

Genesis Alive February 2011

Genesis Club, Inc.
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Club Hours

Monday 8:00 – 5:00
Tuesday 8:00 – 7:00
(1st and 3rd)
Wednesday 8:00 – 5:00
Thursday 8:00 – 7:00
Friday 8:00 – 4:00
Saturday 10:00 – 2:00
Sunday CLOSED
Holidays 10:00 – 2:00

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

Board of Directors

<i>Officers:</i>	Walter Cunningham
<i><u>President:</u></i>	Jeffrey Hall
Charles Lidz, Ph.D	Jeffrey Geller, M.D.
Vice President	Joyce Greenberg
Tom J. Pier	Joseph Kraskouskas
<i><u>Secretary</u></i>	Paul Letourneau
Karen Kennedy	Thomas D. Manning
<i><u>Treasurer</u></i>	Thomas McCarthy, Sc.D.
Roy Bourgeois, Esq.	Kathie Metzger
<i><u>Past President</u></i>	Martha Pike
Patrice Muchowski, Sc.D.	Steven Rotman
<i>Officers at Large:</i>	Edward Sanborn
Roger Trahan, Jr.	Laura Blockel
William Tsaknopoulos	Jane Rudy
<i><u>Directors:</u></i>	Brenda Cole-Milner
John Casey	
D. Susanne Crapser	

Inside this issue:

FINANCIAL MANAGEMENT TRAINING

Are you interested in learning how to make the most of your money? Do you spend more than your income? Do you wish you could save more? Is your debt starting to pile up? Do you want to improve your credit? If any of these statements apply to you and you're dedicated to improving your financial wellbeing, then you're a perfect candidate for Genesis's new training on Financial Management. This training is a practical course and will take place every **Wednesday from 4-6pm starting March 2nd for six weeks**. Attendance is mandatory and there will be homework each week. This training will bring awareness and insight into your financial world. If interested in this training, please see Evan in Training and Development or Kimberly in Housing.



Supported Employment

Nadia Ackerman, UMass RTC
 Kate Barnett, DMH
 Peg Blondin, DMH
 Chuck Campbell, UMass Mailroom
 Pat Colonna, DMH
 Doug Cote, Chartwells WPI
 Kourken Daglian, Trader Joe's
 Andrew Delano, Trader Joe's
 Scott Desy, American Red Cross
 Katrina Ericson, DMH
 Jack Grillo, CMHSR
 Peter Henderson, UMass House-keeping
 Dan Legg, Pediatric Behavioral Health
 Josephine Nigro, DMH
 Karen Nelson, Trader Joe's
 Jim McDonald, UMass Research
 Steve Pelletier, DMH
 Michael Rice, NEBS
 Tim Stitis, Chartwells WSU
 Danielle Valcourt, UMass RTC
 Jennifer Whitney, UMass RTC

Independent Employment

Steve Anderson	Laura Blockel
Doug Blom	Robert Bureau
Richard Byrne	Steven Colbert
Patti Costa	Robert Derderian
Thomas Deusser	David Doane
Chad Dora	John Dumas
Rachel Eisner	Kari Ellison
Becca Fisher	Roland Gibson
Andrea Gilligan	William Grassetto
Linda Greska	Denise Hast
Rita Hawthorne	LuJuanna Hobbs
David King	Rick Lagueur
Rudolf Leistritz	Laurel Levine
Jay Mantha	Joanna Marchand
Mike McAuliffe	Will McNamara
Don Opoku	Phil Parsneau
Jamie Powell	Mark Robie
Scott Rocherford	Ed Sanborn
Steven Satter	Laura Lee Saylor
Karen Scala	Francis Segbefia
Eric Shaylor	Rebecca Smith
Robert Spiewak	Whitney Stockwell
Robyn Thayer	Claire Townsend
Debbie Ward	Pamela Wells
Ziggy Wesolowski	

EDUCATION

QCC

Cheri Clark
 Katherine Dedrick
 Chris Gazonas
 David Gendler
 Andrew Goodrich
 Lauren Hopper
 Derek Hunter
 Adam Kibbe
 Adam Monteith
 Christina Pattee
 Jane Rudy
 Maria Schoff
 Lee Wells



Training

Liz Swallow Sarah Lambert
 Peter Clark Will McNamara
 James Rodriguez Sue Baniukiewicz

GED/High School

Paula Johnson Liz Morgan

Baypath College

Laura Blockel

W.S.U.

