

# The Key Update

The newsletter of  
The Key Clubhouse of South Florida  
January 2019



1400 NW 54th Street  
Suite 102  
Miami, FL 33142  
305-693-3508  
[www.keyclubhouse.org](http://www.keyclubhouse.org)

## We Did It!

Give Miami Day is one of the biggest annual giving events in the United States. Key Clubhouse joined in for another year on November 15 with the goal of raising \$25,000. We are proud to announce that we exceeded our goal by raising more than \$28,000!

History was made on Give Miami Day 2018, with nonprofits raising a total of \$11,590,050 from donors spanning the city, nation and globe.

Key Clubhouse of South Florida would like to thank all our friends who care so deeply about mental illness and want to help our members become more independent through employment, education and socialization.

The Key Clubhouse  
**GiveMiami** 2018  
**day**



Paola Roman, Amy McClellan, Stephanie Berman-Eisenberg, Debra Webb & A.J. Tablada

## In this issue

- [Dreams Do Come True P.1](#)
- [Give Miami Day Results P.1](#)
- [A Member's Story P.2](#)
- [New Employment Specialist P.2](#)
- [Employment Dispels Stigma P.3](#)
- [The Impact of the Clubhouse P.3](#)
- [Words of Appreciation P.3](#)
- [Friends & Family Gathering P.3](#)
- [Save the Date P.4](#)

## KEY CLUBHOUSE PLANS FOR A NEW FACILITY AND HOUSING

**The old adage, "Good things come to those who wait," certainly rings true for the members, staff, families and board of directors of Key Clubhouse of South Florida.**

Dreams do come true. After many years of planning and searching for a new facility, The Key Clubhouse is finally looking forward to moving to a new and expanded facility. It is all thanks to Carrfour Supportive Housing, which is partnering with The Key Clubhouse to build a new, 80-unit supportive housing complex primarily for people with mental illness with a 5,000 sq. ft. Key Clubhouse on the bottom floor.

The new building, to be completed in about two years, will be located on NW 82 Street. Key Clubhouse members will have priority placement in 40 of the apartment units. The new Clubhouse facility will include a commercial kitchen and offer new opportunities and convenience for Clubhouse members in the expanded space. Wellness activities will continue to be offered through a gym, yoga, meditation and nutritional classes.

Executive Director Debra Webb said of the project, "We outgrew our current space long ago. This new space will enable us to spread out and enhance our program, including accepting more members and most importantly, providing supportive housing for our members."

"We are very grateful to Stephanie Berman-Eisenberg, CEO of Carrfour Supportive Housing, who approached us to partner with them to apply for financing from the Florida Housing Corporation for this project."

"Our board has always dreamed of being able to offer our members safe and affordable housing," said Amy McClellan, Board President of Key Clubhouse. "The housing situation in Miami has reached a crisis point, so the opportunity to work with Stephanie, Paola and A.J. at Carrfour on this project and be part of the solution is fantastic."

Accredited by Clubhouse International, The Key Clubhouse of South Florida is a place where those who suffer from severe mental illness find hope and opportunities to achieve their full potential. Learn more at [www.keyclubhouse.org](http://www.keyclubhouse.org).

## A MEMBER'S STORY: CHANGING MY LIFE ONE DAY AT A TIME

The Key Clubhouse has changed my life for the positive. I was struggling with my depression when I was in college and I felt really hopeless.

Joining the Key Clubhouse helped me organize my life and my thoughts. It gives me something to look forward to. It enabled me to gain experience in my field through projects here and there, which makes me happy. I am able to assist them in any way possible.

Without the Key Clubhouse I would probably be in a psychiatric ward of a hospital. It used to be my only option when I was feeling unwell. Not only were these costly visits costing thousands of dollars but it was never really effective. It would have the opposite effect on me; they would make me feel worse.

Fortunately, I found the Clubhouse and I see how it changes people's lives for the better. The Key Clubhouse is a great asset to me and other members.

I am so grateful for my job at CareerSource. Working at CareerSource has changed my life for the better. I have always enjoyed helping other in any way possible. That is why Career Source is the perfect job for me. I enjoy helping people find jobs as well as going to school. Having this job helps me organize my life.

I know firsthand that the Key Clubhouse is a place to rebuild lives, make friends, and learn important social skills. It is very important. The Key Clubhouse changed my life.

