

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

MAY 2021

VOLUME 3, ISSUE 5

How Are We Connecting in May? Read on..

MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

Wake up to Wellness	9:00 AM
Social Time	9:30 AM
Morning Unit Meeting and WOD	10:00 AM
Break for Lunch	12:00-1:00 PM
Afternoon Unit Meeting and WOD	1:00 PM
Wrap-Up Meeting	3:00 PM

Weekly Meetings

Social Media	Mondays	11:30 AM
TE & Job Talk	Mondays	2:00 PM
Community Mtg.	Tuesdays	3:00 PM
Cooking Corner	Thursdays	2:00 PM
Life Skills	Fridays	2:00 PM

All on the same Zoom link!

Upcoming Events

Employment Dinner

May 20th at 5:30 pm

Conversation with employees of Immigrant Food Restaurant and members of San Antonio Clubhouse
Gift card for attendees!

May Social

Memorial Day Weekend Social

Join us in person or on Zoom for a fun gathering!
Check in with us at Clubhouse for details!

CLUBHOUSE STANDARD IN ACTION

by Stanley, Montell, Clifford, Kara, Amy

13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.

Capital Clubhouse is looking for a new space in DC! We appreciate ANY leads!!

- Metro/bus access
- Common spaces and a kitchen
- Wheelchair accessible
- Private, safe space approx. 2500-3,000 sq feet



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Employment and Education Updates

Clubhouse held its second employment dinner on April 15th and learned a lot about Supported Employment. If you'd like to watch the presentation, email info@capitalclubhouseinc.org for the link.

- Mark had his first interview on the 15th!
- Clifford is connecting to a resource for online college education we directed him to.

Spring Update

VISTA Position Open!

We are excited to finally announce that the Employment and Education Coordinator VISTA position is posted! The year-long position starts on June 1, 2021. This is a great opportunity for recent college graduates, those transitioning into the social services field, or others with an interest in mental health and social justice.

Crisis Intervention Officers (CIOs)

We continue our relationship with DC Metropolitan Police and Department of Behavioral Health in their training of current police on mental illness. In April we had an open dialogue with a new group of officers during their mental health training to be CIOs. We look forward to future trainings!

Words from our departing interns:

Sofia - "Amazing program in which we support each other, learn how to interact and how to listen. We are never alone; we always have someone to call."

Adam - "The main thing I learned from Clubhouse is the value of community, of keeping the community going no matter what, and that community is conceivable no matter what it looks like."

Kara - "This experience taught me to slow down and enjoy some community and social time."

Taylor - "My biggest take away from Capital Clubhouse is the value of teaching each other."



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In the Spotlight

Mark D.

Interviewed by Jon

Where were you born?

M: I was born in Washington, DC.

What are your favorite places in the DC area?

M: I love Ben's Chili Bowl and Shake Shack

What are your hobbies?

M: I like to be on YouTube and watch videos. I love motorsports but have not had a chance to race cars in motorsports yet. I have raced gas powered radio control cars.

How long have you been a Clubhouse member and what do you like about it?

M: I have been a member now, going on a month to a month and a half. I love how accepting of a community the Clubhouse is. I just love it.



What are three words that describe you?

M: Kind, Sincere, Integrity

Why did you come to the Clubhouse?

M: I came to the Clubhouse because I graduated from the last group I was in. I was in that group for about 2 years and I needed to move on. It was not intended for a permanent situation.

Cooking Corner Recipe of the Month

Raspberry Frozen Yogurt Bark

Ingredients

- 2 cups plain greek yogurt
- 2 tablespoons coconut sugar
- 1/2 cup fresh raspberries, roughly chopped
- 1/2 cup pistachios, shelled and roughly chopped
- 3 tablespoons cacao nibs or chocolate chips

Steps

1. Line a rimmed baking sheet with parchment paper.
2. In a bowl, combine sugar, half of the raspberries and pistachios. Pour the mixture onto the parchment-lined sheet and smooth out the surface.
3. Add the other half of the raspberries and pistachios, along with cacao nibs, by sprinkling across the surface.
4. Freeze for about 3-4 hours or until completely firm.
5. Use a mallet or the back of a wooden spoon or rolling pin to break the bark into smaller pieces.

Spanish Corner

Quote from a Clubhouse Member

"I am grateful to Clubhouse for helping me with social studies, life skills and recovering from my mental illness.

Thank you. - Stanley

"Estoy agradecido de que Capital Clubhouse me ayuda con estudios sociales, habilidades para la vida y recuperar de mi enfermedad mental. Gracias." - Stanley

Ways to Thrive

by Mark D., Montell, Amy

Last month Dr. Darlene Lawrence from Unity Health Care visited us and reminded us about "6 pillars of healthy living."

We were reminded that "**eating well**" is important for mind, body and soul. "**Moving well**," such as exercise, reduces stress and is important to keep the body active and strong to carry us through. "**Sleeping well**" is important for the body and mind to recharge and there is such a thing as sleep hygiene! "**Feeling well**," going through the day mindfully and taking breaks are important for limiting stress. Positive relationships, "**loving well**," helps us feel special and loved. Mutual support is essential in healthy relationships. "**Choosing well**" is limiting time with toxic people and things and keeping a healthy balance of activity in our lives (e.g. not overworking, not isolating).

Members and staff gained a lot of healthy perspective from this discussion and we thank our new friend, Dr. Lawrence!

Clubhouse Giving Day!

Tuesday, June 1st, 2021

Every dollar donated will be matched up to \$20K.



Clubhouse Giving Day is a special event to raise awareness and financial support for Capital Clubhouse. Help support our mission of improved mental health for everyone.

Click the photo for the giving link!
Or find us on clubhousegivingday.org.



In partnership with over 450 organizations, Capital Clubhouse and Clubhouse International are proud to be partners in the first-ever Mental Health Action Day. We will encourage and empower people to take the next step for #MentalHealthAction. Go to MentalHealthActionDay.org to learn more and join our effort to shift from awareness to action on mental health!



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