

### 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
Holidays	10:00 – 2:00 p.m.

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The Genesis Club, established in 1988, promotes the partnership model of psychiatric rehabilitation (the Clubhouse). This partnership is formed when individuals, correctly identified as members, play a critical role in the overall operation and governance of the Genesis Club. Last year, 2009, the Genesis Club provided the following services to over 700 members: vocational training, employment, housing, social activities, education, a wellness initiative, a young adult initiative, and peer support.



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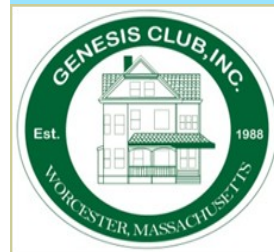
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Genesis Club provides members...

...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 ALIVE MAY 2010



Oslo has a famous sculpture park.

Tourists have pictures taken next to "The Angry Boy."

## We did it.....Norway

### OSLO, Norway

Evan and I went to Oslo, Norway on a post-site visit. Sometimes, clubs that come to Genesis for Training ask us to visit them about six months later to see how they are doing. We visited two clubs, Oslo Fontenhuset and Fontanhuset Oest. We helped with employment, education, wellness, etc.

The trip was great, and both clubs, one established and full of activity and people, the other only a year old, small, but busy, were following the action plans they developed at Genesis and they are thriving! We had great visits with both clubs, and all the staff and members

who have been here for training said to say 'hello'. We did have an adventure getting there. The trip should have taken about eleven hours, but because a VOLCANO erupted in Iceland. and a glacier started melting, there was a danger to airplanes because of the possibility of steam and volcanic rock in the air, the flight from Boston could not take off. When we finally **DID** get an ok to leave Boston, the Mechanics in Iceland went on strike, and we were stuck in airports, more or less, for about three days.

Coming home was easy. It was good to be back!

-Walter Cunningham

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The Kitchen Unit members and staff extend a hearty welcome to our new Unit members! Our unit took on some big projects in March 2010. From taking beautiful photographs of healthy foods for our book that will be published soon, to turning the baker's rack upside down to polish and clean it, we all have been very busy in our Unit.

We recently incorporated much needed projects into the afternoon work schedule in the Kitchen Unit. We redesigned our white board for much needed task space. We developed new systems for outreach and home visits. We also bought some beautiful new soup spoons from Westermans!

Additionally, two members and one staff spent almost an hour washing down the baker's rack where the spices are housed. We washed and reorganized the spice containers and moved the location of the rack itself. Moving the spice rack helped us to utilize more space in our unit. This has enabled us to put more spatulas, large spoons, and other big utensils on the hanging rack.

Our greeting cards outreach is up and going! We created cards for people celebrating March and April birthdays. We hope you had a happy birthday!

The dining room opens at 11:45 a.m. for lunch on weekdays. Please do not sit at the tables prior to this time. We thank you for your cooperation.

Happy Spring! We look forward to making our Kitchen Unit even more successful in the coming months!

**Supported Employment**

Kate Barnett	Andrew Delano	Christine Marrier	Josephine Nigro
Peggy Blondin	Peter Dixon	Karen Nelson	Doug Cote
Jack Grillo	Dean Parsneau	Luke Knowles	Chuck Campbell
Peter Henderson	Steve Pelletier	Pat Colonna	Dan Blake
Ed Sanborn	Kourken Daglian	Elliot Linz	Jim McDonald

**Independent Employment**

Jonathan Anderson	Stephen Colbert	Rachel Eisner	Denise Hast
Rick Laramee	Jose Ortiz	Laura Saylor	Solomon Spencer
Stephen Anderson	Robert Derderian	Becca Fisher	Rita Hawthorne
Jay Mantha	Victor Poirier	Aaron Scala	Robert Spiewak
Laura Perkins	Wendy Burdett	Dave Doane	John Fronczek
Jeff Hibbard	Joanna Marchand	Mark Robie	Francis Segbifia
Robyn Thayer	Bob Bureau	Tom Deusser	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	Peter Dixon
Rick Laguex	Mike Olivo	Steve Satter	Rebecca Smith
Ziggy Wesolowski			Andrea Gilligan



**Ginger Tea**

Good for what ails you from spring allergies to winter flu. Ginger contains volatile oils, digestive enzymes, and 12 antioxidants. which working together relieve symptoms of nausea, morning sickness, and motion sickness.

