

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

October 2011



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 is an ICCD Accredited International Training Base

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.

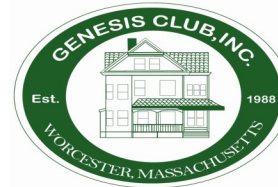


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**MASSACHUSETTS CLUB-
HOUSE COALITION**

Restructuring Retreat

This September, Genesis was host(ess) to the MA Clubhouse Coalition in Worcester. The Coalition, in a series of meetings this fall, is considering ways to make itself even more efficient and responsive to Clubhouse needs in Massachusetts.

Of the 32 Clubs spread all over the state, 22 sent representatives. Cheers to the folks from Daybreak Club on Martha's Vineyard who took the ferry, and then drove all the way to Worcester, to participate and have their voice heard!

Ruth, Kevin, Paul and Walt, who have been involved in the coalition work statewide in Employment and Advocacy, represented Genesis. It was a great meeting, and a lot was

accomplished as the coalition got feedback from members on everything from support of Clubs seeking accreditation, to payment of dues, to maintaining relations with DMH and the state government, to public perception of Clubhouses and the Coalition in Massachusetts.

Members were also vocal about being more included in the work of the coalition.

On a side note, Genesis coordinated the meeting, contacting Clubs about good meeting dates, locating a meeting place and even setting up an assembly line in the Genesis Kitchen to make 120 lunches (sandwich wraps, chips, water, and personally baked chocolate chip cookies, and an apple) **thanks again to the Kitchen Unit, and to all the volunteers-talk about cross unit work!).**

Supported Employment

- Nadia Ackerman, UMass RTC
- John Anderson, Chartwells WSU
- Sue Baniukiewicz, CHL
- Kate Barnett, DMH
- Peg Blondin, DMH
- Chuck Campbell, UMass Mailroom
- Pat Colonna, DMH
- Kourken Daglian, Trader Joe's
- Andrew Delano, Trader Joe's
- Scott Desy, American Red Cross
- Paul Fontaine, UMass CHPR
- John Gasperski, Chartwells WSU
- Jack Grillo, CMHSR
- Peter Henderson, UMass House-keeping
- Alan Lajoie, Saint-Gobain
- Dan Legg, Pediatric Behavioral Health
- Jim McDonald, UMass Research
- Karen Nelson, Trader Joe's
- Steve Pelletier, DMH
- Michael Rice, Chartwells WSU
- Mike Rocheleua, UMass House-keeping
- Tim Stitis, Chartwells WSU
- Liz Swallow, WAM
- Jennifer Whitney, UMass RTC



Independent Employment

- | | |
|-------------------|-------------------|
| Steve Anderson | Jay Mantha |
| Laura Blockel | Joanna Marchand |
| Doug Blom | Nick Mason |
| Wendy Burdette | John Meagher |
| Robert Bureau | Mike McAuliffe |
| Tom Bushnoe | Will McNamara |
| Richard Byrne | Don Opoku |
| Steven Colbert | Phil Parsneau |
| Robert Derderian | Jamie Powell |
| Thomas Deusser | Kaitlyn Reilly |
| David Doane | Mark Robie |
| Rachel Eisner | Scott Rocherford |
| Kari Ellison | Ed Sanborn |
| Becca Fisher | Laura Lee Saylor |
| David Gendler | Karen Scala |
| Roland Gibson | Francis Segbefia |
| William Grassetto | Eric Shaylor |
| Linda Greska | Rebecca Smith |
| Beth Griffin | Robert Spiewak |
| Denise Hast | Whitney Stockwell |
| Rita Hawthorne | Robyn Thayer |
| David King | Clair Townsend |
| Rick Lagueux | Debbie Ward |
| Rudolf Leistriz | Ziggy Wesolowski |
| Laurel Levine | |



Website Development Meeting

Every Wednesday @ 11am in T&D

Please join us with ideas and creativity to help re-design the website!

