



Village Clubhouse

Spring 2024 Edition

Creating Change Through Community

COLLEAGUE TRAINING AT GENESIS CLUBHOUSE



Cheyenne and Judy participated 2 week comprehensive colleague training at Genesis Clubhouse in Worcester Massachusetts from February 26th through March 8th. This training is for the member and staff to learn more about the Clubhouse model by integrating into the work ordered day at a certified Clubhouse training base, and to enhance their knowledge of the 37 International Clubhouse Standards.

“My experience with colleague training has changed my life in many ways. By embracing my voice and recognizing my importance, I've not only contributed to the enrichment of my Clubhouse but also set a powerful example for others. The opportunities offered during the training, has not only strengthen my confidence but also equipped me with a concrete action plan aimed at enhancing the lives of others through education, wellness, and employment opportunities. My passion for education, fueled by my personal journey of overcoming challenges with my learning disabilities and mental health, is a reminder of the importance of viewing education and employment as equal components of personal and community development. The bonds formed with my 210 training group emphasizes the deep connections that can emerge from shared experiences and mutual support. The support I received during moments of struggle highlights the invaluable role of community in our personal and professional growth. I am still in contact with them, and I get updates on their lives and the progress of their own action plans. Clubhouse is a family worldwide that you get to choose.” -Cheyenne H

“Being immersed with a sister clubhouse really allowed me to see the bigger picture in how we are all connected and the good work that Clubhouse does for folks with mental health challenges.” -Judy

Cheyenne, Judy and Rick along with input from our membership developed a Clubhouse action plan, where they identified areas of growth for our Clubhouse, and ways to improve and implement those areas into the work ordered day. The following goals were placed into the action plan that will assist us in becoming a stronger Clubhouse.



1. We will develop 1 to 2 TE placements in the next 12 months that create an opportunity for the portion of our membership that may not have the stamina/physical limitation and/or interest in a physical labor job.
2. To elevate education so that it is supported and celebrated to the same level as employment.
3. To incorporate and re-energize the eight domains of wellness in the Clubhouse and within the structure of the units.



MEMBERS IN TRANSITIONAL EMPLOYMENT

Transitional employment is unique to the Clubhouse model. Placements are generally 6 to 9 months in duration, and another member colleague will gain the opportunity to work in a transitional employment placement. We would love to highlight some of our members who are currently working in our TE sites.



Andrew
Wendy's



Shelly
Old Navy



Damien
Spindleworks



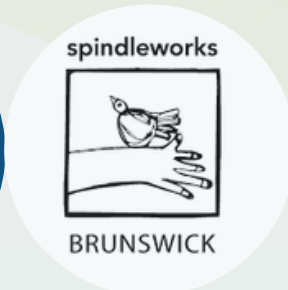
Alexis
Wicked Whoopies



Johnmarcus
T.J Maxx

EMPLOYER SATISFACTION SURVEY RESULTS

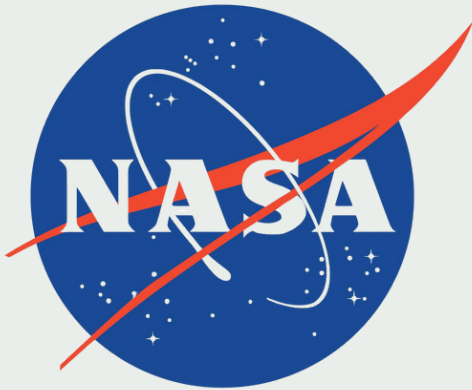
Every year, our Clubhouse hands out employer satisfaction surveys to our transitional employment sites to ask if our services are meeting their expectations, and what areas we can improve on. The manager of each site completes this form and returns it back to the Clubhouse where the placement managers will review it and make any necessary changes to improve our services. This keeps the integrity of our program and allows us to provide good quality services to both the employer and to our working members. We are happy to announce that the Clubhouse is meeting the expectations of all of our TE employers and we look forward to our continued partnership with them.



SPACE DAY

On Monday, April 29th, we were fortunate to have guests from NASA come in and present on what it is like to be an astronaut and what space exploration entails. Space day was launched in 1997. Maine Space Grant Consortium sponsors "Space Day." Their goal is to encourage and inspire them to continue stellar work of today's space explores. This award winning program is involved throughout the United States, Canada and beyond. The past 25 years, Space Day has taken place in 21 countries around the globe in six continents.

Living and Working in Space...No shoes, No shower...No Problem! Grab your space helmets, get strapped in and go for a ride to space and back. In this hands-on/minds-on presentation you will participate in a shuttle mission from crew selection, through training, then launch to orbit and a safe return to Earth. Learn what skills it takes to live and work in space. Real Space artifacts will be displayed and many hands-on demonstrations with audience participation.



