



Clubhouse Goes Abroad

Norway:

Clubhouse International World Seminar



Pictured above: colleagues from Looking Ahead Clubhouse and Capitol Clubhouse alongside Joel Corcoran Executive Director of Clubhouse International.

Several colleagues from Capitol Clubhouse ventured to Oslo, Norway for the International Clubhouse Seminar. Among the colleagues attending were Amy Kirkpatrick, Kip Glidden, and Maggie Thomas.

Colleagues returned, inspired and filled with new ideas on ways to further improve our clubhouse. Our colleagues had the opportunity to meet people from clubhouses all over the world and participate in plenaries/discussions. We are appreciative for the opportunity to participate in the bi-annual international conferences with the support of Kennebec Behavioral Health.



Clubhouse International Accreditation

We underwent Clubhouse International Accreditation this quarter. We welcomed Mary Murtaugh from Massachusetts and Greg Worthley from Michigan to our program. We enjoyed sharing our clubhouse with them and look forward to getting the final report. We recognize the importance of international accreditation and continue to become a stronger clubhouse because of it.



Employment News

We Supported Many Members with Securing Employment this Quarter!

Our Newest Transitional Employment Partner: United Methodist Church



With the help of a local Case Manager we received a new TE position in cleaning and maintenance at the United Methodist Church located in Hallowell. We are excited for this new partnership and the opportunity to build new relationships while helping get our colleagues back to work!

Tis' The Season!



Liz Wing, Nick Crocker, Nelson Poissonnier (pictured to the left), James Belanger, Tyler Ellsworth and Katie Turbide became employed as bell ringers through the Salvation Army. If you see them out in the community make sure to stop and say "Hi!" and toss some change in the red kettle for the Salvation Army!

Side by Side at the Boys and Girls Club



Moe Bynum and Toni Aloba working together at the Boys and Girls Club. Toni has been working at the Club for over 6 months now and Moe recently started working as a volunteer.



Congratulations to Matt Corey for successfully completing the TE placement at Old Navy! Good luck to you in your next adventure!

Kudos for Chris at KBH!



Chris Lord received a HUGE kudos from KBH for assisting a client while working at his landscaping TE site. Chris demonstrated a great deal of selflessness. He states that he enjoys the work that he is doing and the people that he gets to work with.

Education News

Clubhouse Colleagues Work Towards Higher Education

What's New?

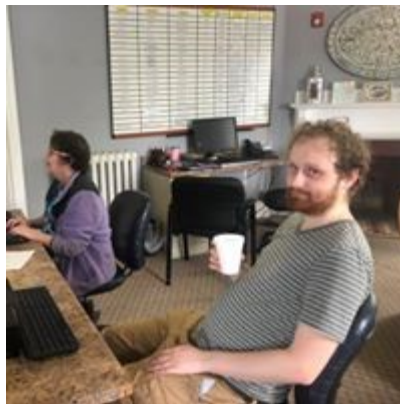
We participated in numerous presentations and trainings this quarter. We continue to hold our monthly education breakfasts to work towards enhancing our knowledge of educational opportunities. We participated in college tours and continue to collaborate with Vocational Rehabilitation, Adult Education, and Literacy Volunteers to help support our members with identifying and reaching their goals.

College Bound



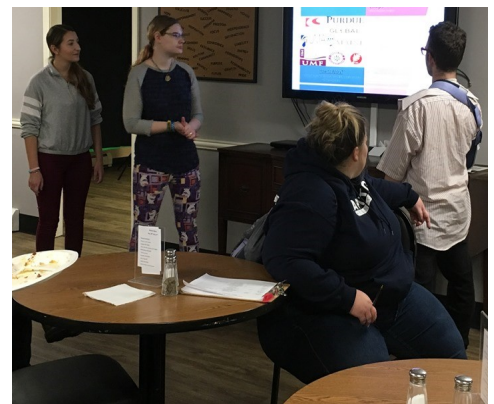
Liz Wing presenting her letter of acceptance to KVCC in the early childhood development program.

Peer Tutoring



Elliot Jones providing one on one tutoring to Heather Clark.

