



**RACINE**  
Friendship  
Clubhouse

Working together to rebuild lives  
affected by mental illness

# ***The Clubhouse Connection***

**October 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.

2000 17th St., Racine, WI 53403

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## **Vocational Updates from Jenny M.**

Michelle M. is training at Chick-fil-A!

Members went on an outing to a Job Fair!

Monica D. is working at Piggly Wiggly!

Jenny B got a job offer at Great Lakes Naval Base!

Halla is doing fine on her own at Piggly Wiggly – no job coach needed anymore!

Tamron C. is employed at Boss Burgers!



## **Party on the Pavement, by Chris R.**

Cherie L., Jenny M., Chris R., Kala C., Steve M., Linda H. , Pat B. ,and Barbara R. participated in Downtown Racine's Party on the Pavement! It was a festival, where we had a table to promote mental health awareness and information about our program. Jenny and colleagues made Cure Stigma "cookies" with facts about mental illness attached to them. As much as we are promoting ourselves in the community, people often say, "I've never heard of the clubhouse!" We're striving to no longer be Racine's best kept secret. We will also be participating in the upcoming One Racine event at Festival Hall! During this event, we shared a table with NAMI– Racine Co., and were joined by Marina P., Nicole S., and Luann S. from NAMI!



**My name is Kala, and this is my story.**

I was born on December 3rd, 1995, and I was abandoned in the hospital. Fortunately, I was adopted at age 3, with my half-brother Connor. Growing up, things were relatively normal. However, when I was 14, I found paperwork about my adoption in the trash. It was all about the abandonment, drug and alcohol abuse, child abuse charges, and siblings that I have never met., how my biological father didn't even want custody of me either, and how my biological parents rights were terminated. It was not the what I was expecting of what I had hoped for, and my adoptive parents weren't really supportive. I eventually went on a downward spiral. I felt like no one loved me. I was self-harming, had severe depression, too many hospitalizations to count, living in homeless shelters, and being in an emotionally abusive relationship with my mother. After a couple years, I was able to get a therapist, whom I still have today. She helped me cope with my self-injury struggles, suicidality issues and depression. She gave me the courage to be able to get my own apartment, and I did. Shortly after, I was enrolled in CCS (Comprehensive Community Services); and I was assigned a worker to help me navigate life, living alone, and most importantly my mental illness. It has been a year and six months since then, and I am happy to say that I haven't self-harmed in over 8 months. I am in my second apartment with my kitty, Cora. I keep my monthly therapist appointments. I venture out of my apartment and live life. I am an active volunteer at the Clubhouse. With all of these great accomplishments, I am really starting to realize that in life you make your own family, and I am loved.



**If you could be any animal, what would you be and why? This was compiled by Kala C.**

- |   |   |
|---|---|
| Chris R.: Peacock, because they're fabulous                         | Mike K.: Dove, because of love, faith and peace |
| Dennis S.: Kangaroo, because they like to jump around               | Tina A.: Eagle, b/c fly fast/destination sooner |
| Brian W.: Alligator, because they're tough to catch                 | Jenny B.: Camel; lives in desert/preserve water |
| Alice W.: Cat, because they're quiet                                | Greg B.: Wolf, because they eat other animals   |
| Rudy R.: Giraffe, because they're tall                              | Kala C.: Tropical fish, can see the ocean       |
| Tamron C.: Wolf, because they live as a pack                        |   |
| Marsha L.: Bird-eagle, because of freedom, mobility, and bird's eye |   |
| Halla C.: Dog, because they can chase cats                          |   |
| Barb R.: Lion,, because they're king of the jungle                  |   |
| Jenny M.: Lioness, because they're fierce, hunters and mothers      |   |
| Taurean P.: Monkey, because they're fun and smart                   |   |
| Baron J.: Bird, because they can fly away from here                 |   |

### **Biofeedback, by Kala C.**

After having seizures and high anxiety issues, my neurologist introduced me to a new type of therapy called Biofeedback. Biofeedback is a technique used to help one learn to control their body's functions when stressed. During a biofeedback session, a therapist will use electrode sensors on parts of your body that help you receive information about your skin temperature, muscle tension, or even brain activity. The therapist views your readings on the monitor and through trial and error, finds a range of mental activities and relaxation techniques. They do this because when you are under stress, your body processes change, such as increased heart rate, tight muscles, you sweat, your blood pressure rises, and your breathing quickens. The hope of biofeedback is that by doing relaxation, and being mentally aware when you feel your body processes change, you can be more in tune with your body and gain more control over your anxiety and overall health.

Some exercises used in Biofeedback therapy includes: Deep breathing, Progressive muscle relaxation, Guided imagery, and mindfulness meditation.

### **This is my story, by Tina Ash**

My name is Tina, and I am 42 years old. In September 2017, I fractured my left ankle and now I have 2 plates and 9 screws in it. This injury happened due to accidentally falling on a step and breaking my bones. Because of this injury, I have Chronic Regional Pain Syndrome (CRPS). CRPS is a disease that causes chronic pain. I have also been diagnosed with Depressive Psychosis. Psychosis is an illness that you can hurt yourself or others and may lead to death. In the past I had terrible episodes about Demons and God. These episodes were about someone wanting my organs. Sometimes I still see demons- they can be anywhere whether its in the carpet, on the wall, on clothing, everywhere! Before I got help, I would have bad episodes. My symptoms would get worse and I would start to do strange things like banging my head against something, pacing back and forth, and not eating. During one episode, I went for weeks not eating or drinking. I was at a weight of 178lbs and dropped down to 135lbs. I now take psychotropic medication to keep my brain steady and to help keep me from going through another episode. I have a Mental Illness and in my life it's very depressing. A coping skill I use is to stay focused and active.

### **CURE STIGMA**

Did you know?

People with mental illness are people like you and me.

### **CURE STIGMA**

Did you know?

People with mental illness could be your mother, father, sister, brother, friend, or you.

### **CURE STIGMA**

Did you know?

1 in 5 people are living with a mental illness.

### **CURE STIGMA**

Did you know?

For people with a mental illness, recovery is a journey of hope and opportunity, while rebuilding and reclaiming their lives.

### **CURE STIGMA**

Did you know?

“People first” puts the person with mental illness first, not the diagnosis: “People living with schizophrenia” not, “schizophrenics.”

### **CURE STIGMA**

Did you know?

Most people with mental illness are not violent.

### **CURE STIGMA**

Did you know?

People with mental illness are people -not their diagnosis.

### **CURE STIGMA**

Did you know?

70% of adult mental illness begins during childhood or adolescence.

### **CURE STIGMA**

Did you know?

Most people with mental illness have normal lives, but their feelings and behaviors negatively affect their day-to-day activities.

### **CURE STIGMA**

Did you know?

Many people with mental illness are competent and talented:  
-Lady Gaga, Leonardo DiCaprio and Dan Reynolds

### **CURE STIGMA**

Did you know?

Many people with mental illness were great leaders from history: Lincoln, Churchill, and Hemingway

### **CURE STIGMA**

Did you know?

Most people with schizophrenia are non-violent.