

Mission Statement

The Genesis Club, established in 1988, promotes the partnership model of recovery (the Clubhouse).

The mission of the Genesis Club is to assist individuals with mental illness to attain employment,

Housing, and friendships.

Last Year, Genesis club provided the following services to over 700 individuals: vocational training,

Employment, education, housing, peer support outreach, evening \ weekend social activities plus a

Wellness and young adult initiative



Genesis Club provides members...

...A guaranteed right to a place to come.

...A guaranteed right to meaningful work.

...A guaranteed right to meaningful relationships.

...A guaranteed right to a place to return.

Genesis Alive August 2010

Falmouth Road Race

August 14th

Best of Luck!

Genesis Club, Inc.

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Club Hours

Monday 8:00 – 5:00
p.m.

Tuesday 8:00
– 7:00 p.m.
(1st and 3rd)

Wednesday 8:00
– 5:00 p.m.

Thursday 8:00
– 7:00 p.m.

Friday 8:00 –
4:00 p.m.

Saturday 10:00
– 2:00 p.m.

Sunday CLOSED



Team Genesis

Genesis Club is an ICCD Accredited International Training Base

The Road Thus Travelled

My name is Paul Fontaine and I would like to spend a few minutes talking about my experiences with Genesis.. While the year is only halfway through, I have gone through some significant changes in my life so far.

My father had worked with the Genesis program before he passed away. I didn't know much about the Genesis program, just that it was a program for people with mental illness. I didn't become reacquainted with Genesis until several years later, when I had moved back to Worcester.

I started with Genesis in the middle of October. The three-day orientation program was very informative and gave me a good overview of all seven units within the Genesis clubhouse. The second day of my orientation, Genesis members, including the orientees, took part in a large demonstration at the Massachusetts State House, protesting proposed budget cuts to clubhouse spending. After completing my three days, I considered at working in the Kitchen Unit, but I was also interested in Training and Development. (As one member of T&D put it: 'we have the best toys!')

I decided on staying with the Kitchen Unit. I have worked in several positions in food preparation and serving, so I knew my experiences would benefit me. I had been working in the kitchen three days a week, coming in at 8:00 a.m. working until 3:00 p.m. Working three days a week helped give my life some badly-needed structure and purpose. I have done a multitude of tasks in the kitchen: rolling silverware, setting tables, helping prepare meals, making coffee and desert, clearing tables, and washing dishes. A few times I have found myself helping the coffee shop in the morning serve early customers.

My best advice to new members

would be to get involved. It sounds very clichéd but, as with many things in life, what you get out of Genesis is what you put into it. Find a unit that interests you and take an active part in its unique tasks. Take pride in your unit, interact with fellow members and staff, and take a genuine interest in your unit's role and function.

I would also recommend that new members get an advisor and work closely with him or her. It helps if you select an advisor you feel comfortable working with. I have a good relationship with my advisor Ed Shindle and he has been integral in helping me get acclimated with the Genesis program.

In January of 2010, I started a part-time transitional employment with Quinsigamond Community College, answering the campus switchboard. The job is challenging and the money I earn supplements my disability income. It also has provided me with some additional structure and a sense of responsibility. My position will end in October, but I am already looking at other part-time opportunities, perhaps a full-time job, and possibly a full-time position at QCC.

I strive to do the best job possible at QCC, not only as a reflection of myself, but also a reflection of Genesis staff members Ken Bisson and Ronnie Margolis, who recommended me as a candidate for the position.

The most significant change in my life, as a result of working with Genesis, is that I got my own studio apartment in April. Earlier in the year, I was living in a local rest home. It was not an ideal place for me and I did not like living there. Unfortunately, the housing opportunities for adult males are very limited in the Worcester County area and I was not very optimistic about the chances of getting my own place to live through Genesis.

(continued on next page)



The Tour at Genesis

When people first arrive at Genesis, either through an arranged time with Membership, or just by walking through the front door and 'showing up', it's because they think that maybe the Club could be of help to them by becoming Members here.

Many people find out about the Club by staff/member teams from Membership doing peer support outreach at 8 East, the PTC, St. Vincent, or CHL. Meeting people in the hospital, and in the community, visiting, and offering a link to the Club when they are discharged, can be a very welcome invitation. Getting out of the hospital, or coming out of a rough time wherever you have been staying, getting to know that there are people and a place offering a community of support for you, can be pretty powerful.

