared with him the immense impact he had on our Clubhouse and on me, personally. I feel fortunate for have known Davis. I truly believe that I wouldn't be the same person I am today if my life was never enriched by his. May you rest in peace, my friend.

(See more information about Davis throughout this newsletter)

#### Get Clubhouse!



A couple of our members with co-workers from Nutritional Services, School District 6



Advisory Board members: Doug, Valerie, and Justin with Renee

# February 2020



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
26	27 3pm Standards Discussion	28 3pm Vocational Mtg. 4 pm NAMI Connections	29 Clubhouse Express 2pm Clubhouse Mtg.	30 5:30pm FH Employment & Education Recognition Banquet @ Christ Community Church	31 Clubhouse Express 1:30 Grocery Shopping 4-6pm FAC: Bowling	1
2	3 3pm Standards Discussion	4 9am-3pm New Member Orientation 3pm Vocational Mtg. 4pm NAMI connections	5 Clubhouse Express 10:30 Clubhouse Colorado meeting @ FH 2pm Clubhouse Mtg.	6 7:30am Advisory Board meeting 1:30pm Vending and Food Bank	7 Clubhouse Express 4-6pm FAC: February Birthdays & Bingo (JA)	8
9	10 2pm Calendar Planning 3pm Standards Discussion	11 1:30pm Menu Planning 3pm Vocational Mtg. 4pm NAMI Connections	12 Clubhouse Express 2pm Clubhouse Mtg.	13 1:30 pm Grocery Shopping	14 Clubhouse Express 4-6pm FAC: Bowling Tournament with Spirit Crossing (DB)	15
16	17 President's Day Clubhouse open from 8am-1pm	18 9am-3pm New Member Orientation 3pm Vocational Mtg 4-5:30ish pm NAMI Open House	19 Clubhouse Express 2pm Clubhouse Mtg 4pm Serve at Guadalupe Community Shelter	20 1:30pm Vending and Food Bank	21 Clubhouse Express 6-11: State Capital Legislative Meet and Greet 4-6 PM FAC: Fun Plex (MA)	22 10am: Flatirons Crossing Mall (RS)
23	24 3pm Standards Discussion 3:30 Pioneer House meeting at PH	25 1:30pm Menu Planning 3pm Vocational Mtg. 4pm NAMI Connections	26 Clubhouse Express 2pm Clubhouse Mtg.	27 1:30 pm Grocery Shopping	28 Clubhouse Express 4-6 PM FAC: Video Game Night (AS)	29



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

**What is IPS?** Individualized Placement and Support is an evidence-based supported employment program. IPS helps individuals who have struggled with lived experience with behavioral health issues to find the employment of their choosing. IPS staff work directly with an employer at the request of the job seeker to ensure the job seekers continued success at their chosen career. Services with the IPS staff member may last as long as needed. IPS is based on 8 principles. To determine if the IPS program is right for you, contact Alex or Jauniece or visit SEEK at the Clubhouse.

**IPS Principle # 1 Competitive Employment** Jobs that anyone can apply for, pay at least minimum wage or a wage equal to other employees with similar duties and have no artificial time limits. Are you interested in learning more? Contact Alex or Jauniece in the Supported Employment and Education Korner (SEEK) at the Clubhouse.

## FRONTIER HOUSE RECOGNIZES WEST RIDGE ANIMAL HOSPITAL AS THE 2019 EMPLOYER OF THE YEAR!

In May of 2018, Dr. Colin Combs and the West Ridge Animal Hospital team attended the Frontier House annual Ask Breakfast and left a message asking us to contact them. On May 18th of that same year, IPS Specialists Abenie and Jauniece met with Dr. Combs and Marta Wilkinson, Hospital director. Dr. Combs wanted to set the model for employers in working with individuals who are on their wellness journey through mental health issues by providing competitive employment along with amazing employer support. For Frontier House, this was a dream come true.

To date, 10 individuals in competitive employment one individual in transitional employment have benefitted from working at West Ridge Animal Hospital. Some are still there, and some have moved on, but all eleven of those individuals developed skills that they can certainly use in future employment.

The first individual hired gain employment at the hospital along with his service dog, but the staff at the hospital were immediately trained in the protocol that would allow the service dog to do her job if needed. Marta also took it upon herself to set up two mental health trainings for the hospital staff which helped open the door for comfortable conversations regarding mental health and wellness in the work environment.

