



Capitol Clubhouse

Winter
24-25

JOURNEY TO SUCCESS
37 Stone Street, Augusta, ME 04330
(207) 629-9080



Amanda, Crystal, and Tim went to Fountain House in NYC for a two week colleague training. During this trip they experienced the Work-Ordered Day and the Clubhouse International Standards in action from the point of view of colleagues at Fountain House. Crystal and Tim returned to Capitol Clubhouse and presented their newly developed action plan for increasing member tutoring in our education program!



Amber Galouch- Our new Unit Coordinator!

Amber comes to the Clubhouse with years of experience working in the KBH PNMI houses. She is excited to work alongside everyone and rebuild the Media Unit! In her free time she loves spending time with her children, crocheting, hiking and going to concerts. Come see her in media and share your ideas to grow the unit!

Education & Employment

25. The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

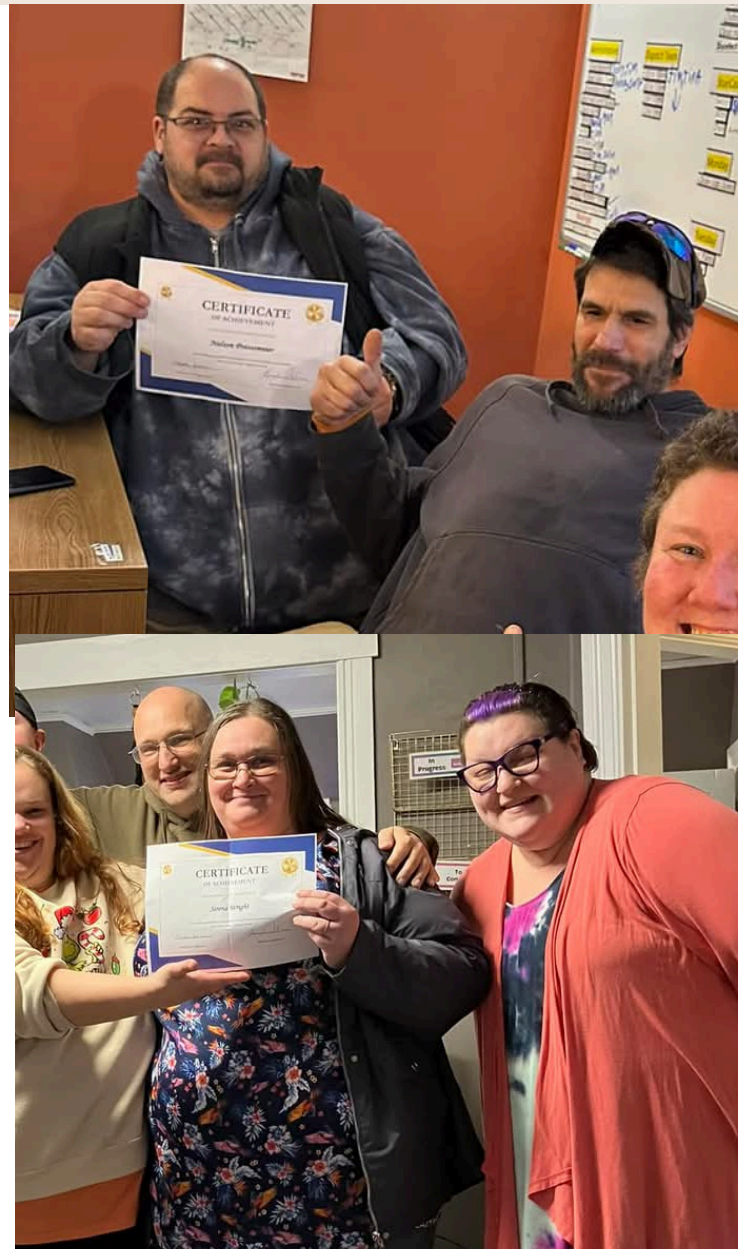
Nelson and Sirena were both recognized at Adult Education for excelling beyond the expectations.

Nelson received his certificate in Math. Sirena received hers for the hard work she accomplished towards her education goals.

Members in Employment

Transitional Employment: 8
Supported Employment: 11
Independent Employment: 17

Our Educational Partners



Education Continued By Jade P.



