

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

OCTOBER 2022

VOLUME 4, ISSUE 10

What Are We Doing at Clubhouse?

MONDAYS:

New Member Orientations 10:00 am
Tech Talk at 12:30pm

New Member Orientations

Mondays, Wednesdays, Thursdays, 10:00am

TUESDAYS:

Job Talk 12:30pm
Typing Tutoring 2:00pm-3:00pm

October Social - Fall Festival

Wednesday, October 19th, 3-5pm

WEDNESDAYS:

New Member Orientations 10:00 am
Community Planning Meeting 12:30 pm

Employment Dinner (monthly)

Thursday, October 27th, 5-6pm

THURSDAYS:

New Member Orientations 10:00 am
Social Event Planning 11:30 am
Typing Tutoring 2:00pm-3:00pm



CLUBHOUSE STANDARD IN ACTION

By: Jon

Standard #4 All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

Clubhouse helps members build skills and confidence with many different types of tasks. Members always have choice in the tasks they participate in. We learn from both experience and by trial and error. Clubhouse members support each other with tasks, especially when there are areas of challenges for specific members. This keeps the flow of the day going and strengthens relationships between members. Staff are always available to assist with tasks as well.

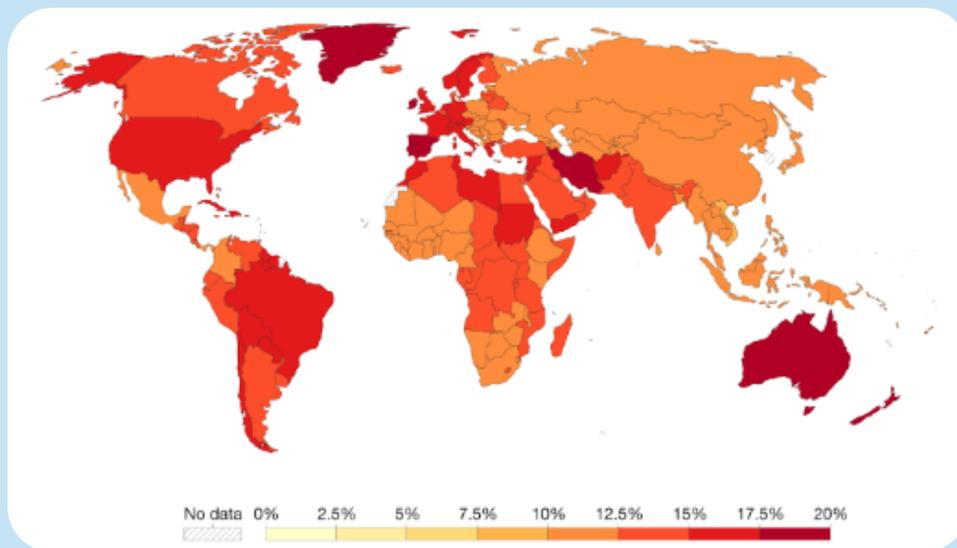
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Health & Wellness

By: Jon, Stanley, Simeon and Liz

World Mental Health Day is October 10th. According to the World Health Organization, **1 in 8 people globally** were diagnosed with a mental disorder (anxiety and depressive disorders being the most common) in 2019. Post COVID-19, researchers are estimating that these numbers have **increased 28%** in just one year. Below is an infographic of the breakdown of mental health disorder prevalence by region of the world.



MAP OF POPULATION WITH MENTAL HEALTH DISORDERS, 2019

<https://ourworldindata.org/mental-health>

New Staff Interns

Liz Trabucco

Liz is with us for her foundation year at University of Maryland School of Social Work. She has a varied background that includes a year in Americorps and is a certified yoga instructor. "I love that Clubhouse is a place for people from all walks of life. It's an inclusive space where everyone helps each other work towards their goals and dreams."



Julia Marczevska, George Washington University

Julia is a senior from NYC pursuing her BA in Psychology. She says, "I wanted to intern at Capital Clubhouse because of the positive community it creates for those struggling with mental health. I am glad to be a part of a place that works towards lifting the stigma surrounding mental health and cooperating with members and staff."



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Member In the Spotlight

Montell has been a member of Capital Clubhouse for over a year!

Montell is from Spotsylvania, Virginia. He graduated from Stafford Senior High School in 2015 and moved to DC in 2016. Montell joined when we were virtual only and has been a member of Capital Clubhouse for over one year.

Q. How does the work you do at Clubhouse carry over to your life outside of Clubhouse?

A. Capital Clubhouse helps me be more social and connected to society.

Q. What is your favorite meal you have that Clubhouse has made?

A. Meatloaf.

Q. What is your favorite task at Clubhouse?

A. Reach out and attendance tracking. I enjoy computer tasks.

Q. What are three things you enjoy doing?

A. Watching football (Go Raiders!), playing video games, listening to music (especially rap).

Clubhouse is a very welcoming place. It doesn't matter what disorder or mental health issue you have; all are welcome. - Simeon

Clubhouse News

Connecting with the Community at DC Public Library

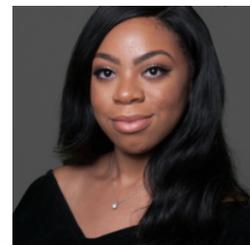
We attended a DC Public Library and ANC 1A co-sponsored Mental Health and Wellness Fair at the Mt. Pleasant branch one Saturday in September. Staff, members and Board member represented Capital Clubhouse at the event. This fair was a great opportunity for us to spread the word of our Clubhouse and meet other supportive communities in the city!



New Staff Interns *continued from p. 2*

Latia Cook, Howard University

Latia is a senior Psychology major from New York City. She says she is with us to "to gain experience working with different people. I've learned so much about my community and I'm looking forward to doing so much with Capital Clubhouse."



Waleska Velazquez, George Washington University

Waleska is a senior Psychology major with minors in Communication and Sociology. She also hails from New York City and says, "Capital Clubhouse gives me the opportunity of being apart of a new community, outside of University. I admire the fact that I get to practice and learn new skills from my peers! "



Recent Social Events

We held our monthly Employment Dinner on Thursday, September 22nd. Members shared with each other about the work experiences they have had in the past, their duties, challenges and what they liked about the job. Members found common experiences and were reminded by the discussion about what it's like to be on a job again.

Our September social was a picnic held at nearby "P Street Beach" about a 10-15 minute walk away. Clubhouse colleagues had worked together in the morning to make a delicious picnic lunch. Then walked there together and enjoyed sunshine and recreation, playing frisbee, kicking a ball around and having a good time connecting as a community outside of our Clubhouse.



Upcoming Social Events

We plan to have a **Fall Festival** on October 19th, 3-5pm in Clubhouse. We'll have lots of fun, fall-related activities and games! Clubhouse Colleagues, come to Clubhouse for more details and to contribute to the planning!

Our October **Employment Dinner** is October 27th, 5-6pm. Learn and practice great ways to put yourself out there. Also, prepare to apply for a job. We'll be making video skits! Come to Job Talk on Tuesdays to help prepare!



Support Capital Clubhouse

Go to our LinkTree:

<https://linktr.ee/capitalclubhouseinc>

CFC # 47097

Give through Benevity w/your employer
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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

Afternoon Unit Meeting 12:45-1:15pm

Close 3:00pm/Fridays 1:00pm



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