



RACINE
Friendship
Clubhouse

Working together to rebuild lives
affected by mental illness

The Clubhouse Connection

July 2018

Mission: Racine Friendship Clubhouse inspires hope and opportunity for persons with a mental illness .

Vision: Working together to rebuild lives affected by mental illness.

Vocational Updates, by Jenny M.

- Brandon J.:** Started his job as a cleaner at Taco Bell in Racine by the mall.
- Isabelle J.:** Started her job at McDonald's on Taylor being cross trained on the crew starting with fries and hash brown and cashier! She got the job all by herself and it's close enough to walk. Make the point of the value of attending Job Club.
- Heather H.:** Is part of the crew at Walgreens on Washington, hired from the REDI program.
- Monica B.:** Is a cashier at the Dollar Tree in Kenosha at the Southport Mall on Green Bay Road and Highway 50
- Nick E.:** Is a Kringle maker at O&H; and works as assembler at Jonco (formerly Goodwill)
- Sam A.:** Is new as an assembler with Arvato in Mt Pleasant. - got the job through Kelly Services Works Part Time 3-11:30pm: Sam works the machine press and also folds boxes and display stands.
- Halla C.:** Is starting as a volunteer Janitor at Hopes Center on Tuesday July 10 8:30-10:30



Working on Socialization, by Toby N.

My name is Toby. I have a Traumatic Brain Injury from when I was hit by a car in 2009. I joined the Friendship clubhouse to work on socialization. I try to be a friendly person. I am currently trying to figure out how to control my emotions in tough situations. I just graduated high school this year.

Executive Director Article, by Lynelle Saunders

Racine Friendship Clubhouse, Inc. inspires hope and opportunity to persons who have a mental illness. What does that mean? How does it happen?

As a person living with mental illness, I can attest that living with mental health symptoms can be difficult. They can disrupt your life, harm your relationships, sully your reputation, and can be hard to overcome. Often people with mental health diagnosis feel shame for real or perceived behaviors. Shame can lead to self loathing, loss of relationships, and isolation.

Racine Friendship Clubhouse, Inc. is a judgment free atmosphere that allows you to move beyond your past. You will learn coping skills in groups. You will gain support from your peers. You will find acceptance for who you are, not what you have. You will regain hope, realize your inner potential, discover opportunities, and move forward in your recovery.



A Chance to Do Things, by Liz R.

I followed Chris to the clubhouse, after Kismet Club closed, along with friends who were attending there 4 years ago. The friends I make keep me coming to the clubhouse. At home, I offer to help, but my boyfriend does all the household tasks, so here I get a chance to do things- like dishes, folding laundry, mopping, cooking, vacuuming, ETC. I ENJOY Women's Empowerment, bingo, and karaoke (especially Loretta Lynn's "You Ain't Woman Enough to Take My Man"). I like the outings like Gateway Salon and bowling.



A Stronger Work-Ordered Day, by Chris R.

I've noticed more teamwork— even on days with less people, members have come together and gotten things done together! I see partnership, I see friendships happening even outside of hours. People are finding a purpose, and being inspired to have hope . We have looked at our mission, and focused on the Clubhouse Model of the Work-Ordered Day. It's been a better quality day vs. quantity. Similar to what other clubhouses do, we arranged for a deadline time of 10:30 to sign up for lunch, which has slowed down reception. I've noticed we've had more coverage in that area. Also, people have been spending more time here. The "need to be needed" has allowed opportunities for members to step-up and we've had more participation and a stronger Work-Ordered Day! In the Clubhouse standards, clubhouses are minimally staffed for the purpose of member involvement.

Member Testimony

The Racine Friendship Clubhouse has been an inspiration to me. The clubhouse does social activities, such as going to movies, the walk for mental health, and going to Racine Art Museum. The clubhouse lets members cook in the kitchen and lets members lead coping skills group. The clubhouse works with members to reach life goals. Our clubhouse is good friends with the Grand Avenue Clubhouse in Milwaukee. Every August, each clubhouse goes for a retreat in the Wisconsin Dells. We have wine and beer tasting events for charity. We also do a National Night Out in August. We have food, drinks, and play games. Members can also invite guests.

(This student has been attending STEPs classes since January. This is his first Life's Voyage story.)



Welcome Intern

Hello everyone, my name is Krystal Dodge. I am senior at UW-Parkside in the Psychology program. I am also a reporter on the Ranger News, as well as the Vice President of Rainbow Alliance. I recently was hired as the Group Facilitator of the Millennial Meetup Group. I am doing an internship at the Clubhouse as well. I am a wife, and mother to two children. I enjoy reading, doing crafts, nature, music, and festivals. I truly believe we each can make the world place by helping one person at a time.



Building Literacy Skills, by Jenny M.

Steve M decided to focus on building his reading and writing skills this year, to be used on the job in the future, or in daily life. Steve teamed up with Jenny M, vocational coordinator, and joined the STEPS reading program at the Racine Literacy Council in January, and just completed 7 months of studies there. He is looking to graduate next summer. Steve just started a new reading book, and Program Director Chris R. recently noticed his reading improvement! Also, Steve published his very first short piece about the Clubhouse in RLC's annual book called Life's Journey, which showcases students' writing. Steve recently attended a publishing party at RLC, celebrating the release of Life's Journey for 2018. Below is Steve's writing piece that was published about the Clubhouse – enjoy!

There is still time to check off your summer bucket list! Here is an example of a summer bucket list, mark how many you have done or the ones you would like to try before the end of the summer!!!!

Let's enjoy the rest of the summer!!!!!!



my summer BUCKET LIST

30 things to do this summer!

- Homemade Ice Cream*
- Picnic at the Park*
- Beach*
- Water Park*
- Drive-in Movie*
- Water Balloon Fight*
- Pool Day*
- Splash Park*
- Make Popsicles*
- Go Stargazing*
- Go on a Hike*
- Watch Fireworks*
- Family Movie Night*
- Go Bowling*
- Feed Ducks*
- Fly a Kite*
- Go Camping*
- Roast S'mores*
- Backyard BBQ*
- Do a Science Experiment*
- Go to the Zoo*
- Play Mini Golf*
- Visit the Library*
- Go to a Museum*
- Lemonade Stand*
- Movie in the Park*
- Scavenger Hunt*
- Go to a Local Festival*
- Build Sandcastles*
- Do a Craft*