

CAPITOL CLUBHOUSE SUMMER 2020



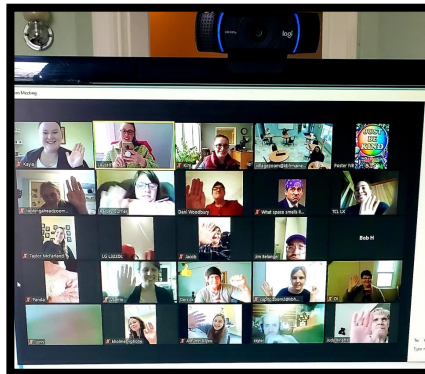
37 Stone Street, Augusta, Maine 04330

Persevering: *In the Time of COVID-19*

March 17, 2020 was a unusual day at Capitol Clubhouse. Upon entering the building, there was no one at reception ready to greet us. The hustle and bustle that is the hallmark of our clubhouse, was gone. Staff gathered, looking lost and found themselves in the Clubhouse *without members*.

Members and staff quickly switched gears with the support of our Director, KBH, and Clubhouse International and made a plan for our “new, temporary normal” using Telehealth. This platform allowed us to stay open and provide support to our Clubhouse community via the telephone and Zoom.

Zooming with our sister Clubs.

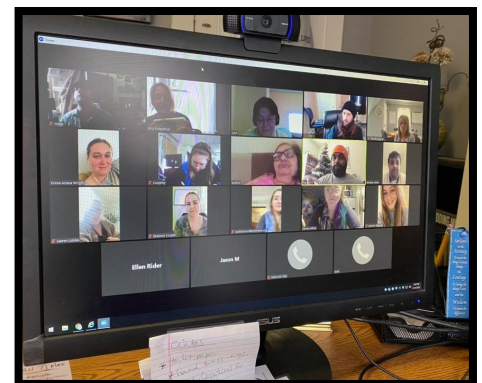


We found a new way to operate our Clubhouse and assist members with working on their goals. We began facilitating Zoom meetings and workshops “side by side” and discovered that Logan is not nearly as bad of a cook as we initially thought!

Throughout the time our building was closed, we were still very much open to our community. We rose to the challenge and created new ways to support each other, remain connected and united as a community.

After 2 months of zoom, telephone calls, community visits, letters, etc., we were finally able to re-open. We all had the “first day of school jitters” from the excitement of seeing each other in person.

Zooming with Fountain House



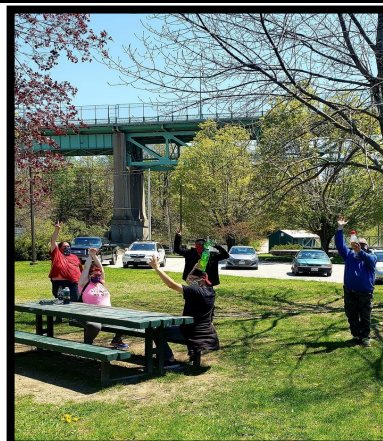
Now, two months after re-opening, we are in a really good place. We discovered our strength and the resiliency as a community. Together we are Capitol Clubhouse!

Staying Connected with Zoom



Reach-out binders were split up and staff immediately began daily phone call check-ins. Days turned into weeks, and weeks turned into months.

Connecting in the community.



Employment News

Returning to the work!



Tim Peterson received his 1st paycheck from Cushnoc.

Clubhouse Works!



Nelson Poissonnier looking sharp on Work-It-Wednesday.

Congratulations to the following members for obtaining employment this quarter!

- Kelsey Carrier**
- Audrey Howes**
- Shaun Brooks**
- Alex Tims**
- Chris Lord**
- Maggie Thomas**
- Quinn Murray**
- Melissa Cote**
- Nick Crocker**
- Ashley Lord**
- Craig Gray**
- Robin Griffin**
- Jason Derby**
- Kristin Roy**
- Melanie Scott**
- Megan Moone**
- Shawna Ellis**
- Eric Peabody**

In June 2020 we established two new TE sites with KBH in sanitizing. These positions require wiping down all surfaces in the common areas to ensure the health of all KBH staff and visitors.



Kelsey Carrier getting ready for her shift at KBH.



Melanie Scott showing off our updated Transitional Employment Board.

Education News

Colleagues in education reached an all time high this quarter!

Members in Education

Joan Kelley
Tanesha Trahan
Rowan Rice
Andrew Needhan
Brooke Murray
Nick Carter
Lauren Lobikis
Liz Wing
Nicole Deschamps
Tomi Minchin
Craig Gray
Antonio Vasquez
Marissa Parker
Destiny Lee
Angela Warner
Emily McArthur
Jacob Edgar
Josie Pruet
Ruth Cohen
Lydia Merrick
James Belanger
David Rand
Butch Wood

Education Workshops

Monday's @ 11am

College Exploration

Tuesday's @ 11am

Driver's Education

Wednesday's @ 11am -

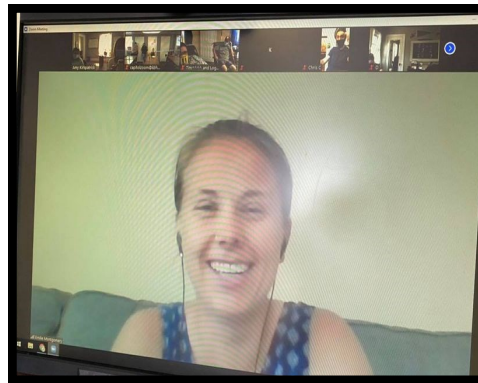
Computer Education

Thursday's @ 11am

Budgeting

Friday's @ 11am

How to tell your story.