Anti-inflammatory in ginger can reduce congestion from colds and allergies, reduce pain from sinus headaches and sooth a miserable sore throat. For more information on ginger, Google: Ginger, health benefits.

**Ginger Tea**

1. Grind, chop or otherwise mutilate a three inch chunk of fresh ginger.
2. Boil ginger in two cups water, till flavorful. (About 10 minutes)
3. Add sugar to taste.
4. If too strong add more hot water.



**Way to go, workers!**



## Education

Jane Rudy	Paula Johnson	Michelle Bullock
Liz Swallow	Mike Rice	Paul Lewis
Kitty Berthiaume	Becca Fisher	Katherine Dedrick
Chris Gazonas	Laura Hopper	Juanita Wright
Jennifer Whitney	Robert Conn	Tim Stitisit
Arianna Malick	Jean Giancaterino	Maria Schoff
Jennie Belfield	Liz Barkus	Francis Segbefia
David Gendler	Alex Santiago	Jack Grillo
Lucas Ebbinghouse	Larry Gemme	Chris Noonan
Rich Byrne		

***Congratulations, students, on another semester down!***

## Transitional Employment

Scott Desy	Barry Boutelle	Tim Stitisit
Peter Kachadoorian	Yoshio Okano	Jen Petrides
Gerry Mariano	Kathy Huntington	Donna Ellis
Katrina Ericson	Kurt Wolfe	Phil Parsneau
Paul Fontaine	Jeremy Hill	Maryanne Brignola
Alan Lajoie	Lajuana Hobbs	Cherie Clark
Liz Swallow	Dannie Peri	Paul Marescalchi
Lili Wang	Nadia Ackerman	Nora Johnson
John Gasperski	Mike Rocheleau	Bob Dell'olio
Jim Nelson	Jane Rudy	Lee Hovsepien

## ***Healthy Eating -***

### ***Money Saving Tips***

One of the most commonly cited obstacles to eating right is the cost of healthy foods. While this is a very real issue, there are ways to get the most for your money. Below are just a few tips for stretching your budget.

**Be flexible when you shop:** Most people shop with a list or specific meal in mind. While a list is important and can help prevent you from buying unnecessary items, if an item on your list is too expensive substitute it. Boneless chicken may be high priced one week, but split breasts maybe on sale for half price, etc. Be open to saving money!

**Stock up on Bargains:** That boneless chicken you couldn't buy this week may be on sale next week for \$1.88lb. Buy what you can afford and freeze what you won't use right away. It's easier to separate meals before you freeze them. Dry goods keep very well. So the next time that stone ground whole wheat pasta goes on sale, buy some and save it for when that low sodium spaghetti sauce goes on sale.

**Do it yourself:** Cook! Soak the dry beans, they're cheaper and healthier. Chop up the meat and veggies yourself. Many people pay for convenience, can you afford to?

**Produce markets:** That small corner store usually has much cheaper fruits and vegetables than the supermarket.

**Food pantries:** Supplement your food supply with milk, bread, etc...from your local pantry. Sometimes the food you get may not be the most healthy choice, but if you have to eat something that's not ideal, you might as well get it for free and save your money for the healthy stuff.

**Sometimes it's what you don't buy:** Eliminate junk food and anything you don't need that week that's not on sale. Think about meat as one ingredient of the meal instead of the main course, and you won't need as much. If you shop for food and other supplies at the same time, take note of non-food items and don't count them against your food budget.

**Genesis:** Don't forget, we offer a balanced nutritious meal for \$1.50 at least once a day. If our main course doesn't fit your diet, ask about our options for the day.

Hopefully these tips will come in handy. Sometimes your budget may not allow you to eat what you want. In most cases, if you prioritize, you can eat what you need to meet your nutrition goals.



***JOIN TEAM GENESIS  
FOR  
N.A.M.I. WALK  
SATURDAY MAY 15TH***

## My Colleague Training Experience

You never know what to expect when you leave the comforts of your own home and clubhouse and travel hundreds of miles away. Will I fit in? Will I know what to do? Will their clubhouse feel like mine? Will I feel needed, wanted and expected like I do at home?

I am from Independence Center in St. Louis, Missouri. Our clubhouse is a little bigger than Genesis but our makeup is similar. We have a strong focus on employment and relationships and a dynamic work order day. We have diversity in our staff and members in addition to the places where our members are employed. Our unit meetings are similar and we like to celebrate with one another. We are also a training base like Genesis, and are proud of the history of the clubhouse movement. It's clubhouse.

