



## Village Clubhouse Receives a Three Year Accreditation Status

Clubhouse International is a global non-profit organization, with over 300 Clubhouses worldwide. Their vision is to cultivate, “a world where people with mental illness recover and are an integral part of society.” When Village Clubhouse first opened its doors in December of 2018, we set our sights on becoming a strong support in our community that helps end social isolation and stigma by creating a warm, welcoming, dignified and diverse community where anyone living with a history of persistent mental illness would be accepted. The accreditation process involves multiple steps and is awarded in one- or three- year periods. Accreditation is conducted by members of the Clubhouse International Faculty who oversee the rigorous process. To receive accreditation, Village Clubhouse colleagues worked together to prepare for the site visit. Each area of the Clubhouse is reviewed and discussed as part of a self-study process which results in a written report from the Clubhouse to Clubhouse International.

For three days November 3rd through the 7th, Village Clubhouse was thrilled to welcome our faculty team Joe Shaffer from Independence Center in St. Louis Missouri and Walter Cunningham from Genesis Clubhouse in Worcester Massachusetts into the Clubhouse. In true Clubhouse style, Walter and Joe immersed themselves into the work ordered day, spending time working side by side with both members and staff in all three units within the Clubhouse.

Village Clubhouse was pleased to be awarded a full three year accreditation with no formal recommendations. We'd like to express our gratitude and appreciation to our incredibly supportive auspice agency, Kennebec Behavioral Health, our sister Clubhouses, Capitol Clubhouse, High Hopes Clubhouse, and Looking Ahead Clubhouse, Advisory Board members, employers, friends and family. We look forward to continued growth in the coming years.



# Celebrating Members Moving from Transitional Employment to Supported Employment



David Westman

Joshua Ouellette

Miranda Doak

Daniel Wheatley



Sustaining employment can be difficult under normal conditions, not to mention navigating the unique and stressful challenges that the COVID-19 pandemic has brought. We'd like to shine a spotlight on our members who have successfully managed to preserve and obtain supported employment positions in the last six months. Congratulations!! Miranda, a Clubhouse member states, "My supported employment has been good! Transitional employment gave me the confidence to get my SE position. I like my job now, they are very supportive of me and are teaching me new skills while I work."

## Education Updates

Along with celebrating our working members, we also want to acknowledge our mem-

bers who are continuing their postsecondary education. Tom recently finished his first semester at SMCC and has chosen to pursue a liberal arts degree with a concentration in art. Vicky is attending an online program at the Academy of Medical Professions in pursuit of her Medical Coding certificate.





## Maine Cabin Masters Partnership

Village Clubhouse is currently partnering with the stars of the popular television series, Maine Cabin Masters in a fundraising campaign to support Village Clubhouses transportation fund. The fundraiser will be happening now until the end of January 2022. The Maine Cabin Masters are a group of local Mainers who have a successful 7 season cabin renovation series featured on Apple TV and the Magnolia Network.

Roughly 1 out of 3 members at Village Clubhouse have difficulty accessing reliable transportation in order to participate in the program. With our friends from The Maine Cabin Masters, we hope to raise enough funds so we can help our growing membership reduce the worry of not being able to attend the Clubhouse.

If you are interested in making a contribution to the fundraiser, please follow this link, [villageclubhouse.org/Pages/Events](https://villageclubhouse.org/Pages/Events) or visit Village Clubhouse's website at <https://villageclubhouse.org/> and follow the donation link.

Every person who donates will be entered into a drawing for a chance to win dinner with Jedi, Dixie, Chase, Ashley, and Ryan. If you don't live in the area or unable to attend a dinner in person, the stars will host a virtual hang out with the lucky winner. For any additional questions, feel free to call the Clubhouse at 207-837-6260.

Any contribution is greatly appreciated and will help assist our membership gain access to Clubhouse programming. Thanks to your generous contributions, we have raised over \$8,000 and are halfway toward reaching our fundraising goal.



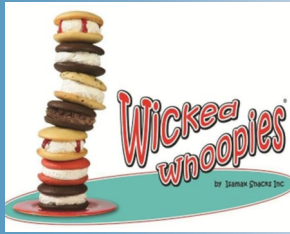
## Wellness

Village Clubhouse is focused on supporting members through a variety of wellness initiatives that promote healthy lifestyles. Colleagues of the business employment unit recently implemented a mindful moment in the mornings and afternoons following their the unit meetings. During this time, individuals practice deep breathing techniques with a focus on centering themselves which allows for a more productive and efficient day. Amber, a young adult member states, *"The mindful minute helps me with my coping skills. I don't get too distracted in the unit."* Nicole, a clubhouse member mentions, *"I like the mindful minute because it helps me relax and it helps me with my thoughts."*

A mindful moment is defined as the following *DEFINITION: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.*



# New Transitional Employment Partnerships



Village Clubhouse is thrilled to welcome our newest transitional employment partners, the Comfort Inn & Suites in Brunswick and Wicked Whoopies in Freeport. These collaborations provide new work opportunities for our members through the transitional employment program. These employers are supportive of the Clubhouse model, and excited to bridge the gap in supporting our membership to join the workforce.



