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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



### Board of Directors

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### 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 Alive May 2011



Massachusetts Clubhouse Coalition Employment Awards

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### 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 Club** is an ICCD Accredited International Training Base

## My Experience at Genesis

When I first arrived at the Genesis Club, I was known as “the intern,” now I’m glad to say that almost everyone knows me by name. For me to learn everyone’s name is an ongoing project, but believe me, I’m trying really hard! Over winter vacation during the month of December, I fiercely searched for internships and luckily stumbled upon the Genesis club last minute. When all else failed, I hoped that Genesis club would be the one and now I’m very glad that it was!

For those of you who don’t know, I am earning my Bachelor’s degree this May in Psychology from Worcester State University and I plan on going for my Master’s in Social Work (MSW). My decision to pursue an MSW was largely influenced, among other things, by my experiences here at the clubhouse. The experiences I have there go above and beyond anything I have ever learned in a classroom and I’m sure there is still so much to learn with the people I meet there. I must admit that I did not know anything about the clubhouse setting until I started coming here and I am so thankful that I was able to learn from the clubhouse training center itself – The Genesis Club!

Among all the other things that the clubhouse has to offer, one of the main goals is to fight the stigma associated with having a mental illness. Members are never judged or criticized and every member, regardless of the mental illness, has access to every aspect of the clubhouse. I’m sure this helps members regain a sense of achievement and empowerment – something that many may have thought they had lost a long time ago.

Working with people who have a mental disability, whether here at the clubhouse or during outreach visits, gives me a chance to hear many breathtaking stories. First of all,

I’d like to say thank you to all of those who felt comfortable opening up to me and sharing your stories. I really appreciate it. Some of your stories have nearly brought me to tears, but believe me when I say that it is because of your resilience and perseverance. One of the greatest lessons to be learned is that having a mental illness and needing medication does not make a person weaker and these things definitely should not be the defining factors of an individual.

In the few months that I’ve been interning at Genesis, I’ve encountered people of all different ages and with incredible success stories – stories that I’ve come to realize would not have been as successful without the help and support that the clubhouse offers. Genesis makes a huge difference for so many people, and I’m proud to say that I have been part of that experience.

I’m not sure how when my last day will be here at the clubhouse, but I can certainly say that regardless of when that is, I will carry my experiences and friendships made with me forever. Thank you to the clubhouse for opening its doors for me; thank you to the people who were so inviting; thank you to Member Services for including me as one of your own!

Sarah DeSouza



## **Supported Employment**

Nadia Ackerman, UMass RTC

Sue Baniukiewicz, CHL

Kate Barnett, DMH

Peg Blondin, DMH

Chuck Campbell, UMass Mailroom

Pat Colonna, DMH

Doug Cote, Chartwells WPI

Doug Cote, Wachussetts Fitness

Kourken Daglian, Trader Joe’s

Andrew Delano, Trader Joe’s

Karen Nelson, Trader Joe’s

Scott Desy, American Red Cross

Jack Grillo, CMHSR

Peter Henderson, UMass House-keeping

Alan Lajoie, Saint-Gobain

Dan Legg, Pediatric Behavioral Health

Jim McDonald, UMass Research

Steve Pelletier, DMH

Michael Rice, NEBS

Mike Rocheleau, UMass Memorial

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

Thomas Deusser      Robert Derderian

David Doane           John Dumas

Rachel Eisner         Kari Ellison

Becca Fisher          Roland Gibson

Andrea Gilligan      Willam Grassetto

Linda Greska          Beth Griffin

Denise Hast           Rita Hawthorne

LuJuanna Hobbs      David King

Rick Lagueux          Rudolf Leistriz

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

Sue Baniukiewicz  
Liz Barkus  
Michelle Barney  
Cheri Clark  
Alex Clockedile  
Katherine Dedrick  
Becca Fisher  
Chris Gazonis  
David Gendler  
Andrew Goodrich  
Derek Hunter  
Adam Kibby  
Stephaine Leonard  
Adam Monteith  
Christina Pattee  
Maria Schoff  
My Lien Nguyen