I am sure that all members have stories about what the Club meant for them when they were looking for a *place to come, a place for meaningful work, a place for meaningful relationships, and a place to return to.* Sometimes, you don't even know what you're looking for, but you know you need something! By giving people a tour, Members share the Club with other folks who could use a hand. There are so many opportunities here, not just in employment and education, but in the friendships, community, and connections we make every day. Having **A PLACE** where you are welcome is great. When people take the tour, if they are interested, they can talk to Membership, sign up for an orientation, and become members!

More Than I Expected

When I was chosen to come here to Genesis Club for a 2 week colleague training, I did not know what to expect. I was unsure of what the training would be like or what would be expected of me.

But, now that I have only few days left, I am looking back with a great sense of satisfaction. All of the colleagues had a tour of Genesis Club and participated in discussions and heard many presentations. I was able to introduce myself with quite a few members in the Business and Research Unit, the unit to which I was assigned. I enjoyed editing articles for Genesis

Alive and helped a fellow colleague with filing projects.

I have worked with Jaimee Cline, my colleague from Nebraska, brainstorming as to what our goals should be for our Action Plan. Our Executive Director, Brent Anderson, joined us on Wednesday in order to finalize the Plan.

Many other special things happened, too numerous to mention here, which made this training memorable. I can definitely say it was more than I expected!

Denise Manuel,

Colleague from Cirrus House, Scottsbluff, Nebraska

Supported Employment

Nadia Ackerman Kate Barnett Kitty Berthiaume
 Peggy Blondin Chuck Campbell Pat Colonna Doug Cote
 Kourken Daglian Andrew Delano Peter Dixon
 Jack Grillo Peter Henderson Dan Legg
 Elliot Linz Christine Marrier Jim McDonald
 Karen Nelson Josephine Nigro Jennifer Whitney
 Steve Pelletier Michael Rice

Independent Employment

Jonathan Anderson Stephen Colbert Rachel Eisner
 Denise Hast Rick Laramée Jose Ortiz Laura Saylor
 Solomon Spencer Stephen Anderson
 Robert Derderian Becca Fisher Rita Hawthorne
 Jay Mantha Victor Poirier Karen Scala
 Robert Spiewak Laura Perkins Wendy Burdett Dave Doane
 John Fronczek Jeff Hibbard Joanna Marchand
 Mark Robie Francis Segbifia Robyn Thayer
 Bob Bureau Tom Duesser David Gendler
 David King Mike McAuliffe Scott Rocheford Eric Shaylor
 John Tretheway Rich Byrne John Dumas Bill Grassette
 Peter Clark William McNamara Edward Rodriguez
 Carl Sherer Pamela Wells Laurie Calabrese
 Kari Ellison Whitney Stockwell Rick Laguex
 Steve Satter Rebecca Smith Ziggy Wesolowski
 Andrea Gilligan Jennie Rodriguez Steve Nichols
 Phil Parsneau Rudy Leistritz Tim Payne

Way to go, workers!



Scott Desy

Lance Kucienski
 Jen Petrides
 Arianna Malick
 Kathy Huntington
 Katrina Erickson
 Dan Parker
 Paul Fontaine
 Jennifer Young
 Alan Lajoie
 LiLi Wang
 Dannie Perri
 Mike Rocheleau
 Lee Wells
 John Gasperski
 Jim Nelson
 Michelle Bullock
 Robert Dell'olio
 Jonathon Pearson
 Nora Johnson
 Jane Rudy
 Lee Hovsepian
 Liz Swallow

American Red Cross

Chartwells - Group Placement
 Chartwells - Group Placement
 Chartwells - Group Placement
 Chartwells - Group Placement
 DMH Area Office
 Mechanic's Hall
 QCC Switchboard
 QCC Switchboard
 UMass Program for CHR
 UMass Kitchen B.U.
 UMass Kitchen
 UMass Housekeeping
 UMass Housekeeping
 UMass Mailroom
 UMass Mailroom
 UMass Mailroom
 UMass Mailroom
 UMass South Street
 UMass South Street
 UMass Commonwealth Medicine
 Worcester Art Museum
 Worcester Art Museum B.U.

Opening Soon:

Chartwells - WPI, DMH Area Office,
 QCC - Dining Room Attendant, UMass Kitchen

Veteran Outreach

Genesis Club recently began a new outreach program to Veterans. The goal is to provide information to Veterans about the Club, and to offer opportunities for community, work, and education. The outreach is done at the veterans' Clinic. Every two weeks, on the 2nd and 4th Tuesdays of the month. People are invited in for a tour to

see if the Club might be something they would be interested in.

