



# Magnolia Times

A Quarterly Newsletter from Magnolia Clubhouse, Inc.

February 2005

## WHAT HAPPENS WHEN YOU FLUNK YOUR DEPRESSION TEST?

# 4 Minutes to HAPPY

*A Play by Sarah Morton*

**Please join us at a Magnolia Clubhouse Group Event at  
Cleveland Public Theatre at 6415 Detroit Ave.**

**Thursday, March 3**

**6:30 p.m. Pre-Curtain Dessert Reception**

**\$15 Advanced tickets required order form on back**

by Lori D'Angelo

Magnolia Clubhouse is attending a play by local playwright Sarah Morton and we hope you will join us. The play, "4 Minutes to Happy", is about the author's experience of depression. We are inviting people to attend with us to encourage more people to see the play, and to encourage more people to be friends of Magnolia Clubhouse!

Speaking of friends, we have had a very successful first Annual Campaign, and want to thank all of you who sent us donations. We continue to work on increasing our private support, as this is essential to our ongoing operations. Our first half-year as an independent organization has gone very well and we are all very pleased and encouraged. We have found ways to reduce some expenses and we have been able to add a staff position (thanks to the generosity of the County Mental Health Board). We have more members and we are increasing our employment opportunities. We also have five wonderful new trustees and we are very excited to have them join us! We are all working to increase our ongoing funding, to offset revenue reductions associated with our transition. The foundations have been very generous in support of our grant requests. The grants are for time limited transitional support; therefore increasing private support is essential. All in all, we are well on our way, and would like to extend our appreciation! If you know of others who would like to know about us, please contact Magnolia Clubhouse.

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***Magnolia Clubhouse is a vital community of growth, hope and opportunity.  
Our mission is to ensure that people who have a mental illness  
are respected coworkers, neighbors and friends.***

## Special thanks to our recent donors:

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**In memory of Rosalind Feld**  
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**In memory of Ethel Mulligan**  
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**In memory of Richard Livingstone**  
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**In honor of Mary Kay Moore**  
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**In honor of Ken Shapiro**  
Barbara Shapiro

**In honor of William Johnston**  
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In the short ten years since it first came into being, the ICCD has become a firmly established support and "umbrella" for clubhouses everywhere. Members and staff from ICCD clubhouses in all corners of the world make up the critically important 'working groups' of the ICCD, most notably our Faculty for Clubhouse Development and our Clubhouse Advisory Council.

Functions of the ICCD include:

- coordination of clubhouse training programs
- ongoing peer review consultation and certification - ensuring the integrity of clubhouses everywhere
- help with new clubhouse start-up and development
- technical assistance to strengthen individual clubhouses
- research about clubhouse effectiveness coordinated through our Program for Clubhouse Research.
- clearinghouse for clubhouse information
- advocacy for clubhouses and people with mental illness
- linkage with other mental health organizations.

The work of the ICCD connects our clubhouses to one another, and draws us into a closely-knit community of members, staff, and clubhouse

friends. With the ICCD at our center, we are able to speak with a strong, unified voice as we advocate for the rights of people with mental illness. As a united community, we are able to learn from each other, strengthen each other, and help each other continue to evolve into an ever stronger worldwide clubhouse community. As we look forward to our next ten years, the ICCD has prioritized the following areas:

**Quality Assurance:** expanding our capacity to provide research, training, consultation, certification, advocacy and technical assistance to meet the growing demand from new and existing clubhouses.

**New Clubhouse Development:** developing strong new clubhouses in selected places throughout the world.

**Public Awareness:** increasing understanding about the need for ICCD clubhouses through raising public awareness about mental illness.

**Building Alliances:** developing alliances with academic institutions, the medical community, advocacy organizations, private businesses and governments that can help us further our mission.

Thank you to all of our member clubhouses. Please join with us in celebrating our ten years of work to improve the lives of all of our clubhouse members everywhere!

## Looking Ahead

- ❖ March 3, Thursday 6:30- Dessert Reception and Play "4 Minutes to Happy" Magnolia Clubhouse Group Night at Cleveland Public Theater  
\$15 tickets, advanced tickets required for dessert reception and play call 216-721-3030 ext 132 Paula, or email [Paula@BridgewayInc.org](mailto:Paula@BridgewayInc.org)
- ❖ June The 13th International Clubhouse Seminar in Helsinki Finland
- ❖ July Garden Party
- ❖ Our First Annual Report

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## THE INTERNATIONAL CENTER FOR CLUBHOUSE DEVELOPMENT CELEBRATES ITS TENTH ANNIVERSARY

### From the International Center for Clubhouse Development

The International Center for Clubhouse Development came into being in June 1994, when its Board of Directors had its first meeting. Despite the fact that the ICCD has been with us for ten years, though, there are still many of us in the clubhouse world who do not know the history of how the ICCD came to be. In order to better understand the work of the ICCD, and the role it plays in the worldwide clubhouse community, it is important for us know the history of how it came to exist.

