

THE VOICE:

SQUARE ONE CLUBHOUSE QUARTERLY NEWSLETTER

July - September 2021



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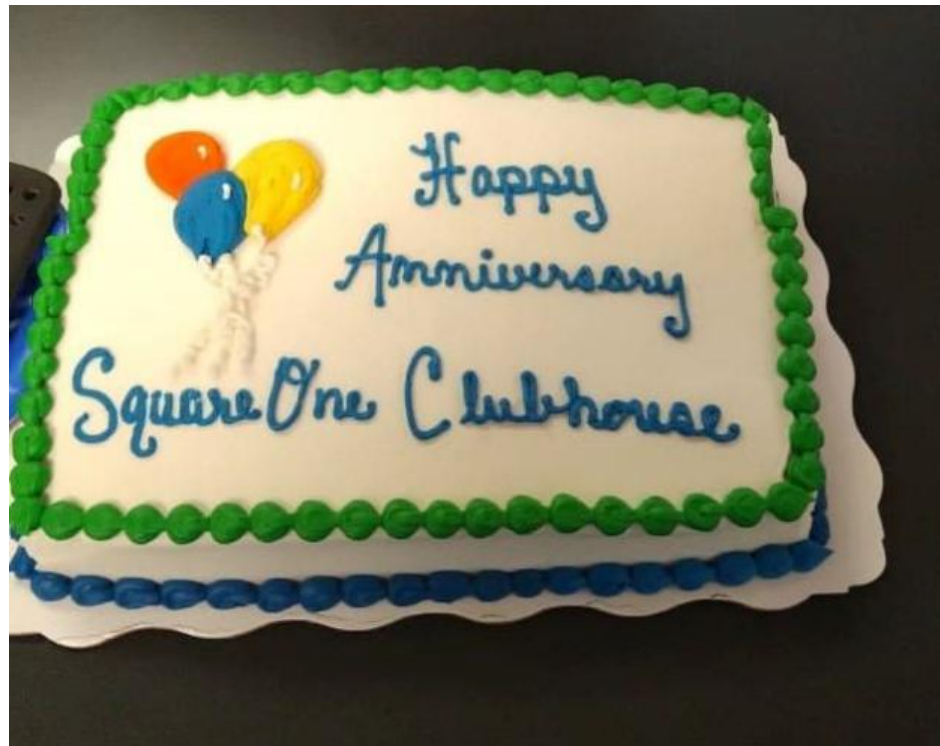
Our 17th Anniversary Celebration

By: Rachel S.

On August 19, 2021, we celebrated our 17th Anniversary of being open with Cake and Ice Cream during the work-order day and then hosting a dinner social after hours. Staff and members worked together to make a Spaghetti and Meatball dinner with Salad and Ambrosia before participating in clubhouse trivia to celebrate our history and successes.

Square One Clubhouse opened its doors in 2004 and has been supporting adults with mental health diagnoses with employment and education support, gaining independent living skills, increasing coping skills, improving interpersonal relationships, and integrating into the community successfully.

Since opening, we have worked closely with other community supports and developed working relationships with businesses in the community for opportunities in our transitional, supportive, and independent employment services.



Developing a TE During The Pandemic

By: Ingrid F.

During COVID-19, we had been struggling with our TE program as businesses were closed, people were secluded in their homes and jobs were just unavailable. We were able to start discussing with SAM Inc. a TE at the HOPE HOUSE in Burnham for a cleaning position. It took many emails, zoom meets and phone calls during the past 9 months to come up with what that TE would look like. We had a member interested in this position and at the beginning of June, we were able to get Tim D. on board and start his orientation training over google meets. By the end of June, Tim started this new position of cleaning and maintenance tasks at the HOPE HOUSE. We were able to get him for 2 days a week. We appreciate the patience shown by not only SAM Inc but Tim as well while creating a new TE with a safe environment during COVID-19.

Now, we are in the beginning of September and 3 months into the TE. I'm proud to say that we have been able to maintain our 2 days a week work schedule as well as work on projects around the home in getting it ready to have more individuals move in. These projects included shampooing the carpets in the bedrooms, moving furniture for new flooring to be laid, getting some of the bedrooms organized, cleaning out rooms of individuals who had left to prepare for someone else to move in, and some outside maintenance.



From the Kitchen Unit: CIT Luncheon

By: Desiree G. & Richard S.

