

## “The Best Kept Secret”



Clubhouses are often referred to as “the best kept secret” in their communities. In our efforts to dispel this myth, we empowered our colleagues to identify community members who could support our mission of spreading the word about the Clubhouse Model, and the benefits of membership to anyone living with a mental health diagnosis. Daniel Wheatley sprang into action and reached out to Peggy Keyser, contributor of Maine 207 on WCSH channel 6. In Dan’s e-mail to Peggy, he shared his own road to recovery and how Clubhouse helped him regain self-worth, confidence and reenter the workforce.

After nearly seven months from the date of his initial email entitled “ Do you want to hear about the best kept secret in Maine?”, Dan received a reply. Peggy expressed intrigue by the title of Dan’s email and was eager to hear more about the Clubhouse. Within a few days, she and her videographer, Kirk Cratty, stopped by the Clubhouse for a tour and informational meeting. By the end of day, Peggy was thoroughly convinced and excited to produce a segment featuring Village Clubhouse. The video and article can be found by following this link:

<https://www.newscentermaine.com/article/news/local/207/the-village-clubhouse-in-topsham-helps-put-mainers-with-mental-health-challenges-in-touch-with-routine-plan-services/97-dcdf257e-73fi-4fc4-a4c4-5087c24cc6e9>

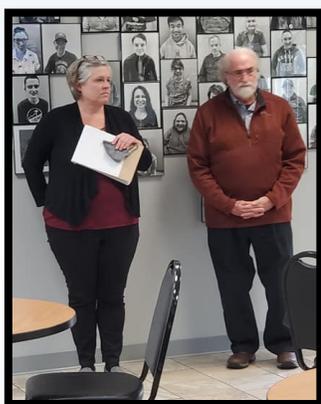


# Community Partnerships

The Clubhouse works to make connections with employers, businesses, and community members in an effort to discover and share resources with the membership. Over the last three months, the Clubhouse was fortunate to have Rick Tarr from Atlantic Partners EMS come in to present a driving simulator and seat belt convincer. Detective Sargent Richard Ross from the Bath Police Department hosted a workshop about personal and public safety. Tanna and Hank from the Law Offices of Joe Bornstein presented on Social Security and benefits in an effort to educate members getting ready to re-enter the workforce.



Detective Sargent Richard Ross spoke about public and person safety



Tanna and Hank from Joe Bornstein's Office



Rick Tarr demonstrating the Seat Belt Convincer



Tom and Rick Tarr practicing with the driving simulator

## Clubhouse International World Seminar in Baltimore

For the first time since the pandemic, Clubhouse International World Seminar will take place in person in Baltimore Maryland. On September 17th-22nd, 2022, Dan and Rheanna will be representing the Village Clubhouse at the Seminar. The Seminar will incorporate an array of plenary sessions, workshops, roundtables, interactive forums, and other opportunities for innovative learning. This year's topics will include exploration of the fundamentals of Clubhouse practices and values, as well as introduce new and exciting cutting-edge advances in our global Clubhouse network. *"I'm really looking forward to learning new ideas that we can bring back to our larger Clubhouse community, and I'm also looking forward to networking with colleagues from around the world."* - Rheanna.

*"I'm looking forward to learning more about the Clubhouse model and broadening my horizons with new colleagues."* -Dan.

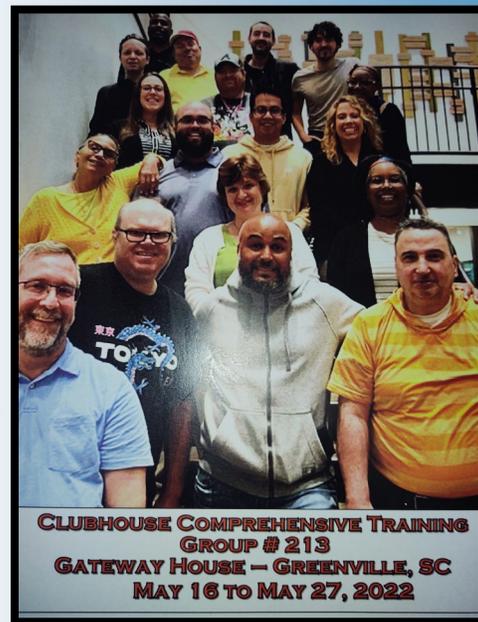


## Colleague Training at Gateway House Inc.

Clubhouse International Standard number 31:

“The Clubhouse director, members, staff and other appropriate persons participate in a comprehensive two or three-week training program in the Clubhouse Model at a certified training base.”

Throughout May 16th to the 27th 2022, Krista and Lauren attended colleague training at Gateway House in Greenville South Carolina. They integrated themselves into the work ordered day, visited transitional employment sites, and participated in group discussions about the Clubhouse model. Brandi Farrington joined Krista and Lauren as the 2nd week administrator. Together and with the support of their training mentors April and Jeremy, Krista, Lauren and Brandi developed an action plan to strengthen Village Clubhouse as a whole. Areas of focus on the action plan were; Membership, Work-Ordered Day, Employment, Wellness and Education.