Fountain House in New York City first opened its doors in 1948. Although Fountain House was widely admired as a radically innovative and successful rehabilitation program for people with mental illness, it was nonetheless the only "clubhouse" program in the world from 1948 to 1977.

In 1977, Fountain House received a grant to develop a training program. In the first ten years of training, more than 200 clubhouses opened all over the United States, and clubhouses were established in Sweden, Denmark, Holland, Germany, Poland, and Pakistan. Clubhouse training was so successful, and so widely sought, that additional training bases became necessary.

However, with all of these new 'clubhouse' programs opening so rapidly, it became clear that if they were to stay true to the clubhouse way of working, it would be necessary to provide some

king of ongoing assistance and consultation to these new houses. In 1987, Fountain House applied for and received a major grant from the Robert Wood Johnson Foundation to address this urgent need. The grant funded an ambitious Project, whose objectives included: developing a

set of Standards; creating a capacity for on-site peer consultation; establishing additional training bases; adding the TE Training Track; and bringing the clubhouse model to states where there were not yet clubhouses.

The Project was enormously successful, and achieved all it had set out to do. By the end of the grant period, through accomplishing all of its objectives, the clubhouse community had become much stronger and more focused. The Standards had made us clearer about our purpose, and more defined in our mission. However, at the end of the grant period, we were faced with the question: "What next?" We knew that we needed to find a way to continue to nurture and strengthen our ever-growing clubhouse world.

Through much discussion within the worldwide clubhouse community, a decision was made to establish the International Center for Clubhouse Development. The ICCD was able to pick up just where the grant Project had left off. Now an independently funded organization, the ICCD can provide the full array of membership services to clubhouses all around the world, and has a fully internationalized Board of Directors.



*Training at Genesis Clubhouse- 2003, Boston*

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## ICCD Certification Visit

by Christine Boja, Bill West, Paula Feher

We had two faculty members of the ICCD come to the clubhouse the first week of November. Elaine was from Gurney, Massachusetts, and Alan from Boulder, Colorado. They were our 2004 ICCD certification team. Elaine was part of our last certification visit and it was nice to see her again. Some of us knew Alan from the ICCD conference in Chattanooga, where he played a mean guitar at the talent show. On Monday they spent time on all the units. They also spent time with some of our Board members, at a lunch meeting where they made some suggestions for our board.

On Tuesday, Paula and David Edwards showed Elaine the TE at the Sight Center. Dave showed her his dishwashing and custodial duties and introduced her to the great people he works with. Alan went to see Ben LeQuire at the Starbucks TE at Key Center. On Tuesday evening Alan and Elaine joined us at our Employment and Education dinner.

Alan observed the Hospitality unit and helped make lunch. Elaine, while working with Business unit, was impressed by the fiscal record keeping of the unit under Willie's oversight. While on Clerical unit, Claudia interviewed Alan and Elaine for a special segment on the NeWz@One. Both of them seemed very impressed with our video lab and TV station.



The major recommendation was the addition of staff, one on each of the three units. We told them that we had just received money for one new position, and were in the process of filling it. They actually met some of the candidates for the job. Another recommendation was that the unit meetings focus on building relationships as well as organizing the work. They suggested people check in with each other. Also they suggested replacing the carpet in the dining room with wood floor or at least something easier to keep clean, Chuck joked that someone must have tipped them off, as this has been in the works for some time, and is to be our next big remodeling project.

## WELCOME ERIKA

By Chris Kestner and Hospitality Unit

On December 1<sup>st</sup> we welcomed Erika Rein to our Clubhouse. Erika graduated from the University of Akron with a Bachelor of Arts in Psychology in May 2004. She chose to enter social work because her father and one of her brothers are mental health consumers. Erika dove right into the work of Hospitality Unit who describe her as: right there to help us, a good and nice worker. a jack of all trades, she goes out of her way, a motivator, a team worker, resourceful and much appreciated. -"Erika is all right"!

***"I love the Clubhouse! It is empowering, non-political, and fosters a sense of belonging. I would like to help members grow and reach their potential" -Erika***



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## Alvin May

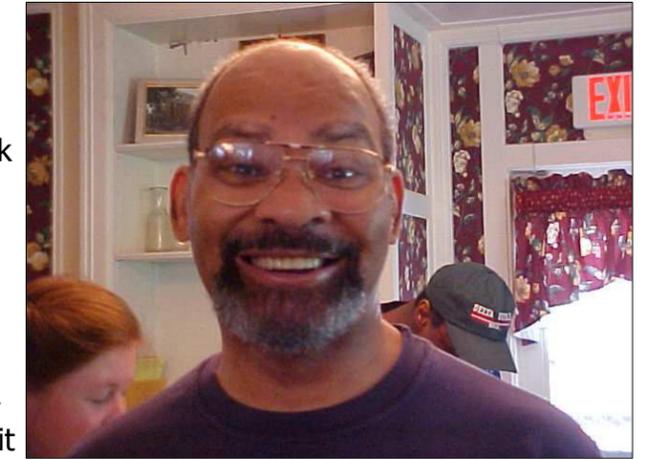
By Alvin May

My name is Alvin May and I am a member of Magnolia Clubhouse. This is my third time being an active member of the Clubhouse. I came back this time in April of 2003. One of the main reasons I came back is because I was getting bored just hanging around the house and I wanted to get more active in community activities.

