

Winter
2018



Chronicle

Capitol Clubhouse Community Awareness

On Thanksgiving Day Capitol Clubhouse Director Amy Kirkpatrick was highlighted as a “Mainer to be Thankful for” in the Kennebec Journal, Morning Sentinel and Portland Press Herald. The article described Amy’s history with Clubhouse and how she has modeled Clubhouse practices through the years.

In the article Amy stated “I want to make sure that everybody has the same opportunities. We want everybody to be happy, healthy, (and), well

respected.” Amy went on to add, “My staff team is the best and works tirelessly to make sure members have opportunities while keeping up with mounds of (work),” Kirkpatrick said. “They put in extra time without complaining, work holidays and have to deal with me ... which can be a job itself.” Assistant Director Valerie Hunt said Kirkpatrick is all about “we” in terms of praising the Clubhouse. The full article can be viewed at

<https://www.pressherald.com/2018/11/22/amy-kirkpatrick/>



Job Shadow at 92 Moose

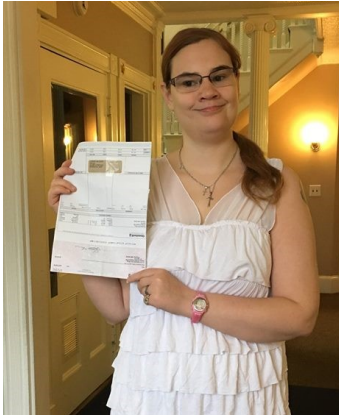
Jim Belanger had the opportunity to job shadow at 92 Moose in November. Matt James and Renee Nelson toured Jim around the studio and gave him an opportunity to speak about his educational pursuits and about Capitol Clubhouse programming. Jim described this opportunity as an “eye opening experience that got me thinking about my future.”

It was a win-win for all. Thanks 92 Moose!



Employment News

Work, work and more work! The Clubhouse has been busy helping members find jobs.



Liz Wing holding her 1st paycheck.



Melissa Cote working the cash register.



Mark Lavallee hard at work.

Congratulations to the following members for obtaining employment this quarter:

Liz Wing, Sam McGuire, Richard Hardy, Butch Wood, Jay Ellis, Ellen Rider, Candance Dotolo, Brooke Warming, Nelson Poissonnier, Tristan Cook, Cory Borden, Tina Pinney, Doug Mason, Chris Lord, Victoria Crocket, Mark Lavallee, Regan Howard-Berry, Charlie King, Kevin Bush & Melissa Cote.

CLUBHOUSE WORKS!

Don't Forget.....

Career Development hosts a resume workshop every Tuesday at 10:30am.

Vocational Rehabilitation services are onsite every Wednesday throughout the day. Our Clubhouse will be getting a new counselor as Diane Vinal has accepted a new position.

Transitional Employment Partners



Education News

Educational opportunities via in-house presentations, community tours, and scheduled workshops.

Quarterly Highlights

- Joe Pietroski presented on politics 101 and the importance of voting
- Todd Gutner presented on his employment journey as a weatherman
- Daniel Amaral got his drivers license
- Kyle Keene got his drivers permit
- Kristin Roy became a member driver
- Candance Dotolo earned her MHSS.
- UMA Campus tours
- KVCC Campus tours



Chris Lord, Nelson Poissonnier and Jeremiah Ellwell presented at UMA.



Angela Pietroski and Candance Dotolo at the education breakfast.

Don't Forget.....

Education breakfasts are held the first Friday of every month from 8:00am to 9:00am.

Driver's Education Study Group is every Tuesday at 11:00am.

Book Club is every Wednesday at noon.

See the education board for regularly scheduled college tours!



Todd Gutner and Autumn Bilyeau



To learn more about what is going on at the Clubhouse check us out on Facebook!

Community Connections

The Clubhouse connected to the broader community to build relationships and establish connections.

Quarterly Highlights

- Disability Rights Presentation
- UMF & UMA Presentations
- Maine General Presentation
- The Clubhouse received donated UMO hockey and football tickets
- The Clubhouse delivered holiday goodies to community neighbors
- Colleagues volunteered their time to giftwrap at Barnes and Noble
- The Augusta Police Department stopped in throughout the winter at various after hours events to say hello
- Kerri Caron, Advisory Board member, donated her time to lead a holiday craft event held after hours
- Maine Cabin Masters donated a beautiful bench to the program
- Trust Fund Presentation
- Claire Masterton of Scotland PD toured the Clubhouse to learn about the US mental health system



Rick Pelton and Maggie Thomas delivering goodies to the Augusta Police Department.



Kerri Caron showing members how to make salt dough ornaments.



Bench donated by the Maine Cabin Masters.

Don't Forget.....

The monthly Give and Take is the first Tuesday of every month at 2:00pm.

Wellness and Young Adults

Clubhouse Focuses on Increasing Wellness

Our Clubhouse community is making large strides to improve overall health and wellness of each member.

Wellness workshops are held every Tuesdays at 2pm. These workshops consist of a variety of wellness initiatives such as SNAP ED, diabetes awareness, smoking cessation, mindfulness, meditation, defensive driving, safety in the workplace, etc. We have general wellness discussions in a supportive environment and several colleagues have decided to track their wellness progress for the new year by using journals and participating in lunch and learns held at the Club.

We are always looking for new ideas and welcome all new participants.

Young Adults give back to the Community



Our amazing young adults have been actively involved in the community gathering food for rural communities, placing encouraging stones around town for others to find and collecting coats for those in need.



Café 37 has really stepped up their game by replacing chips and soda with healthier snack options. Colleagues have enjoyed trying healthier foods and learning new recipes. Corey Borden and Moe Bynum are pictured above working in the café.

Don't Forget.....

Clubhouse colleagues workout at the YMCA each day between 11:30am-12:30pm!

Young Adults meet each Friday at noon.

Smoking Cessation meets every Thursday at noon.

Capitol Clubhouse Advisory Board

Jeremy Bouford, Advisory Board Chair, Admissions Counselor for UMA

Cheryl Davis, Administrator of Community Services for Kennebec Behavioral Health

Joyce Gilbert, Peer Support Specialist for Crisis & Counseling

Leslie Heselton, Recreation Therapist for Riverview Psychiatric Center

Roxanne Zwaga, Family Member

Kerry Caron, Legal Secretary, Office of Attorney General

Amy Kirkpatrick, Clubhouse Director

Valerie Hunt, Clubhouse Assistant Director

Jeannie Coltart, Family Member

Christian Behr, Bureau Chief, Information Services and Liaison to Augusta Police Department

Diane Vinal, Vocational Rehabilitation Counselor II

Kevin Bush, Peer Support Specialist, KBH



Weekly Workshops

Monday: Clubhouse 101 @ 2pm

Tuesday: Wellness @ 2pm

Wednesday: Employment @ 2pm

Thursday: Policy @ 2pm

Friday: Young Adults @ 12pm

Weekly Wrap-Up @ 2pm

Clubhouse Statistics to date:

Total Members Served: 948

Active Membership: 150

Average Daily Attendance: 50

Members in Transitional Employment: 15

Members in Supported Employment: 19

Members in Independent Employment: 38

Members in Education: 20

Members participating in Wellness: 112



CLUBHOUSE



2014 Humanitarian Prize Co-Recipient

Conrad N. Hilton
FOUNDATION



Clubhouse International
Creating Community: Changing the World of Mental Health