## HOW OUR EMPLOYER PARTNERS HELP TO DISPEL STIGMA

Stable employment remains out of reach for many living with serious mental illness. Being able to work and hold a job, even a part-time job, can be a critical step towards long-term recovery.

Work is the heart of The Key Clubhouse program. Through employer partnerships, 77 Clubhouse members have found temporary and permanent positions in the last two years. Employers like CareerSource South Florida, Marshall's Department Stores, TJ Maxx, Crowne Plaza Hotel, Panera Bread, CBM Management, Double Tree by Hilton, and many others give our members the opportunity to work and, in this way, become vital contributors to the community.

Employment is a powerful way to challenge stigma. When companies hire Key Clubhouse members, they stand up to the discrimination that exists toward people with mental illness. When members become assets at these companies, they dispel misconceptions about what people with mental illness can achieve. Together, our employers and our members send a powerful message.



### Woodley Chery Promoted to Employment Specialist

Key Clubhouse is proud to announce the promotion of Woodley Chery to Employment Specialist. Woodley started with the Key Clubhouse in January 2016 as a Rehabilitation Specialist and quickly learned the unique model of an accredited Clubhouse.

"Woodley has a very energetic attitude and an excellent rapport with the members," said Debra Webb, Executive Director. She added, "He was the perfect choice for our Employment Specialist position."

"I've worked in many organizations, and I felt that this was a perfect fit for me," Woodley stated. "The outcomes I see on a daily basis are encouraging and provide hope to our members."

Woodley attended Bridgewater State University in Massachusetts and received his Bachelor's Degree in Social Work and Communications.



*Michelle's first day at CareerSource South Florida.*



*Jerreyll, a valued employee at Crowne Plaza Hotel*

## Words of Appreciation from a Family Member

Dear Debra,

I can not tell you how overwhelmed I was with what you are doing at the Key Clubhouse. I have not seen a spark like that in our son in years. He has muddled along in various treatment programs (and hospitalizations).

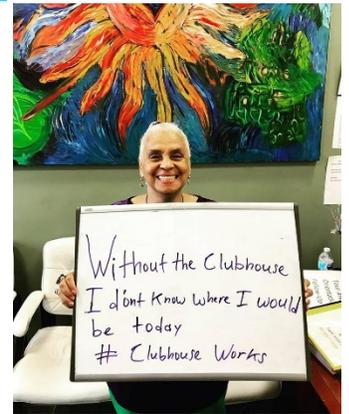
He came to live with us this past June and I've been searching for "something." My husband and I both agree that the therapeutic "model" does not work for him. I could see that HE could see himself there at the Clubhouse. What a truly remarkable program you have. It was also the people.

Woodley was so embracing and excited about the possibilities! Pam is lovely and so warm. I love the way she interacts with the members. The members we spoke with have such purpose and confidence- both things that have been sorely lacking in our son's life. And the social interaction- that is something our son craves and it's been so hard to find. He has been so isolated. The friends he grew up with are on far different paths.

We plan to take the Tri Rail so he can start to figure out how to commute by himself. This is so exciting. . .thank you for what you do!

Best regards,

Carolyn C.



### THE IMPACT OF KEY CLUBHOUSE

The impact of participating in the Key Clubhouse's "Recovery through Work" program is significant: 96% to 100% of members surveyed who attended the Clubhouse for a year or more reported no hospitalizations or stays in a Crisis Stabilization Unit (CSU), a 30-40% increase over those attending only three to six months.

The vast majority of members (90% to 100%) also expressed that they felt better about themselves as people, had developed meaningful relationships and were confident about going back to work.

## FRIENDS AND FAMILY FALL GATHERING AT THE CLUBHOUSE



Family members learned more about the Clubhouse program and about the progress of their loved ones. Many of the guests were excited to learn about the new Clubhouse and housing project scheduled to be completed at the end of 2020.

Several members stood before the audience and spoke movingly about their experiences with mental illness and how Key Clubhouse had changed their lives.

One member shared, "I didn't know where I would be if it weren't for the Clubhouse. They truly saved my life."

*If you know someone who is living with a mental illness and needs help getting back to work or going back to school, please feel free to call us at 305-693-3508 to set up a tour.*

More than 60 people gathered at Key Clubhouse on November 9 for our annual Friends and Family Fall Gathering, a festive event where members, staff and board have a chance to share their Clubhouse community with friends and family members.