Thank you to Emilie Montgomery from Disability Rights for presenting on self advocacy for Social Security Benefits!

Member Tutors

Jason Murphy

Elliott Jones

Jim Belanger

Chris Lord

Liz Wing

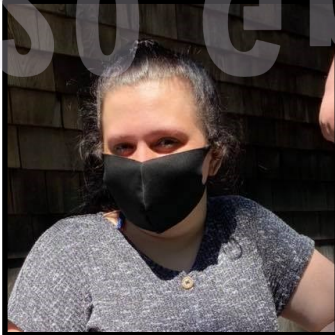
Maggie Thomas

Let us know if you need a tutor or want to become one!

2020 Graduates!



Lauren Lobikis



Tanesha Trahan



Rowan Rice



Brooke Murray



Nick Crocker



Joan Kelley



Andrew Neeham

Joan's Journey to Success!

I started college fresh out of high school and did horribly. I failed several classes as I bounced in and out of inpatient treatment and eventually decided that school wasn't for me. When I moved to Augusta in 2012, I transferred schools and decided to try again. I did one semester before I again dropped out because I was still bouncing in and out of treatment. After about a year, I decided I really missed being in the classroom and someone suggested I take classes at Augusta Adult Education to get my feet wet again before I tried college classes again. So that's what I did. I stated taking classes at Augusta Adult Education as a way to get back into the classroom. One of the classes they suggested I take was a college readiness class which I honestly had no interest in. However, I didn't know how to say no, so I found myself walking out of their office signed up for the class. Through this class I was adamant that there was no way I was going back to college because I didn't need to. I had a good job and believed that I didn't need a degree. However, over time things began to slowly fall into place. By the end of the summer I ended up walking away from the college readiness class with a \$1,300 scholarship to use towards the college classes I was again enrolled in. Returning to college wasn't easy but in 2017 I marched with my associates degree. By this point I had realized the benefits of getting a degree and was already perusing my bachelors degree. Despite moments of success, I continued to struggle with my schooling relying on only one thing: the idea that "someday I'll be done." October 2018, I was in one of the lowest, darkest points of my life. I was trying to continue school, but life felt out of control. I didn't feel like I had any sense of control over my life or hope for a future. I spent about a month in the hospital and upon release I couldn't return to my live classes. I ended up having to withdraw from half my class load and having to take two incompletes, giving me more time to finish those two classes. I eventually did finish those two classes and did very well in both of them. It has been a long road but in May 2020 I finally graduated with my bachelors degree. There were struggles, challenges, long days of cramming for tests or writing papers, countless days in which I threatened to give up, and numerous tears...yes tears. If this journey has taught me anything it is to never give up. Never give up on your goals, your dreams, or the person you want to become. The journey may not be straight forward and there may be bumps in the road but no matter what life throws at you don't let it stop you. It doesn't matter how slow you have to go, what matters is that you don't stop."

Young Adult Program

Building a bright future for members 18-25 years old.



Young adults working on a media project.



Congratulations Ashley Lord for getting your own apartment!



The young adults have taken the lead to work collaboratively with Rob Rogers of KBH on substance use prevention. They are working on ways to decrease and eliminate substance use.

Young Adult meetings are held every Friday at 12:00 pm.

Wellness Updates

Wellness workshops are held on Thursday's at 2pm!



Each day for lunch we offer salads as a meal option!



We have been blending up some delicious fruit smoothies in the Café.

Don't forget...

We go to the YMCA daily from 11:30am-12:30pm!

If you are interested in attending, please sign up in reception prior to 11:30am.



Working on wellness!

Capitol Clubhouse Advisory Board Members

Jeremy Bouford, Recruitment Coordinator @ UMA
Christian Behr, Domestic Violence Investigator @ Kennebec County District Attorney's Office
Brandi Farrington, Administrator of Supported Housing and Community Living Supports @ KBH
Joyce Gilbert, Clubhouse Member, Peer Support Specialist @ Crisis & Counseling
Roxanne Zwaga, Family Member
Kerry Caron, Legal Secretary @ Office of Attorney General
Amy Kirkpatrick, Clubhouse Director
Valerie Hunt, Clubhouse Assistant Director
Jeanie Coltart, Family Member, Legislative Advocate
Jeremiah Elwell, Veteran, Marketing Consultant @ Kennebec Journal
Kevin Bush, Clubhouse Members, Peer Support Specialist, @ KBH
Doug Jennings, Attorney @ Walker & Jennings PA
Rebekah Bridges, Relationship Manager @ Bangor Savings Bank
Andrea Carvalho, VR Counselor @ State of Maine



Gear Shop

Check out the new
Clubhouse gear !

If you have an interest in
purchasing some swag
come see us in the bank!

Transitional Employment Partners