Internship Experience at Capitol Clubhouse

I have been a student at University of Maine at Augusta since 2020. In taking classes at UMA, I discovered a passion of mine. I started my college career in the Veterinary Technology program. Almost five years later, I am graduating with a Bachelor's Degree in Mental Health and Human Services. Shortly after starting college, I soon discovered that the mental health system was something I was intrigued by, and wanted to learn more about. In my four years taking classes at UMA, I discovered that my passion includes helping others navigate their mental health journeys.

Within the MHHS program at UMA, receiving a Bachelor's degree requires two field placement experiences. During one of my online classes in the Spring of 2023, Valerie Hunt and Timothy Peterson joined our live Zoom class and shared about Capitol Clubhouse. This was my first introduction of Capitol Clubhouse here in Augusta, Maine. Shortly after, I completed an interview assignment for this same class interviewing Derek Libby, as he was currently an intern at the Clubhouse. After this interview, my curiosity of the Clubhouse had peaked, and I wanted to learn more.

My first internship at Capitol Clubhouse started in the Fall of 2023 and ended in December. In this time, I was able to gain a foundation of knowledge relating to the Clubhouse model, and build meaningful relationships with my colleagues. Coming into 2025, I knew that I was going to have another internship experience due, and decided I wanted to go back to the Capitol Clubhouse.

I wanted to come back to the Clubhouse because this is not like any typical mental health treatment environment. All of the work completed within the Clubhouse is voluntary and staff members and Clubhouse members work side-by-side. I find the multiple models of treatment used within the Clubhouse so interesting. Through interning at the Clubhouse, I have discovered how life-changing community supports and resources can be for some individuals. Capitol Clubhouse is such an inspirational place to work, and I am so happy I have been given the privilege to intern at the Clubhouse for my field placement experience to obtain my degree.

Get To Know Me!

Richard's Journey



I heard about the Clubhouse through the ACT team and the hospital in October of 24'. Before I joined the Clubhouse I was in the hospital at least twice a month and now I haven't been in 5 months! I have a goal to finish school for social services which now seems obtainable. The Clubhouse has helped me to pursue my education, helped me have a social life and has given me stability as well as a safe place to come. I have learned a lot from my colleagues; seeing their successes helps me. I want to be able to do the same for others and help with tutoring. It is important to set goals to improve your life and become successful. While working on my education goal I am also going to be looking into joining a colleague training to be able to learn more and give back to others. -Richard

David's Journey



I heard about the Clubhouse by word of mouth and joined around 2004. Since being involved with the Clubhouse I've been able to build relationships, work and build my photography skills. While being at the Clubhouse the staff have been an inspiration to me and helped guide me. The part that I enjoy the most about being here is the connections that I have made and the team building that comes with it. Through the support of the Clubhouse, I believe I will meet my dream goal of owning a photography business. I recommend people come to the Clubhouse as it helps build social skills. With the social skills I have learned and am learning I am looking to one day join a colleague training. Working along side my colleagues has been excellent as everyone here has a voice. I am going to be sharing what I'm showing my photography with my colleagues. -David

Wellness

Standard #28: The Clubhouse provides assistance designed to help members improve their physical health and wellness, in partnership with community-based resources and healthcare providers. If the Clubhouse also provides in-house wellness activities, they are scheduled to be consistent with a vibrant, side-by-side work-ordered day; and significantly utilize the teaching skills and expertise of members.



We celebrated the holiday season with reindeer games, gift exchange, holiday snacks and lots of laughter.

Food donations 1:30p Wednesday

Our Wellness Partners



Community Engagement

Thank You!

We would like to thank the businesses in the community for their generous donations to our program this quarter.

Community Based Events



Mel gave an interview at UMA for an abnormal psychology class. During this interview Mel discussed the Clubhouse Model. She gave examples of the types of work completed throughout the work ordered day as well as resources available for internships for degrees. Mel received positive feedback from the instructor that the students enjoyed the interview.



Amanda and Tina visited the rotary club. We thank the Rotary Club for their time and the opportunity to present them with information about the Clubhouse Model. We are looking forward to future partnership.