

MAY IS MENTAL HEALTH MONTH

There are many things we can all do to improve our mental health.
Here are some recommendations from members to get started:

- ◆ Be thankful for all the good things you have.
- ◆ Get some exercise.
- ◆ Go outside and get some fresh air.
- ◆ Save some money.
- ◆ Stay active in your community.
- ◆ Talk to a friend.
- ◆ Eat a healthy meal.
- ◆ Take a break.
- ◆ Send a card to a friend.
- ◆ Smile.



What is Clubhouse?

“A place to be with
and meet others”
“Uniting in community”
“We care.
We are here for you.”
“Socializing”
“Learning from each
other”

Ways To Thrive...

by Irving

Irving is a new charter member at Clubhouse. He is in recovery from Schizoaffective Disorder. Here are some tips that have worked for him.

- ◆ Learn about your mental illness—what is typical of it and how you experience it.
- ◆ Learn about feelings; learn to identify feelings. This helps you regulate them. Therapy is helpful in learning this skill.
- ◆ Tell your doctors, or therapist, how you feel so they can change treatment as needed.
- ◆ Working can provide you with structure and take your mind off of feelings.
- ◆ Walk a lot. I get a natural high from it.
- ◆ Talk to somebody.

Members Interview Social Work Intern Micah Saviet

Micah Saviet is a social work student at University of MD, Baltimore and was with Capital Clubhouse since October for his first field placement. Micah jumped into his role on his first day here, which was also our first open house with charter members. His fieldwork schedule coincided with our Open Houses. Micah will be greatly missed as he was an integral part of starting up the program, helping us navigate newsletter and website editing as well as our new donor database. Just prior his late-April departure from Clubhouse charter members were able to interview him.



What made you get into this field?

Well, I really like working directly with people, and more good needs to be done in the world.

What did you get out of your experience here? What did you learn?

I learned a lot about what the Clubhouse community provides its members as well as the need for a Clubhouse in the broader community.

What skills do you think you've gained here?

I gained teamwork skills, patience, collaboration and continued developing my inter-personal skills.

What type of social worker do you want to be?

One who promotes integrity, and one who works toward justice in the community. I want to be a clinical social worker.

How do you feel about college/university?

It is important to get my degree so that I can pursue my goal of being a clinical social worker and working with individuals in need of therapy.

What does it take to become a social worker?

A lot of things! But I think most importantly, hard work, empathy, honesty, and skills working with people.

Will you visit us again?

Yes, I look forward to visiting the clubhouse!



Interview of **José**

by Jessie

¿Cómo te llamas? / What's Your Name?

José

¿Dónde naciste? / Where were you born?

Honduras, Central America

¿Dónde fuiste a la escuela? / Where did you go to school?

Fui a la escuela Pedro Nopio.

¿Cuáles son tus pasatiempos? / What are your hobbies?

Escribir poemas, oír música y ver la télé. / Writing poems, listening to music and watching t.v.

¿Tienes o quieres un mascota? / Do you have or want a pet?

Mi hermana tiene dos gatos. Se llaman, Mico y Suchi. / My sister has two cats named Mico and Sushi.

¿Cuál es uno de tus lugares favoritos en DC? / What's one of your favorite places in DC?

El teatro cinema. / The movie theater.

¿Que te gusta de Clubhouse? / What do you like about clubhouse?

La gente, el trabajo, y la comida. / The people, the work, and the food.



We completed our Service Project: Comfort blankets for campers of The Wendt Center's Camp, Forget-Me-Not. This camp in DC is a free weekend, sleep-away grief camp that gives children an opportunity to enter a safe space — away from their everyday lives — to gently explore the normal process of grief. For more info visit: www.wendtcenter.org



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If you would like to receive our
newsletter by mail or email,
please contact us at
info@capitalclubhouseinc.org.

May is National Mental Health Awareness Month

Did you know mental illness is more prevalent than cancer, diabetes or heart disease?
Capital Clubhouse is doing something about it.

[Give to Capital Clubhouse!](#)

Capital Clubhouse

*A community where people recovering from
mental illness can achieve their full potential
and be respected as co-workers, neighbors,
students, and friends*

Wish List

**3 Laptops for Member Use
Tea pitcher
Large Stockpot**

For more items go to our Amazon Wish List: <http://a.co/42j5Zn6>

Use Amazon Smile and designate Capital Clubhouse Inc. in Washington, DC!