

Meet Key Clubhouse members Matthew and Violeta who are making strides toward their goals!

Welcome our newest board member, Dr. Dominique Musselman!

KEY UPDATE

The Newsletter of The Key Clubhouse of South Florida



David Granirer, Leonel Myrtill, Veronica Lallan, Tammy Burch, and Fernando Garcia



George Dosal, Beatriz Bolton, Miriam Dosal Stone



Lissa Braverman and Lori Appagnani



Mayor Levine Cava



Lalita Airan



Maria Ingelmo, Christy Romero, Maricela Romero, Peggy Gonzalez



Mayor Levine Cava with Board Member Jeri Beth Cohen, CEO Debra Webb



Marilyn Lieberman, Amy McClellan, and Jeri Beth Cohen



Rashmi Jagasia and Ivy Ginsberg



Member and Comedian Fernando G.



Local 10 Anchor Alexis Frasier

Laughter is the Best Medicine

On Sunday, March 5, The Key Clubhouse of South Florida hosted its Seventh Annual Mental Health Hope and Recovery Luncheon with the theme, "Stand-Up for Mental Health." The luncheon featured debut stand-up comedy performances by four Key Clubhouse members: Leonel Myrtill, Tamara Burch, Veronica Lallan, and Fernando Garcia. The aspiring comedians, wove their mental health experiences into their comedy routines, and kept the audience in stitches. Taking the stage with them as the Keynote Speaker was David Granirer, the founder of Stand Up for Mental Health, an organization that teaches comedy to

Celebrating Miriam Dosal and the Dosal Family Foundation, Mental Health Champions

people living with mental health issues. David Granirer worked closely with the comedians to develop and perfect their comedy acts, The comedians received standing ovations by the 230 guests attending the event.

At the luncheon, we also celebrated Miriam Dosal and the Dosal Family Foundation as the recipients of the 2023 Mental Health Champion Award. The Dosal Family has been a strong supporter of people living with mental illnesses for the last seven years. Their love and kindness have opened countless doors to a better future for our members.

Become a Key Clubhouse Ambassador Today!

The Key Clubhouse is seeking 20 community volunteers to serve as Ambassadors to help spread the word about our mission to afford people whose lives have been disrupted by mental illness the opportunity to recover meaningful and productive lives through self-directed reintegration into the workplace. The Ambassadors will assist the Clubhouse, in various ways, such as securing invitations for The Key Clubhouse to give presentations to civic, religious, and/or

community groups, participating in Ambassador Luncheon Fundraisers, and connecting us to area businesses interested in hiring Key Clubhouse members or other community-based services. Would you like to learn more about becoming a Key Clubhouse Ambassador? Contact Debra Webb, CEO, at 305-693-3508 or by email at dwebb@keyclubhouse.org.

Ending the Stigma: Our Partnership with CIT

The Crisis Intervention Team, or CIT, program in Miami-Dade County represents a “community-based approach” that aims to mend the divide between law enforcement and mental health systems through partnerships within the community. The Key Clubhouse has fostered a valuable partnership with the CIT program and contributes to the training of its officers. During monthly training sessions held at the Clubhouse, CIT officers become acquainted with the Clubhouse program and the work our members do to reach their recovery goals. At the same time, members learn about the CIT officers’ responsibilities and what they do to help the community. By participating in the Clubhouse work units, the CIT officers learn about the members’ roles and responsibilities at the Key Clubhouse and how they develop their skills to prepare for a workplace environment. Members also speak with CIT officers about their experiences interacting with law enforcement. Getting to know each on a personal basis builds a shared sense of respect and trust among the officers and Clubhouse members. This experience helps break down the stigma of mental illness, and officers learn how to respond better in mental health crisis situations. We love our CIT officers!



Key Clubhouse Walks with NAMI Miami



On May 20, 2023, The Key Clubhouse joined the NAMI Miami-Dade Walk at loanDepot Park to support mental health recovery in our greater Miami community. We had an amazing turnout of colleagues and supporters who were acting in solidarity with those with mental health conditions and their family members. The 2023 Walk for Mental Health Awareness had over 2,000 registered participants and 208 teams. It raised \$338,000 for NAMI Miami-Dade, all of which went toward free, bilingual, mental health programming in our community, including support groups, peer mentoring, outreach, adult and youth educational programs, and the Helpline. Key Clubhouse colleagues were thrilled to support such a successful and inspiring event, and we look forward to the next NAMIWalk in Miami!

