

The Key Update

The newsletter of
The Key Clubhouse of South Florida
July 2018



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CareerSource South Florida Receives Mental Health Champion Award

The Key Clubhouse of South Florida awarded its first Mental Health Champion Award to CareerSource South Florida for its dedicated partnership with Key Clubhouse, during which it has hired eight members in Transitional Employment positions.

Transitional Employment is unique to the Clubhouse International Program model.

Members are placed in entry level positions for six to nine months and receive intensive support from Key Clubhouse staff on the job. The staff member learns the job first and then trains the member. If the member has to miss a day of work, Clubhouse staff fill in.



CELEBRATING MENTAL HEALTH RECOVERY

By Viviana Bonilla Lopez & Peggy Gonzalez
Co-Chairs, The Rhythm of Recovery

Sunday, March 4 was a day to remember! Our Key Clubhouse friends and supporters came together at the Pullman Miami Hotel to celebrate The Rhythm of Recovery and the joyful role that music can have in our lives. We raised more than \$73,000 at The Key Clubhouse's third annual benefit luncheon for the Clubhouse's "recovery through work" program for people with mental illness.

There are not enough words to thank our title sponsors for the third year, The Dosal Family Foundation, and our other sponsors, FootWorks, Tate Enterprises and Kenny Nachwalter, P.A.

We honored CareerSource South Florida as the first Key Clubhouse Mental Health Champion Award for their work supporting Key Clubhouse's employment program.

The grand finale was a song written and produced by the singer Alex Lasa, Clubhouse member and board member. Members and staff entertained the guests with dancing and singing.

It was an honor for both of us to serve with a fantastic committee. We can't wait for next year! If you would like to join the committee, don't hesitate to reach out. We would love to have you on our team!



Josie Ramirez and Miriam Dosal Stone



Speaker Mike Veny drums up the crowd



Yian Perrin, Debra Webb, Amy McClellan, Gilda Ferradaz, and Rick Beasley celebrate CareerSource South Florida's award.

Thank YOU for being our champions

The Key Clubhouse is blessed to have the support of individuals, foundations, corporations and both state and county governments. The Clubhouse's "recovery through work" program for adults living with serious mental illness is truly a community effort.

We are pleased to recognize the supporters who donated to the Clubhouse in the calendar year 2017 on the inside pages of this edition of The Key Update.

With thanks to all of you from all of us,

Amy McClellan
President of the Board

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
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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, APR, MPA
Executive Director

WELCOME NEW BOARD MEMBERS

The Key Clubhouse Board of Directors is delighted to welcome six new members as it expands its board: Olga Braceras, Viviana Bonilla Lopez, Fernando Garcia, Peggy Gonzalez, Rashmi Jagasia, and Habsi Kaba.



Olga Braceras
*Science Teacher
Family Member*



Viviana Bonilla Lopez
*Law Fellow Immigrant
Justice Practice Group
Southern Poverty Law Center*



Fernando Garcia
*Customer Service Specialist
CareerSource South Florida*



Peggy Gonzalez
*Administrative Office
Manager and Public
Relations
My Home Inspection Group
LLC*



Habsi Kaba
*Miami-Dade Crisis
Intervention Team
Coordinator
Eleventh Judicial Circuit
Criminal Mental Health
Project*



Rashmi Jagasia
EDI Analyst-Business Analyst



Sophia helping with guest registration at our March benefit luncheon. She is now happily working at Panera Bread.

Happy to Be Working

Sophia began experiencing mental health issues at age 16 while still in high school, "It was kind of sudden how it happened," she says, "I didn't understand what was going on at first."

She received treatment and medication but she was not where she wanted to be. "Before I had been very active," she said, "But once it hit with the medication and side effects, it just slowed down for me."

Her mother discovered The Key Clubhouse through NAMI Family to Family course. Sophia decided to give it a try and was soon commuting from Kendall by bus and Metrorail four days a week.

"I learned things I would have never learned anywhere else," she says about the Clubhouse.

Sophia reached the point where she knew she was ready for the next step. Three months ago, the Clubhouse Employment Unit helped her get a job at Panera Bread. Sophia still attends the Clubhouse regularly when not working.

"The Clubhouse allowed me to build up the confidence to enter the work force, Sophia notes, "Going to the Clubhouse every day built up the stamina that a busy Panera demands of a person who works for them."

Donors to The Key Clubhouse of South Florida

January 1 to December 31, 2017

Circle of Dreams

\$10,000+ in 2017

4Girls Foundation
The Able Trust
Allegany Franciscan
Ministries
The Dosal Family Foundation
Health Foundation of South
Florida
Litowitz Foundation, Inc.
The Miami Foundation
Peacock Foundation, Inc.
South Florida Behavioral
Health Network

Circle of Recovery

\$5,000-\$9,999 in 2017

The Groover Foundation at The
Miami Foundation
Kenny Nachwalter P.A.
Scott Perwin & Amy McClellan
Christina & Rafael Romero
Otniel Shor
TeamFootWorks Educational
and Fitness Corporation

