

VAIL VOICES

Manager's Page

Mar. 2024 - vol.2

DIRECTOR'S CORNER

As we approach the long-awaited and much-anticipated opening of the Ramsey County Clubhouse, I would be remiss if I didn't take this space to highlight the bigger picture of the work being done and the significance of this clubhouse opening. This mission and the work we have all been doing as a community isn't merely to open a clubhouse in St. Paul but to expand clubhouse access to every part of the state and make a clubhouse community accessible to members who need it wherever they live in Minnesota.

The work we've done in visiting the Capitol, speaking at the Capitol, hosting legislators at the clubhouse, making your voices heard, and letting everyone know how much the clubhouse means to you has been critical to this expansion.

As I continue to ask you all to speak and write to legislators, community members, and potential funders, please know that it isn't for naught and certainly isn't just for one singular additional clubhouse. People are beginning to listen and to see the benefits of a community like ours. It is so essential that we continue to move forward and solidify clubhouse expansion that we continue to do this vital work. Thank you all!



NATE'S NOTES

Richard's Force Multipliers

We spent a good portion of our recent mini-retreat talking about force multipliers. Defined as: a factor or combination of factors that gives personnel the ability to accomplish greater feats than without it. A hammer is a force multiplier because you drive more nails with it than without. In terms of the clubhouse, we are all force multipliers. We each have many talents, skills and abilities to contribute to the clubhouse, but a single talented person can only accomplish so much. When someone starts sharing their talents, skills and abilities with others by teaching or training, then our accomplishments increase beyond the limits of one person. Side by side work in the clubhouse allows us to put this concept into action. Grab a friend and share your gifts with them. This inclusive empowerment helps move us forward constantly in clubhouse. See our force multipliers in action on April 9th when we attempt our next staffless day at the Uptown Clubhouse. How do we maintain the same level of clubhouse with less resources? We aim to find out during these days, then discuss what action steps we need during our mini retreat on April 19th.



MEMBER DEVELOPMENT

Community support for employment, education, and resources. Expanding the clubhouse through enrollment and external partnerships.

DEPARTMENT UPDATE

We've had a very busy month! We kicked off March with Polar Plunge and raised over \$1,800 for Special Olympics. We then visited the Capitol for Mental Health Day on the Hill and advocated for Medicaid funding for clubhouses all a cross MN. Mid Month we had our final Ramsey Co Convening; it was a great turnout and we had lots of great conversation about how best to support Ramsey county residents and providers as the clubhouse makes its grand entrance. Closing out the month, we will be hosting a booth at the MN Social Services Association conference where lots of mental health organizations gather and network. It's a great opportunity to let other providers know who we are.



Although this month our focus has largely been on events, we still supported members with education and employment goals, and had some fruitful resource hours! We had a member visit a cosmetology school, and we have a campus tour scheduled at Normandale on 3/25. There is talk of a study group starting up (possibly Wednesdays? Stay tuned..). Lots of students had their Spring break so we sent cards of encouragement and celebration.

For Employment, we do have some upcoming openings for custodial TE's (that's Transitional Employment!) and have had a good amount of interest in those.

Resource Hours

Melissa from Reach for Resources, a local organization, came to visit and tell us all about the many ways they can support folks. Check them out at reachforresources.org!

We also discussed Housing and Employment resources this month. These happen every Tues at 3pm so if you're needing a resource or have one to share, join us!

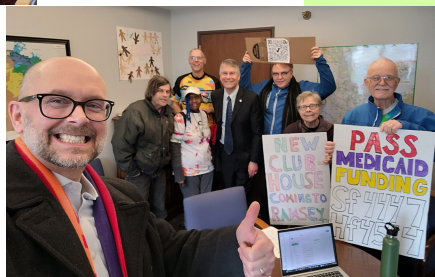
MEMBER DEVELOPMENT

EXTERNAL RELATIONS

MENTAL HEALTH DAY ON THE HILL

We certainly made our presence at the capitol known!

We partnered with lots of other mental health agencies to advocate for bills and funding for some great initiatives - including Clubhouse! This year we had bills for Medicaid funding for Clubhouse; a structure that would make starting and sustaining a Clubhouse in MN much more possible. We are hopeful and excited about the responses we got from legislators. There will be more opportunities to accompany Chad to the Capitol regarding this topic, please let us know if you're interested in helping, we need YOUR voice and story!