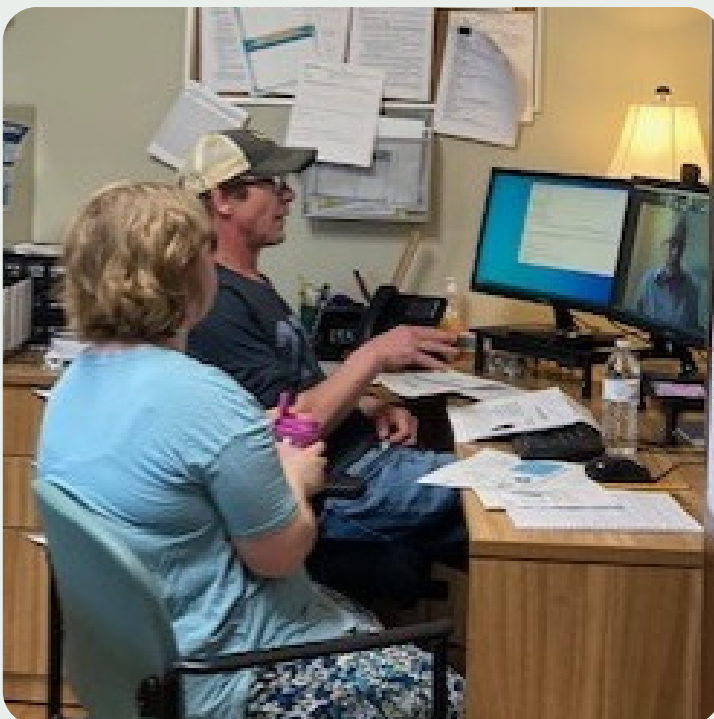
GENESIS CLUBHOUSE INC. VISITS

In ongoing efforts to improve Clubhouses around the world, we will often share ideas with each other in efforts to improve the larger Clubhouse community. We were happy to host Genesis Clubhouse Inc. from Worcester Massachusetts on April 2nd for our work ordered day. Genesis Clubhouse members and staff engaged in our work ordered day and had the opportunity to attend our young adult committee meeting. They asked insightful questions about how we attracted young adult members and how to engage them in the work ordered day. Currently, our Clubhouse membership is comprised of 50% young adults ages 18 to 26.



COMMUNITY LUNCH N' LEARNS

May was a bustling month for community collaboration as we organized and facilitated Zoom Lunch N' Learns on the Clubhouse Model for the case management teams at Tedford Housing and Health Affiliates of Maine.



MEMBER SPOTLIGHT

Krista Hodsdon

“I was living and working full time in Portland. I thought my career was on a solid track. I had a job that I loved with full benefits, raises and paid sick leave. I was planning on returning to school to get my degree in Social Work. Then the economy plunged in 2008 and the company that I worked for made cuts to their programs. They laid off 11 people in my department. It devastated me. I was resentful, angry and disillusioned. I had been there for almost 10 years.

Simultaneously, I had been having difficulties with different parts of my life and my mental health had deteriorated. I went on unemployment but it soon ran out. I found a job in Brunswick and moved to live with a family member. The job proved to be very stressful. My mental health spiraled and I was unable to live with family members. I was also involved in a co-dependant relationship with a chronic alcoholic. I ended up homeless living in a tent on my mother's lawn. Just as the frost was coming, a space in the shelter opened up. After 26 days there was an opening in one of Tedford Housing's supported apartments. I have been living there now for 10+ years. I finally got a proper diagnosis and medication but when my father passed away in 2016 I relapsed and regressed.

In 2018, I was introduced to the Village Clubhouse in Topsham ME through a peer support professional who worked for Sweetser services. I was the first member to join the Clubhouse and I have been here for almost 6 years. I have spent my time working on gaining skills to help with my recovery and learning about the Clubhouse model. I worked in the business and employment unit, and I was doing presentations, orientations and tours. I eventually got a transitional employment position working for Goodwill in their warehouse. I then went on colleague training in 2022, which I found to be a crucial point in my Clubhouse journey. It really opened my eyes to the true meaning of Clubhouse. I continued to attend the Clubhouse I have found that working side by side with members has helped me to learn from my colleagues and move forward with my mental health. Clubhouse has played a huge part in my recovery.



In 2024, I was hired at the Downtown Association, working 3 days a week as staff at the Brunswick Visitor's Center giving out directions, information, and helping people navigate the train and bus schedules. I still attend the Clubhouse twice a month, continuing to participate and act as a support and mentor to my fellow colleagues. I look forward to continuing my involvement in the Clubhouse community.”

MAINE EMPLOYER SUMMIT

On May 14th, Anthony and Chris represented the young adults of Village Clubhouse and the Maine Clubhouse coalition at the second annual Maine Employer Summit in Bangor, ME.

They both were speakers on two different panels, “Supporting the Mental Health Needs of Employees Through Trauma Informed Workplace”, and “Learning Together: Youth and Young Adult Perspectives on Work”. They were a huge hit, and they helped generate much interest in support for our Maine Clubhouses.

To say we are proud of them is a huge understatement. Way to go Chris and Anthony, you are both so amazing!



CONNECTING WITH MAINE LEGISLATOR



We recently reached out to the local Maine Senate Majority Leader of District 23, Eloise Vitelli, to offer her a tour of our program and to share the Clubhouse model. Connecting with our local legislators is an important part of spreading the word about the Clubhouse and what we offer to the community. She was impressed by our program and discussed how she can be helpful to the funding and growth of our program. We look forward to connecting with more government officials in order to support our wider community who are seeking mental health and employment services.

Work Ordered Day



Anything
is possible

ADVISORY BOARD & SPONSORS

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

Stephen Delano – Member colleague

Candy Sovetsky – 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



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