I traveled with two others from my clubhouse and we met up with new friends at the Guest House, a true home away from home. At night we sit together and chat about our day, we challenge one another on philosophy issues and we even stop talking about clubhouse (for a bit) and discuss topics like video gaming and our families. Our camaraderie helps to strengthen our experience, and lessen the sadness felt from being away from our friends, family and routine. It's clubhouse.

Each of us picked a home unit – mine is membership. Lots of good stuff happens here, especially the outreach visits. What a great group of

people – Dave, Liz, Andrea, Arianna, Steve, Diane, Cheryl, Cathy, Lance, Kurt So many great stories and experiences to share and celebrate. It's clubhouse.

We visited UMass on a TE visit and met with John and Mike. Mike has worked in the mailroom on TE for almost a year and is just about ready to switch to another TE at UMass. He spoke sincerely about how Genesis has made a difference in his life and how the members and staff at Genesis are his family and a huge part of his community. After another TE, Mike wants support in seeking his own job. Though his journey is his own it's not all that different from other members at Genesis or around the globe. It's clubhouse.

We spent a part of the weekend acting as tourists while visiting Boston. Beth and George gave up their Saturday to be our tour guides and shared with us their own journeys. We laughed and had a great time eating Dunkin Donuts, dining at the Purple Shamrock, walking, shopping and just being together. At the end of the day we thanked one another and said, "See you Monday." It's clubhouse.

As we complete our action plans and anticipate our last day, we are excited about returning home to our families and routine, but are saddened by leaving our new friends here at Genesis. Thanks to each of you for your honesty, openness and time – it's great to visit a new clubhouse, make new friends and most importantly work side-by-side with others who are focusing on recovery. It's Clubhouse!

- Amy Clinton  
Independence Center

## Building Dreams May 2010

*'Building Dreams' is our effort to further Genesis Club's recognition in the community through tours, meetings, and various multi media interviews, events, and online initiatives.*

Since we started our community outreach program in 2008, we have met with over 400 individuals and businesses through tours and various events. We are constantly amazed at the pathways these new relationships are creating. Often reaching out to one individual will branch into great new opportunities for us. Last year we sent out a copy of our "Building Dreams" video to Jason Faber, a Vice President at Flagship Bank, after our annual fundraising event. We were hoping to invite him in on tour. While that tour did not materialize, Mr. Faber did let us know about a grant that his company's foundation had available. This past month the People's United Community Foundation presented Genesis Club with a check for \$15,000.



*Timothy P. Crimmins, Jr., Officer of the People's United Community Foundation and President of Flagship Bank, a division of People's United Bank (far right), Lynn D. Cantell, Growth Manager and Senior Vice President (center right), and Jason Faber, Vice President (far left) present a check to Kevin Bradley, Laura Perkins and Arianna Malik of Genesis Club, Inc.*

We thank the People's United Community Foundation for their generous grant of \$15,000. This money will be used to help many of our members pursue careers through our Career Development project. Established in 2007, the People's United Community Foundation was formed to help support programs and activities that enhance the quality of life for citizens in the communities that People's United Banks serves. With special emphasis on programs

designed to promote economic self-sufficiency, education and improved conditions for low-income families and neighborhoods, the funding priorities of the Foundation include: community development, youth development, and affordable housing.

That is just one example of how a contact grew into something very positive for our clubhouse. This past month, at the North Worcester Business Association meeting, we met with community members from **Allcom Credit Union, Body Therapeutics, Hoy Tire, Fords Hometown Services, Summit Forms, Cocard, and Puro Clean.** They were all impressed by our model. In fact, Body Therapeutics owner, Rob Caron is scheduling a time for his entire staff to visit Genesis Club. We've also sent out tour invitations and sponsorship requests to **Abbot Research, Unum, UMass Medical School and Hanover Insurance.**

Through a suggestion by Dan Sargeant, we wrote to the **Worcester Sharks** and Worcester Sharks Booster Club. We received free tickets, and had a great night out at the game. **Indian Lake Community Church**, after touring, has offered to hold a cookout for us. **Martha Pike** is serving a Tuscan dinner at her home and has invited us to speak. These are all individuals and businesses that we contacted because of suggestions from staff, members, family and our community.