The West Ridge Team have been very supportive of the Frontier House Transitional Employment program. Dr. Combs, Marta, and Leigh assisted Frontier House with setting up a Boarding Assistant Transi-

tional Employment position and Frontier House colleagues and West Ridge staff are currently working to open an environmental services technician position for transitional employment. This means more Frontier House members are able to receive training and skills development for many years to come.

As with any employer who has many employees, there have been trial and error situations but every bump in the road is met with a team meeting including West Ridge staff and Frontier House staff to resolve the issue. Employees are treated with empathy and compassion and are helped to overcome issues that may be barriers to employment.

Dr. Combs has gone above and beyond any expectation and contracted to the Division of Vocational Rehabilitation to assist individuals with education to become veterinary technicians or veterinary assistants. The individuals who find they love working with animals and want a career in the field are strongly supported in obtaining their certification.

Dr. Combs and The West Ridge Animal Hospital team have not just worked to reduce stigma as an employer, they have ensured the eradication of stigma in their work environment. With employers like this any individual who wants to become productive and contributing members of the community by working, can do so in a safe, supportive and stigma free environment.

Congratulations and our sincerest thank you **West Ridge Animal Hospital Team!**

## Frontier House demonstrates the value of Education through Internships

Meet our Interns! Frontier House not only values the importance of education in our member's lives, we also support students preparing to enter into the fields of human services, social work, and psychology. We have 5 students with us this semester: Yenny, Antoine, Ana, Megan, Peyton.



Aaron J. & Yenny  
having fun and taking care  
of business



JoJo, Cindy, Antoine, and Joleen working together in the Clerical Unit



Darci with Ana  
side by side, the Clubhouse way

## Newly Employed Members!

Andrew E: IE at Goodwill  
Christine M: TE at Olive Garden  
John S: TE at ARC thrift store  
John W: IE at Dollar General

## By the Numbers—February 2020

Job starts Year to Date: 50  
# currently in IPS (Supported Employment): 19  
# currently in Independent Employment: 34  
# of Transitional Employment Placements Year to Date: 24  
# currently enrolled in school: 9



Pictured above are members working at West Ridge Animal Hospital in various jobs.

## February Birthdays

Carrie S. 2/5	Dale E. 2/10
Paul H. 2/27	Jose R. 2/11
Desirea V. 2/8	Dori B. 2/18
Jerod S. 2/10	Cory S. 2/26

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



## What Does the Clubhouse Philosophy Mean to You?

*"The basics of Clubhouse philosophy centers around involvement. We receive new members through a referral program. After the initial encounter, the new member, at his/her own pace, takes a tour and attends orientation. After becoming a member, there is the opportunity to participate in Work Ordered Day activities. It is through involvement that members gain a sense of safety, companionship, self-esteem, and skills.*

*Once that foundation is secured, members are encouraged to pursue employment and educational goals, build a peer-to-peer network, work alongside colleagues, and attend social and special activities."* —Clark B.

## By the Numbers- January 2020

Ave Daily Attendance: 40

Number of Referrals Received: 9

Number starting Orientation: 5

Number of New Members: 5

Number of Total Active Members: 157

## Clerical Unit News

Hello everybody, the Clerical Unit started the year off with a bang and the help of our new interns working side by side with members and colleagues for the Work Ordered Day and special events such as the 27th Annual Employment and Education Banquet. We had quite the bustle getting out the invitations, programs, certificates, pens and scripts for the big night. Everything went well as it was a huge success.

Some of our members in the Clerical Unit started in with the Grant Writing Workshop. That promises to be educational and useful not just for the Clubhouse but elsewhere in life. Other business of note was an afternoon workshop with Eric Estrada, ironing out the wrinkles of the Flourish operating system.

Coming this spring, the Community Garden this year will be 100% member driven, not a function of the work ordered day. Don't be scared we can do it and it will be great. More about that next month.



Thanks to Christine M. & Sandy D. for decorating the Valentine's boards in our unit.

## Goals Before And During Mental Illness, and In Recovery

By Davis Popkins, 2006

I have been ill for about 30 years. I have come to accept my diagnosis of schizo-affective disorder only for about the past four years. I have been taking meds and attending Frontier House for about the same amount of time. Relating to mental illness, there have been three parts to my life. Goals and goal setting have been different for each part.