Education Breakfast



Education breakfasts continue to be well attended. This quarter we focused on building awareness of the colleges in the area and scheduling more frequent tours.

Drivers Education Study Group Ongoing and Growing

Drivers Education continues to grow in numbers. The study group allows members to work together practicing permit questions as well as gaining knowledge about vehicle maintenance such as pumping gas, checking tire tread, and checking the oil level. The group also reviews different signs to look out for to minimize car issues. As one member put it, “pretty much anything to do with driving”.



Join us every Tuesday at 1:15 to learn more about drivers education!



Community Connections

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

Maine Cabin Masters



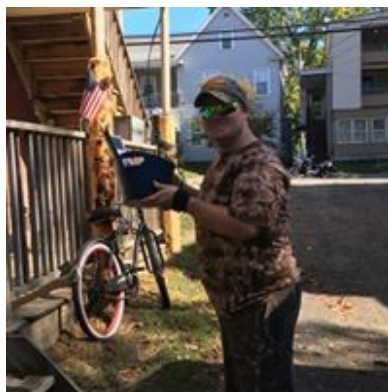
The Maine Cabin Masters, Stars of the DIY Network show, collaborated with Capitol Clubhouse for a fundraising yard sale. This all-day sunny fall fundraiser generated over \$2,600.00 to put towards the Clubhouse employment fund.

The Cabin Masters purchased an antique store in Manchester for their new Head Quarters. They donated all of the antiques to the yard sale and were on site to assist with sales and to meet customers. You rock Cabin Masters!

Community Based Reach Out



Zach and Liz delivering a reach out basket to a colleague.



RJ is ready to cheer up a colleague that has not been able to attend.

Clubhouse Connections



Pictured above: colleagues from Looking Ahead Clubhouse. We are fortunate to have the opportunity to visit our sister clubhouses throughout the state and share ideas!

Our 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

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

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

Health & Wellness

Clubhouse Focuses on Increasing Wellness

This quarter we welcomed many community members to present on topics such as diabetes, budgeting, reproductive health, eating healthy on a budget, healthy relationships and many more. We recently began implementing weekly challenges such as sitting with a person you don't know at lunch or trying to work in a new unit. This has pushed us to step outside of our comfort zones and has created opportunities to build new friendships.



Young Adults at Heart

This quarter, the clubhouse branched out, adding a new group to its roster: A Young at Heart group. This group focuses on young adults transitioning out of the young adults group. The focus of this group will be designed to work on projects giving back to the community with programs like the Adopt a Family and doing outreach in the community.



Young Adults

A Room of Their Own



Back Row— left to right: Alex, Caleb, RJ & Sara
Front Row— left to right: Lydia, Autumn & Taylor

Young adults (ages 18-25 years) have been working this quarter on revamping and expanding a space of their own within the Clubhouse. Although the room is not quite finished, Club members continue to clean, organize and, in general, create a space to call their own.

Young adults meet weekly to discuss ways to increase independence in the community. Planning monthly events for the program provides the young adults opportunities to build teamwork skills and develop stronger relationships.

The group has now created an Instagram, [#Capitolyoungadults](#)

Our Transitional Employment Partners



Weekly Workshops

- Monday:** Clubhouse 101 @ 2pm
- Tuesday:** Wellness @ 2pm
- Wednesday:** Employment @ 2pm
- Thursday:** Policy @ 2pm
- Friday:** Weekly Forecast @ 2pm

Lunch N' Learns

- Tuesday:** Newsletter Committee @ 11:00am
- Tuesday:** Drivers Education @ 1:15pm
- Wednesday:** Book Club @ 12:15pm
- Thursday:** Young At Heart @ 12:15pm
- Friday:** Young Adult Program @ 12:15pm

Clubhouse Statistics

- Active Membership: 146**
- Average Daily Attendance: 55**
- Members in TE: 18**
- Members in SE: 37**
- Members in IE: 33**
- Members in LTS: 12**
- Members in Education: 21**
- Members participating in Wellness: 150**

Call today to schedule a tour!
(207) 629-9080



2014 Humanitarian Prize Co-Recipient