First of all, I am a member of the business unit – one of the three units of the Clubhouse. This unit is responsible for taking care of all fiscal (that is, money) matters. I have learned how to make proper entries in the financial journals and in a computer program called QuickBooks. (I'm still learning about how to use QuickBooks.) I contribute to the Clubhouse by working with staff on bank deposits, counting the daily receipts, and preparing the financial reports given to our Board and to the Clubhouse membership.

Another activity that I'm involved in at Clubhouse is giving tours to prospective members. People who think they might be interested in coming to Clubhouse come in for a visit and I introduce them to each unit and show them what work goes on in each unit, as well as giving them an overview of what clubhouse is all about. For instance, we do all work side by side – members with staff; members are involved with all work of the Clubhouse, including working at our re-sale shop, **Bloomin'** and our café; and decisions that affect the whole Clubhouse are made at weekly house meetings. I then set the visitor up for an orientation visit if they think they would like to come back and try out a day at the Clubhouse.

I'm proud to say that I am a member of the governing board of Magnolia Clubhouse. We meet once per month about 8 in the morning. We discuss the policies that govern our organization and other administrative business.



I serve on this board with several staff members and a number of people from the community. Fifty-one percent of the board is Clubhouse members.

***I would recommend this organization to anyone who thinks they would benefit from participating in meaningful work and would like the support of others in a similar situation.***

I have had the opportunity to become involved with the Recovery Network. I attended a meeting in Akron where we discussed how consumer -run organizations can better advocate around the issues of recovery from mental illness. I found out about the Network by being involved at the Advocacy meeting held each Tuesday afternoon at the Clubhouse. I think being part of this group will make me more aware of what is going on in the state of Ohio and how consumer-run organizations can improve our situation.

In conclusion, being a member of Magnolia Clubhouse has helped me end my boredom by giving me the opportunity to become more active in the community, making me aware of advocacy issues and having meaningful work to do. Also, coming to Clubhouse has given me a sense of camaraderie being around people who accept me for who I am. I have a sense of support and friendship from others who come to the Clubhouse.

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## Farewell to the Sight Center

By Paula Feher, Michael Clark, and Christine Boja

For six years, we have had a great working relationship with the Cleveland Sight Center, where we have had two Transitional Employment Placements. During this time, 18 members have worked in their kitchen, along with Chris and Sandy. All of them really appreciated the opportunity, and the Sight Center staff made each of them feel welcome and a part of the agency. We were sad to learn last November that, due to budget cuts, the kitchen would be closing in December, bringing our T.E. relationship to a close. Mike Clark, who was one of the last members to work there, said working at the Sight Center " was a good opportunity for me to get back into the work environment. I learned a lot from Chris and Sandy, and everyone there made me feel like a good person." We especially want to thank Chris, Sandy, Joan, and Pat for everything they did to make this a good experience for our Clubhouse members. We also thank Mike Grady for giving us this opportunity. We will miss working with everyone there!

## Volunteers at Magnolia Clubhouse

By Paula Feher, Chuck Huth and Chris Boya



Since our independence in July, we have had a great group of volunteers helping out at the Clubhouse. Barbara Mae began by helping us get **Bloomin'** ready to open. A retired teacher, she then brought other friends to help out, including Connie Shipitka, Ellie Mooney and Ginny Hellstern. Along with another friend of the Clubhouse, Debbie White, they all pitched in with the organizing of clothing, and other items, and some of them were here for the grand opening.

In September, we had 2 community volunteer days. The first day, Case Western Reserve volunteers came with a backhoe and helped us put in our pond and landscaping. With the backhoe, we were able to move a large Magnolia tree that had been growing too close to the front porch. We did this the help of volunteers including, Ed Hundert, President of the University.

Later that week, volunteers from Baldwin Wallace helped us finish the job. The electrical work to hook up the pond was completed followed up with the planting of perennials and bulbs. With the great support of so many people, including students and university staff and board members, in two days time we had a beautiful addition to our Clubhouse, and had made new friends in the community. Our front yard has attracted lots of attention in the neighborhood... and not just from the squirrels! Stop by and take a look!

Currently, we have one of our original volunteers, Ginny Hellstern, returning for a weekly session tutoring two of our members. Alex, having moved here from Russia, is working on his English skills. And Ginny is helping Diane with reading and writing skills.



Our Clubhouse also welcomes Debra Harris who has been helping cultivate our connection with Case students, and our 2 new nursing students, Anna and Deepa, from Cleveland State. We will feature them all in a future article. Thanks again to all our volunteers!