



119 Main Street, Topsham, Maine 04086

"Creating Change Through Community"

# 2023 Year in Review

## JANUARY



### Incorporating Wellness

With the start of the new year and our recent Clubhouse action plan, we have implemented a wellness shelf and board. This is an area for resources that highlight the 8 dimensions of wellness to include emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial wellness. Our shelf has resources to include a positive affirmation jar, "worry stones," mindfulness cards, and tobacco quit kits.



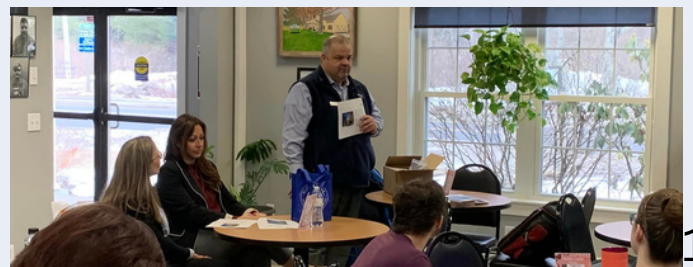
## FEBRUARY



### Community Presenters



We had the pleasure of hosting Brett, Kelly, and Michelle from Bangor Savings Bank. They hosted a fun and interaction presentation about ABLA Accounts. We had several members sign up for an ABLA Account that day, which allows folks to save money for living expenses without a negative impact on social security benefits.





## MARCH

### New Video Editing Software



Colleagues had the opportunity to learn a new video editing software system to enhance our Clubhouse media. We created bi-weekly newscasts and posted them to our social media, keeping our community members updated on Clubhouse happenings.

## APRIL

### Donations to Employment Fund



Every year, the Bath UCC hosts a silent auction and donates part of their proceeds to a local organization. Village Clubhouse was chosen this year, and received a check for over \$600 that went directly to our employment fund. This donation assists members with their vocational needs like clothing, first apartment needs, car repairs, and other items that will help support successful employment endeavors.

### Young Adults Present at Local High Schools

The young adults began presenting the Clubhouse model to local high schools in the Topsham, Brunswick and Bath areas. Individuals shared personal stories and the positive impact the Clubhouse Model has had in their recovery. We hope to inspire and connect transitioning young adults in our community to seek out Clubhouse services as they graduate.



## MAY



### Community Outreach

Cheyenne, Kim, and Candy presented information about the Clubhouse Model with the Vocational Rehabilitation Counselors (VRC's) in the Portland office. We are committed to community outreach and expanding our reach into the community to educate providers on the Clubhouse model.

## JUNE



### Clubhouse History 101

Lisa Soucie, the director of High Hopes Clubhouse, presented on the history of Clubhouse model. She shared how Clubhouses started in the state of Maine in 1997 with High Hopes Clubhouse, and how through our continued dedication and effort in the Clubhouse model, we were able to expand to a total of 6 Clubhouses in the state of Maine.



# JULY

## Looking Ahead Clubhouse Visits



Young adults from Looking Ahead Clubhouse joined our young adult committee meeting to learn new ways of engaging their young adults in their work ordered day. We chatted about the importance of creating unit work that will engage the young adults, such as digital media and Canva projects. We love partnering with our fellow Clubhouses to share resources and effective ways to engage the membership.

# AUGUST

## Expanding TE Partnerships

We had the pleasure of adding an additional transitional employment site at Wendy's in Topsham. This site includes 2 custodial positions that run for 12 hours per week. We are excited to be partnering with Wendy's, affording more paid employment opportunities for our membership.



## SNAP Education Returns



We welcomed back Allie from SNAP Education to share tips and tricks for healthy eating and cooking on a budget.

We look forward to continuing our partnership with SNAP education to bring more resources to our membership.

# SEPTEMBER

## Community Presentations

Every month, Village Clubhouse hosts an education breakfast, where we invite presenters from our community to share educational opportunities for our membership. In September, Christy Le from Maine Educational Opportunity Center spoke about different resources for folks who would like to attend college.



## UNE Occupational Therapy Student Interviews

We had the opportunity to host University of New England Occupational Therapy students for an afternoon, where they interviewed our members about their daily lives. The UNE students created tools and resources that would assist our members in managing their stressors and implementing healthy coping skills.



# OCTOBER

## NAMI Walk

National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Every year, NAMI hosts a walk where folks will raise money and participate in the walk to bring more awareness of the importance of mental health. Village Clubhouse raised \$500 and is proud to continue to participate in the walk to support this organization and it's efforts towards building better lives for those with mental illness.





# OCTOBER CONTINUED

## Clubhouse National Conference



Cheyenne and Candy participated in the Clubhouse National Conference in Salt Lake City Utah. They partnered with Connections Clubhouse and Genesis Clubhouse presenting on the topic of young adults bridging the gap from high school into the community.

# NOVEMBER

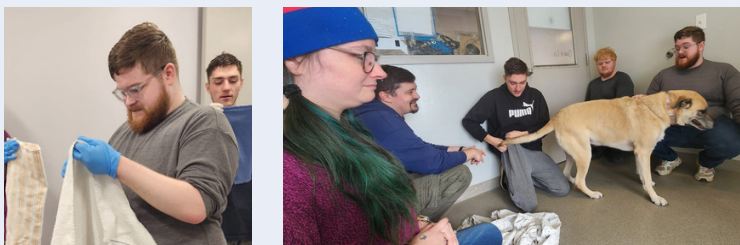
## Growing Our Team

We welcomed our newest Unit Coordinator, Jamie, into our Clubhouse community. He enjoys running, painting, and hanging out with his dog. Jamie has been working in the food services unit, and has been a great addition to our community.



## Mid-Coast Humane Society

The young adults took initiative to seek out volunteer opportunities at Mid-Coast Humane Society. They spent a few hours assisting the laundry department, and caring for the animals during their time at the shelter. Village Clubhouse is dedicated to enhancing our impact and making a difference in the local community.



# DECEMBER

## Celebrating Our 5 Year Anniversary



We celebrated our 5 Year Anniversary on December 8th, 2024, welcoming friends, family, providers, employers, and community members, advisory board members, Auspice agency, and sister clubhouses to our open house. We welcomed over 200 guests to our Clubhouse providing tours and sharing stories of recovery and resiliency. We'd like to thank everyone who has supported our growth and development over the last 5 years. Together, we can impact positive change in our communities and in the lives of those we care about.









# ADVISORY BOARD & SPONSORS

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

**Stephen Delano** – Member colleague

**Candy Lessard** – Clubhouse Director

**Rick Pelton** – Clubhouse Assistant Director

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

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

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

**Bethany Skelton** – Vocational Rehabilitation

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

**Madison Samson**- Officer at the Topsham Police Department

If you are interested in scheduling a tour, please call the Clubhouse at 207-837-6260.

If you are an employer and would like to partner with the Clubhouse, please feel free to reach out to us as well!



## Transitional Employment Partnerships

Old Navy

T.J Maxx

Wendy's


Spindleworks

Wicked Whoopies



## Follow us online!

 [www.facebook.com/VillageClubhouse](https://www.facebook.com/VillageClubhouse)

 [Villageclubhouse.org](http://Villageclubhouse.org)