Mike Duncan Chrissy Parissi

Lucas Ebbinghaus

Salter College

Danni Perrie Luis Walker

TRANSITIONAL EMPLOYMENT

American Red Cross	Noah Velton	UMass PCR	Mary Quill
Chartwells WPI	Ronnie Dale & Sammie Krause	UMass Mailroom Lake Ave	Paul Marescalchi Michelle Bullock
Chartwells WSU	Alex Clockadile & Keith Vaill		John Sinclair John Bridges
DMH	Stephen Herriage & Nora Johnson	UMass Housekeeping	Mike Rocheleau Lee Wells
Mechanic's Hall	Art Sneiderman	UMass Kitchen LRB	Frank Palacios LiLi Wang
QCC Switchboard	Sarah Lambert & Lee Hovsepian		Matt Hinds
QCC Dining Room	Maryanne Brignola	UMass Commonwealth Medicine	Jane Rudy
Saint Gobain	OPEN	UMass Mailroom South St	James Rodriguez
UMass CHPR	Paul Fontaine	Worcester Art Museum	Liz Swallow

Vibrant and Engaging Afternoon 50 Ways to Get It Done!!!

The Committee working on the plans for a 'fully vibrant and engaging afternoon' met in early January. The 50 ideas generated by staff and members were broken down into several categories, some of them Unit Specific. Each Unit was given a list, and asked to pick two or three things to try out over the next month or two. Here's how it went!

- Hold some work for the afternoon: *Training, Housing, and SAM*
- Prep for tomorrow at end of afternoon: *Business*
- Rearrange Unit Board: *Training, Business, Snack Shop, Membership*
- Outreach in the afternoon: *Career Development, Training, Housing, Membership, Kitchen*
- Long term goals for work: *Career Development, Business*
- Staff and members writing member goal plans: *Career Development, Training, Housing, Kitchen, SAM, Membership*
- More partnership over individual task completion: *Career*

Development

- Rotate jobs-what you do every day/Encourage people to try something new each day: *Business and Snack Shop*
- Take time in the afternoon to reorganize the member/unit responsibilities: *Snack Shop*
- Planning at end of day for next day: *Training, Business*
- Encourage people to try something new: *Snack Shop*

Also: Home visits in the afternoon, commonly forgotten work, and communication within the unit around member/staff engagement were mentioned.

The Committee agreed that units work on their white boards and WOD so that these can be accomplished. Units, especially those with *common goals* (see list above), should also compare and share ideas on what is working as they go!

A key point that emerged in the discussion was that **engagement** between staff and members is as important as work and having things to work on!

The next meeting is on January 25th at 2p.m. location to be announced!!

THE SPEAKER'S BUREAU

This month saw the beginning of a Speaker's Bureau at Genesis. Here is a quick Question and Answer about it.

Q. What the heck is a Speaker's Bureau?

The Speaker's Bureau is made up of a group of Genesis Club members who are living with mental illness, and who want to tell their stories to groups in the community. Members develop their 'speeches', and practice with each other and the group.

Q. What are the goals of the Bureau?

There are several goals. One is to educate groups in the Worcester community about mental illness by learning to tell their individual stories. How mental illness has affected us and our lives, and how we have worked to overcome it and live and work.

Also, we hope it gives members a chance to build confidence in public speaking to help with job interviews and presentations.

By developing and practicing a speech about ten minutes long, members can practice with each other, build confidence, and help 'stigma bust' in Worcester!!

Q. What groups are you thinking about having members contact and speak to?

We are suggesting the local police department, church groups, Psych Departments within colleges and universities, and AA/Al-Anon groups. But people are going to come up with ideas of where they would like to speak.

Q. How will these groups be picked and contacted?

The members themselves will come up with ideas, and will contact the groups. The Bureau will help members and staff, not only preparing their 'speeches', but also in setting up the event.

Q. How do I get involved?

There are meetings scheduled on Tuesdays at 3 p.m. Hope we see you there!

Mental Health and Mental Illness in the News

[id=18431](#)

Dateline: The World

New Zealand: Mental health and the media in New Zealand

As part of the World Mental Health Day in October (10/10/10), a special grant funded the writing and staging of ten plays dealing with mental health and mental illness.

For the full story, go to:

<http://psychcentral.com/blog/archives/2010/11/17/mental-health>

South Africa: the Link between mental health and HIV

People living with HIV and AIDS are at an increased risk of developing serious mental disorders. At a meeting of mental health professionals in Johannesburg, it was resolved that mental health interventions should be included with existing AIDS services.

For the full story, go to:

<http://allafrica.com/stories/201009090505.html>

Ireland: Psychological Impact of Recession 'Severe'

Research dating back over a century shows that in hard economic times, mental illness, severe mental health problems and suicide tend to increase dramatically. Fin Gael, one of the political parties in Ireland, asks that the government step up efforts and funding to address the issue.

For the full story, go to:

www.irishhealth.com/article.html?