## Training/GED

Liz Swallow Sarah Lambert  
Peter Clark Liz Morgan  
James Rodriguez

## Baypath College

Laura Blockel

## W.S.U.

Mike Duncan Chrissy Parissi  
Lucas Ebbinghaus Mike Wilder

## Salter College

Danni Perrie Luis Walker

## Nashua CC

Alex Arsenault

## Chicago

Katherine Murphy

# TRANSITIONAL EMPLOYMENT

American Red Cross	Noah Velton	UMass PCR	Mary Quill
Chartwells WPI	Ronnie Dale & Sammie Krause, Sally Lockwood	UMass Mailroom Lake Ave	Michelle Bullock John Sinclair John Bridges Sean McCrann Kristina Hazard
Chartwells WSU	Luis Martinez, Keith Vaill	UMass Housekeeping	Michelle Bullock Tammy Sheff
DMH	Stephen Herriage & Jane Rudy	UMass Kitchen LR	Matt Hinds, John Mysliwicz
Mechanic's Hall	Art Sneiderman	UMass Commonwealth Medicine	Paul Milke
QCC Switchboard	Sarah Lambert & Lee Hovsepian	UMass Mailroom South St	James Rodriguez Candice Bordeur
QCC Dining Room	Maryanne Brignola	Worcester Art Museum	Liz Swallow
Saint Gobain	Kris Sheridan		
UMass CHPR	Paul Fontaine		

## The Intern

The intern in the Membership Unit is Sarah Desouza. Sarah is a psychology major at Worcester State University. When Sarah is not at the club, she is working at Bank of America or doing homework. Sarah came to Genesis by mere accident. While Sarah was looking at places to intern at, Genesis was last on her list. However, when she stumbled upon the site, she decided to give the club a shot. Sarah feels that her decision to go to Genesis Club was a lucky one. After graduation, Sarah has decided to go for her Master's degree in

Social Rehabilitation.

She is thankful to all the members and staff at the club that has made this experience such an amazing one. Sarah believes in the Clubhouse model, and is extremely impressed by the amount of support members are given. Also, how welcoming the club is and how every person is treated as an equal. Overall, she has had a very positive experience.

-Annie Perla

**Hello, my name is Nicole.** I am a new member of Genesis. I have only been a member for two months. I have been in the Career Development Unit. I will tell you a little about my past so you can know how far I have come in such a short time. I was in a hard place in my life before coming to Genesis. My illness started in high school, but was not diagnosed until the start of college. No one knew that I had started using self-cutting to relieve the stress, but slowly I was doing it more often. One day, I broke down to my mom and told her everything. That is when I started having more issues. I found myself in and out of Marlborough hospital's psych unit. I finally had ended up at the Partial Program for the third time. Then, one day, they handed a printout to me. I flipped through the packet, and thought "what the heck is this?" It was a pamphlet about Genesis Club. I was very interested. When they released me I promised that I would give this Genesis thing a try. I came in for a tour, and I was blown away. I fell in love with the place. I went through the paper work and orientation. Now, I come in everyday.

So what makes Genesis so great for me? I was isolating and had nothing to do. However, now I can get up and face the day. I love that I am finally appreciated by others. I do not feel like an outcast when I am here. I can be myself. The staff has already helped me to look past the bad things in life. When I get overly worried, the staff will help me though it. Another benefit of Genesis is that I am receiving help around employment and education. I have also made a lot of new friends. I cannot say enough good things about the Clubhouse.

-Nicole Halbert



Men's sauna in carpore saunas.

It's all Greek to me but those guys did have a valid point.

Healthy mind Health body = Wellness. I think of Wellness as if it were a garment I own and in which I once looked stunning in the past. Now after long periods of sedentary life, maybe depression and unintelligent eating habits I no longer fit into that once favorite, favorable garment. I have out grown myself. So what todo? I would say first and foremost, take your meds.

Youth alas cannot be recovered but sensibility can With some effort, will power, dedication and no soft drinks put away chips or sweets please read the labels watch your sodium lots can be achieved.

Some more tips - White is no good no white bread - rice - pasta - white sugar are no nos as today. Go for whole grain.

Eat smaller portions, Eat at least five raw fruit and veggies per day.

Also keep busy, move about. Couch potatoes are bound to end up looking like pieces of furniture.

Walk, Walk more. Walk home or to the club. Sometimes I'll take the bus then get off halfway and walk to wherever I am going.

It may suck at first but soon the endorphins will kick in and you'll start to feel so much better, healthier. who knows maybe you will - be able to fit into that once wonderfully your garment.

-James Rodriguez

**Hello and happy spring from the membership services unit.**

We would like to welcome some new members that have joined our unit. John. S, Tom. H, David. B, David. H and Renee. B. We would also like to welcome back a returning member , Pat. P.

We have recently updated the orientation board. Thanks to Andrea, Sarah, Ginny, Pat and everyone who helped in creating a piece of art.

We are also in the planning process of painting our unit. For those who might be interested in helping, please stop by.

Thank you to Sarah, an intern from Worcester State University for an outstanding job. We will all miss you.

