



RACINE
Friendship
Clubhouse

Working together to rebuild lives
affected by mental illness

The Clubhouse Connection

September 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.

Halla C. is now employed at Malicki's Piggly Wiggly in Janitorial!

Maria completed her internship. We wish her the best of luck in her studies at Gateway Technical College.



Visiting an Illinois Program, by Chris R.

Steve M., Taurean P., Kala C. and I toured New Life Recovery Center in Waukegan, IL, located at Lake County's Human Services Department, for ideas for our program. One of our members, Baron J., said that the clubhouse visited them many years ago. They are more of a drop-in center, and they receive funding that allows them to provide a meal program and outings. They were welcoming, offering us snacks and saying we were welcome to join them sometime for an outing or lunch! We sat-in on their morning meeting, where similar to how we share member announcements, they check-in on how each

person is feeling mentally, physically and spiritually. They sat in a circle with chairs, and with attendance ranging from 25-50, some people have to have lunch on their laps! Off of their main room, they had a small kitchen, but their lunches are catered. They also had a joined room with leather sofas and a TV, and another room with computers. Unfortunately, since they are not based on the Clubhouse model of the Work-ordered day, there is not much that we can use for ideas. However, they did have a simple one-page application, and as ours is 4 pages, we might consider simplifying our application process.

My Story, by Dee Dee M.

My name is Dee Dee Morris. I've been diagnosed with schizophrenia, a mental disorder where there is a separation between thought, emotion and behavior, leading to faulty relationships, fantasies, delusions, and a sense of mental fragmentation.

Example: Tuesday, I was working on my paper starting from the beginning in the midst of thinking, when I had a big relapse. Everything in my past came forward and I didn't know what to do. It was a knock down of my life. I'm thinking all the time- I've brought out all my inner secrets or what I call demons, but I was so wrong. So I stopped to get help. My emotions were all messed-up and I was out of control. It was so bad I had to practice meditation with Lynelle to calm myself down. To my surprise, guys and gals, let me tell you, meditation works! I followed Lynelle's advice to make an appointment with my psychologist. I'm not well yet. I need a lot of help and maybe a change of medication. That's my story!

What's yours?



WI Dells Clubhouse Coalition- 2018, by Chris R.

Colleagues who attended this year's Wellness Conference were: Halla C., Donna Z., Brian W., Chris R. and Steve M. It was Halla's first time! We met with clubhouses in Milwaukee, Wausau, Manitowoc, Madison, as well as some new programs joining us from Waukesha, Marshfield and WI Rapids!

We unpacked and had lunch when we arrived, then had workshops our first evening on Communication and Motivation. Afterwards, we had a bonfire with s'mores- including chocolate grahams and Reese's! There was an optional nature walk through the woods of our campground, Wabeek/Easter Seals Camp. People could go to their rooms whenever they were tired, which was a bunk beds setting. There were also drum circles by the bonfire!

In the morning, we had breakfast, and then had a plenary on Employment to share ideas between clubhouses to strengthen our programs. Racine made lunch the second day, serving egg salad, tuna salad, and turkey sandwiches! After our last workshop, where colleagues shared their stories of success with clubhouses, we took a group photo and said goodbyes. Each clubhouse was responsible for an area of cleanup- Racine always does the bathrooms. The ride home was smooth, and we utilized written directions because GPS can't always be trusted. Pictures of the trip were posted on our Facebook page! At our next quarterly meeting in Wausau with the Coalition, we will discuss what we took back and used at our clubhouses. Racine had just as much to share as we learned from our exemplary program!



Sam Ansari's Journey

I was born on July 15th, 1963, in Pakistan. When I was 28, I came to US and took admission in MSOE to do my Master's in Engineering, to further my knowledge in engineering, I had previously obtained my Bachelor's Degree in that field. In 2003, when I was in Alabama; I received work experience performing Aircraft Maintenance in a MRO. I took several additional jobs, which landed me in places such as Saint Antonio, Dothan, Lake City, Rome, Oscoda, Virginia and Saint Louis. I didn't know anyone in these remote places. Even though my mental illness was becoming prominent, I was not afraid of new challenges and worked successfully. In 2013, I relocated in Racine, Wisconsin, and in November 2014, I became a member of Racine Friendship Clubhouse. In RFC, I took part in all activities such as: Wellness, Art Therapy, Men's forum, and Schizophrenia group. I also volunteered in the Vocational department. The department helped members set up an email account, conducted mock interviews, and had members register at the Job Center of Wisconsin. Currently I am working part-time at a company called Rehrig, which is located in Pleasant Prairie, Wisconsin. I work 2nd Shift from 3pm to 11:30 pm, three days a week. Currently, I am not regularly coming to RFC, but I will try to come as much as I can. Thank you for all the support I have received through RFC. A special thank you to Lynelle Saunders, Jenny Marx, Chris Rosin and many others.

National Night Out, by Izzy J.

I had the best time ever. I enjoyed the free Hot Dogs, Potato Salad, S'mores, Lemonade, and Cake. I love getting to sing and dance, with all of my friends. I even got to meet some of the fire department, and see the fire engine. National Night Out is a very cool way to meet new people, and make new friends. Please come and visit us at the Racine Friendship Clubhouse. We welcome you!

