



CLUBHOUSE MICHIGAN Conference



The Clubhouse Michigan Conference was held in Bellaire, Michigan at the Shanty Creek Resort from July 18th to July 22nd. Mike and four members, Richard, Kelsey, Loki, and Heather, attended this conference based on the Power of Connections. There were plenaries, speeches, conferences and more based on Clubhouse connections.

Community Collaboration

We learned ways to build partnerships with organizations, businesses, faith communities and local leaders. We also heard ways to increase the awareness of our mental health community.

Forming community partnerships helps open the door of opportunity for the Clubhouse. We need to work to gain acceptance in the community. We also need to work on reducing stigma because mental illness affects everybody. We should continue to strengthen our Advisory Board by doing presentations for them, putting up photos in our Clubhouse, having different members telling different stories, making plans to expand our Advisory Board, and asking them about opportunities they see possible for our Clubhouse.



Benefits

Members benefit from TE's by building confidence, employment readiness, strengthening the purpose of belonging and being seen as a person.

Top 20

The top 20 organizations that would help us are as follows:

The Chamber of Commerce, Rotary Clubs, United Way, NAMI, Community Radio Stations, Religious leaders, Community Foundations, Local newspapers, Kiwanis Clubs, Police Department/CIT, Vocational Rehabilitation Department, Employers,

College Counselors, Mental Health Association, Private Providers, and Mental Health Court.

Tips

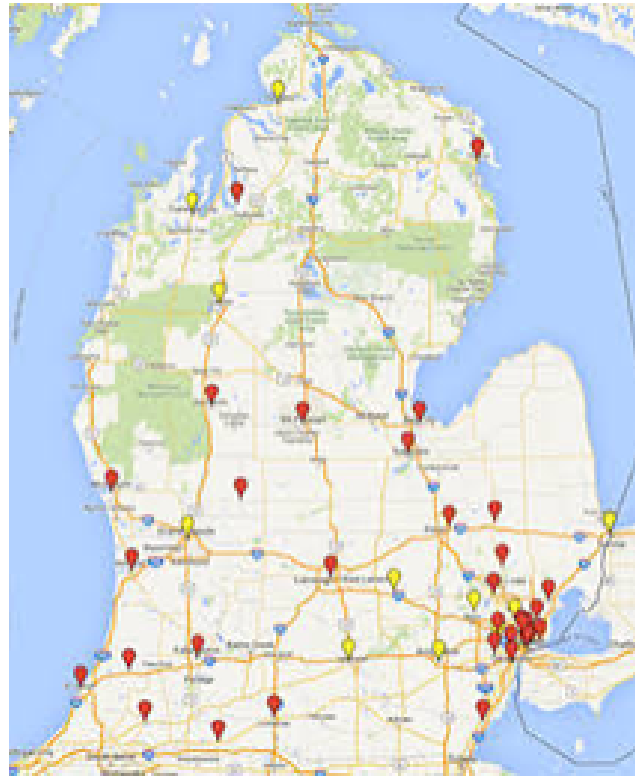
Be a good neighbor, stay close to your friends but get closer to those you might not be in relations to yet, be an active listener, and look at your geographics and cater your needs to those individuals. Promote that we are a community that helps individuals with mental illness. You never know who will know someone with a mental illness. We should build partnerships based on shared values. To increase the longevity of partnerships in our community, keep organizations informed and updated on our Clubhouse.

Technology

Social Platforms enhance the work we do. Marketing, promotion, and digital engagements helps members develop opportunities to tell their own stories and stay connected even outside Clubhouse. We must take time in our work ordered day to promote activity in the community. Also, we learned that World Mental Health Day is October 10th.

Genesis House September Walk-A-Thon

The 25th annual Walk-A-Thon runs throughout the entire month of September. We are again raising funds by walking each day in September. We are walking in the Howell community during our lunch hour to benefit our physical and mental health. We have come a long way since we started in 2002 when we had 21 people walk 52 miles, raising \$300. Last year, 56 people walked 1,053.25 miles and we made over \$1,150. In the name of creating healthy habits, we added a goal to have 25 colleagues walk more than 4 times a month.



Walk-A-Mile In My Shoes at Lansing



Coming up is a Walk-A-Mile in my Shoes. It raises awareness about mental health and behavioral health needs. Genesis House will gather among other mental health service groups to rally at the Capitol Building in Lansing, MI. Participants including advocates and individuals who use Community Mental Health Services gather to inform the public and law makers about the importance of mental health services and to have advocates for increased funding and support. Last year, we had a private meeting with State Representative Jennifer Conlin. Engagement with other groups outside the Capitol and a tour of the Capitol Building's Chamber by State Rep Ann Bollin. Lunch for the event can be purchased at Genesis House for \$1.50 or you can bring your own lunch. It's an excellent event for Genesis House to be a part of and to unite and to represent mental health services across Michigan.

Day of Caring



BY: Suzanne H.

It was my first “Day of Caring” with United Way. I really enjoyed the whole day from helping out a family cleaning their trailer in Howell, MI to going to the amazing outdoor lunch at Citizens Insurance. I love me a hot dog!

On a serious side the day meant a lot to be able to help out the family. I never take anything for granted so meeting others in need is always good for me and them.