Before I was symptomatic, more than 30 years ago, I had goals much like many people. I'd get an education, have a career and a family and live a normal life. Short term goals were easy—taking care of myself seemed easy. When I got sick 30 years ago, I still had some of the same goals I had before I got sick but I started to have long manic episodes and reasonable goals were replaced by unreasonable and crazy goals. I worked as a handy-man and then made jewelry for a while. My self-image was way over-estimated in relation to my actual reality. I had grandiose ideas about myself. Voices kept making things worse and I kept overestimating myself and setting impossibly high goals, like making lots of money, having lots of girlfriends, being wildly successful at 100 different things.

Then there is the third part of my life—the current situation—recovery. I take meds—Abilify for psychosis and Provigil for depression. I don't have manic episodes any longer. I see a therapist regularly and go to Frontier House every day. I've come to have a more realistic picture of myself and the world. Without the mania and overestimation of myself and with depression, goals have been hard to establish and difficult to reach. I have a lot of remorse and regrets about lost opportunities that have been lost to mental illness. These feelings are common during recovery. I now have recovery as my main goal. Many members of Frontier House have a goal sheet on file, and I write on my goal sheet to overcome depression.

There is also the process to achieve the overall goal. I'm working at my second Transitional Employment position through Frontier House which has helped me reach my goals. I have intermediate goals—to take better care of myself and my apartment, and become more involved and active with Frontier House activities. I could not have had such a successful beginning to recovery without Frontier House and North Range Behavioral Health. Goals are very important to people with mental illness. What comes easily to the mentally well is often very difficult for people with mental ill-

ness. What might have come easily and almost unconsciously before mental illness takes great conscious effort after one gets sick.

There seems to be no better alternative than setting goals. I believe there are internal goals and external goals. Internals goals might have to do with the mental processes of your illness. These goals might be to overcome depression, manage mania, and voices and hallucinations. External goals might have to do with how well you manage the mechanics of your life—having a job, managing relationships, regulating your behavior, taking care of your personal needs, going to school, etc.

Clubhouse is ideal for a person in recovery. The Work Order Day has built-in goals. There are the chores and activities around the clubhouse to be done daily, weekly, monthly, yearly. One can establish recovery rhythms and patterns to one's life by living inside the clubhouse goals. The clubhouse standards are a set of internal and external goals. Goals can be a destination or a general direction. After one gains confidence in reaching simple goals, one can challenge oneself to reach more ambitious goals.

The main activity of the clubhouse is work and as I'm sure you've all heard, work works. Work works to aid recovery, work works to achieve goals. Work establishes self-confidence and habits of mobility and action and satisfies the need we all have to be productive.

A benefit of the clubhouse is the sharing of goals among members during the Work Order Day and the similarities of personal goals members may have. Sharing goals and activities can be magical. The Work Order Day works because many members participate to get done what is too much for just one or two.

The staff of the clubhouse are exemplary of what goals can do. The staff has spent years in education and preparation to work at a clubhouse. They had to set goals along the way. Staff clearly has an easier time achieving difficult and complicated goals than members. For one thing, most staff do not suffer from mental illness and if they are, their illness is being managed so they can function at a high level. The members of the clubhouse are fortunate and blessed to have caring, competent, and hardworking staff to help us with our goal setting and goal reaching, and as examples of what achieving goals can do.

## Kitchen Unit Update

Our unit has had a great start to 2020. Our breakfast service has been a success. After next month, we will begin to incorporate our 90 day trial, we have decided to continue wellness into our menu. If you have any ideas with breakfast. We are seeing an average of 12 people per day.

the same cost of \$2.00— what a deal! Starting

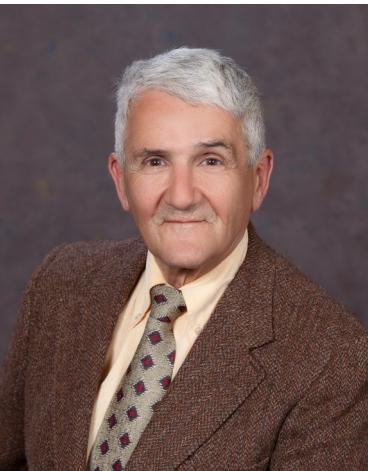
visit a Food Service warehouse. We purchased much needed equipment for the kitchen as well as brand new cups for our snack bar! It is great way to learn new lunch hour. We now offer just one drink size, for 20 cents. Our full meal will stay at you're interested!

come to menu planning to share your ideas.