Clubhouses work on a partnership model between staff and members. In this case, Ruth, Cheryl and John Henry have been partnering with Paul Milke and Paul Letorneau, two Veterans, in presenting information at the clinic and helping with tour arrangements.

Best of Luck to the 2010 Team Genesis

In Falmouth Road Race!



Kitty Berthiaume

Aidan Bradley

Kevin Bradley

Wendy Burdett

Joel Corcoran

Edwin Carlson

Katie Carlson

Bob Caron

Sean Carroll

Benjamin Daggett

Megan Doherty

Michael Fay

John Gasperski

Diane George

Chelsea Graves

Matthew Knight

Ravi Krishaswami

Samuel Landsman

Brian McCann

Ryan Nixon

Edward Sanborn

Edward Shindle

Laurie Sturm

Jay Thistle

**Thank you for
Making Strides for Mental
Health!**

but I feared it would be a long time before that happened. But in late March, Housing Unit Manager Mark Buchanan told me of an opening in one of Genesis' apartments appeared and I pursued it. I am very grateful to Genesis for presenting me with the opportunity to lease an apartment.

While I am still with the kitchen unit, I have branched out into other opportunities not covered in Kitchen. I have started to write articles for the *Genesis Alive* newsletter and have also expressed an interest in working with the Film Club. In addition, I am would like to join the next session of the Wellness Club at Assumption College and am also looking to go back to school in the not too distant future.

So while I have done a lot with Genesis so far, there still remains a lot that I would like to accomplish. I look at the future with a variety of options, options that might never have occurred to me had I not joined Genesis.



Paul Fontaine

Kitchen Closing

The Kitchen Unit would like to let all members and staff know that on Friday afternoon, August 13, the Kitchen will be closing so that a new floor can be installed in the Dining Room. The project will take two days to complete so the Kitchen will also be closed Saturday, August 14. The Kitchen will be open for lunch Monday, August 16.

Paul Fontaine

A NEW NEIGHBOR

Bob H., a colleague is visiting for training from Granite State Pathways, a new Clubhouse in New Hampshire. Bob has volunteered himself to set up the housing unit component at Granite State Pathways. So far, he's learned about record keeping, computer work, home visiting, data entry, and everything else!

Bob also used to be at Atlantic

House in Quincy, so he has a lot of Clubhouse experience.

Granite House is in Manchester, NH. They are starting with 19 members. The director, Anna Rice, is also here, working in Membership, as part of the training. For right now, the Club is in a church business area, on two floors.

Bob is looking forward to getting back to Manchester to help Anna with engaging members and staff in the Clubhouse model.

Genesis Alive Meets every Wednesday at 2:00p.m. We are constantly seeking input and creative techniques to improve our newsletter.

Please join us!

Thanks to Genesis

It was at Genesis Club that I was told about the government program called Safelink which will provide a free cell phone with free 80 minutes a month with rollover. Genesis Club was where I found out about a place in Acton called HGRM which will provide you with free furniture and household items. Genesis also has a van that you can rent for \$25 to help you move. Need I say more about loving it here at Genesis Club? Our

particular House was founded in 1988 and serves as a model for other places all around the world that come to Genesis to study the operations and then go back to start up their own clubhouses. We welcome you to come and enjoy our Clubhouse. All you need is a referral from a social worker or psychiatrist. Give us a try, and we will call you to set up a tour date. Best wishes and good luck.

An Update from the Housing Unit

This month, the Housing Unit is simply bustling with activity. We are losing a Colleague, but we are gaining a new member. The unit regretfully says goodbye to Bob Heffron, a colleague from the Granite State Pathways clubhouse in New Hampshire, who now has to go back to his own clubhouse where hopes to implement improvements based on what he learned at Genesis. On a more positive note, Housing has a new member: Justin. Beth G. and Paul M. both started Transitional Employment jobs in the UMass mailroom, and we wish them both luck!

The Housing Unit is now managing and coordinating the van policy, so be sure to sign up to use the moving van in Housing. The "Thank you, legislator" phone calls were a success; not many politicians are used to being called by voters to actually THANK them (for keeping the Clubhouses budget uncut).

My name is Daniel Sargent.

I have been a member of the Genesis Club since 2004. I have gotten to know the staff and members both on a professional basis and on a personal basis. I have also developed some good friendships here at Genesis.