On August 25, 2021, the clubhouse was pleased to host the Crisis Intervention Team (CIT) class for a luncheon in our cafe. The class was made up of twenty-two members of law enforcement from Mifflin and Juniata counties. This luncheon was coordinated between our program director and Bob Henry, the Mental Health Coordinator for Juniata Valley Behavioral and Developmental Services. The CIT class is a community-based approach designed to give law enforcement more tools to improve communication, identify mental health resources for those in crisis, and ensure officer and community safety. The class members participated in tours offered by the Colleague Services Unit as well as heard several Clubhouse members share their personal recovery stories and their experiences in Clubhouse.

The Kitchen Unit worked extremely hard for two days to prepare the meal which included Lasagna, Side Salad with Dressing, Garlic Bread, and Creamsicle Cake. The Kitchen Unit members served the luncheon restaurant style and enjoyed interacting with and getting to know the CIT class members while serving. Overall, it was a wonderful opportunity for our Clubhouse to participate in battling mental health stigma and to work towards overcoming the barriers between law enforcement and those with mental health diagnoses.

CIT Luncheon Pictures!



Come As You Are Committee:

By: Zach S. & Rachel S.

Since the last time we sent out our quarterly newsletter, Come As You Are (CAUR) has been busy celebrating July Disability Pride Month in July and utilizing August to plan for Hispanic Heritage Month in September. For Disability Pride Month, we met as a group to make a flyer to post around the clubhouse, featuring the Disability Pride Flag and statistics surrounding individuals with disabilities. Did you know? 13.7% of those with a disability include a mobility disability and 10.8% have a cognitive disability. We also included these facts and statistics in our daily newsletter, along with information about the Americans with Disability Act (ADA).

September is Hispanic Heritage month. We are celebrating the cultural contributions of the Hispanic community. Everyday in our daily morning meetings, we have a Spanish word or phrase of the day; we are hoping by learning Spanish and learning about the culture and heritage of the Hispanic Community, we will create an even more accepting culture at our clubhouse. Similar to our previous celebrations, we are devoting each week in September to a different topic, such as international clubhouses in Latin America, Mexico, and Spain, important Hispanic contributions, culturally significant singers or actors, etc. We span over 3 counties; Huntingdon, Mifflin and Juniata and have a growing population of Hispanic individuals. We hope we can continue to promote inclusivity with minority groups and people of a different culture from our own. That is one of the major things we are working on as a Clubhouse and why CAUR was established. Stay tuned for what's coming next!

Director's Update

By: Melissa S.

As the season changes and we head into fall, the rising number of COVID cases in the tri-county area has us feeling anxious. The past two years have been difficult for all of us both personally and professionally. While we look ahead to a holiday season that may once again look different than how we had hoped it would, we cannot forget about the amazing things that we have achieved this year despite the challenges we have faced.

This year, Square One celebrates it's 17th anniversary. We have been a clubhouse for nearly two decades! We have seen many colleagues come and go in that time, but we still have a few that have been with us since the beginning. One of those that has been here since nearly the beginning is our van driver, Jim. Thank you for 14 years of dedication to our clubhouse, Jim! We don't know what we would do without you.

Another thing to be celebrated - we hosted lunch for the CIT class. This is something that our house has done many times before, but this time felt different. This was the first big event that we hosted for folks outside of our clubhouse family since COVID hit, and it was a great reminder that nothing, not even a global pandemic, can keep us down at Square One! We came together and pulled off a great meal for our quests. Thank you to everyone who participated.

September marks employee appreciation month at CSG, and I cannot say enough good things about the team of staff that we have at Square One. As other programs are facing a staffing crisis, we have been fully staffed for nearly a year. Thank you so much to our Clubhouse associates and specialists for all of your hard work and your commitment to the mission of our organization.

With so much to celebrate and be grateful for, the future, though uncertain, is undoubtedly bright.

Member Spotlight: Tim D.



When you were approached about being the first member in a TE that was being created during the Pandemic, did you have any reservations in saying yes?

Actually, No. I was ready to get back to work. I started at a local restaurant at the end of last year and only worked 2 weeks before they needed to shut down for the second time. I was ready to get back into a job.

How was your training experience different from starting during COVID-19 from training experiences you have had in the past?

I think the main thing that was very different was having to do most of my training over Google meet. When you're used to being face-to-face with the trainers, it was a little harder to stay focused on-line.

Have you found any obstacles on the job site that have hindered you from performing your job due to COVID-19 restrictions?

Not really. I go to work, get my supplies together for the day and just do my job. There are few times I will interact with the people that are living there, but most of the time they are either in their rooms or out in the community. I may have more sanitizing to do, but who doesn't want their home extra clean anyway.