## Clubhouse International Virtual World Seminar 2021



Village Clubhouse participated in the Clubhouse International Virtual World Seminar from October 4-8 2021. The seminar was held virtually this year due to the Covid-19 pandemic. Members and staff actively participated in various workshops including “How to create a vibrant, collegial, welcoming Clubhouse culture,” “Creating a culture of work,” and “The future of the Clubhouse model in a rapidly changing world.” When the seminar is held in person, one staff and one member are able to attend. With this seminar being held over Zoom this year, we were able to open up the workshops to the larger Clubhouse community, and give members an opportunity to hear from different Clubhouse all around the world.

## Interview with Hot Radio Maine



Village Clubhouse had an amazing opportunity to be on the air with Hayley Smith-Rose of Hot Radio Maine 104.7. Hayley Smith-Rose is a member of our advisory board and a huge supporter of Clubhouse. Members and staff were interviewed by Hayley, sharing information about the Clubhouse model and our newest fundraising venture with The Maine Cabin Masters.

*“It was nerve wracking but awesome. I love Hayley, she made it really easy for all of us.”* -Brandy Thomas, Clubhouse member.

*“I think it was really interesting. It’s the first time I’ve done it. I was a little nervous, but I enjoyed the interview.”* -Stephen, Clubhouse member.

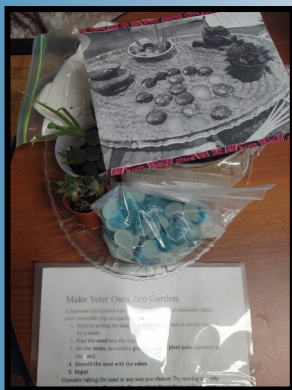
Pictured left to right: Hayley, Cheyenne, Steve, Candy, Lauren, and Brandy.





## UNE Student Interviews

Occupational therapy students from the University of New England have recently spent time with Clubhouse colleagues conducting zoom interviews. The members who were interviewed shared their journey to Clubhouse and how it has positively impacted their lives. As part of the students curriculum, they were asked by their professor to then create interactive games and activities that members could utilize as tools to enhance interests and skills. Pictured below are a few of the creative ideas the student interns came up with. The Clubhouse plans to integrate these tools into the work ordered day to support and enhance member goals and interests.



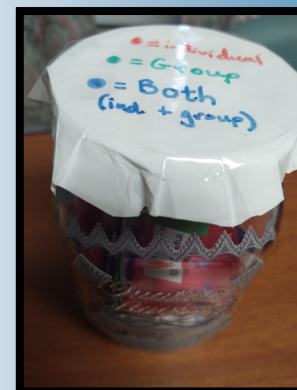
How to build a Zen garden



Cash Register Game



Nutrition Monopoly



Wellness activity game

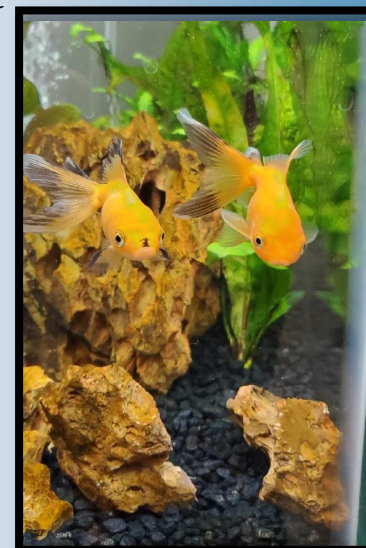
## Welcome New Staff



We would like to welcome Lauren Lobikis who joined Village Clubhouse in July 2021 as the new unit coordinator. Lauren completed her internship with us in the Fall of 2019, followed by working a year and a half at Capitol Clubhouse in Augusta. When the opening for a new unit coordinator became available, it created an opportunity for Lauren to come back to Village Clubhouse and to continue learning more about the clubhouse model.

“Hello Villagers and the greater community! I am so excited to return to Village Clubhouse after doing an internship here a few years ago, and working a year and a half over at Capitol Clubhouse. It’s so nice to see familiar faces and to get to know my new colleagues as well. In the coming months, I am looking forward to getting even more comfortable at Village and to continue my journey in the Clubhouse Family!”

We have added two additional members to our community. Meet our new Clubhouse fish, Caviar and Sushi. Our membership expressed interest in getting a Clubhouse pet, and we are excited to have them as a part of our community. “Welcoming a pet into the Clubhouse creates opportunities for everyone to learn responsibility, trust, compassion, respect and patience..”- Candy, Clubhouse Director.



# Advisory Board

**Candy Lessard**– Director

**Amanda Kinsey**– Assistant Director

**Tanna Whitman**– Attorney for the Law Offices of Joe Bornstein– Board Chair

**Brandi Farrington**– Administrator of Community Support Services, KBH

**Kevin Jones**– General Manager of Old Navy, Freeport, Maine

**Giff Jamison**– Program Director of Tedford Shelter

**Melissa Winchester**– CMS Supervisor, Sweetser

**Stephen Delano** – Member of VCH

**Victoria Molta** – Member of VCH

**Hayley Smith-Rose** – Radio Personality and Host of Hot Radio Maine 104.7FM



## Village Clubhouse Statistics

**Total Active Membership: 56**

**Average Daily Attendance: 25**

**Young Adults: 15**

**Continuing Education: 6**

**Wellness: 56**

**Transitional Employment: 7**

**Supported/ Independent Employment: 19**

**Long-Term Supported Employment: 18**



Hilton Humanitarian Prize Laureate

