

UNLIMITED SOLUTIONS CLUBHOUSE NEWS

SUMMER 2015

Extra! Extra! Read All About It!!

CONSTRUCTION UNDERWAY AT CLUBHOUSE

With increasing membership and participation Clubhouse has officially outgrown our current space. We are extremely excited to report Clubhouse expansion is underway. Our hope is that the expansion will help us progress toward our goal of becoming a regional resource where members can work toward their goals. Construction crews are demolishing walls and making space for new construction now. The improved space will include new facilities and tools to help us provide an even more holistic and supportive environment for members. We are all very excited to move into the new space and to maximize the work we do. Until construction is completed, space and convenience will be limited. We appreciate your patience and support!



CLUBHOUSE TEAM TRAVELS TO ST. LOUIS, MISSOURI



From left to right: Dani, Din-Din, Kim, Carrie, and Angel

Four Clubhouse colleagues attended the annual 14-Day Clubhouse Training in St. Louis, Missouri in May. The training provided attendees with new ideas and tools to bring back to Bangor. The team created an action plan to be implemented here, at Clubhouse. The implementation of that plan is ongoing. Clubhouse director, Carrie Lemos, joined the team for the second week to solidify the new action plan.

While in St. Louis, each team member was assigned to a unit within the host Clubhouse. The team also got to visit housing units operated by the Clubhouse there. During some down time they toured several St. Louis landmarks with Pete Estrada, the Training Coordinator at Independence Center Clubhouse. The group also had the chance to help produce the daily news, which was broadcast for the Clubhouse members and staff there. Hard work, lots of fun, great food, and amazing people seemed to be the themes of the trip! Great job TEAM US Clubhouse!



Be and Angel Day at Clubhouse

The **Young Adults Committee** at Clubhouse organized the 1st Annual Be an Angel Day Toiletries Drive to benefit those in need at Clubhouse, Hope House, Columbia Street Baptist Church, and Bangor Area Homeless Shelter. We got a late start on the project, but we worked together and collected lots of personal care items. Thanks to our community partners

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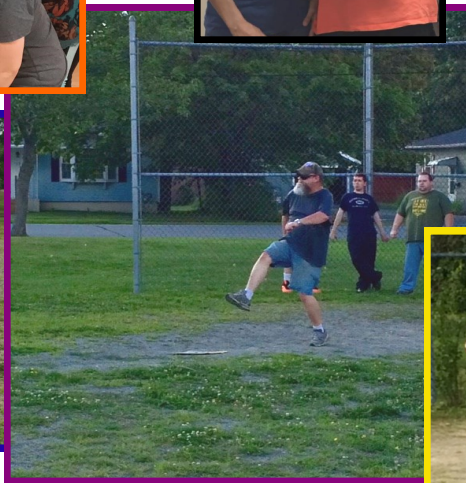
Wellness Activities

Summer time at Clubhouse includes lots of Wellness activities and this summer was packed with opportunities and member participation in all kinds of fun events and challenges. Clubhouse members and staff participated in the Move and Improve program sponsored by EMHS. We had 13 active participants in the program. Kevan S. was the logged over 3,200 minutes of physical activity in the 12 week program. She started with a goal of exercising one time each week and ended the program working out up to six times weekly! Kevan received an award for her amazing work! Great job Kevan! Erica T., Matt B., Heidie Y., Dave H., Din Din P., Carl R., Deb S., Dani R., Kim B., Mike V., Annette K., and Carrie L. Congratulations to each of you! We also participated in pilates, Zumba, Yoga, Les Mills Mash Up, Kickball, neighborhood walks, and a water challenge! Thank you Bangor Pilates, Bodies by Badger, Gold's Gym, and our clinical supervisor, Angela Fileccia for offering the classes and to everyone who made our Wellness programming possible. We have good momentum and we hope to continue our

activities through the fall and winter months!

