



37 Stone Street, Augusta, Maine 04330

Wellness Initiative Draws Attention from Community



Allison Tribou, Mrs. Maine America



Mrs. Maine is pictured above with Patrick Malloy.

In early February the Clubhouse hosted a “Self Care Saturday.” As a clubhouse community that is ever evolving we decided that we wanted to do more to promote healthy living so we made some changes to our space and created a wellness room. Over several group discussions we were able to design the layout, select furniture, and identify ways to use the room most efficiently. Self Care Saturday provided the perfect opportunity to celebrate the completion of our newly renovated space.

We were excited to welcome Mrs. Maine (Allison Tribou) and local business owner, Dustin Tribou, to join us at this event. Dustin wowed us with his artistic abilities as he drew art work around the new mirror in the wellness room. Allison was available to paint nails, do makeup, and take photos with us while learning more about our members and the Clubhouse Model.

Thank you to everyone that participated in this event and made it a HUGE success. We are determined to continue to grow our wellness program.



Self Care Saturday crew pictured above with Mrs. Maine.



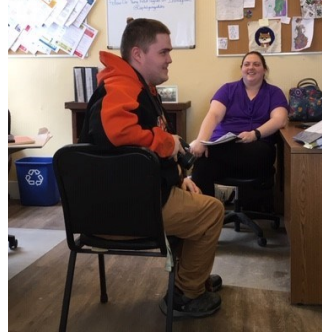
Dustin Tribou, owner of Saylorink Tattoo and Art Gallery, is pictured free handing positive words around the mirror in the wellness room.

Employment News

Many clubhouse colleagues are gainfully employed!



Tyler Zwaga shares what he has been doing to prepare for employment: "I have been going into the Career Development Unit to learn new skills. I started working with Vocational Rehabilitation and created a plan to find a job that I enjoy."



RJ Sullivan is pictured to the left meeting with our VR Counselor, Andrea Carvalho. We currently have over 50 members open with VR! Andrea works with members to identify their employment and education goals and how VR can best support them.



Melissa Cote has been working through the TE program and was able to purchase her own vehicle!



Andy Gray pictured above working at the Old Navy TE Site.



Jeff Ferguson has taken the reins as the Office Assistant at the KBH TE!

"At KBH I answer phones, schedule appointments, check people in for appointments and take/process co-pays. Everyone is really nice and helpful. It has been a great experience so far. My favorite part is working with my co-workers. They are really laid back and helpful."

- Jeff

New Staff

We have four new unit coordinators. Please come in to meet them and make them feel welcomed!

Wanda



Lauren



Shannon



Chris



Don't forget to join us every Wednesday for the 2pm employment meeting. We discuss topics such as earning reporting, how to create a resume, and how to prepare for an interview.

Education News

Clubhouse colleagues work towards higher education.

Clubhouse Colleague Training



Rick Pelton, RJ Sullivan, and Taylor McFarland take in a Colorado sunset.



Colleagues from around the US gather in front of Alliance House in Salt Lake City, Utah.

In November, RJ Sullivan, Taylor McFarland and Rick Pelton traveled to Alliance House in Salt Lake City, Utah for a two week colleague training.

The group writes: During our time in Salt Lake City we were able to join the Alliance Clubhouse community and learn more about the heart and soul of the Clubhouse Model. We met some amazing people from Hale O' Honolulu Clubhouse in Honolulu Hawaii, Club

Horizon in Charleston, South Carolina as well as Wasatch House in Provo, Utah. We built relationships that will last a lifetime. We created an action plan to ensure our Clubhouse has vibrant units and provides an efficient amount of vocational/educational opportunities.

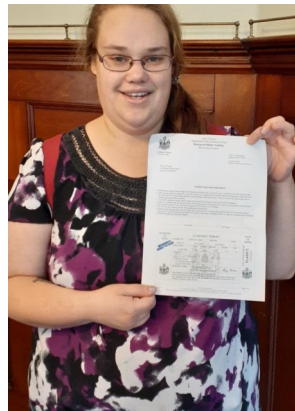
RJ States "This experience opened up my eyes to myself, the Clubhouse community, and the world itself. It was a once in a lifetime chance. If you are interested in a training you should definitely jump on it."

Drivers Education

Our ever popular Drivers Education study group continues to grow! Congratulations to Tina Pinney for getting her learners permit and to Kyle Keane for getting his drivers license! Don't forget to join us on Tuesdays at 1:15pm for Drivers Education.



Autumn Bilyeu, Alex Tims and Nelson Poissonnier are pictured above learning about safety on the Maine roads.



Tina Pinney showing off her permit!



Kyle Keane was excited to present his license to his colleagues at the Clubhouse!

Community Connections

We maintained positive relationships with community providers and enhanced friendships among colleagues within our program.



Professor Oswald from UMF came to CC for a tour and information session about the Clubhouse Model.



Officer Christian Behr brought in donations of Christmas ornaments from Augusta Police Department.