POLAR PLUNGE

Participants of the Polar Plunge walked out on a dock, jumped in, and walked to shore. This year's Polar Plunge didn't look like a Polar Plunge due to lack of ice and the unseasonably warm weather.

They jumped at exactly 11:45 am. There were 10 people who participated in the event. Nobody froze. The event was heavily attended and very loud. But all in all, everybody had a great time. Our team raised over \$1,800 for Special Olympics!



NEW MEMBERS HIGHLIGHT

Welcome
JACKSON K.



Jackson K. (he/him) is interested in helping out with anything on the computers like data entry or the snack bar. He would like to find a part time job and go back to school in the next year. He enjoys video games and computers.

Welcome
KEN B.



Ken B. (he/him) is joining us and heard about us because he was a Member at two Clubhouses in Maine! Ken would want to work in the culinary department. He went to culinary school so he loves to cook! He enjoys cleaning as well and he would like to find a job doing custodial work or dishwashing and he would be interested in TE. He eventually wants to go back to school and he would like to do custodial work at US Bank Stadium. He enjoys cooking, cleaning, football and music.

Welcome
DON B.



Don B. (he/him) isn't sure where he would like to help out at the Clubhouse. He might want help with employment eventually. He enjoys plastic model building, airbrushing and playing board games.

Mike J. (he/him) would like to come to the Clubhouse and help with the snack bar. He wants to find a volunteer position and go back to school. He enjoys music, hiking, fishing, biking and motorcycling.

Scott H. (he/him) is interested in helping with cooking, newsletter, data entry, and tech support. He wants to find a job in the next year. He enjoys restoring cars, computers, employment search for others.

Karinne F. (she/her) wants to come to the Clubhouse and help with cooking, building maintenance, gardening and artwork. She enjoys dogs, getting her hair done, painting her nails, coloring, singing and gospel music.

Corbin M. (he/him) is not sure where he would like to help out at the Clubhouse. He is currently looking for resources and housing. He enjoys sports. His advocate will be Mindy.

Amy B. (she/her) would like help finding a job at a small business. She wants to help with artwork and doing reachout around the Clubhouse. She enjoys crafting and swimming.

Kimo W. (she/her) is interested in finding a job. She said she would be interested in helping with social media. She enjoys music, dancing, social media, walking, soccer, and pickleball.

Nerly F. (she/her) would like help with her education. She wants to help at the Clubhouse with the front desk, reach out, social media, artwork, data entry, and helping members find resources or fill out job applications.

Mari S. (she/her) needs help finding a provider. She would also want help finding a job. She wants to help with culinary, newsletter, maintenance and data entry.

Tim G. (he/him) has a BA in English Literature but he would like to either go back to school or find a different job. He likes playing guitar, watching tv, go to the art museum or movies and going out to dinner with families or friends.

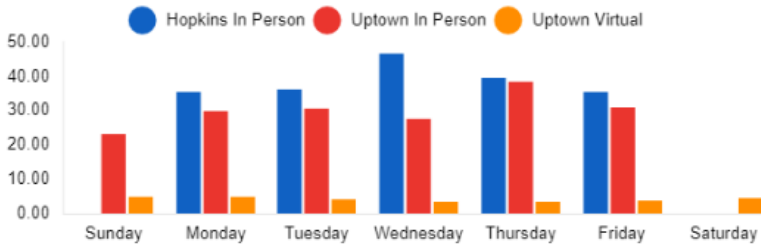
Todd M. (he/him) would like help with education. He would like to help at the Clubhouse with the newsletter, reach out, social media, artwork and helping members with resumes and job search.

WELCOME

TRAC

THE TRAC DEPARTMENT IS DEDICATED TO CREATING A WELCOMING ATMOSPHERE WITHIN THE CLUBHOUSE. OUR PRIMARY GOAL IS TO COLLABORATE AND COORDINATE WITHIN THE CLUBHOUSE DEPARTMENTS TO NOT ONLY REVIEW, BUT TRACK THE BUSINESS, FINANCE, AND COMMUNICATION TASKS OF THE CLUBHOUSE COMMUNITY.