England and Wales: A Survey of 2,000 Women and Girls Shows mental Illness rate to be Two-Thirds in England and Wales

Nearly a third of women over 18 have taken antidepressants to help deal with mental health issues. "Millions of women and girls are facing mental health problems and they are telling us that they are not getting the support they need."

For the full story, go to:

<http://seerpress.com/a-survey>

Nepal: more than half of 7300 suicides were women in 2010

The statistic demonstrates that most public money goes to mental health workers salaries, administrative costs and hospital costs, and not for the care and treatment of people in need of these services.

For the full story, go to:

www.speroforum.com/site/article.asp?idCategory

China: China tackles surge in mental illness

Surprisingly, due to an increase in the suicide rate of Chinese officials, a psychological evaluation will be part of the assessment for selecting senior government officials and leaders in the nations industries.

For the full story, go to:

www.nature.com/news/2010/101110/full/468145a.html

GENESIS CLUB SPRING BENEFIT CONCERT

Starring
Meg Hutchinson

“Genesis is something I dreamed of during my recovery and I did not know yet that it existed. There are so many months when you are beginning to get your feet on the ground, where what you need is a family, and that is what Genesis creates on a very large scale. We are lucky to have Genesis here.” - Meg Hutchinson

*A Step Forward for
Anyone with Mental Illness...*

Thursday, April 14, 2011

FIDDLER'S GREEN PUB 7 P.M. \$15

19 Temple Street, Worcester, MA 01604

WWW.FIDDLERSGREENWORCESTER.COM

Tickets available at Genesis Club, 274 Lincoln St. Worcester, MA
or at www.genesisclub.org
or by calling (508) 831-0100 #30

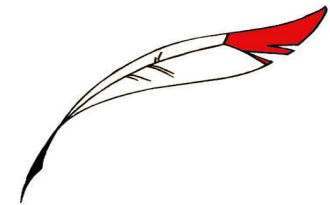
www.meghutchinson.com



Story of the Red Pen Part II In short, the simple pen wove together the pattern of our day. It was great that so many people mentioned how much they enjoyed the story of the red pen. It was interesting to watch its trip around the Club, from hand to hand, pocket to pocket, table to table, unit to unit. It might have helped with a signature on a form ordering gasoline for the van, selling a meal ticket, recording daily attendance, entering contact information, taking a message, writing a shopping list, jotting down a new friends email address or phone number...

BUT, the red pen has disappeared! I encourage people to look at home, in jacket pockets, dresser drawers, wherever, and return the pen, leave it on a desk somewhere, and slowly, quietly, walk away. Let's see where it pops up next!

-Walter Cunningham



**WELCOME COLLEAGUES
FROM
VENTURE HOUSE
AND
HARBOR HOUSE**

ARIZONA

January was a hard month for 'the stigma of mental illness'. The shooting of a US Congress woman and deaths and injuries to bystanders, the deed carried out by a young man with an apparent history of mental illness, called out for explanation. How could this happen? How could it have been avoided?

Many news stories, blogs and conversations blamed it on the parents, the college that would not let him return to class without a mental health assessment after his increasingly odd behavior, the mental health system itself, Sarah Palin and the Conservative Right, Fox News, the gun industry/business, a girl friend who jilted him several years before, mental illness, drugs... everything you could imagine was put forward as a reason **it** happened.

How could **it** have been avoided? Again, the mental health system came under attack. The idea of preventing anyone with a mental illness from purchasing a gun, to questioning why people who

are 'mentally ill' are not 'required to seek treatment', to linking mental illness with violence.

The reality is that people coping with mental illness are MUCH MORE LIKELY to be the *victims* of violence than to be the perpetrators of violence.

The media has taken a breather on the issue, and is now focusing on the coming legal drama. In general, news' stories say that more should be done to help people fight and overcome the stigma of mental illness, and be able to seek help without fear of social or legal repercussions.

At a recent Genesis Board meeting, a discussion of the topic led to the opinion that perhaps if the young man had a connection to a clubhouse, he might have had a community to support him. Because the first public indication that something was wrong was at the local community college, the Board asked if Genesis can make an extra effort to not only support members, but help Worcester's colleges and students be aware of Genesis as a resource.

-Walter Cunningham



OK, Show of hands...
Who's tired of snow?

Dual Recovery Anonymous



DRA Offers Support And Assistance To Individuals
Who Have A Dual Illness

Thursdays From 6:30 to 7:30pm at
Come Join Us!

Employment Dinners for February

February 1, 2011
Hearty Beef Stew
Salad
Dessert

February 15, 2011
New England Boiled
Dinner
Salad
Dessert

Guest Speaker
Danielle Valecourt

Happy Valentine's
Day!

Everyone is Welcome!