Circle of Dignity

\$1,000-\$4,999 in 2017

Lalita & Damodar Airan
Manuel & Ana Alvarez
Anonymous
Armando & Margarita Codina
Olga Braceras
Elyna Castineira-Perez
Florida Power & Light Company
Burton and Rose Kahn Family
Foundation
The Garrido Foundation
Ivan A Gomez
Claire Gross

G. William Heck
Jorge Hernandez & Alina
Palacios-Hernandez
Douglas & Jane Kahn Jacobs
Brandon Knight
Magellan Health
Steven Marcus
Judy McCleary
The Miami Foundation
NAMI of Miami
Northeast Miami Women's Club
Joseph H. and Florence A.
Roblee Foundation
Tony Rodriguez
Stephanie Solovei
Volksblast
Zuma & Sons Distributors

Circle of Hope

\$500-\$999 in 2017

Anonymous
Enrique & Liliana Aguilar
Victor R Benitez
Alice Burch
Dick Davis
Lori Dawson
Jane Gross
Maria Ingelmo
David & Liliana LaVan
Aymer Lawrence
Patty Malloy & John
McCaughan
Connie McClellan
Delaney Ruston & Peter Small
Mr. & Mrs. Edward Sack
Rabbi Isaac Serotta & Ms.
Ceilanne Libber
Elaine Shor
Terence & Lisa Smith
Anthony Tripodo
Lynne Uhring & Patrick
O'Meara
Dale Chapman Webb

Circle of Wellness

\$100-\$499 in 2017

AmazonSmile
Anonymous
Ivan Abrams
Satish Aggarwal
Shakuntala Aggarwal
Aruna & Ramesh Airan
AJ Services
Daniel & Gloria Baldor
Linda & David Berzofsky
Debra K Bochnovich
Elena & Juan Manuel Braceras
Daniel Brady
Linda & Kurt Bray
Briele & Echeverria, PA
Betty Brouwer
Nancy Browne
Marcia Caballero
Daniel Carballeira & Les Walker
Leticia Carrazana
Daniella Levine & Dr. Robert Cava
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Hector & Clara Garcia
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Nancy Goldring
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Jacqueline None Gomez
Peggy & Isaul Gonzalez
Grove Bank and Trust
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Dr. Beth Harry
Ivis Hernandez
Carol Heuer
Moshe Tom Heyn
Villy Kourafalou & Leonard Hirschtritt
Maria Bechily Hodes
Donna Seldes Homansky
Betsy Hoover-Thomas
Molly Hysell
Ileana Iglesias
Ruth & Henry Jacobson
Rashmi Jagasia
John & Lizet Fullerton
Magda S. Jubis
James Kirkland
Damaris Lasa
Ellen LaVan
Susan Levin
Gail Lewis
Marilyn Lieberman
Teresita N Machado
Sarita Mahajan
Pamela Manresa
Maria & Richard Lavina
Doug Mayer
Pedro & Marianne Medina
Maria Isabel Melero
America F Mendigutia
Octavio & Maria Mestre
Aurora E. Murciano
John & Rebecca Murray
Network for Good
Carla Serotta Neufeld
Mariana O'Naghten
Christy & Imonkhuede Ohikhuare
Maria Parets
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Martinez
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Ponce de Leon Diag. Services/LTD.
David & Montserrat Presas
B. Ruth Quinn
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Barbara Sangetti

Marlene Santos
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Debra & Gerald Schwartz
Bonnie Segal
Anna Shustack
Vicky Simon Krawcheck
Sandra Simon
Elena C Srouji
Kathryn Strobach
Mr. & Mrs. David Tarr
Annsheila Turkel
United Healthcare
Debra Webb
Amy Weisman
Shauna Amira Weitzer
Lupe & Carlos Zumarraga

Circle of Friendship
\$1 - \$99 in 2017

Rajni Agarwal
Maria Alvarez
Anonymous
Lourdes Arbuacias
Jose and Rosa M. Bello
Denise Berriz
Orlando & Baudy Bomnin
Viviana Bonilla Lopez
Dr. Joan Bornstein & Mr. Ben Giller
Dr. Iris Bruel
William Burdette
Monica Calcines
Angie del Castillo
Mr. and Mrs. Craig Coller
Patty Taxman Craven
Kathleen & John Doyle
Emily Perwin Eckelkamp
Herbert & Barbara Frank
Howard Friedman & Alexandra
Burroughs
Doris Galindo
Maria I. Garcia
J.C. Garrido
Rhonda Ginsburg
Richard & Susann Goldberg
Eric Hankin & Richard Milstein
Michele & Gary Hebert
Judith Henry
Karen Heuman
Harry & Barbara Hopkins
Nancy G. Horton
Mitchell Horwich
Andrew Hyde
Lawrence C. Johnson
Carol Kaminsky
Karen Kushman
Elena R. Lasa
Mr. & Mrs. David Leifer
Diane Lindner