After hearing an interview with singer/ songwriter **Meg Hutchinson** on NPR, Kevin Bradley, was so impressed with the intelligent and heartfelt way she addressed the issue of mental illness that he, his wife Nancy and Luke Knowles went to her CD release. After speaking with Kevin, and reading our annual report, Meg wrote to Kevin letting him know how impressed she was and wants to get together to brainstorm on ways she could help.

Our next Building Dreams tour is on May 12<sup>th</sup> at 10 a.m. If you would like to join us, or know of someone who might, please contact [jdillon@genesiscub.org](mailto:jdillon@genesiscub.org). You never know where it may lead!

# Mental Health and Mental Illness in the News

## Dateline: The World

### China: Increasing mental health problems challenging China's health service

In a recent random survey among 113 million individuals (about 12.1% of China's adult population, it was concluded that the actual percentage of people with a serious mental health or illness problem is about 17.5%, 10% greater than the official estimate.

### Global: Mental Illness, Redefined

Mental health experts have issued a new draft of the Diagnostic and Statistical Manual of Mental Disorders. The final version will be published in 2013. Hoarding has become a new diagnosis, for example. The overall number of diagnosis is about 300.

### USA: Mental health patients turn more to each other

Increasingly, people with mental health and mental illness issues find support with each other, people who have lived the experience. In some cases, peer relationships become the center of recovery, rather than the psychiatrist or the clinical environment.

### Australia: New mental health court begins work

An estimate is that a third of the people who show up in Melbourne courts suffer from a mental illness. The concept is to have a 'special court' for those who are suffering from mental illness.

### Ghana: More doctors training in psychiatry

Ghana, with three psychiatrist trained for the entire nation, in anticipating having seven newly trained psychiatrists soon. There are three psychiatric hospitals in the country, and last year they handled 95,533 new and old cases. This does not include people seen by community psychiatric nurses.

### France: France de-lists transgenderism as a mental illness

France has become the first country in the world to declassify transgenderism as a mental illness.



## Young Adult Update

April was a busy month for young adult activities in the clubhouse.

On April 7th, a group of about fifteen young adults met at Uno's Chicago Grill for dinner. The crowd was laughing, energetic and had a lot of fun sharing what was happening in their lives, while taking pictures. Half-way through our evening, we were already planning for our next get together, maybe a picnic when the weather warms up.

We talked a little about the effect of no longer having a weekly young adult meeting. It seemed that our young adults are connecting well and not feeling negative repercussions from ending the YA meeting.

On April 13th, Evan, Arianna, Beth, Paul and Emily attended the "Substance Abuse in Young Adults: Prevention and Treatment Seminar" held at the Worcester Senior Center. Dr. Zedonis has been involved for a few years around our healthy living initiative was also at this seminar.

Presentations included an overview on the "Stage of Change" a research project by young adult's about liquor store locations and advertising and a treatment programs for young adults.

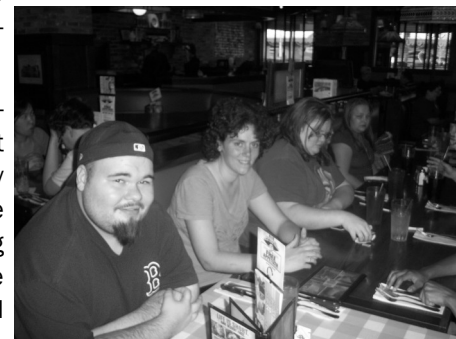
The stages of change was an interesting theory that says people think about changing for a long time before they actually take steps to make the change happen. The best chances of helping people take action happen when we meet people where they are at and don't make them feel pressured to

change until they are ready, but instead educate them about the pros and cons of a future with out their substance use.

It sounds lot like what we are doing in our Healthy Living meetings!

We look forward to a new month with more opportunities!

Listen in the morning meeting and check the *News at Noon* for updates on the Young Adult Research and Training Center and how to take part in a future research project.



## Journey Toward Recovery

In 2002 my journey towards recovery began at UMass when I participated in a pilot structured exercise program funded by the Health Foundation as a way to improve the overall health of Genesis members and longevity of their lives. Additionally, this also helped members increase their self perception within the community and even the perception they placed on themselves.

I was very successful in my attempt at being involved in my new adventure towards wholeness within a supportive and encouraging atmosphere. Later I again became involved in another Genesis wellness initiative. Again, I received member and staff involvement, which contributed to my overall health.

