



Our

# CLUBHOUSE

.... Providing Hope and Opportunity

Monthly information from Katie's Place Clubhouse.

June 2023

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- Member Spotlight - Yvonne
- Mental Health Awareness Month
- John's Junction

## Our Eleventh Issue

Fall in love with this issue of "our CLUBHOUSE", read all about what Katie's Place has going on this month.

#### Newsletter Committee:

- Brian
- Alex
- Jessica
- Adonni

Our newsletter subscriber list is growing!

For more information go to [www.KatiesPlaceClubhouse.org](http://www.KatiesPlaceClubhouse.org)

## Celebrating Mental Health Awareness Month!



May was mental health awareness month. Members made awareness ribbons to share with our friends. We also coordinated with other departments at Scranton counseling center to host a hexagon project in which participants presented a meaningful expression of mental wellness.



Special thanks also to Gab Bonessa and her Laugh to Live Comedy show that they brought to Scranton Counseling Center!

# Katie's Place in the Community...

## Cards for Vets

Katie's Place Clubhouse made some awesome cards for Memorial Day. We wanted to recognize our country's veterans to show them that they are not forgotten for their services and time spent in the military as brave soldiers who fought for the United States. The cards were hand delivered to Gino J. Merli Veterans' Center as well as The Vet Center, both in Scranton, by Katie's Place Clubhouse members. We not only sent out cards, but also in each card we sent out ribbons with the colors of the United States flag to show our appreciation here at Katie's Place. Everybody at Katie's Place did a really good job writing the cards. Katie's Place Clubhouse would like to thank all the brave veterans of this country for their service.

On May 3rd Katie's Place visited the Advocacy Alliance's Recovery Center. This drop-in facility provides mental health services to clients in an environment in which they may find a brief respite from the daily stresses associated with symptom management. Katie's Place Clubhouse members; John, Tammy, Chris, Alex and Brian discussed some clubhouse specifics and were well received. They presented attendees with an overview of what one could expect in terms of the clubhouse model. The clubhouse model is a well-established international recovery resource that will benefit our community for years to come.



### Katie's Place Metrics

Facebook "Likes" 261



LinkedIn Followers 259



Newsletter Subscribers 119

Total Active Members 32

New Referrals 6

**We know that this isn't really a sign of how well we are doing but it does tell us that people are hearing about us. Like us, share us, help us grow our community!**

## Agency Spotlight: Blended Case Management (BCM)

Every month we will bring you a different program spotlight from SCC. This month we bring you the BCM Program. Blended case management is a support service that helps people get what they need to thrive within the community. These services include, but are not limited to; health services, food and housing support and vocational goals. Case management works with everybody, child to adult, to accomplish their own personal aspirations. The goal is to work with people to not only accomplish their goals, but to get to the point where they can do so on their own. Case management has a significant impact on the community; it has a holistic approach, involving anything a person could need to succeed. It is also impactful for the center. As case managers see clients in their own environment more frequently than therapists or doctors, they have a greater ability to truly change someone's life. Blended case management is community based, not a desk job. They go out into the community and have a more hands on approach. We spoke with Nick Deneen, the Director of case management; his favorite thing about his job is seeing people achieve their goals in a collaborative manner. He also keyed us in on some of the requirements of becoming a case manager. First, is a bachelor's degree. There are several fields to choose from, psychology, social work, human services and criminology to name a few. There is no prior training required but there is about a month of on the job training before you are able to be out on your own.



Clubhouse International

Creating Community: Changing the World of Mental Health

### Standard of the Month:

25. The clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the clubhouse also provides an in house education program, it significantly utilizes the teaching and tutoring skills of members.

## FAQ

**Q:** How does clubhouse utilize the teaching skills of members?

**A:** The members use their own knowledge to assist peers to expand their skills. For example, some help with Drivers Ed. study and GED prep.

**Q:**

*June Birthdays*

**A:**

6/11 Tim R.