In addition to physical fitness we looked at our café offerings and increased the variety of healthy snacks and lowered the prices of the healthy snacks to encourage folks toward healthy choices. And, some members were fortunate enough to participate in Cooking Matters, a class that teaches us how to prepare healthy foods in cost effective ways!!

Be sure to check the sign-up board often for activities and opportunities to challenge and take care of yourself! Keep moving!





MEMBER PROFILE - Denise "Din-Din" Preble

Denise, whom we all know as "Din-Din", came to Clubhouse as the very first female member on day one. Prior to becoming a Clubhouse member, Din-Din went through a devastating divorce and then lost her home and her belongings. She was depressed and hopeless. Din-Din's lifestyle, at that time, was limited to drugs, alcohol, parties, and avoiding the law. After her divorce and losing most of what

she knew as "normal", Din-Din isolated herself "to avoid the crazy party life" and the people who would surely pull her back into the hell she had just escaped. It wasn't easy and Din-Din experienced deep depression and even attempted suicide. Din-Din was referred to mental health treatment. She took advantage of the opportunity to change her life.

While in treatment she heard about Clubhouse and decided "it would be a good idea" to at least check it out and so she did. She knew change was her only hope. I asked Din-Din, "How has your life changed since you joined Clubhouse?" Din-Din's response was telling; without hesitation she replied, "Everything!" Din-Din said that when she first joined Clubhouse she was very guarded and felt as though she was somehow superior to other members. She said that changed over time and she became a role model for other new female members and to take full advantage of the benefits available at Clubhouse. She said since joining her outlook has improved greatly, her relationships have become healthy and mutually respectful, she's learning to like herself, she's no longer afraid of being alone, and she has secured a meaningful and rewarding position as an administrative aide at PCHC. Din-Din was proud to report she has "lots of new healthy friendships", attends the gym regularly, recently found a safe and affordable apartment, and her self confidence has in-

creased as well. Din-Din said she has a new sense of purpose and belonging.

Looking ahead, Din-Din plans to continue improving her independence. She's saving for her own home and working toward a day when she no longer relies on SSDI to get by. She wants to continue her work at the gym and to lose even more weight. She is open to the idea of a healthy and edifying relationship, but has enough experience under her belt to know rushing into a relationship is far less than advisable. Further up the road Din-Din hopes to earn a spot on the Clubhouse International Training and Development Team as a faculty member and to see to it that Unlimited Solutions Clubhouse in Bangor is accredited as a training and development facility. As a veteran member and role model, Din-Din involves herself regularly in helping new members find their way to success.

Din-Din was clear about how to best make Clubhouse work for members. She says to be "fully engaged in all aspects of Clubhouse". She said participating in a variety of activities at Clubhouse allowed her to meet new people, to work on overcoming mental health symptoms, to try new things, and to get the most out of her time and efforts at Clubhouse and in the community. She suggests that new members allow themselves to gain a sense of family here and to be brutally honest with themselves and with staff members who are here to help members toward their goals. She warned that "without honesty members cannot get what they need or what they want out of the experiences they find at Clubhouse. "Clubhouse takes us further than we could ever get on our own."

Din-Din offered some suggestions for Clubhouse as well. She believes that as Clubhouse expands and develops, we are better able to help more and more people. She believes the Clubhouse model is desperately needed in our region. Din-Din hopes Clubhouse will develop a "presentation team" to increase our presence in the community and to provide as many community members the Clubhouse opportunities she has enjoyed so much.

BECAUSE OF YOU

Kristine Scoville

Sometimes the sky seems gray and the world is dark
Swirling around me in a pit that could break your heart
But the sun comes out and there is a place to go
It's my happy place, a place you may know
We all have it inside of us, this sunny safe place
All we need to do when we're sad is to close our eyes and let our heart be our guide
Some people have a place they go or friends they see
Some close the doors and stay locked inside
This use to be me, but when I found you, you helped me see that I am so much more than I could see
The sky is no longer gray and the sun shines through
Now I can be grateful, because of you



Drawing by Roger Rabideau

MEMORIAL DAY BREAKFAST FESTIVITIES

We enjoyed the Memorial Day Breakfast at Clubhouse. Seventeen hungry members and staff members enjoyed a buffet of delicious food [eggs, bacon, sausage, toasted rolls with butter, and fresh fruit]. Beyond the food, we had some of our members dancing to the theme of Shrek

the Musical. Everyone enjoyed themselves tremendously! Later in the day, members and staff enjoyed the Memorial Day Parade. Members were proud to show their support for Veterans both present and from our past. It was awesome to see members and staff working together.