Members conducted tours of the Clubhouse for first-time visitors.

## About Us

The Key Clubhouse of South Florida offers a free "Recovery through Work" program for adults living with serious and persistent mental illness. Our program is voluntary and focuses on strength-based recovery.

The Clubhouse is open five days a week, M-F, from 8:30 AM to 5:00 PM. Tours are offered in the morning upon request.

The Key Clubhouse of South Florida  
1400 NW 54th Street  
Suite 102  
Miami, FL 33142  
305-693-3508  
[www.keyclubhouse.org](http://www.keyclubhouse.org)  
[dwebb@keyclubhouse.org](mailto:dwebb@keyclubhouse.org)



## SAVE THE DATE

Sunday, March 10, 2019  
11:30 AM

**Jessie Close**  
Keynote Speaker

Embrace the Challenge-  
Mental Health Recovery  
Is Possible!

The Key Clubhouse is proud to have major support from the following:



The Litowitz Foundation



1400 NW 54 Street, Suite 102  
Miami, FL 33142  
305-683-3508  
[www.keyclubhouse.org](http://www.keyclubhouse.org)

# WISHING YOU A HEALTHY & HAPPY NEW YEAR!

## The Faces of Hope

The holidays are a time filled with hope, love and gratitude. In this festive season of giving, we ask that you consider making a donation to support the Key Clubhouse of South Florida. Your gift provides healing, hope and opportunity to people whose lives have been disrupted by mental illness.

The Key Clubhouse is a place where those afflicted by mental illness come to recover meaningful and productive lives through community and workplace reintegration. At Key Clubhouse, people (our members) join a community built on the philosophy that work is a form of therapy that changes people. With the help of our community partnerships, we help our members move into paid employment and independent self-sufficiency.

Luis, one of our members who was placed in a Transitional Employment position at CareerSource South Florida, says this about his recovery process at The Key Clubhouse:



*My parents saw me sitting at home, self-medicating with alcohol and cigarettes. I wasn't doing anything productive. I hadn't worked in years. I didn't know what to expect at Key Clubhouse. I started attending and they gave me responsibilities. They treated me like a person - a human being - not like someone with a mental illness. In a few months, they asked if I was ready for a job.*

Luis was placed in a Transitional Employment position at CareerSource South Florida, which partners with Key Clubhouse to place Clubhouse members in its access centers. Luis is in charge of the reception desk, where he welcomes clients and transfers calls and information to 15 counselors. Daniel Felipe, Luis's supervisor at CareerSource, says that Luis does an "awesome" job. "He handles himself very well and is one of the bilingual staff that we count on."



People with serious mental illness often have repeated mental health crises that can result in frequent hospitalizations and encounters with law enforcement. However, according to a recent survey, members attending The Key Clubhouse regularly for over a year had almost no crisis hospitalizations and no encounters with law enforcement. They also reported that they felt better about themselves as people, had developed meaningful relationships, and were confident about going back to work.

The magic at the Clubhouse doesn't happen without you. The road to changed lives starts with people like you. By supporting us, you provide hope where there was hopelessness. The services we provide have put 42 people back to work this year and served 534 people since 2010. Our ability to help our members is directly tied to your generosity. Will you be a part of our solution to change lives?



Please do not forget us when you plan your annual giving. Donating to The Key Clubhouse helps someone with mental illness realize a fuller, more productive life.

Join us in providing hope and opportunities to those affected by serious mental illness by sending your gift today in the enclosed envelope or making an online donation at [www.keyclubhouse.org](http://www.keyclubhouse.org). Embrace the challenge - with your help mental health recovery is possible!

May the New Year provide you and your families, employees and friends with hope, love and prosperity!

### The Key Clubhouse Board of Directors



Amy McClellan, President  
Marilyn Lieberman, Vice President  
Carla Neufeld, Vice President  
Viviana Bonilla Lopez, Secretary  
Lalita Airan, Treasurer  
Olga Braceras  
Dr. Stephen Friedman  
Fernando Garcia

J.C. Garrido  
Peggy Gonzalez  
Habsi Kaba, MS, MFT, CMS  
Rashmi Jagasia, MBA  
William John McHale  
Alvin Romer  
Cindy Schwartz, MS, MBA

Debra Webb, Executive Director