

THE KEY UPDATE

New Perspectives

By Pamela Manresa

Key Clubhouse member Maria Garcia and I, staff member Pam Manresa, had the opportunity to attend a wonderful six day training workshop at Fountain House in New York City.

The training was about the heart of any Clubhouse which is the work-ordered day. The work-ordered day enables Clubhouse members to learn and participate in a variety of business, clerical, culinary, research, financial, bookkeeping, inventory, and maintenance tasks, which facilitate the operation of the Clubhouse program and enriches members' lives and contributes to building a sense of self-worth. Working together, members develop a sense of community and purpose.

What made this so special was the fact that Fountain House is the very first Clubhouse. It started with a small group of consumers back in the early 1940s and the belief that people with mental illness are capable of helping each other. It works!



Oh boy, where to begin?? The training provided an open discussion format with Fountain House staff and members from different units presenting new perspectives on the individual operation of each unit. They offered incredible ways to expand how we view our work-ordered day, and new innovative ways to further engage our members and foster leadership roles in our Clubhouse community.

Clubhouse member Maria Garcia represented our membership beautifully and we both learned new and refreshing ideas for our Clubhouse. On a personal note, Maria was reunited with family members (her kids, grandkids and more). They hadn't seen each other for 7 years! It was really very moving.

Are we enthused?? Motivated?? You bet! ...Maria has a ton of ideas inspired by the training and her personal vision for what is possible!

A Working Mosaic

By Steven Hill & David Valdes

The Key Clubhouse's work-ordered day begins with a group meeting at which all the members and staff discuss upcoming events, Clubhouse affairs, and read the daily standard and inspirational quote.

At the end of the general meeting members go to their chosen work units and select challenging and thought-provoking tasks. Each individual member's responsibility helps to create the



mosaic that is the operation of the Clubhouse.

Through this mosaic, relationships are built. These relationships have the power to improve the lives of those living with serious mental illnesses while also providing positive benefits to the entire membership community. Our environment is a welcoming and "stigma-free" one where each individual is respected and valued for their personal strengths, talents, and skills.



The Importance of being in a Clubhouse

By Bob Mandell

Fountain House / Clubhouse International has been selected to receive the 2014 Conrad N. Hilton Humanitarian Prize of \$1.5 million.

This major award shows that the success of the Clubhouse model is being recognized worldwide.

Steven Hilton, Chairman, President and CEO of the foundation said, "the Clubhouse program is a beacon of hope for those living with mental illness who are too often consigned to lives of homelessness, imprisonment, social stigma, and isolation."

"With this award the foundation and its jurors recognize mental illness as a global problem that adversely affects



millions of families and society as a whole." Fountain House / Clubhouse International have provided the model for over 340 clubhouses in 32 countries helping more than 100,000 people live with mental illness.

Why is this important? The Clubhouse model is recognized as a successful evidenced based program. Independent studies has shown that members have much greater success in finding and keeping employment, better health and fewer hospital visits, a better quality of life. A new Canadian study showed a return of \$14 in societal value for every \$1 invested in a Clubhouse. This compares to most well managed non-profits which have a social return of \$2 to \$5.

Give Miami Day Means Extra Dollars for the Clubhouse

For 24 hours only on Thursday, November 20, 2014, the Miami Foundation will add a bonus amount to any online donation of \$25 or more made for The Key Clubhouse.

How to give on Give Miami Day: Just log into www.givemiamiday.org between 12 midnight on November 20 and 12:00 midnight on November 21 and search for "Key Clubhouse" to direct your donation to the Clubhouse. Or, look for a special link in our email newsletters.

We hope that you will also share this opportunity by sending a link to our Give Miami Day page to your friends and family through Facebook, Twitter and LinkedIn.



Who WE Are

The Key Clubhouse is a 501(c)(3) non-profit organization, founded in 2008 by parents of young adults living with mental illness. The mission of the Key Clubhouse of South Florida is to afford people whose lives have been disrupted by mental illness the opportunity to recover meaningful and productive lives through reintegration in the workplace and the community.

The Key Clubhouse provides an accepting place to spend the day, participate in valuable work that supports the Clubhouse operations, socialize with friends and co-workers and gain access to transitional and supportive employment within the community.



Tour the Clubhouse

Come and Join Us For a

KEY CLUBHOUSE "DISCOVERY TOUR"

We will open our doors to the public on
Thursday, December 11, 2014
From 10:00 AM – 11:00 AM

This special opportunity is designed to assist family and friends of consumers to learn about the Clubhouse program and the rehabilitative opportunities created by participation in the "work-ordered" day.

RSVP: Steff Solovej, 305-374-5115

Employment is a Recovery Catalyst You Can Help Transform Hope Into Reality



The Clubhouse model provides an opportunity for members to learn new skills and engage in meaningful work in a dignified setting. As members acquire new competencies and self-confidence they aspire to re-enter the workforce on an equal footing with the rest of the community.

In a slow economy, where there are limited job vacancies, competition is strong. However, for individuals who battle the stigma of mental illness, gaining employment often presents an insurmountable hurdle.

Please help forge a pathway for Clubhouse members to acquire jobs. Help bust the stigma.

- ◆ Do you have a job opening? Please call us to discuss the position requirements.
- ◆ Will you go to your local merchants and inquire about job openings?



- ◆ Do you have a friend or relative who operates a business? If so, tell them about our program. Show them this newsletter.
- ◆ Do you belong to a civic group or business chamber? Can you help us to schedule a Clubhouse presentation?



Our Clubhouse members are seeking part-time and fulltime employment in the following fields: clerical support, maintenance, hospitality industry, retail sales, inventory, restaurants, cashiering, grocery store bagging, data input, etc. Please take a moment to engage with the smiling faces of our currently employed members pictured on this page. Each one of these individuals is experiencing success on the job and a significantly enriched life.

For further information please call Steff at 305-374-5115

"Employment Advice, Cuban Sandwich, and a Slice of Cake, Please?" By: Steven Hill



bulletin board. Secondly, and the most eye opening for myself, was the chance to view my peers as hardworking, committed individuals who have placed their conditions aside and grasped the "American Dream" by the horns.

We even found time to celebrate milestones in some of the members' careers. I was so proud and amazed at their level of commitment and accomplishments.

At the meeting, I was personally advised by the members to understand my conditions, take my medications, identify and come to grips with my triggers, and exercise to relieve the tensions of the workplace. Additionally, I had an internal epiphany,— stop chasing the money on the jobs if it brings the stressors and the frustrations that set me up for physical, mental and emotional failure. Seek out the opportunities and the employers who can truly work within my restrictions to help me accentuate a healthier me.

The Key Clubhouse recently conducted our monthly Employment Lunch Meeting. The event was attended by members who are employed and those who are currently seeking employment opportunities.

The core purpose of the luncheon was to enlighten, encourage and inspire. As a newcomer to the monthly event, and a fairly new member of the Clubhouse (two weeks old and counting) it actually served as a moment of rebirth and transformation for me.

The first thing it allowed me to do was to place identities and personas with the pictures of employed clubhouse members posted on our "Employed Members"