Oscar Londoño
Blanche Love
Elizabeth Marcus
Imelda Medina
Reinaldo G. Mendonca
Rosalind Merritt
Patricia Mundy
Sasha Neufeld
Lourdes Ochoa
Carolina Parets
Hannah Perwin
Peter Damian Hair Gallery
Larry & Brenda Primak
Kristina Quinones
Carla Rebak
Carol Levin Reiss
Margarita Rey
Vicki Richards
Arlene Rock
Fatima Rodriguez
The Honorable Jeffrey Rosinek
Sergio Sabillion
Joan Schaeffer
Alexis Segal
Sonia Sanguinetti
Ana Sierra
Marie T. Smith
Shirley Spear
Donna Speelman
Mamie Spring
Monica Tracy
United Way of Miami-Dade
Robert Waterstone
Dr. & Mrs. Mark Wickman
Dorothy & Larry Wolfe
Paula Xanthopoulou
Julia Zaias

*Please consider
making a donation
in 2018 to The Key
Clubhouse to
support the mental
health recovery of
our members. A gift
envelope is
enclosed for your
convenience.*

On the Move at Key Clubhouse

The Key Clubhouse Wellness Program offers its members (and staff) a variety of activities to improve health and wellness. The program is designed to encourage healthy living habits. Individuals living with serious mental illness on average die 10-20 years earlier than the average person, primarily because of cardiovascular disease, diabetes and cancer.

Members and staff continually add new activities to the Wellness Program so that there are activities that appeal to everyone:

- The Culinary Unit serves healthy meals and snacks and has a “no soda” policy to encourage members and staff to drink water and other less sugary substitutes.
- Every day after lunch, members and staff head outdoors for an hour “Walk It Off” to Charles Hadley Park. Research has found that a post-meal walk even as short as 15 minutes, can help with digestion and improve blood sugar levels.
- Fitness activities are held in a nearby fitness room three times a week and yoga classes are held four times a month.
- FitBits are available to members who actively participate in the program and want to monitor their progress.
- Smoking cessation classes have been conducted at the Clubhouse by the University of Miami to offer education and resources to members and staff want to quit smoking.

The results so far: the 24 members active in the program have collectively lost a total of 76 pounds!



Clubhouse Member Leonel in the gym



Friendraising at Ruth Greenfield's

We are grateful to Ruth Greenfield, a legendary figure in Miami's history, who graciously hosted a “friend-raiser” for the Key Clubhouse at her lovely home on May 24. Pictured above is Key Clubhouse Board Member Carla Neufeld, Ruth Greenfield and Peggy Gonzalez, who hosted the event.

Thank you to all the guests who attended to learn more about the Clubhouse!

Come and Visit the Clubhouse

The Key Clubhouse offers weekly tours, given by members and staff, to anyone interested in learning more about our program. Please call 305-693-3508 to schedule a tour.

The Clubhouse Effect

People with serious mental illnesses often have repeated mental health crises resulting in frequent and expensive emergency hospitalizations and encounters with law enforcement.

The power of the Clubhouse International model is its effectiveness in keeping people out of the hospital and crisis and on a continuous path to recovery.

A January 2018 anonymous survey of Key Clubhouse members demonstrates that continuous participation in the Clubhouse program appears to significantly decrease the likelihood of experiencing a mental health crisis or interacting with law enforcement.

The chart on the next page (**Fig. 1**) shows the comparison of members who had participated three to six months with those who had been members a year or more. 100% of members of a year or more reported that they had not been in a crisis stabilization unit or had encounters with law enforcement for the past year, compared with 71% of members who attended only three to six months.

Similar results were reported for six other Florida Clubhouses whose members participated in the same survey. For more information on the Florida Clubhouse Survey, please contact Debra Webb at dwebb@keyclubhouse.org.



About Us

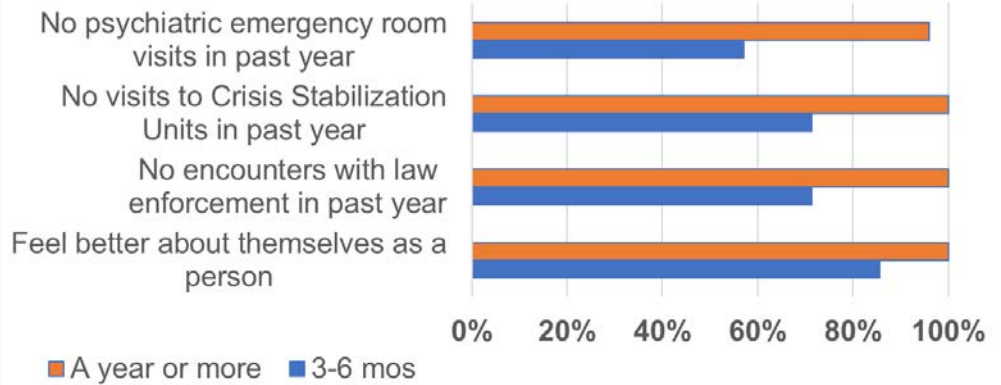
The Key Clubhouse of South Florida offers a free “recovery through work” program for adults living with serious and persistent mental illness. Our program is voluntary and focuses on strength-based recovery.

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
dwebb@keyclubhouse.org



Key Clubhouse of South Florida Member Experience Survey Based on Length of Attendance at the Clubhouse



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



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