Before these two very successful endeavors, I had attended a well known gym. I felt like I was being treated like a big fat whale. I consequently quit and gave up entirely. That is till Genesis' first exercise program, where we aptly called our team "Genesis Pioneers", complete with our name on a t-shirt which I was proud to wear.

As an unexpected result of attending those two groups, both my physical and mental conditions began to dramatically improve. A new found positive attitude towards life, my community and especially me went a long way with a wonderful feeling of being alive. I became increasingly aware of a new freedom within myself that I just wanted more of.

Once this internal shift occurred, the absolute necessity to continue losing weight became apparent to me. I was morbidly obese. Instead of being despondent, I became resolute in pursuing my goals of weighing less and increasing my flexibility, personal strength and emotional growth. It wasn't long before I saw a nutritionist and started not a diet (which I always miserably failed), but a way of life. I learned to eat to live not live to eat and continue even today.

Since Genesis had both members and staff improving their weight and health, an extended goal was to increase their long range

health and a new program called Healthy Living began. Healthy Living not only taught and encouraged weight health, but had (at the beginning) a focus of being nicotine free. I attempted, yet again, to become free of the bondage of this destructive habit of using nicotine, in my case cigarettes.

When this group was started, it gave everyone, sometimes for the 1<sup>st</sup> time, a new tool to break the habit, Did I mention the fact that while trying to accomplish all this I still smoked, even while attending the Wellness Program? I would smoke both before and after healthy time at the gym, which ended up just being a waste of time and effort. I was often gently encouraged and supported because of my desire to quit smoking by members who were involved in the gym aspect of exercise.

I quit smoking yet again (I hope for the final time). However, at 8 months smoke free, I had strong cravings to pick up. Quickly realizing if I gave in it could lead to a slow, long and debilitating illness and that I needed support to stay quit, I attended Healthy Living meeting with the hope that I wouldn't give in. Healthy Living educated me in all aspects affected by nicotine. Stress, employment, housing, medication and many other areas that most people wouldn't connect to nicotine, including effects of 2<sup>nd</sup> and 3<sup>rd</sup> hand smoke (which is harmful to pets as well) are discussed at Healthy Living.

Now, I am still tobacco free and continue to exercise and eat healthy. I have lost 80 pounds and 10 inches off my waist. All of these successes, supportive exercise, the tobacco free program and even the nutritional part of my recovery, were and are being increased to improve my physical and mental health and is also a guarantee that I have given myself a chance in my journey to wholeness and the longevity of my life

I am very grateful to all members and staff of Genesis who are making this possible.

- Laura Perkins

## Spring into Spring 5K (3.1 Miles) Race Greendale YMCA

Saturday April 17<sup>th</sup> 8:30 AM

The weather for the morning of the race was raining and drizzling and it was cold. It was not a nice day for which we would have liked it to have been. There were a lot of runners and walkers that participated, even though the weather was not great. Genesis was great in participating. Out of our team we had an average of 21 runners and walkers between staff, members and friends. The first two Genesis runners that came in were Ed Shindle in 8<sup>th</sup> place followed by Jacob Thistle who came in 9<sup>th</sup> place. Sarah Price came in 18<sup>th</sup> place, followed by John Gasperski in 21<sup>st</sup> place. Next was Ed Sanborn in 25<sup>th</sup> place, followed by Kevin Bradley in 27<sup>th</sup> place. Genesis Club would like to thank all who partici-

pated in running and walking. It was great. The Genesis Team that participated were Ed Shindle, Jacob Thistle, Ed Carlson, Sarah Price, John Gasperski, Ed Sanborn, Kevin Bradley, Evan Gerrard, Laurie Sturms, Michael Duncan, Caroline Kopoyan, Edward Barnett, George Morrison, Marc Sawyer, Emily Sawyer, Alan Lajoie, David King, Andrea Gilligan and Walter Cunningham.

I also loved having the opportunity walking with Walter even though I came in 85<sup>th</sup> place and he came in 86<sup>th</sup> place. We never gave up even though I wanted to quit half way through, but Walter gave me the courage to keep on going which I did We both finished in over an hour and this was my first race and walk.

