

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

MAY 2022

VOLUME 4, ISSUE 5

## Our Daily Schedule

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

Open 8:30am

Coffee/Social Hour 8:30-9:30am

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**  
Join Us May 26 at 5:00pm

**Orienting New Members**  
We oriented and welcomed 4 new members: Anna, Alex, Kwabena, Daniel R.

**Celebrating Mental Health Awareness Month!**  
We will join Clubhouse International on Mental Health Action Day  
Thursday, May 19th

## CLUBHOUSE STANDARD IN ACTION

By: Jon, Amy

**Standard #26: The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited.**

Capital Clubhouse is currently located in a bustling area of Washington, DC in Dupont Circle, near a Metro (subway) station and multiple bus routes. We have kept each other updated on changes in the various transportation resources throughout the pandemic. It is our goal to have transitional employment "TE" placements by the end of the year. Our current location in Dupont Circle offers potential for many employment partnerships centrally located to the Clubhouse.

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## Health and Wellness

By: Codie, Renée...

In recognition of Mental Health Awareness Month, our members have shared how they work to take care of their mental health. Many suggested daily stretching or meditation, working on balance and physical health, getting fresh air, eating a healthy and balanced diet, continuing to see your therapist and psychiatrist. We also discussed the importance of community, such as the Clubhouse community, that provides support and encouragement. Being a part of a community of like minded people shows you that your trials and tribulations are not unique to you, and other people have gone through the same things, or worse, and survived and triumphed. It is important to recognize that recovery is possible, and that learning to manage and live with your mental illness is important.

## In the Spotlight

### Jessie

Interviewed by: Codie, Hunter

#### Where are you from and where did you grow up?

I am from a little town named Pittsford, it's just outside of Rochester, NY.

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

I've been a member of this Clubhouse, since day one. I like this one more than the one before. I like how we can develop ourselves better. I like how it is first name based. And I like how we work together for mutual gain.

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

My hobbies are writing a web novel. It's a science fiction, time travel work. It needs a lot of editing.

#### What is your favorite type of food?

Sweetgreen salad. Beets, lentils, greens, carrots.

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

I love to go to 14th street, to IHOP, Target, other places.

#### Why did you come to Clubhouse?

I come to clubhouse because I want to feel more like I belong somewhere and that I'm needed.

#### Describe yourself in three words!

I love cats.



## Ways to Thrive

By: Codie and Jon

Ways to thrive for those experiencing mental illness:

- Step one is understanding that it is a disease, an illness that does not define the key characteristics that make up your personality.
- Realize that there are strategies for overcoming this illness and for managing your lifestyle.
- Remove the stigma from mental illness
- Mental illness is not who you are, you are more than your diagnosis
- Members can build toolkits and practice skills to manage their symptoms
- Going to see a therapist, being part of your community and joining community groups, continuing medication management with doctor can help in your recovery

Remember you are not alone.

"Clubhouse keeps me motivated and busy." -Julian

## Capital Clubhouse Mental Health Action Town Hall Event

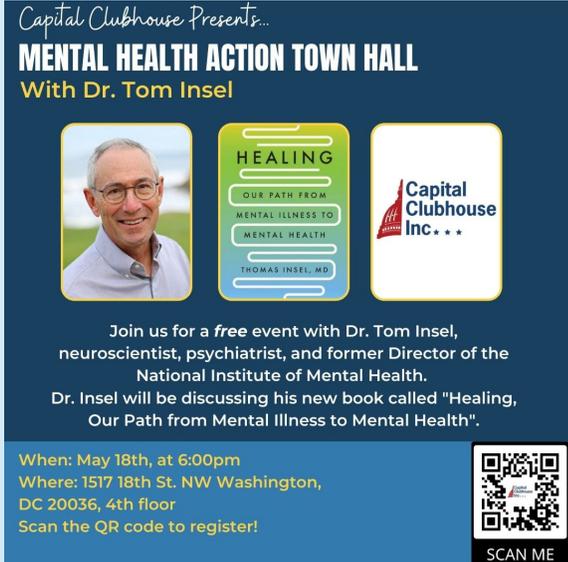
The Young Professional Advisory Board is excited to announce its 2nd Mental Health Town Hall event on May 18th, 2022. This free event will feature special guest, Dr. Tom Insel, neuroscientist, psychiatrist, and former Director of the National Institute of Mental Health. Dr. Insel will be promoting and speaking on his new book "Healing: Our Path from Mental Illness to Mental Health".

Reserve your tickets [here](#) or visit [www.capitalclubhouseinc.org/dr-tom-insel-town-hall-event](http://www.capitalclubhouseinc.org/dr-tom-insel-town-hall-event)

Capital Clubhouse Presents...

### MENTAL HEALTH ACTION TOWN HALL

With Dr. Tom Insel



Join us for a *free* event with Dr. Tom Insel, neuroscientist, psychiatrist, and former Director of the National Institute of Mental Health. Dr. Insel will be discussing his new book called "Healing, Our Path from Mental Illness to Mental Health".

When: May 18th, at 6:00pm  
Where: 1517 18th St. NW Washington, DC 20036, 4th floor  
Scan the QR code to register!

SCAN ME

# Employment and Education Updates

## April Employment Dinner

At our April Employment Dinner we entertained each other with skits about workplace scenarios. There were three skits each carrying a theme: keeping a schedule; keeping busy; or taking initiative on the job. We had a narrator introduce each scenario and members and staff act out each scene. After each skit there was a short quiz to spark discussion and test our knowledge of the dos and don'ts in the workplace.



## Member Testimonies

"Clubhouse keeps me busy and focused. It's helpful to be in a like-minded environment." - Codie

"Clubhouse encourages me to have a more predictable routine." - Jon

"I like how we work together for mutual gain." - Jessie

"Clubhouse helps me stick to my goals." - Hunter

## Support Capital Clubhouse

- ★ Support us through the Combined Federal Campaign using Code #47097
- ★ **Benevity** is a great way to donate if your employer has it.
- ★ If you shop on Amazon use [AmazonSmile](#)
- ★ Gift us something from our [Clubhouse Wish List](#)



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