Accreditation Site Visit



Accreditation by Clubhouse International is the quality assurance program designed to determine whether a Clubhouse is providing a full range of opportunities to its members. There are more than 320 Clubhouses throughout the world that follow the same program as The Key Clubhouse. Clubhouse Accreditation involves the Clubhouse community in an interactive process of self-evaluation and strategic planning. After developing its own in-depth accreditation self-study, the Key Clubhouse was visited by the faculty team at the end of May 2023.

The Clubhouse International Faculty team reviewed the Key Clubhouse's self-study and its fidelity to the consensually established international standards. The two-person accreditation team consists of trained members and staff from strong certified Clubhouses around the world. After reviewing the report and reaching an agreement, the accreditors either award a one- or three-year certificate or defer accreditation. They forward a letter indicating the accreditation outcome. A three-year accreditation is a notable distinction. It is the gold standard for Clubhouses. Key Clubhouse has received two accreditation designations and we are waiting for our third accreditation certificate. Good work to all colleagues and a special thanks to faculty members Raj and Maureen from Clubhouse International.

Member Success Stories

Violeta R.'s TE Job at CareerSource



My name is Violeta and I have been a member of the Key Clubhouse since May of 2015. I first heard about the Clubhouse when I was in a program for people living with mental illness back in Puerto Rico. One day, the President of the program gave a speech about similar programs in the U.S. and spoke very highly of the Key Clubhouse. When I came to Miami, I took a tour of the Clubhouse, which was at the time in downtown Miami, and I could see the value of such a program. I knew it was something that could help me refine my social skills and stamina in the workplace as this is what I felt I was struggling with when trying to find work. Fast forward eight years, being a Clubhouse member has been a great experience and has played a big role in my recovery. Today, I have the Key Clubhouse to thank for my job which I love. I am a Customer Service OPS at CareerSource, where I am proud to have my own desk and landline at the office. My primary role is to assist oncoming clients to enter the system and apply for employment assistance, unemployment benefits, food stamps, and more. Thanks to this job and the support I continue to receive from the Key Clubhouse, I am able to continue attending school and am working towards a Master of Science in Social Work.

New Member Spotlight: Matthew L.



My name is Matthew and I have been a member of the Key Clubhouse since January 2023. The Clubhouse has helped me grow socially as well as professionally. It has provided me with an atmosphere that is positive and socially engaging. Thanks to our regular social events, The Key Clubhouse helps me develop social skills in multiple settings by creating a space to build relationships in addition to professional interactions during the Work Ordered Day.

One event I attended recently was the Marlins game on July 4th which was fun! I have improved my graphic design skills by working frequently with the communications unit and creating flyers for social events. I am able to complete projects at a fast pace while keeping my skills up to date and in practice. My typing and reading skills have improved by creating flyers and consistently using the computer. I've gotten better at my handwriting and drawing skills also by taking my time to focus on writing neatly and legibly when they need things written for the display board. This skill set is transferable when working a job in my desired field. This has made things like graphic design work more accessible to me which makes me more enthusiastic about pursuing the ideas behind a creative project and helping me complete jobs more quickly. Thank you Key Clubhouse!

Meet Our New Board Member!

Dr. Dominique Musselman



Dr. Dominique Musselman is a Psychiatrist and Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Miami, where she trains young psychiatrists to provide exceptional treatment and perform research and clinical care. She received a Master's Degree in Clinical Research from Emory University, training and specializing in psychosomatic research. Dr. Musselman has written extensively on mood disorders, most recently about "Depression in Medical Illness" for The American Psychiatric Publishing Textbook of Mood Disorders in 2022. She has worked closely with the Key Clubhouse and its members for over a year, seeing great growth in her clients when they join the program.

About Us

The Key Clubhouse offers an accredited "Recovery Through Work" program for adults, ages 18 and older, who have a diagnosis of a serious and persistent mental illness including bipolar disorder, schizophrenia, major depression, schizoaffective disorder, PTSD, and other serious mental illnesses. Membership provides ongoing support operating five days a week, holidays and special activities on some weekends.

Our membership is always growing. If you or a loved one would like to join, please call 305- 693-3508.

Key Clubhouse of South Florida
8301 NW 27 Ave, Suite 102
Miami, FL 33147



www.keyclubhouse.org



Key Clubhouse of South Florida
8301 NW 27 Ave, Suite 102
Miami, FL 33147



Support Us on Give Miami Day!

November 16th is Give Miami Day! Give Miami Day is an annual giving period that unites the nonprofits of Greater Miami and gives donors an opportunity to support their favorite nonprofits online. Last year, we raised over \$35,000 in one day thanks to our amazing community of donors! Can we count on your support this year? Scan the QR code below and visit the website for more information!



SCAN ME



We would like to thank the ongoing sponsors of The Key Clubhouse!

