

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JANUARY 2023

VOLUME 5, ISSUE 1

What Are We Doing at Clubhouse?

MONDAYS:

Tech Talk at 9:00am

TUESDAYS:

Education Hour resumes 1/17, 2-3pm

WEDNESDAYS:

Community Planning Meeting 12:30pm

Job Talk at 2:00pm

THURSDAYS:

Social Event Planning 11:30am

Education Hour resumes 1/17, 2-3pm

New Member Orientations

Mondays, Wednesdays, Thursdays at 10:00am

"State of the Clubhouse" Meeting

Tuesday, January 10th at 2:15pm

Arts & Crafts Social

Friday, January 13th 1:00pm

Education Hour Resumes Jan 17th

Every Tuesday and Thursday, 2-3pm

Employment Dinner (monthly)

Thursday, January 26th at 5:00pm

CLUBHOUSE STANDARD IN ACTION

By: Stanley, Bill, Codie, Kadeem and Julian

25. The Clubhouse is a place for members to come together and collaborate on projects, growing their skills and creating a community. It is not a place for members to do work for outside individuals or agencies; the focus should be on the projects of the Clubhouse. Members are encouraged to help each other out and learn from each other, not to do work in exchange for money or rewards.

This statement highlights the importance of the Clubhouse in helping its members reach their vocational and educational goals. By providing educational opportunities in the community, the Clubhouse gives members access to the resources they need to succeed. Additionally, the Clubhouse's in-house education program enlists the teaching and tutoring skills of its members, further contributing to their success.

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Mental Health Town Hall: Jan. 25th, 6pm

Capital Clubhouse's Young Professional Advisory Board (YPAB) will host a Mental Health Town Hall this month on Wednesday, January 25th at 6pm. The focus of the Town Hall is the current state of mental health care for transition age youth and young adults (approximately ages 16-25), the challenges with accessing care and challenges faced with initial diagnosis of mental health issues, and changes needed in the system.

Capital Clubhouse Presents

YOUTH MENTAL HEALTH TOWN HALL

Wednesday January 25th, 2023

Join us at St. Thomas' Parish in Washington DC or Virtually on Capital Clubhouse's Facebook Page.



Our panelists will include Dr. Marilyn Benoit, Luke Knowles, a member of Genesis Clubhouse in Massachusetts with lived experience of mental illness, and Leslie-Ann Byam, the Director of DBH Transition Age Services.

Reserve your spot for this free event at: <https://youth-mental-health-dc.eventbrite.com>.

Clubhouse News

Students working with us this semester

Waleska Velazquez and Julia Marczewska, seniors from GWU continue with us this semester as does Liz Trabucco, MSW student from UMD. We also welcome UMD Sophomore Josie Whittington!

Clubhouse Goals for the New Year!

1. Get more done! Use the task tracker.
2. Hire, onboard a Generalist who will help us get our Transitional Employment Program going. Get more applicants, interview them.
3. Grow and enhance our Outreach Program to attract more members.
4. Implement the Mindfulness & Exercise Guide that was made for us last year and integrate it into our everyday, inside of Clubhouse and out!



Board Members In the Spotlight

Tippi Geron, Occupational Therapist & Assistant Professor, GWU

What motivates you to be on the Board?

Many, many, things! First, I believe in the Clubhouse model of fostering recovery through self-determination, peer-support, inclusion, community, & hope. As a board member I'd like to support this mission by actively working with members already there as well as growing the membership so that Clubhouse can reach out to even more people across DC.



What goals do you have for being on the Board?

Fostering community, growth in membership, obtaining grants, evaluating outcomes, and working with the members on ways to achieve and maintain their goals.

Education and Employment

Interview By: Kate

What is A Feel for Reading?

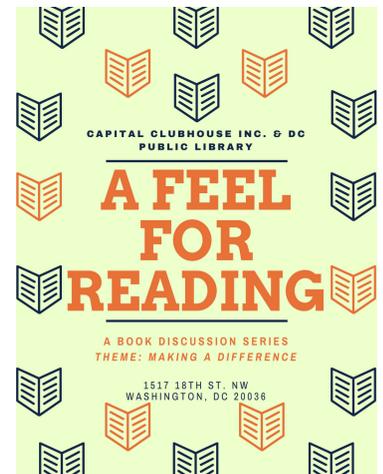
Sierra: It's an adult reading program that is set up like a book club. It's run by the DC Public Library.

What books/types of books will we be reading?

Sierra: All of the books we'll be reading are real life topics that initiate discussion, for example: social issues, politics, navigating emotions, and difficult plot-lines. The book we'll be reading this month is Gifts of the Heart by Patricia Polacco.

Is this open to all Clubhouse members?

Sierra: Yes!! The books we'll be reading are centered around adult topics that stimulate meaningful conversations, but the books are easy to read for those who want to strengthen their reading skills.



Ways to Thrive in the New Year!

By: Hunter

January is a time of new goals and resolutions. Here is one method, called the Pomodoro Method, that uses the breakup of two hours to help boost focus and mitigate procrastination.

1. Grab a to-do list and a timer. Make four boxes in the to-do list that break up the two hours into four 25-minute boxes, accounting for 5 minutes in between the boxes.
2. Set your timer for 25 minutes and do work for the allotted time.
3. After the timer goes off, check off the first 25-minute box and write down what you accomplished.
4. Set the timer for five minutes and enjoy a break! (ie: get a drink of water, take a short walk, play tetris)
5. Repeat!

***Thank you to our donors for your
generosity and we wish you a
Happy New Year!!***

Support Capital Clubhouse

Go to our LinkTree:

<https://linktr.ee/capitalclubhouseinc>

**Donate via Benevity or with
Combined Federal Campaign
CFC # 47097**

**And designate us as your charity in
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Schedule

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

Fridays 8:30am-1:00pm

Open 8:30am

Light Breakfast 8:30-9:30am

Wellness 9:15-9:30am

Morning Unit Meeting 9:30-10:00am

Lunch 12:00-12:30pm

Wellness 12:30-12:45

Afternoon Unit Meeting 12:45-1:15pm

Close 3:00pm/Fridays 1:00pm



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