When I first started coming to Genesis Club, I was living in a rest home. If it were not for Genesis Club, I do not know where I would be right now. After coming to Genesis Club I became my own payee. I have been my own payee for six years. I have to thank the Genesis Club, as well as my ad-

vice sor Kevin Bradley for this.

The staff has been very helpful to me at the Genesis Club. I've let them come to know me both as a member and also letting them get to know on a personal basis as well. I can't say enough for Genesis club, it has saved my life.

I would like to end with recommending Genesis Club to people coming out of hospitals. It is very important to get connected here and also in the community.

Healthy Living

We have enjoyed the latest session of Healthy Living. We have welcomed new members and colleagues to learn about tobacco use and its effects on our health, wellness and lifestyle as well as the effects of stress, sleep, nutrition, exercise and medications.

Did you know that smoking a pack of cigarettes a day would cost about \$270 a month? That's over \$3200 a year. What else could that money be spent on? A car payment, a gym membership, a cell phone, a bike, a laptop or expand your grocery shopping to include more fresh fruits and vegetables.

Did you know that the addiction to nicotine is similar to those of heroin, cocaine and other drugs and that users become both physically and psychologically addicted.

Did you know that many apartment buildings are going smoke free and it is NOT illegal or discriminatory for them to do so. Second and third hand smoke can affect your neighbors and especially your pets who not only breath in the

smoke but may lick their fur and ingest smoke that has settled on their coat.

Our next Tobacco Free Day will be Thursday August 5th. If you are currently using tobacco we encourage you to try to not use while in the club that day. As always, many supports are available including patches, a peer to talk to and walk with, candy or carrot sticks to crunch on and a carbon monoxide meter

The Learning About Healthy Living Meetings are meant to be a supportive atmosphere where all member and staff can come to learn and discuss the effects of our choices on our health.

We look forward to seeing you there at 4:00 on Tuesdays!



Mental Health and Mental illness in the World

Dateline: The World

Asia: Cambodia: Mental Health Crisis Strains Cambodia

After years of traumatic civil war, genocide, and more civil war, Cambodia suffers from a high rate of mental illness and little treatment. This is despite a quickly growing economy.

For the full story, go to:

www.voanews.com/English/news/health/mental-health-crisis-strains-cambodia

Europe: France: France outlaws psychological violence in attempt to tackle domestic abuse

A law prohibiting psychological violence (primarily verbal abuse) has been approved by French parliament in an attempt to stem a rise in domestic violence. Killings from domestic abuse account for 20% of all murders in France.

For the full story, go to:

www.guardian.co.uk/world/2010/jun/29

North America: United States: Patrick Kennedy Says Military Veterans are "Being Held Behind Enemy Lines" By Mental Health Care System: Receives NAMI's Highest Honor

Patrick Kennedy pushes for reform in the military health system so that mental health issues are not only treated as 'episodic' but as medical conditions that may have to be treated over time.

For the full story, go to

www.medicalnewstoday.com

The World: Secondhand Smoke Associated with Psychiatric Distress, Illness

There seems to be some connection between second hand smoke and psychiatric distress, and the risk of psychiatric hospitalization in the future, according to a recent study.

For the full story, go to:

<http://www.sciencedaily.com/releases/2010/06/100607165625.htm?utm>

Australia: Kindergarten kids to be tracked for mental health

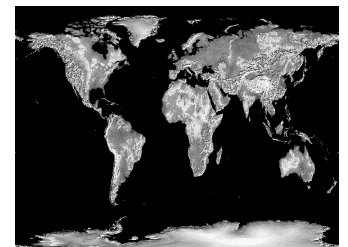
In an attempt to set up an 'early detection' system, a study is launched in New South Wales to track kindergarten students for the next 20 years in hopes of identifying early markers "that may be associated with the development of schizophrenia, bipolar, depression and other mental and social disorders".

For the full story, go to:

www.news.com.au/breakingnews

If you have any stories about "mental health and mental illness in the news" from around the world, please send a note and a URL to housing@genesiscub.org.

Thanks!



Hi! My name is Ellen.

I am a classic manic-depressive. My first episode was on my 27th birthday. My husband told me it took eight policemen to get me into the ambulance. My doctor gave me 18 shock treatments to get me out of my depression. Since then I've had about twenty hospitalizations. When I am manic, I hear voices and have had some visual hallucinations. I used to take off on my motorcycle and go to Logan Airport, thinking John Travolta was going to be there to meet me. But when I was a Christian nun for eight years I had no episodes.