High Hopes came to spend the day with us!



We brushed up on our knowledge of Maine history at the Maine State Museum.

Transitional Employment Supporters

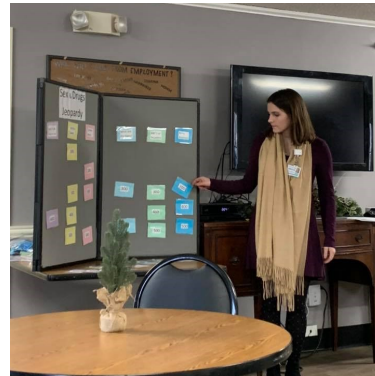


Wellness News

Enhancing our health and expanding our minds.



Taylor McFarland and Tina Piney practicing Yoga in the new wellness room.



We continue to maintain a strong relationship with Maine General Health. We participate in by-monthly Sex and Drugs Jeopardy. It is a great opportunity to learn while having fun!

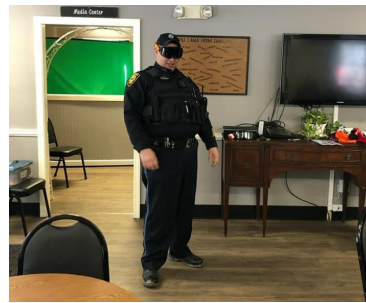
Amelia is pictured to the left, facilitating the presentation.

Turning Points

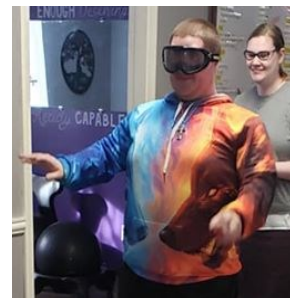
KBH and Clubhouse have collaborated to write a grant for tobacco prevention. We are working to identify how to best support those that want to quit smoking by looking at what works and what doesn't work.



Clubhouse and KBH representatives for the Turning Points initiative.



Brad Chase from Augusta Police Department presented on impaired driving using the beer goggles.



Horatio is weight lifting during our daily YMCA run. Don't forget, every day 11:30-12:30!



Safety is our main priority! That is why we participate in quarterly safety meetings and work together as a program to maintain the building.

Don't forget! We hold our wellness discussions every Thursday at 2:00pm. We discuss topics such as smoking prevention, healthy eating habits, financial wellness, and much more. We are always looking for ways to incorporate wellness

Clubhouse Happenings

Working side by side to develop relationships.

Young Adult Program



Sara Carlton is busy at work preparing for the Valentines Dance!



The young adults hosted a "Chopped" social. Teams competed for the title of best dish.

Capitol young adults connected with our sister clubhouses this quarter. We were able to share ideas and work to build opportunities for our young members. Pictured above is Looking Ahead Clubhouse with Capitol Clubhouse during a young adult meeting. The young adults also skyped with Shore House from New Jersey and they have plans to connect with other clubhouses throughout the world!

Young At Heart Program



Tim Peterson, Tina Pinney, Kelsey Currier, and Ellen Ryder at the Dunkin Donuts off site meeting.



Young At Heart continues to grow for colleagues over the age of 25. Colleagues have stated that they like having a transition from the young adult program. YAH is working to find ways to contribute to the community.



Maggie Thomas and Lauren Lobikis showing off their matching tie dye.



Pictured above is Brandi Hujara

What Clubhouse Means to Me

"Clubhouse is a place where individuals with mental illness can go and be themselves and learn skills such as budgeting, cooking and office skills. Clubhouse helps individuals learn the skills they would use out in the community. It is a place where individuals can go to get out and meet people and at the same time become the who you want to be as a person. I highly recommend clubhouse to anyone. It helps you overcome your challenges. I am grateful for the clubhouse it has given me the chance to meet new people, learn new skills, and find out who I am. I have had to face a lot of challenges the last few years and clubhouse has been there for me. Clubhouse is the best!." - Brandi Hujara

Advisory Board

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Jeremiah Ellwell, Kennebec Journal Staff

Kevin Bush, Peer Support Specialist, KBH

Doug Jennings, Attorney at Law at Law Office of Mark L. Walker & Douglas F. Jennings

Thank you to our Advisory Board Members for your continued support of our program!

Check out our Clubhouse Gear!



Clubhouse Statistics

Active Membership: 150

Average Daily Attendance: 55

Members in TE: 18

Members in IE: 40

Members in SE: 33

Members in Education: 16

Upcoming Events for March 2020

3/6/20: Cupcake Wars

3/7/20: Bowling (time TBD)

3/13/20: Celebration Dinner

3/20/20: Spring Fling

3/27/20: Paint Night

Did you know that we sell Clubhouse swag in the bank? We have sweatshirts, sweatpants, and lots more! They come in a variety of colors and sizes. Represent your clubhouse today and place your order!



CLUBHOUSE



Conrad N. Hilton
FOUNDATION

2014 Humanitarian Prize Co-Recipient

