



# FRONTIER PRESS

## January 2020

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## Director's Thoughts

by Renee Schell



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**Happy New Year!** Here comes 2020 and we are ready for a year filled with memorable milestones and more successes!

First and foremost, we can add 2019 to the books as another successful year for Frontier House. We had an amazing year! Here are some highlights:

- ◇ At the 27th Employment and Education Banquet over 100 members were recognized for vocational achievements.
- ◇ A Legislative Meet and Greet was hosted by Clubhouse Colorado at the State Capitol Building. We met several legislators from around the state and discussed the importance of a Clubhouse in every community.
- ◇ The 8th Frontier House Breakfast Fundraiser was the biggest and most successful yet.
- ◇ Clubhouse Colorado Day at Mountain Park allowed the Colorado Clubhouses to celebrate our success and plan for next year.
- ◇ For the 3rd time in our history, we sent colleagues out of the country to attend the Clubhouse World Seminar. Five colleagues represented Frontier House at the Seminar in Norway.

◇ We held our first National Night Out event with local first responders.

◇ KUNC contacted us to run a story on our Clubhouse and the successes of our members. Thank you to Howard, George, Clark, JoJo, Charlotte, Jauniece and Alex for agreeing to visit with Stephanie Daniel, the KUNC reporter. They did an outstanding job in explaining the Clubhouse so that Stephanie could share about it in her web story and on-air.

2020 marks the 30th Anniversary of Frontier House. As we embark on this milestone, we are preparing for festivities to celebrate and commemorate 3 decades of success. There have been discussions about hosting an open house event to welcome our community into the Clubhouse and another celebration for our membership. The details are still in the works, but plan on sometime during the first half of the year. Please join us at the Clubhouse to help plan for these events.

In addition to the anniversary celebration, we are working with our Advisory Board in preparing for the 9th Frontier House Breakfast. We're looking for businesses and individuals who are interested in sponsoring the event, which will be held on May 6th at the DoubleTree by Hilton in Greeley.

This new year brings the need to send colleagues to Clubhouse Training as it has been a while since we've done so. We are currently looking at training bases and schedules to determine the best fit. We are hoping to send 2 staff and 1 member to the training.

Also this year, we are making preparations for a visit from Clubhouse International Faculty since our accreditation is due to lapse in April 2021. It will be important for us to schedule the visit at least 6 months ahead so that we have ample time to complete the Self-Study.

I'm looking forward to 2020 with my Clubhouse colleagues. May we all be blessed with another year full of friends, wellness and success!

**HAPPY NEW YEAR AND GET CLUBHOUSE!!**



Clark speaking with KUNC reporter, Stephanie, about the Clubhouse. Check out the story at [KUNC.org](http://KUNC.org).

◇ Demonstrating our commitment to Clubhouse International, we sent one colleague to the Clubhouse International Annual Faculty Meeting that was also held in Norway this year.

◇ Recognizing a need for a more versatile and useful database, we implemented a new Clubhouse Database called Flourish.

◇ It was a successful full year of occupancy in our Clubhouse Housing Program—Pioneer House.



# January 2020



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30  3pm Standards Discussion	31 1:30pm Menu Planning 3pm Vocational Mtg. 4pm NAMI Connections  Clubhouses closes at 5pm	1 Clubhouse Express  New Year's Day Clubhouse open from 9am to 12pm Brunch and Resolutions	2 7:30 FH Advisory Board Meeting  1:30pm Grocery Shopping	3 Clubhouse Express 2pm Drivers Ed. Prep  4-6pm FAC: January Birthdays & Bingo	4
5	6 3pm Standards Discussion	7 10am-3pm New Member Orientation  3pm Vocational Mtg. 4pm NAMI Connections	8 Clubhouse Express  2pm Clubhouse Mtg.	9 1:30 pm Vending and Food Bank	10 Clubhouse Express 2pm Drivers Ed. Prep 2pm: Grant Writing Meeting 4-6pm FAC: Movie at the Cinemark	11  10am Fourney Museum
12	13 1:30pm Menu Planning 2pm February Calendar Planning 3pm Standards Discussion 3:30pm Pioneer House meeting at	14 10:30 Clubhouse Colorado at Frontier House 3pm Vocational Mtg. 4pm NAMI Connections	15 Clubhouse Express  2pm Clubhouse Mtg.  Serving at Guadalupe Shelter (NH)	16 1:30pm Grocery Shopping	17 Clubhouse Express  9-4 WRAP seminar at Frontier House  2pm Drivers Ed. Prep  FAC: Game Night	18
19	20  Martin Luther King Jr. Day  Clubhouse open 8-1	21 10am-3pm New Member Orientation  3pm Vocational Mtg. 4pm NAMI Connections	22 Clubhouse Express 12: Lunch & Learn: Planning 2pm Clubhouse Mtg.	23  1:30 pm Vending and Food Bank	24 Clubhouse Express 10am: National Western Stock Show Rodeo 2pm Drivers Ed. Prep 4-6pm FAC: Rock Painting and Movie	25  10am: Esh's Grocery Trip
26	27 1:30pm Menu Planning 3pm Standards Discussion 3:30pm Pioneer House meeting at Pioneer House	28 3pm Vocational Mtg. 4pm NAMI Connections	29 Clubhouse Express  2pm Clubhouse Mtg.	30 5:30pm: Employment and Education Banquet	31 Clubhouse Express 1:30pm Grocery Shopping  2pm Drivers Ed. Prep  4-6pm FAC: Bowling	4



