



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JULY 2022

VOLUME 4, ISSUE 7

Our Daily Schedule

Monday - Friday 8:30am-3:00pm

Open 8:30am

Coffee/Social Hour 8:30-9:30am

Breakfast : 8:45-09:20am

Wellness 9:15-9:30am

Morning Unit Meeting 9:30-10:00am

Task Work 10:00-12:00pm

Lunch 12:00-12:45pm

Afternoon Unit Meeting 1:00-1:30pm

Task Work 1:30-3:00pm

Close 3:00pm

What Are We Doing at Clubhouse?

Monthly Employment Dinner
Thursday, July 28th

Continuing Outreach for New Members!

Help Spread the Word

Recognizing Issues in Minority Mental Health

Raising funds to attend and represent Capital Clubhouse at World Seminar!
See inside for details!

CLUBHOUSE STANDARD IN ACTION

By: Jon, Mark, Viswa

Standard #36: **The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader community.**

Capital Clubhouse is recognized as a member of Clubhouse International. Though not yet accredited, we are working towards and getting closer to Clubhouse International accreditation. We are certified by the DC Department of Behavioral Health to provide psychosocial rehabilitative clubhouse services to District residents. Our clubhouse has grown and will continue to grow so that we can offer a professionally managed and supportive community to as many people with mental illness as possible.

info@capitalclubhouseinc.org | 202-308-9690 | 202-817-9042

www.capitalclubhouseinc.org

Health and Wellness

By: Mark, Codie, Jon, Renée, Viswa

Here are some activities that our colleagues participate in to manage their health.

- Being Active
- Volunteering
- Find employment that accommodates your needs
- Being social
- Stay in touch with friends and loved ones
- If you need a change in environment, change your environment
- Create structures that you can work within
- Listen to music
- Watch TV that makes you laugh
- Eat food that tastes good and makes you feel good
- Even on a bad day do your best to stay on top of your responsibilities
- Make sure to take your prescribed medication
- Express yourself creatively
- Don't be afraid to feel what you feel
- Come to Clubhouse
- Take a walk every day and when you can, invite a friend to join

Employment and Education Updates

Our employment dinner was on June 30th. We watched a video performance of our members and staff demonstrating what to do and what not to do when interviewing for a job. Check out awesome takes of the productions on our social media page!

Member Employment Update

We are super proud of our members who are now working!

Daniel M. has been working part-time job at the Giant grocery store on Park Road in Columbia Heights. He stays busy there as a bagger and doing other tasks.

Hunter is working part-time at the National Museum of American History and loving it! Her greatest challenge is dealing with daily triggers due to her mental diagnosis. Hunter uses coping strategies like simple counting or breathing exercises to regain herself. After a small pep talk, Hunter will congratulate herself for staying at the job and try to look forward to something positive.

Simeon is now in his 7th summer in DC Jobs. Simeon is working with an IT company called Design. While we will greatly miss him we are excited for him to gain the experience and we are looking forward to hearing all about it!

In the Spotlight

Meet our summer interns

Viswa Douglass

What school do you go to? And what are you studying?

I am a rising sophomore attending The George Washington University. I am double majoring in Psychology and Brain Sciences and Political Science.

Why are you interning at Capital Clubhouse?

I am interning at Capital Clubhouse because I believe that easily accessible mental health is imperative to American Society. I am also excited to gain experience in the mental health field and work with the amazing and inspiring members and employees at the clubhouse.

Solomiya Brannman

What school do you go to? And what are you studying?

I am a rising junior at the University of Maryland! I am a Sociology and Family Science double major!

Why are you interning at Capital Clubhouse?

Mainly, I am interning at Capital Clubhouse to learn how effective mental health programs work and function so that I may adequately contribute to improving the mental health of others. I plan to work in the mental health field myself, and Capital Clubhouse is a great way for me to both immerse myself into the field and learn from some incredible individuals!

Laura Rodriguez

What school do you go to? And what are you studying?

I go to George Washington University and am a part of the Cisneros Hispanic Leadership Institute. I'm studying psychology and business administration.

Why are you interning at Capital Clubhouse?

I'm interning at Capital Clubhouse because I'm passionate about helping people build self-confidence and destigmatizing mental illness. I also want to learn from clubhouse members and their experiences.



Members Speak

By: Hunter Lily Flores

Can you talk about your experience with mental health in the Latino community?

"One thing I would say about it is that there can be cultural barriers to getting help. Even if the few resources that are available to a person are there, the person might back out of the resource due to religious and familial pressure. This was something I saw happen in my family particularly, and I don't doubt that other people in Hispanic families that are religious go through the same thing. Also important to note: a lot of the psychological jargon and concepts in therapy sometimes don't translate well to people who are particularly religious and strongly embedded in the culture. That is something else that might turn them off to seeking help even if help is available (and again, there are very few Spanish-speaking, culturally competent resources as it is)."

Clubhouse News

World Seminar

The Clubhouse International World Seminar is held every two years, gathering over 100 Clubhouse programs from approximately 20 countries! It will include an array of plenary sessions, workshops, roundtables, interactive forums, and other opportunities for innovative learning including such topics as:

- Best practices in providing employment supports to members entering the workforce
- Helping members obtain and maintain housing
- Fundraising
- Innovations in the Work Ordered day
- Attracting, welcoming and retaining members into your Clubhouse



We plan to send colleagues from Capital Clubhouse to attend the World Seminar so that they can gain valuable knowledge and expertise to help us better serve our clubhouse community and the DC mental health community. See below on how you can support our getting there!

Our fundraising goal to send four colleagues (staff and members) is \$6,000 which would include their housing during the event in Baltimore (\$3,000 without housing). So far we have raised just over \$1,000. We're grateful to St. Thomas' Parish for their support of our bake sale and we are planning to have another bake sale at the church on July 17th at 11:30 am.

If you would like to financially support Capital Clubhouse's attendance at World Seminar, please use the GoFundMe QR code below or go to the link: shorturl.at/aceE. Thank you!

Support Capital Clubhouse

- ★ We love to cook! Gift us something from our Amazon [Clubhouse Wish List](#) whether from Amazon or second-hand!
- ★ If you shop on Amazon use [AmazonSmile](#).
- ★ Support us through the Combined Federal Campaign using Code #47097
- ★ **Benevity** is a great way to donate if it is part of your employee giving program.

gofundme



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