*“Colleague training was absolutely amazing! Gateway Clubhouse was such a positive, productive and passionate environment. I can’t wait to share what I’ve learned with Village Clubhouse and to get the action plan going. I feel honored to be able to have gone on colleague training and I can’t wait to be a part of even more growth with Village Clubhouse!” -Lauren*

*“I am so happy to be back at Village, I missed all of the colleagues very much and excited to work with them on all that I learned at colleague training. I highly recommend that other members participate in it. Not only is it a way to improve our club, but it is an experience to last a lifetime.”  
Krista*

### Wellness

As an accredited Clubhouse, wellness is key component of recovery. Standard number 28.



*“The Clubhouse provides assistance, activities, and opportunities designed to help members develop and maintain healthy lifestyles.”*

One of the ways Village Clubhouse adheres to this standard is having individuals from the community present ways to maintain healthy lifestyles at the Clubhouse. We have partnered with the Maine SNAP-ED program, which uses evidence-based curricula and multi-level community-based approaches to help make healthy choices the easy choice for Maine families. SNAP-ED has presented multiple classes at the Clubhouse which include “10 Tips for Adults” and “Cooking Matters”. This an educational series offering “Choose MyPlate,” which provides tips for healthy eating as well as “Eating Better on a Budget.” Cooking Matters incorporates interactive cooking and nutritional educational classes that foster strategies for healthy meals on a budget.

## Diversifying Employment Partnerships

Clubhouse Standard number 22: *The Clubhouse offers its own Transitional Employment program, which provides as a right of membership opportunities for members to work on job placements in the labor market.*



*In an effort to diversify our Transitional Employment opportunities, we have recently partnered with Mid-Coast Hospital and TJ Maxx for two additional TE placements, respectively. As our community continues to grow we welcome opportunities to broaden our existing Transitional Employment Program.*



## Education Breakfast

Education is a key component of the Clubhouse Model. As a result of our Clubhouse accreditation last November, it was suggested we explore ways to expand our educational opportunities and programming within the work-ordered day. With this suggestion, the Business Employment Unit began hosting an education breakfast every 3rd Wednesday of each month, where community presenters share information surrounding their respective fields to the membership. Community presenters have included Adam Lampert, the Director of Merrymeeting Adult Education, Lexi from SNAP-ED, Diana Krauss of Mid-Coast Literacy Volunteers, and Hayley Smith-Rose, radio personality and a member of our advisory board. We look forward to welcoming additional community presenters into the Clubhouse to share their stories.



## Farewell to Amanda



After a long career working in the Clubhouse model, Amanda made the decision to spend more time with family. We thank Amanda for what she has brought to the Maine Clubhouses over the years, and we will miss her as she transitions into being a full-time mother. We wish Amanda the best of luck in all of her future endeavors.

*“Amanda embodies the whole idea of the Clubhouse through inclusion and making every member feel welcomed and heard.” -Nia*

# Advisory Board Updates

We are excited to welcome Valarie and Bethany to our advisory board. Bethany Bellefleur is a vocational rehabilitation counselor at State of Maine Bureau of Rehabilitation Services and has been working directly with our membership to support them in their vocational and educational goals. Valarie Densmore is the Special Services Director of RSU #75. She works with transitioning youth with navigating steps after high school. We look forward to collaborating with them to further expand our effectiveness in the broader community.



Bethany Bellefleur



Valarie Densmore

# Staffing Updates



Rick has been employed with Kennebec Behavioral Health for 12 years and has worked in 3 different Clubhouses in the state of Maine .

Rick accepted a position with Village Clubhouse in November of 2020. When the opportunity arose in April of 2022 , Rick was promoted as the new Village Clubhouse Assistant Director. *“I am very excited for this opportunity to support our Director, Candy Lessard, to the best of my ability and further assist the membership with reaching their individual goals.”*



# Advisory Board

**Candy Lessard**- Director

**Rick Pelton**- 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, Free-  
port, Maine

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

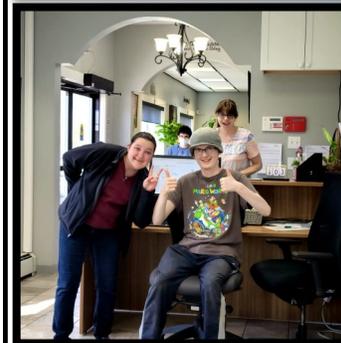
**Melissa Winchester**-CMS Supervisor, Sweetser

**Stephen Delano** -Member colleague

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

**Bethany Bellefleur**-Vocational Rehabilitation  
Counselor

**Valerie Densmore** -Special Services Director of  
RSU #75



## Village Clubhouse Statistics



**Total Active Membership: 57**  
**Average Daily Attendance: 25**  
**Young Adults: 24**  
**Continuing Education: 7**  
**Wellness: 57**  
**Transitional Employment: 9**  
**Supported/ Independent Employment: 20**  
**Long-Term Supported Employment: 15**