-Andrea Gilligan

## Genesis Club Art Show

**Coming Soon!**

**"Creativity Unleashed"**

**By Genesis Club Artists**

**Aurora Gallery Worcester, MA**

**July 1st – 24th, 2010**

**Please join us Monday's at 3p.m. for more information ~**



## Building Empowering Partnerships:

### An Intern's Experience

It is truly wonderful how networking, when all things go according to plan, leads the way to new opportunities. Through my work as an environmental activist, I happened to meet an astounding inspiring individual named Walter Cunningham. I later discovered that this same person was a member of the Genesis Club and this is where all my interests met a harmonious crossroads. In addition to being an environmentalist, I am also studying psychology as an undergraduate at Clark University and a light bulb went off when I discovered Genesis. I jumped at the first moment to get involved with the organization. Since starting in January 2010, my understanding and love for the Genesis Club has evolved in many ways. At first, the seemingly complex inner workings of the club were a lot for me to take in, but once I spent some time in the Membership Unit everything started to come together. What initially struck me was the completely horizontal way in which the members and staff worked together in the unit. I felt at ease when I realized no one was required to report to a superior and everyone was empowered and encouraged to maintain the clubhouse in their own ways in which they feel comfortable. Even better, everyone is

### Jennifer's Story

I have deep depression since I was a teenager. I used to cut a lot until I met Donny who is my husband now. We split for a while and my depression came back after my son was born and felt I had no help at all due to being in a verbal abusive relationship and began cutting again. Destiny brought Donny and I back together and we got married. When I didn't know what to do about my depression I

having fun while doing it. I have seen so many strong friendships and partnerships and, as a result, I have been able to learn so much as I work side-by-side with the members and staff. The effectiveness of this collaborative model is measured by the positivity and energy that I see every time I am at the club.

Another important function of the Membership Unit is the community outreach and providing the vital next step for those with a mental illness after leaving the hospital. To me, Genesis represents the missing link in the mental health field. Taking measures to spread the word about this oasis that is Genesis is extremely significant in giving people the opportunity to move forward and leading them to opportunities to find education, work, housing, and friends. I am so impressed by the network of support that is provided by the club. I am proud to have interned here and will remember all that I have learned as I near my transition from college to the working world.

Liz Demsk



began to use drugs to settle the depression, after a while that didn't work either I would sleep all day and be lazy. I learned about the Genesis Club which is my savior along with my husband and now I'm off the drugs and sober and I belong to Genesis so I want to say Thank you to all the members of Genesis and to my husband for saving my life and getting back on track with my life.

-Jennifer Young

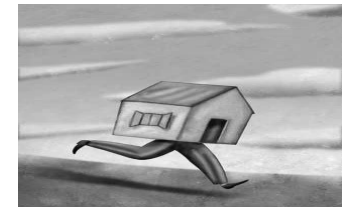
## Housing Unit Update

The Genesis Housing Unit would like to welcome our new members, Lloyd and Eileen. Lloyd grew up right here in Worcester. He is very excited to utilize the great services of the clubhouse. Eileen is a returning member; she is also looking forward to becoming involved here. A couple of years ago Eileen helped us to set up the data base, we're happy to see her again. We have another new member, John, who is excited to be with us as well. We would also like to congratulate Paul Fontaine, who will be moving into the Belmont Street apartments at the end of April. Currently, there are one bedroom

**Sunday May 16th, 2010**

**25th Annual C.M.H.A. Walk for Homeless**

**2 p.m. Elm Park Worcester 3 miles Rain or Shine**



### Interview with Emily

#### The Housing Unit

Emily is one of the colleagues attending a 2 week training at the Club. She and Tiffany (who chose Career Development), have learned a lot to bring back with them to Opportunity Center, in Pennsylvania.

Their Club has 196 members, 46 active members, 3 TE's Opportunity Center is seven years old, and continuing to grow.

For us, Emily is a first! The first Director to attend a training and choose the Housing Unit! One reason she chose us is that the members of their Club, being near a major college/university

apartments available on Lincoln St. Come and see us in housing for more assistance. The apartments are conveniently located on several bus routes. In other news, the 25th Annual C.M.H.A Walk for the Homeless is taking place on Sunday, May 16th. Registration is at 1pm at Elm Park in Worcester. The walk begins at 2pm., and starts and finishes at Elm Park. We would love for as many people to attend, so invite your friends and family. CMHA funds most of Genesis housing. It would be nice to have a big turn-out!

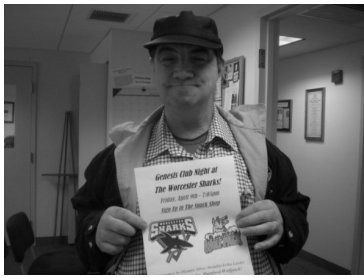
Thank you from the Housing Unit.

area, have trouble finding good housing, and they hope to start their own housing unit.

