



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JUNE 2022

VOLUME 4, ISSUE 6

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
June Date To Be Determined

Orienting New Members
We oriented and welcomed 1 new member

Recognizing
PTSD Awareness Month

Gearing up for
Clubhouse Giving Day on June 1st!
See inside for details!

CLUBHOUSE STANDARD IN ACTION

By: Jon, Codie, Julian, Renée

Standard #23: **The Clubhouse offers its own Supported and Independent Employment Programs to assist members to secure, sustain, and better their employment. As a defining characteristic of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired supports.**

As we develop Supported Employment we will hopefully attract more members to fill different jobs which will allow us to hire more staff to support them in these roles and in turn grow the program. For many of our members, returning to work is a stressful experience, and having the support of the Clubhouse community throughout their employment will make the transition easier.

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Health and Wellness

By: Hunter

Loving-Kindness MEDITATION

(Adopted from Germer and Siegel - 2012):

Take a few moments and bring your awareness to your internal experience, to your breath, to your body or simply to the present moment. You may choose to put one hand on your heart and the other hand on your belly.

Allow yourself to be aware of anything that is in your mind that contains some stress, worry, or tension. Practice just acknowledging this and notice your internal experience as you hold these stresses, worries or tensions in your mind.

Now repeat these phrases to yourself (or aloud if you prefer):

This is a moment of stress and suffering (mindfulness)
Stress and suffering are part of all human life (common humanity)

As you connect with your breath and feel your hands on your heart and belly, repeat the following phrases in your own mind (or aloud if you prefer):

May I accept myself just as I am. (self-kindness)
May I forgive myself.
May I find peace.
May I be strong.
May I be healthy.
May I live with ease.
May others around me be healthy.
May others around me live with ease.



Did you know that 1 in 5 U.S. adults experience mental illness each year*? And sadly many go without treatment for various reasons. Let's push lawmakers to improve access to mental health services! Join us from the comfort of your home or at Capital Clubhouse on **Wednesday, June 8th, 1:00-4:00pm for Hill Day** -- a day of advocacy organized by the National Council on Mental Wellbeing. Join us and register at this link: <https://bit.ly/38Lpgrn> to help increase mental health treatment access and awareness.

*Source: NAMI <https://www.nami.org/mhstats>

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In the Spotlight

Alex M., Member

Interviewed by: Kadeem and Carlette

Where are you from and where did you grow up?

DC born and raised

How long have you been a member of Clubhouse? What do you think of it?

I joined in April and I like it a lot.

Do you have any hobbies? If so, what do you like to do?

I like to play music and play video games with my friends.

What is your favorite type of food?

Chocolate with hazelnuts

What is your favorite experience, thing to do, or place to go in DC area?

Before the pandemic it was the National Gallery of Art and the Hirshhorn. Now, spending time with friends outside.

Why did you come to Clubhouse?

I came to Clubhouse for the routine and schedule.

Describe yourself in three words!

Caring, thoughtful, and funny

Now through June 8th!



A little goes a long way!
Here's how your donation can help:

\$5.00 - funds a member's lunch for one week

\$25.00 - covers a members transportation to work for two weeks

\$50.00 - funds a work uniform for a member

\$100 - buys Clubhouse groceries for 1 week

Members Speak

By: An Anonymous Clubhouse Member

Members speak is a new column where our members will share the challenges and triumphs of having a mental illness. Below is one of our member's experience with having Bipolar Disorder.

Bipolar for an anonymous member who is managing it well with medication looks like periods of low energy and periods with more energy. When things are going well, he or she can do all the little things to sustain their positive mood. Setting positive intentions, meditating, being active, etc. During periods of low energy, these tend to fall by the wayside and it can feel like things are getting worse and worse "until I either find a positive upswing and/or force myself out of the lull."

Remember you are not alone.

"Keep looking for the sun in the midst of storm clouds."

~ Hunter

Clubhouse News

May was a very exciting and eventful month for the Clubhouse. To start off the month, the Secretary of Labor, Marty Walsh, and the Secretary of Health and Human Services, Xavier Becerra visited the Clubhouse to learn more about our programming and the Clubhouse model. It was exciting to have high profile guests joining our community to discuss the importance and urgency of mental health care reform.

The Clubhouse also hosted its annual benefit event focusing on the power of community in mental health recovery. Congressman Jamie Raskin spoke about his family's personal experience with mental illness and the importance of having support during isolating and challenging times. We also had a wonderful and powerful performance by the Gay Men's Chorus of Washington.



Employment and Education Updates

May Employment Dinner

By: Codie, Amy

At our May employment dinner, we began learning more about the Transitional Employment (TE) program that is unique to the Clubhouse Model and is forthcoming at Capital Clubhouse. Our Employment & Education Coordinator Renée's presentation was informative and engaging. It really got members involved in answering various True/False and multiple choice questions about TE to help us all have a clear understanding and a positive disposition about future employment success. While employment is a serious topic, we all had a laugh. We really look forward to when we can hire a third full-time employee to start our TE program! (See Clubhouse Giving Day fundraiser above!)



Member Employment Update

Our member, Hunter-lily Flores, has managed to get a job as a cashier at the American History Museum gift shop! While it was a struggle for her to find the motivation each day to apply to jobs and attend interviews, attending Clubhouse helped her develop a more structured course to her day, leading to her landing this job. Each time she comes into Clubhouse, she is practicing real-world skills that can help her on the job.

Support Capital Clubhouse through Clubhouse Giving Day (see inside) or with an in-kind donation!

- ★ We love to cook! Gift us a knife set (we have a drawer holder) or something else from our [Clubhouse Wish List!](#)
- ★ 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.



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