When I was at St. Vincent's Hospital, Genesis Club came to visit. I immediately knew Genesis Club was what I wanted. I have been trained to be a Peer Support Specialist by the Transformation Center in Cambridge and even had a job through Advocates in Framingham. I was doing peer support at a group home with six women. I really enjoyed the work, but I found out that Social Security was going to cancel my SSI and Medicare so I had to quit. I came to Worcester to be near my

sister. So here I am.

I've only been coming to Genesis Club for about one month, but I am so happy here. There are so many helpful staff and members that have my experience so positive. Wonderful things go on here and the members have so many opportunities to participate in the clubhouse activities – including planning the events and helping in the day-to-day operation of the different departments. You choose your advisor and you also choose the department you want to focus with. It is also a very relaxed and laid back atmosphere, so people have a chance to serve at their own pace. There are even lots of computers you can use here.

Anyone looking for help – from something to do or help with housing, looking for a job, or getting help with furthering their education can find lots of help from the friendly staff and members who are always ready to spend time with you or refer you to other agencies that are specialized in various services.

From the Kitchen

Genesis had a holiday cookout on Monday, July 5. The event was very well-attended and ran very smoothly, due to the many staff and members that were working that day. The food served included hotdogs and hamburgers (regular and vegetarian), barbecue chicken, potato salad, macaroni salad, and watermelon.

The Kitchen unit has hired a cleaning company to steam-clean the kitchen, particularly the vents behind the stove and hard-to-reach areas. The cleaning was started in July and will be completed in August. The Kitchen Unit hopes to have the kitchen area professionally cleaned a few times a year.

Paul Fontaine

Recipe of the Month: Jamaican Meat Pie

- **One single deep dish pie shell, slightly under-baked and cooled**
- **1 lb extra-lean ground beef**
- **1 small green bell pepper**
- **1 small red bell pepper**
- **1 habanero or other equally fiery pepper, carefully seeded and minced**
- **1/4 cup pimento stuffed olives**
- **1/2 tsp coriander**
- **1/4 tsp nutmeg**
- **1/2 tsp thyme**
- **1/2 tsp cumin**
- **4 tbsp cider vinegar**
- **1/2 small can tomato paste**
- **1/2 cup water**
- **1 cup sharp cheddar cheese,**
- **salt and pepper to taste**



grated

adding all tomato

- 1. In a large skillet, brown meat, ingredients except water, vinegar, paste, cheese and pie shell.**
- 2. Drain and rinse meat mixture in a colander, using hot water. This will wash away most of the fat, leaving the flavor.**
- 3. Return meat to skillet adding remaining ingredients except cheese. Simmer about 15 minutes, until thickened.**
- 4. Preheat oven to 350 degrees. Fill piecrust with mixture, sprinkling cheddar evenly across the top. Protect edges of pie from burning by covering edges only with aluminum foil. Bake until slightly bubbly and light golden brown on top.**

CREATIVITY UNLEASHED



As I stepped into the Aurora Gallery on July 1st 2010, there was a bevy of excitement and a super-charged atmosphere between artists and patrons.

Genesis Club was overflowing with joy because it is their 1st Gallery showing.

All our friends were filtering in. People mingled in small groups, raving about the art work.

I was really attracted to an alabaster owl. An old friend of mine used to whittle and he made a wooden one, but I'd forgotten whether owls are good or bad omens.

As I walked along the Gallery walls I was impressed! Now, I guess I'll go down stairs and check out the music. Ross Murray surprised Ken Bisson when he heard someone playing the violin in the parking lot. He couldn't believe the talent that this member possessed. So Ken had Ross perform with the band. The band hadn't started playing, so back upstairs I went. Jonathan Marshand told me Kevin Bradley would be speaking momentarily.

The first person I saw when I came upstairs was Tim Bancroft, another Genesis artist. It was noisy, but now it was quiet on the set while Kevin Bradley spoke

Over 100 people were here and Kevin thanks Arts Worcester and Cyrus for letting us have the Gallery this year. Ninety

pieces of Art were on display until July 17th.

As I looked around I'm really proud to be a Genesis artist, part of the club and realize how many, many friends I have here!

By: Daisy A. Nichols

The Art Committee would like to extend our thanks for all those who supported "Creativity Unleashed." This was the first time most artists had the opportunity to display their work in a professional gallery! We look forward to the next art event and hope to have even more success. Thanks Again!