Emily sees the training as an important part of getting to know another club and meeting people; Clubhouses are a lot about exchanging ideas to do things better, and creating new and different opportunities to help members "flourish in their recovery."

Emily did not get out to see much of Worcester while she was here, but she really did enjoy seeing the city on home visits, and really liked the hospitality of being invited to visit member's homes. Between the unit, and the members in Supported Housing, we are happy that she felt welcome!

Members, staff and colleagues enjoyed a night of hockey this past month thanks to the Worcester Sharks. Dan Sergeant and Jaime Dillon wrote to the Sharks and in response they sent us 50 free tickets! The seats were right on the glass!



Nothing beats watching hockey from the front rows. Jaime and her family got featured on the jumbotron and couple of people were able to grab some t-shirts. Oh, and of course, the Sharks beat the Hartford Wolfpack.

## Training and Development

### May 2010

Every time clubhouses come to Genesis Club for training, they leave here with a detailed 'action plan'. These action plans are developed throughout their training. By working with advisors and with each other they take an honest look at their clubhouse and identify areas that need improvement. This past month we had four clubhouses join us and each left with some very good goals.

Capital Clubhouse came to us from Olympia, Washington and left with plans to work on their housing program. They struggle with a high rate of homelessness among their members and want to work identifying and developing partnerships with landlords and housing resources in their area.

The Opportunity Center of Bellefonte, Pennsylvania also wants to work on their housing program, and hopes to develop a four apartment housing program by April of 2012.

In St. Louis, Missouri the Independence Center will be focusing some extra energy toward their education program, giving it the same weight as their vibrant employment program.

Elm Brook Place joined us from Bedford, Massachusetts and left with a renewed sense of purpose to engage their member-

ship in the work order day. They will improve both the appearance of their clubhouse and the overall functionality and flow.

We look forward to our follow up calls in six months to hear about their progress and offer any additional help they may need in completing their goals. May is filled with one week trainings. The first is our Employment track, followed at the end of the month with Young Adult training.

On the development side of things we continue to work on our website, always adding new information and pictures. If you have any interest in video, we have started a film committee that meets on Fridays. Just this year we have had 2,263 individuals visit our webpage and we recently started a facebook page that is taking off fast. We hope to capture some video from around our clubhouse and at some of our events. We are always looking for ideas on new things to post on these very fast moving mediums.

Finally, following up on some great suggestions, we developed a series of 'elevator' speeches to describe briefly what we do at Genesis Club, and we now have business cards available that are suitable for both members and staff to use. Come on up and check them out!



## The Group Placement

As most of our readers know, Genesis has a strong employment relationship with Chartwells Inc. We have members working at WPI and at their food processing plant on Millbrook Street, in the form of our group placement. The group placement employs four of our members on Tuesday and Thursday for a total of six hours a week, at the rate of nine dollars an hour. The group is

encouragingly supported by four staff members who rotate with each other to ensure that the team gets all the support and encouragement as they feel they need. Also it should be noted that these staff members share equally in the work. The staff are Tony Sanders, Cathy Kotarba, Sarah Price, and Jay Thistle. Genesis members also rotate into the job. These members have included Ron Livingston, Peter Katchedorian, Mike Mintz, Melissa Malone, Mike Gonzales, Walter Morgan, Elizabeth Carbello, Steve Ellis, Gerald Mariano, Yoshio Okaro, Jennifer Petrides, and Kathy Huntington.



## DRA Update

### DUAL RECOVERY RETREAT

Organized by the Massachusetts Clubhouse Coalition

*With support from the Massachusetts Behavioral Health Partnership & MassHealth Behavioral Health Program*

Thursday, June 10 - Saturday, June 12, 2010

**Registration:** 10 - 11:30 am Thurs. June 10th  
*Lunch served at noon*

**Retreat Ends:** 11:30am Sat. June 12th

**Location:** Nichols College, Dudley, MA

For Extra support...  
Seeking Sanity- Tues. Nights  
6:30-7:30pm Adcare Hospital

~ **12 Step Study, Fishbowl Meeting, Seminars**  
~ **Fun includes Dance the Night Away and a Big Screen Movie**  
~ **Free time, computer access, games & prizes**

*(Applications are available in the Business Unit next to the DRA display board. They are to be filled out and returned to Kara before June 1st. Only 4 individuals are able to attend.)*