ADA by Day of Week 2024



Shuttle Use

Rides	487
Riders	74
To Uptown	385
Distinct To Uptown	44
To Hopkins	102
Distinct To Hopkins	35

Clubhouse Visitors

2024 Distinct Members Clubhouse Visits	216
2024 Distinct Member Visits Both	105
2024 Distinct Member Visits Hopkins	170
2024 Distinct Member Visits Uptown	151

Hopkins Total Meals 2024

Distinct Count Meals at Hopkins	128
Total Meals at Hopkins	497
% Members Participating in Meal	75.29%

Uptown Total Meals 2024

Distinct Count Meals at Uptown	120
Total Meals at Uptown	478
% Participating in Meals Uptown	79.47%

Totals 2024

Food Expenses Hopkins	\$4,076.37
Food Deposits Hopkins	\$1,637.00
Food Expenses Uptown	\$4,200.71
Food Deposits Uptown	\$1,239.00
Difference	
Deposits-Expenses Hopkins	-\$2,439.37
Deposits-Expenses Uptown	

Hopkins

70

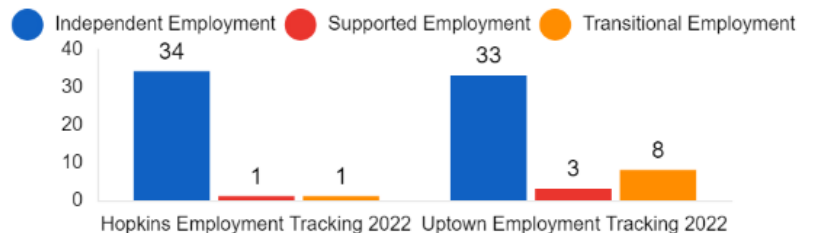
Hopkins Enrollment

Uptown

62

Uptown Enrollment

Clubhouse Employment



DEPARTMENT UPDATE

Another month is in the books and the TRAC Department is just tracking away! We've been busy with continuing to re-define and re-develop the newly formed Department. Looking at all of our tasks and figuring out the best course of action for completing all of the tasks of the Department. Speaking of which. The TRAC department is always looking for more member involvement and help in the department. If you're interested in developing or improving your tech skills, the TRAC Department is your Place to be.

TRAC



CLUBHOUSE STANDARDS STANDARD 17

The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.

“My name is Keith Washington and this is my article on Standard # 17.

This standard discusses how the clubhouse work day is modeled after the work shifts of everyday businesses. It is a standard that helps the members get acquainted with working in the community at the normal business hours of a job and you can put together your own work schedule. You can have the time you need to develop a good sense of purpose to yourself as well as to other clubhouse members. You get a chance to join other activities and occasions that are held at the clubhouse. Also you get a chance to work at a pace that benefits you and staff as well. Not only is it beneficial to you but also you get a chance to learn about different holidays and other things that are celebrated. Having this standard motivates the clubhouse member to do more in the community and to excel in life to the way that they want to live.”

Keith Washington



I C U Both!



I C U!



I C U!

CULINARY N' WELLNESS

Environmental care--inside and out-- to enrich the mind, body, and spirit of our community.

DEPARTMENT UPDATE

In March, both clubs got visits from City Health Inspectors and we are up to code! We're grateful for the many helping hands that keep our kitchen productive, safe, and clean.

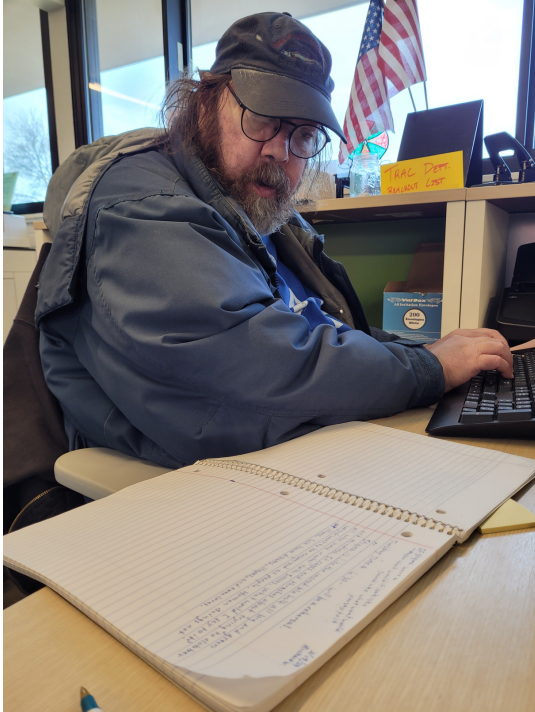
As we invite and enroll new members, we are working on creating a simple kitchen training that can be facilitated regularly. We are also putting some thought into a more structured system for meal planning and execution, so that people feel comfortable not only cooking for the community, but also in their personal lives.