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

### MINIMUM WAGE INCREASE TO \$12.00

According to Colorado.gov, the minimum wage has increased to \$12.00 per hour. Employees who are normally tipped as a part of their pay will see an increase to \$8.98 per hour. For more information, contact—Colorado Department of Labor and Employment: 303-318-8000

### CONGRATULATIONS CHRISTA!

Christa S. successfully found employment and finished with Division of Vocational Rehabilitation. She states, *"DVR was a big help. I was able to ask them for services and they answered my questions right away. They helped me get through my whole employment process!"*



Christine enjoys designing floral arrangements and has a history of doing so for many years. Christine was extremely busy all through December working at DJ's Floral but managed to find plenty of time to assist members at Frontier House with Holiday decorations throughout the Clubhouse.

### By the Numbers December 2019

# of job starts Year to Date: 48  
 # currently in IPS (Supported Employment): 18  
 # currently in Independent Employment: 33  
 # of Transitional Employment Placements Year to Date: 22  
 # currently enrolled in school: 9

Wanting to get your GED?! Reach out to Jauniece or Alex for more details about the Aims GED program!



### Holiday Fun at the Clubhouse



Makin' Crafts!



Having Fun



Happy New Year from Betsy!



### 27TH EMPLOYMENT AND EDUCATION BANQUET

Every year, we hold a banquet to recognize members who have worked or went to school anytime during the year, and the employers who are involved. This banquet is scheduled and the units are already working on the planning and preparation of this big event.

### Reaching for the Stars Through Employment and Education

Thursday, January 30th  
 5:30-7:00pm

Attention members: Please contact the Clubhouse to verify updates to employment and education to ensure that each member who has worked and/or gone to school will be recognized.



## January Birthdays

2-James J	21- Joel T.
6- Gabriel F	23-Lacey A
8-Jauniece A.	25-Mazen A.
10-Samantha K	27-Bill C
11- David N	27-Ken M
11-Juanita R	29-Michael H
14- Noelle R	

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

## Clerical Unit News



### Happy New Year's ya'll!

We had a great and festive December at the FH and for the Clerical Unit. Caroling, Ugly Sweater contests, a festive meal and a drive to view Christmas Lights made the season bright. Legal reminder from the Clerical unit; Be sure to put the complete date on all legal and other documents for 2020, if one puts just 20 or '20, it can be altered or misinterpreted.

The Clerical Unit is finalizing the invites for this year's Employment and Education Banquet and will be sending them out soon. FYI- the date is January 30, 2020 at 5:30 pm. Full information is forthcoming. Once again this promises to be a stellar celebration of achievement and support.

## NAMI News for You!

### By the Numbers



December  
2019

Ave Daily Attendance: 37

Number of Referrals Received:  
10

Number starting Orientation: 4

Number of New Members: 4

Number of Total Active Members: 159

The National Alliance on Mental Illness (NAMI Colorado) in Greeley, is proud to sponsor a **Wellness Recovery Action Plan (WRAP)** on Friday, January 17, 2020. Check in is at 9:30 am, the workshop is 10am to 4pm. Continental breakfast provided at check in, and a catered lunch is included. There is **no cost** for this program, but we do have limited space, so an RSVP is requested. Reservations can be made via phone (970) 988-5207, in person @ the Frontier House, or through a NAMI leadership Team member. **A WRAP can:** 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe. A lot goes into this from certified presenters of the **Colorado Mental Wellness Network**, so let's make it a capacity event.



*Wassailing Team 2019! The FH Carolers ROCKED it! They sang their hearts out at a few of the NRBH facilities and our neighboring businesses.  
From left- Clark, Danny, Rebecca, Dori, Lisa, Sandy*

## Positive

Listen for the positive,

The voice that talks you down.

The one who tells you that they care,

That likes having you around.

And when you're standing on the ledge,

They're waiting in the wings,

Reminding you that life is full of hope and other things.

-By Elissa Jojo Goldman

## KITCHEN UNIT MONTHLY REPORTING: Nov 2019

Food boxes to members:

Meals served: Lunch— 424 Breakfast-62

Avg. # Served per day: 23.5

Avg. cost per lunch: \$3.58

Paid IOU'S: 11

Number of FACs: 4

Number of Weekend Outings: 2

Number of Holidays: 2

Avg. Mtg. Attendance: 12

Type of Social:

In house: 3      Out of Town: 2

In town: 1

## Kitchen Unit Update

**Kitchen unit is excited to bring in the new year! Here are some of the things we hope to achieve this year:**

We're hoping to have a unit retreat in February, and maybe a deep clean of the unit as well. We want to work on diversifying our menu options to include as much variety as possible. If you've got ideas, let us know! We would also like to improve on our reach out. Something else we'd like to work on is revisiting our food box program to make sure it's the best it can be. Engagement in the Clubhouse is another thing that we've been wanting to really ramp up our efforts in.