At the same time we will be welcoming an intern from U-Mass Amherst, Jennifer H. Please come by and welcome her.

We are always looking to expand our outreach team. Membership services offer a community outreach training every Tuesday from 11:00 to 12:00 for those who may be interested in Peer Support/ Community Outreach.

We have started announcing tours in the morning meeting. Thank you to our tour guides, keep up the good work. For those who might be interested in shadowing an experienced guide please come see Membership Services.



## WALK TO END HOMELESSNESS!!!!

**Sign Up in Housing!**

**Where: Elm Park start and finish. Three Miles!!**

**When: Sunday, May 15<sup>th</sup>, 2:00 p.m.**

Cookout afterwards at the finish line! Live music! Last year, walkers raised \$8,200 to help the Central Mass. Housing Alliance provides housing and services to homeless people in Worcester, and raise awareness of homelessness.

## Saturday Socials

**May 7<sup>th</sup>—Franklin Park Zoo**

**May 14<sup>th</sup>—Brimfield Antique Show**

**May 21<sup>st</sup>—Harvard Square**

**May 28—Purgatory Chasm BBQ**

## Genesis Club Art Show

*Opening Reception June 23rd at the UMass Medical School Library For more information, please join us Mondays at 3 p.m. for the Art Committee Meeting!*



Artwork (clockwise): William Grassetto, Mary Quill, Timothy Stitis, Elizabeth Swallow, Richard Lagaeux.

## Mental Health/ Mental Illness in the News

**Dateline: The World – May, 2011**

### The World: Celebrity disclosure of mental health disorders raises public awareness

The actress Catherine Zeta-Jones recently announced that she has been diagnosed and is being treated for Bipolar disorder. Whether or not she becomes an advocate for the mentally ill, she has shattered the stereotype that you can tell if someone is suffering from a mental illness by appearances alone. Her self-disclosure, rather than through the press, also has opened up people's awareness and discussion of it as an issue, rather than as celebrity gossip.

For the full story, go to: <http://new.bangordailynews.com/2011/04/18/health/celebrity>

### India: Mind Snare

Urban mental illness is a huge problem in India, but in a recent survey by the Ministry of Health, an 80% gap of treatment was projected for the rural part of the country, that accounts for a vast majority of the population.

For the full story, go to: [www.tehelka.com/story\\_main44asp?filename=Ne15050coverstory.asp](http://www.tehelka.com/story_main44asp?filename=Ne15050coverstory.asp)

### Haiti: Researchers Focus on psychological Care for Haiti's Earthquake Survivors

Right after the earthquake in Haiti last year, the world's focus was on the physical/medical healing for the nation, and then rebuilding. But researchers caution about the need for planning and addressing the psychological damage to a population that has lost family members, homes and jobs.

For the full story, go to: <http://news.columbia.edu/earthquakes>

### Wales: Ethnic minorities 'face a mental health bias'

Awetu, Wales' only organization assisting minority people with mental illness, claims that mental health resources and treatment for minority people is discriminatory.

For the full story, go to:

[www.walesonline.co.uk/news/health-news/2011/04/18/ethnic](http://www.walesonline.co.uk/news/health-news/2011/04/18/ethnic)

### Taiwan: Rising number of people with mental disabilities in Taiwan: Interior Ministry

People with reported mental disabilities are on the increase in Taiwan. The rise in chronic mental illness and dementia is higher among women than men.

[www.disabilitynewsasia.com/home-mainmenu/1/666-rising](http://www.disabilitynewsasia.com/home-mainmenu/1/666-rising)

### USA: For people with mental health problems, care can be elusive

In any given year, more than a quarter of U.S. adults have a diagnosable mental health problem-from depression to bipolar disorder-yet fewer than half get any treatment. The statistics are similar for children. Many get care through their primary, mainly because it can be hard to get an appointment with a psychiatrist or a psychologist.

For the full story, go to:

[www.chicagotribune.com/health/la-he-healthcare](http://www.chicagotribune.com/health/la-he-healthcare)

### USA: New Hampshire: Mental health system is failing

U.S department of justice has issues a scathing report on the inadequacies of mental health services in NH. "(It's) mental health system is broken, failing, and in crisis".