Our lone June Birthday is Tim R. Happy Birthday and thank for all your hard work to the Clubhouse!

### *Inspirational quote >>>*

You, me, or nobody is gonna hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward.

-Rocky Balboa

# MEMBER SPOTLIGHT:

## YVONNE JOHNSON



Hi! My name is Yvonne and I am a member of Katie's Place clubhouse. I like to eat, play kickball, softball and hockey.

I am presently moving into a new apartment in Scranton and I can't wait. I am getting a job as a dishwasher in Pittston. I grew up in New Jersey and was born and raised there.

I now live in Scranton and I am involved in helping other clients at a nearby hospital with Katie's Place Clubhouse. We sent baskets with candy for Easter and exchanged cards for Valentine's Day.

I have a twin sister in North Carolina who I am very close with and I also have two brothers. My favorite colors are black and blue. I like to listen to Lionel Richie, Whitney Houston and the Temptations.

When my grandmother raised me, it was the happiest time of my life. I lost my best friend when she passed on.

I am learning to read and write so I can be an asset to the community. I made it through life and I go to United Methodist Church every Sunday and I praise God!

## Self-Care Tips!

### SELF-CARE



~ Taking the time to do things that improve our physical and mental health.

**Remember** ~ Even small acts of self-care in our daily life can make a big impact!

- ~ **Getting regular exercise.** Just 30 minutes of walking every day can lift our mood and improve our health.
- ~ **Make healthy food choices.** Try to eat at regular times and stay hydrated!
- ~ **Get enough sleep!** Try sticking to a sleep routine.
- ~ **Participate in a relaxing activity.** Meditation, reading, coloring, etc.
- ~ **Set realistic goals and priorities.** Even small progress is still progress.
- ~ **Practice gratitude.** Be mindful of what we can be grateful for.
- ~ **Focus on positive thoughts.** Identify and challenge unhelpful thoughts.
- ~ **Stay connected.** Reach out to family and friends.

## Upcoming Events

JUNE  
is  
PRIDE!

June upcoming events:

PCC Conference 6/5-6/7

June is National Post-Traumatic Stress Disorder Awareness Month, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment.

# Katie's Place Clubhouse Introduces a Youth and Young Adult Component

Katie's Place Clubhouse had its very first youth committee meeting this month! We planned some exciting learning opportunities to our calendar week. Keep posted to see what we have planned! We worked together in the kitchen to prepare pancakes and sausage for our friends here at the center.



It seems every month we talk about how busy it was. May is a very busy month for me in general, so I feel like the month not only flew by, but also, we seemed to have less time for stuff like the newsletter, but we still packed a lot in. We did start a new Youth and Young Adult component, and although we are starting small, we look forward to seeing how the young adults are going to put their fingerprint on our Clubhouse. I was hoping to make an announcement about the building this month, but it will be coming, soon. We need to remain mindful that even though we aren't downtown yet, we continue to make an impact in these people's lives. If you don't believe me, just ask our members. In June we will be attending a conference in State College (you will hear more about this next month), and we got quotes from each of our members about what was positive and negative about their experiences building the Clubhouse so far. It is a very interesting presentation. Pretty prominently, they said that they wish there was more Clubhouse Work to be offered. We are actively working on that, and have expanded our calendar a little bit more for June. Every month, this program is evolving.

Our Clubhouse Activity Sessions (we are not calling them a Work Ordered Day just yet) are held at the following times and are open to everyone

Tuesdays and Thursdays 9:30AM–12:30PM and Fridays from 11:30AM–2:30PM

Thursdays every 2 weeks 9:30 AM – 11:30 PM (Youth and Young adult)



Contact us at **570-348-6100**  
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[www.katiesplaceclubhouse.org](http://www.katiesplaceclubhouse.org)

## In The Next Issue

*Clubhouse International Standard of the Month*

*Our next Member Spotlight*

*And more!!!*

*John's*  
**JUNCTION**



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For more updates!!