We've accomplished a lot in 2019 as well. We reorganized our unit, that was huge, and we successfully implemented Flourish on the TV during meetings. Breakfast has been going really well and we've been working on balancing our budget for our meals too. We've been offering more healthy food options as well, which is something we hope to keep improving on. Come on in and check out what else we're up to in the unit, we'd love to see you!



Josh, left, visiting his Dad last month. The Kitchen Unit helped him see his Dad right before Christmas.



George reading his poem 'Crazy' to his fellow colleagues.

### "Crazy"

I'm crazy for coming to Frontier House

"Wonderin"

I'm wondering what I'm doing here

I'm on 16 different medications and a  
candidate for shock therapy

"Crazy"

I come to the Frontier House and I  
spend my time making friends with the  
members and giving the staff a hard  
time

Aah I got the Clubhouse blues

"Crazy"

I'm crazy for coming to Frontier House

By George Linfor

### Expense Report— Nov. 2019

	<u>Income</u>	<u>Expenses</u>	<u>Profit/Loss</u>
<b>Lunch</b>	\$638.78	\$1521.48	-882.70
<b>Snack Bar</b>	\$308.59	\$232.26	76.33
<b>Vending</b>	\$22.00	\$0.00	22.00

## GRANT WRITING GRANT WRITING GRANT WRITING GRANT WRITING

Do you want to help us write grants for the Clubhouse? Are you interested in learning more about the grant writing process with us? Come to the  
**Grant Writing Meeting!**

We will be meeting the second Friday of every month starting on **January 10th at 2pm**. The meetings will last for one hour and the first will involve discussing a plan for where we want to go and what we want to do. We don't have a deep knowledge of the subject so we will be learning as we go along together. If you have any questions or comments, or if you would like to join, talk to Darci.

## In loving memory of John-Louie Alvarez Cummings

**Jan. 26th, 1989-  
June 20th, 2019**

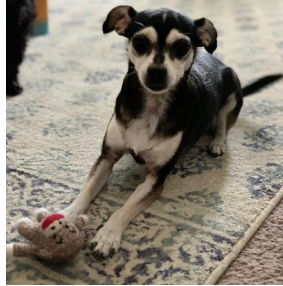
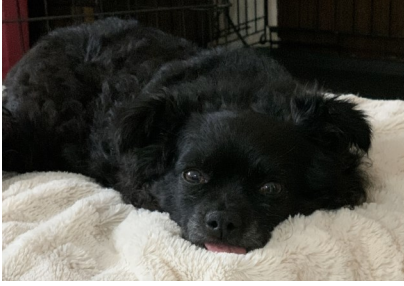
Our deepest sympathies go out to his family. We will always remember your bright personality and contagious smile.







## Pet Spot



### Sandy's dogs

Keeva is a 5 1/2 year old female chihuahua mix and Sami is a 4 1/2 year old male long hair chihuahua. Keeva and Sami are both my emotional support dogs. They know when I am feeling sad, having a bad day or having a lot of anxiety. They are both very patient with me. Keeva and Sami always greet me at the door very excitedly when I come home which is nice to come home to. Without my doggos I probably wouldn't get out of bed at a decent time every morning, shower and get ready for the day. Sami likes his walks twice a day and Keeva is his buddy so she doesn't get left behind. They both love their treats. Keeva likes to tunnel under the blankets and cuddle up close to anyone. Sami only likes people he knows well. He loves to lay in your arms like a baby on his back and have his belly rubbed. He usually falls asleep this way. His tongue is always hanging out. Sami was rescued on Thanksgiving Day in a snowstorm when it was dark. He was running around on a highway. He weighed 3lbs when my mom brought him home. Keeva was adopted from the Humane Society. They are both very much part of the family and loved by all.

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

## The National Suicide Hotline Act

Yesterday, in its final Executive Session of 2019, the Senate Committee on Commerce, Science, and Transportation unanimously passed an MHA-favored bill, [S. 2661, the National Suicide Hotline Designation Act](#). Passing S. 2661 is a historic step closer to converting the National Suicide Prevention and Mental Health Crisis Lifeline to an easy to remember 3-digit number, [988](#), as recommended by the Federal Communications Commission in its [August 2019 report to Congress](#).

If you or someone you love were dealing with suicidal thoughts and wanted to reach out for immediate help, it can be hard to remember 1-800-273-8255, the current phone number for the Lifeline. Of the millions of screens taken by youth through MHA's [online screening program](#), nearly 50% of youth report having suicidal thoughts. All people in crisis, especially youth, have the right to access to services quickly. Converting to 988 will help them connect to support during times of distress in a timely manner.

Take a moment to thank those responsible for the bill passage by recognizing the bill sponsors: Senators Cory Gardner (CO), Tammy Baldwin (WI), Jerry Moran (KS), and Jon Tester (MO) via [tweet](#) or [phone call](#). You can also send an [email](#) to your congressional leadership, regardless of your home state, asking for their active support through cosponsorship of the bill.- News from National, Mental Health America