For the full story, go to:

[www.nashuatelegraph.com/opinioneditorials/916250-263/mentalhealth](http://www.nashuatelegraph.com/opinioneditorials/916250-263/mentalhealth)

*Thanks to Mary Quill for sending in a story!!!  
If you see a story you would like in the Genesis Alive,*

## News from the CDU Unit:

- Congratulations to Luis Walker for graduating from Salter College in their EMT program!
- Congratulations to Luis Martinez for getting the TE at Chartwell's at Worcester State University!
- -Congratulations to Doug Cote for his new supported job at Wachusett Fitness!
- Congratulations to Alan Lajoie for his new supported job at St. Gobain's!
- Congratulations to Kristina Hazzard for her new TE at UMASS!
- Congratulations to Sue Baniukiewicz for her new supported job at Com-

munity Health Link!

**Attention Students attending QCC:** Need practice for your placement tests? The Transition Center is offering practice lessons for "Accuplacers." You do not even have to be enrolled! See the CDU for more information!

Genesis Club is again offering scholarships through the Sidney Baer Foundation for the summer sessions 2011. Again, see the CDU for more information!



## U.S. Clubhouse Coalition

Massachusetts has 32 Clubhouses. To help with advocacy (like going to the State House to demonstrate against funding cuts), sharing ideas and strategies, the Clubhouses in Massachusetts created a coalition so that they could work together on common things like funding, working with other organizations like NAMI, and putting together information for research.

Well, there are about 270 Clubhouses in the United States. Where Massachusetts clubhouses have a united voice so that they can deal with DMH and state government, many clubhouses do not. And even MA does not have a voice on the national level.

So, about a year ago, an organizing group for a USCC (United States Clubhouse Coalition) was founded. Club-

houses sent representatives to St. Louis last September, and 4 committees were formed of interested staff and members. The committees were: Evidence Based Research, Federal, State, and Alliances.

The Committees worked on these areas, and met again in late March in NY City. They presented their findings, there was discussion about the presentations, and plans were made to make the committees more available to Clubhouses' participation across the country.

In May, a newsletter will be distributed to all clubhouses in the US. Look for a copy in the lobby! Or got to K:Drive-a Common shared files-aUSCC Newsletter Folder. The newsletter will update members and staff on what is going on.

As the organization continues, it would be great for Genesis and other Clubs in Massachusetts to get involved!

On **May 21, 2011** thousands of citizens in Massachusetts will walk at **Artesani Park, Brighton** to raise money for mental health education and support programs, raise awareness of our state's need for a world-class treatment and recovery system for people with mental illness, and eliminate the stigma and stereotypes that surround these brain disorders.

The Walk also reaches out to new populations affected by mental illness; raises funds to provide local resources, programs and activities for our citizens; and builds a larger NAMI community.

Ask your friends and neighbors to join you as we walk for mental illness just as they ask you to walk for diabetes, heart disease, cancer and birth defects. People need to know that recovery from mental illness is possible with treatment. Our community is walking for mental illness just like other community walks for other illnesses, because mental illness is like any other illness.

When you reach out to all of your other social networks you are telling people that mental illness is an issue that is important to you or affects your family in some way – that message alone is a very powerful one.

When people hear that you are walking for mental illness, it gives them reason to stop and re-evaluate their own perceptions and prejudices about mental illness. When you stand up and say, 'I am walking in the NAMI-Walk – a community walk for mental illness and I would like you to join me and support this effort', it forces people to rethink their views. Mental illness touches people and families from all segments of the community and we ignore its indiscriminate nature at our own peril. When we step up and identify this issue as being as important as all the other community walks, we are helping change the way mental illness is perceived. The more people we engage in NAMI and the issue of mental illness through their involvement in the Walk, the more people there will be in the community that will know about NAMI at the very time that they or someone they know needs their programs and support.

Karen Gromis NAMI Boston WALKS  
Director



**April 14, 2011**  
*Meg Hutchinson performs for Genesis Club*

passion translates poetically to her music and she draws in her audience in a wonderfully intimate way. It was a great night of music and friendship.

Our first benefit concert was a huge success. We sold out all 200 seats, and, thanks to our friends and supporters, raised over \$6,000! Meg Hutchinson speaks and sings openly about her struggles with mental illness. Her com-

Thank you again to our sponsors: The Fay Family, Jeff Hall, Fidelity Bank, Fallon Community Health Plan, Glacial Energy, Clifford and Reno, JR Counseling, O'Connor's Restaurant, and the Worcester Hibernian Cultural Centre.



## May 2011 Employment Dinners

**Tuesday, May 3rd—Chicken & Shrimp Jambalaya with Sautéed Mixed Vegetables and Dessert**

**\*\*\* Guest Speaker Mike Rocheleau\*\*\***

**Tuesday, May 17th—Stuffed Pork Chips, Green Beans, Flavored Rice & Apple Sauce.**