CALENDAR PLANNING FORMS

Thanks to people submitting their ideas for meals, socials, outings, and wellness talks-- we had a lot of fun and enrichment in March! Please continue to share your ideas by filling out a calendar planning form next time you're in the club.



CULINARY N' WELLNESS



HISTORY THEATER

This is a little piece about History Theater. History Theater is really fun. The writing we do there is creative, and we get prompts from History Theater staff. It is also fun to share our stories, and listen to our colleagues words. The following is a short example of our writing.

Stigma is like the incredible Hulk all big and green and mindless. It rages and thrashes about trying to clobber all who have mental health issues. What would I say to it? We just want to be recognized as people. Human beings not our illness. We have dreams, hopes and even love.

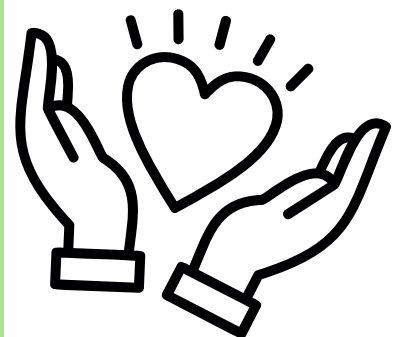
WELLNESS WITH JOHN G.

“Compassionate Psychiatry”

As members of the Vail community we have each experienced memorable encounters with the psychiatric profession. Whether helpful or not it was eventful, having great impact on our lives. Let's explore and discuss our experience and what may be our future with this influential profession.

Let's become acquainted with Peter R. Breggin, MD. He is a Harvard-trained psychiatrist and former Consultant at NIMH and for the FAA. He is known as “The Conscience of Psychiatry” for his many decades of successful efforts to reform the mental health field. Dr. Breggin specializes in conflict resolution, societal mental health and is renowned for his court testimony representing patient centered “compassionate” psychiatry. He is the author of two dozen medical, scientific, and best-selling popular books.

To learn more, join the Compassionate Psychiatry Wellness Talk on Thursday, April 4th.



CLUBHOUSE CONNECTIONS

HAPPY BIRTHDAY

Natalie B
Richard B
Levi R
Jenn R
Song R
Desaray H
Kathy L
Jeffrey A
Mike J
Gail H
Mark M

Ben W
Bakith W
Joshua C
Tia R
Jesse H
Blake M
Byron J
Mike O
Megan H
Gert F

Brooke B
Valerie T
Carrie C
Russell H
Jackie P
Maureen M
Janai S
Dean W
Kathleen G
Lynette B

SPECIAL EVENTS AT CLUBHOUSE FOR APRIL

- Tentative grand opening of Ramsey County clubhouse!
- Clubhouses will be open Evenings on Thursdays for the month of April, and will be on Wednesday's starting May.
- April 12th- NAMI Game Night outing w/ Nate
- April 27th- Outing to Hastings w/ Daithi



It was staff appreciation day at the clubhouse and I was really excited. The staff were offsite for a training and so we were going to be running the clubhouse on our own. I was excited because I was hoping we could figure things out and do it on our own. and to also feel what it felt like to be a staff at the clubhouse. I noticed right away that Nate happened to be in the club to help us along for the day, and although I knew we running it on our own, a little help was okay. For me it was difficult because I was trying to lead and organize department without staff and it was difficult for us members resist the tendency to ask staff for help instead of using the knowledge of other members. Another member was writing down things that us members needed to know who were here that day. The kitchen was running very well too, we served 18 members lunch and Jonathan made quiche with the assistance of Kruella. It was Scrumptious! Chad also made an appearance for bit.

STAFF CONTACT PAGE

STAFF NUMBERS

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 CJ 952-212-8027
 DAITHI 952-529-1100
 ERIC 952-529-0967

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 612-824-8061

MINDY 952-300-5378
 THEO 952-945-4250
 LILLY 952-529-1009
 NATHAN 952-529-1166
 SAMANTHA 952-406-9284

HOPKINS CLUBHOUSE
 952-938-9622

VAIL PLACE LINK TREE QR CODE:



or, use this link:

<https://linktr.ee/vailclubhouses>

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#vailplace

#clubhouseworks