The story behind why we were cleaning out the trailer was very sad, but we made Matt’s day (the father/owner),

The Day of Caring is meant to help others and that was accomplished by 800 Livingston County residents.

Also important to me was that I was able to volunteer with other Genesis House members.



“Bases Loaded”

By: Steve Lindsay

In our lives, some things go good together. Two separate pieces find that special bond, in the middle, and make a perfect marriage. Peanut butter and jelly. Pen and paper.

Knowledge and power. On Sunday, July 26th, sun and clouds fought for supremacy above Comerica Park. It was the ideal setting for Genesis House, and their hot social activity, on Woodward Avenue. Amy and Matt hosted the event, as the Detroit Tigers squared off against the Kansas City Royals. As a pleasant surprise, Genesis House had the privilege of spending time at the upscale venue, “The Tiger Club!” Members and staff were treated to a huge buffet from pizza and pasta to all kinds of ice creams and toppings. “The Tiger Club” was a colossal home run for Genesis House! Whether inside or outside, our clubhouse was a big part of the action. Just before the 7th inning stretch, Detroit was on top 4-3, until a late comeback by the Royals, as Kansas City rallied to beat the Tigers, 5-4. Despite the heartbreaking loss, there’s always another game to be played. In many ways, there’s great symbolism in sports. It takes two. Our Genesis House motto is also symbolic. Together, minds shine brighter.

EMPLOYMENT AND EDUCATION

**CMH MAIL COURIER
IS OPEN FOR JOB
PLACEMENT. PLEASE
TALK TO MIKE OR
MATT IF INTERESTED**

**THE FIRST
IMPRESSIONS PRINT &
MARKETING TE IS
GOING THROUGH A
RE-STRUCTURING
PERIOD. WE WILL
UPDATE ALL
COLLEAGUES SOON
ON WHEN THIS TE
WILL RESUME!**

**JO HAS BEEN DOING
A FANTASTIC JOB AT
CAMPER TRAILER
PARTS AND REPAIR.
WAY TO GO JO! KEEP
UP THE GREAT JOB!**

TE DEVELOPMENT

Mike and Matt had two great TE development meetings in late June with Howell Parks & Rec and Catholic Charities. We also have had conversations with Home Depot, Jackies Custard Co, and Pop Daddy. Thank you to everyone for all the hard work with the PAID program!



**AS ALWAYS, ANY
MEMBERS
INTERESTED IN
PURSUING THEIR
EMPLOYMENT &
EDUCATION
GOALS SHOULD
LET MATT KNOW
ASAP.**



STAFF SPOTLIGHT: GREG W

How long have you been at Genesis House?

I've been here for 32 years. I started in the summer of 1994--about 6 months after Genesis House opened, when the Clubhouse was located downtown Howell across from the old Courthouse--where Cello's restaurant is now located.

What do you like most about Genesis House?

I most like the fact that Genesis House is a welcoming community where a holistic approach to mental illness is fueled by acceptance, support and empowerment. As I've often heard stated by both members and staff alike, Clubhouse truly feels like family.

Why are you so passionate about working with people with mental illness?

Because I identify with those who are working on improving their mental illness. Just like physical health, mental health issues impact everyone from one degree or another. It isn't just an issue for those who have been diagnosed with a "mental illness." We all have to work on maintaining our mental health, just like we all have to work on maintaining our physical health. Being aware of our mental health is critical for living satisfying lives.

What brought you to the Clubhouse? Was it all the parties at the Club?

Though I have quite an appetite for parties, and though the Clubhouse is known for its wild parties, no, it was not the parties that brought me to Genesis House. Actually, it was the sister of the woman I was dating at the time, my future sister-in-law, Leslie Hall, that brought me to the Clubhouse. As many of you remember, Leslie was Coordinator of Customer Service and Quality Assurance at CMH for many years, and in 1994 she told me that the agency had just opened a "Clubhouse" for adults managing mental illness. As she described the program to me, I was immediately fascinated by the community of support and applied for a staff position as soon as there was an opening . . . As they say, the rest is history!

Are you a party animal or a party pooper?

Definitely a party animal. They don't call me the boogie man because I'm scary! As many of you have witnessed, I'm quite a sight in my dance shoes and my dancing has energized parties throughout my entire tenure at Genesis House.

What's your funniest memory at Genesis House?

That's a tuff . . . Most days at Genesis are filled with joking and laughter from start to finish, so it's difficult to identify a funniest moment out of all the days I've spent at Genesis. But I guess I'd have to say that one of the funniest was the time Lee and I and some members were hanging out in the jacuzzi at St. Pete's Beach during an international seminar, and we suddenly realized that the woman across from us had lost her top . . . Not knowing what to say, we decided it was time to head out to the beach for a walk!

Do you like SPAM?

Of course I like Spam. I was the one that instituted the monthly "Spam Day" at Genesis House and introduced recipes for such Clubhouse favorites as the grilled Spam steaks served with sauteed mushrooms in a luscious port wine sauce, and the grilled Spam Montecristo sandwiches served with a strawberry cream cheese spread . . . As my Spam frying grandmother used to say, "It doesn't get better than that!"