Our next one is Tuesday February 11 and February 25. Are you interested in learning how to run a register? If so, come get trained in the snack bar! It is great way to learn new skills for a new job! Contact Kitchen Unit if you're interested!

Expense Report— December 2019			
	Income	Expenses	Profit/Loss
Lunch	\$772.45	\$ 1445.61	-\$673.16
Snack Bar	\$541.66	\$397.32	-\$144.34
Vending	\$57.50	\$107.91	-\$50.41

**Welcome New  
Members:  
Charles, Michael,  
Shari, Derek, Jack  
& Tyler!**



**Above:** On the North Range Board of Directors

**Below middle:** Helping with the flower sale fundraiser

**Below left:** Clubhouse Training in South Carolina

**Below right:** Work Ordered Day in the Kitchen Unit.

### Eulogy for Davis Popkins

Davis Paul Popkins was born May 15, 1946, and died January 7, 2020 at the age of 73 in Greeley, Co. He grew up in San Jose, Ca. As a teen and young adult, Davis was an Eagle Scout, skilled skier, sailor, and musician. He graduated from the university of California in Berkeley with a B. A. in Sociology and spent one year in architecture school pursuing a Masters.

In 2000, Davis returned to Greeley. He was an active member of Frontier House, a program of North Range Behavioral Health and an accredited Clubhouse for those in recovery from mental illness. He was a member of the advisory board, attended Clubhouse Colleague training, and was a member driver for several years. A leader and mentor in the mental health community, he was employed and excelled as a Peer Specialist at North Range and was active at SPOT, a drop-in center at North Range.

Davis was a powerful advocate for behavioral health. He was a member of the North Range Board of Directors and was nominated as Board member of the Year at the 2016 Colorado Behavioral Health Conference. He attended numerous legislative and community events and conferences, including Hill Day in Washington D.C. to speak

with elected officials on issues related to behavioral health. Davis believed that all of us deserve mental wellness and those who struggle should be welcome to participate fully in recovery in our communities through work, friendships and the arts.

Davis loved classical music, theater, and ballet and particularly enjoyed opera. He took great pleasure in attending Metropolitan Opera Live HD performances in local theaters as well as Greeley Chamber Orchestra concerts. He played the cello, painted, and was a talented jewelry artisan.

He had many friends throughout his lifetime and was admired by all who knew him for his gentle, calm demeanor and quiet intelligence.

Davis was preceded in death by his parents Ralph and Lillian Popkins and is survived by his sister Ilyana Shaia and her husband John.

A celebration of Life service will be held at 12:30 pm, Sunday, January 12, 2020, at Frontier House, 1407 8th Avenue, Greeley.



### KITCHEN UNIT MONTHLY REPORTING FOR DECEMBER 2019

Food boxes to members: 10

Meals served: 340-Lunch

109-Breakfast

Avg. # Served per day:

18-Lunch

12-Breakfast

Avg. cost per lunch: \$4.25

Paid IOU'S: 10

Number of FACs: 4

# of Weekend Outings: 1

# of Holidays: 3

Avg. Mtg. Attendance: 15



## Pet Spot



### Your pets are important to us too!



These are my two Dogs —Po is a 4 year old Beagle. Sheila is a 1 year old Rat Terroir. They are both service dogs, and are my babies. I treat like family. They help me with my Post-traumatic stress disorder and anxiety. Without these two, I would be a basket case. I Love my dogs very much! —JoJo

*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.*

*Your furry or feathery friend could be the next featured pet! Just bring in a photo and this space is yours!*



*Frontier House*

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Greeley CO, 80631  
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[www.frontierhouse.org](http://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 Colorado.*

## NAMI News

### NAMI Open House at Frontier House

As we get rolling into the new year we would like to connect with our community partners with energy infused greetings.

Experience the optimism for the coming year. Catch on to the vibe as the NAMI Union Colony Greeley leadership team rolls out our agenda of expanded support groups, community presence, and strengthening the bond with health field related resources. Light snacks and drinks will be provided. We encourage any one with printed material or other relevant information to share with the group or leave with the NAMI Connections team.

For more information or questions, please email:

Clark @ [clarkbacco@gmail.com](mailto:clarkbacco@gmail.com)



**National Alliance on Mental Illness**

**When:** Tuesday, February 18, 2020. 4-5:30ish pm

**Where:** 1407 8th Ave. Greeley CO @ the Frontier House