Recovery and the Clubhouse by Stephanie M.

My name is Stephanie and I am an alcoholic addict in early recovery. My journey with addiction started early in life, but my recovery from the disease of addiction didn't truly begin until I became a member of Unlimited Solutions Clubhouse. Staff members and my peers at Unlimited Solutions Clubhouse helped me everyday by being there, talking to me, showing me support, and through compassion. No matter what my struggles were, they were there for me.

I was an active member within Clubhouse before my peers and staff knew of my addiction. I felt successful. I was elected along with another member to go to Massachusetts with staff members for a training program. I successfully completed a transitional employment opportunity as well. I was selected to be a keynote speaker at the Clubhouse one year anniversary. It was an experience like no other, but the disease of addiction laid a wake of destruction before me. I fell hard and quickly, leaving everyone of my peers surprised and concerned for my life. Through kindness and compassion staff offered me information on Wellspring Women's Substance Abuse Rehabilitation Center. The disease of addiction was gripping a hold of me and was close to taking my life. I had to take a hard look at the uncertainty of my future. Knowing this disease would take my life, I took the staff's suggestion. I entered Wellspring on June 16th 2014, and graduated on October 16th 2014. Since then I have left Maine a

few times, leaving my providers and Unlimited Solutions Clubhouse behind. But the people with whom I was connected were always in my heart and on my mind. When I finally settled down in Medway, I reconnected with my friends and staff at Clubhouse. I was welcomed back with open arms. Everyone keeps telling me what a wonderful job I did turning my life around. The truth is that I didn't do it alone. I had a little help from my friends, providers, and staff members who I will always be grateful to. I would like to make a few honorable mentions to a few peers who saw me through this journey from beginning to end. Thank you Anne S., Sarah, Din Din, Annette K., and each and every staff member for believing in me when I couldn't believe in myself. I would also like to say a special thanks to five women who played very pivotal roles in my recovery, Sharon P., Bonnie P., Pat D., Connie J., and last but not least, Tina D. Through this journey, called recovery, I still struggle. But today I do not struggle alone; Unlimited Solutions Clubhouse is still and always will be here. If I can help another member or potential member through their journey and struggle then I have paid forward the beautiful gift that was extended to me, Support! My only words to those who are struggling are "Keep coming back! All you have to do is suit up and show up".

Your grateful Clubhouse Member- Stephanie M.

COPING SCHOOL

This section includes some coping skills to help better manage your emotions and those pesky mental health symptoms! Reading through the list is a great start; understanding and practicing these skills; even better!

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| <ul style="list-style-type: none"> • Find a Clubhouse AND go visit. • Read a book. • Go for a walk/hike/bike ride. • Exercise... just a little goes a long way! • Journal. | <ul style="list-style-type: none"> • Talk to a positive friend who will listen. • Do a puzzle. • Bake something yummy. • Draw a picture... for the next newsletter. • Watch a movie. |
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We all have coping skills, whether we believe it or not. Coping skills can be positive or negative. We tend to focus on the negative; the side we know best. - Amy Townsend



Hello! I'm Ali. As a student at UMA Bangor, I was a student intern at Unlimited Solutions Clubhouse over the summer! I worked with staff and members in the Member Services Unit with Kim, Dave, and Deb. I hope to find a job in a juvenile detention facility here in Maine once I graduate. I truly enjoyed my time at Clubhouse and getting to know some of you. I love everyone here at Clubhouse and I will miss everybody. I hope to stay in contact with staff members and to come back for surprise visits!