EDUCATION

Students at QCC

Alex Clockadile Katherine Dedrick
 Jesse Fortin Chris Gazonas
 David Gendler Andy Goodrich
 Matt Hinds Marlene Horner
 Derek Hunter Jon Johnson
 Luke Knowles Stephanie Leonard
 John Meagher Liz Morgan
 Jason Nurnberger
 MyLien Nguyen Josephine Nigro
 Christina Pattee Carl Thompson

Training/ Vocational

Liz Swallow James Rodriguez
 Peter Dixon Laura Perkins
 Paul Fontaine Cassie Herbert
 Peter Clark Lee Hovsepian

GED/High School

Nashawn Bridges Linda Gonzalez
 Stephanie Mazariegos Gezel Perez
 Kevin Stearns Engly Veth

Other Colleges

Alex Arsenault **Nashua C. C.**
 Eddy Arroyo **Westfield State**
 Michelle Barney **Assumption**
 Joan Burton **WSU**
 Becca Fisher **Landmark College**
 Kathan Murphy **Harry S. Truman**
 Sarah Northrun **Mt. Wachusett**
 Rebecca Smith **Harvard**
 Art Sneiderman **Assumption**
 Debbie Ward **Westfield State**

Transitional Employment

American Red Cross Noah Velton
Chartwells WPI Jesse Fortin, Carl Thompson, Andy Goodrich, Sally Lockwood
Chartwells WSU Robert Conn & Rich Castellanos
DMH Stephen Herriage & Jane Rudy
Mechanic's Hall OPEN
QCC Switchboard Cassie Herbert & Josephine Nigro
QCC Dining Room Jill Nelson
Saint Gobain Kris Sheridan

UMass PCR Backup: Joanne Paquette Open
UMass Mailroom Lake Ave John Sinclair, John Bridges, Sean McCrann
UMass Housekeeping Tami Sheff & Luis Martinez
UMass Kitchen LRB Matt Hinds, Juanita Jones, John Mysliwiec
UMass Commonwealth Medicine Pat Wolski
UMass Mailroom South St James Rodriguez & Candace Brodeur
Worcester Art Museum Ed Pietro

October Saturday Socials

October 1st- Garlic Festival

October 8th- Hammond House

October 15th- Fall foliage

October 22nd- In-House Café

October 29th- Imperial Buffet

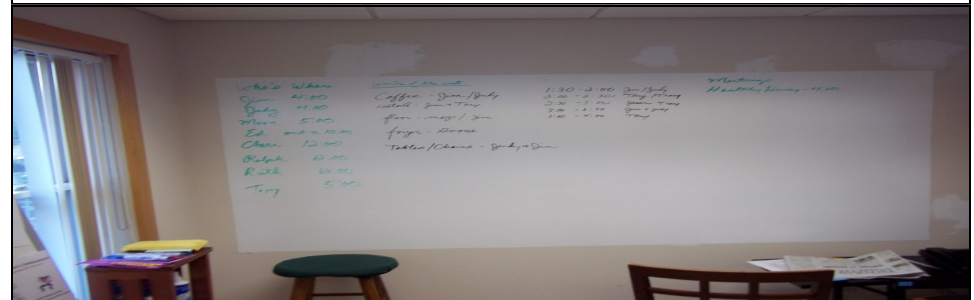
New White Boards

Genesis, always an innovator, recently tried a new concept in whiteboards. A local company in Ashland, MA, Ideapoint, has pioneered a process where an entire WALL can become a whiteboard (see picture of whiteboard below)

Evan, who visited Ideapoint, told the story of how *everything* there was a whiteboard – floors, desks, chairs, walls, doors...). People are invited to

write anything they want. It is a great selling tool, and it erases and wipes off clean. Training and Development, Housing, and the Café are all trying out the new 'white walls'.

What happens to the old white boards? Several clubs in need of whiteboards have been contacted, and we will ship the ones that are usable to them. Our old whiteboards are helping other clubs with their work-ordered day!



MENTAL HEALTH/MENTAL ILLNESS IN THE NEWS

**Dateline: The World–
October 2011**

Africa: Zimbabwe - Mental Health Incidents on the Rise

Officials in Zimbabwe are worried that there is a rise in reported mental health and illness incidents, attributed to trauma, joblessness, and drug abuse. Zimbabwe has a history of making statements and policies, and then not implementing them.

For the full story, go to:
www.thezimbabwean.co.uk/news/zimbabwe/5291

United States - Pets for Depression and Health

While pets are not a substitute for medications or talk therapy, the “unqualified love” pets provide, and the responsibility in having a relationship with them, can help to alleviate depression.

For the full story, go to:
www.webmd.com/depression

India: New Delhi – Yoga helps in treating psychiatric disorders

Yoga has been found helpful in treating mental illness. A study with schizophrenic patients found that the yoga group did better than an exercise group in areas like mental and behavioral disorders and social and occupational functioning.

For the full story, go to:
www.khaleejtimes.com/Displyarticle09.asp?/

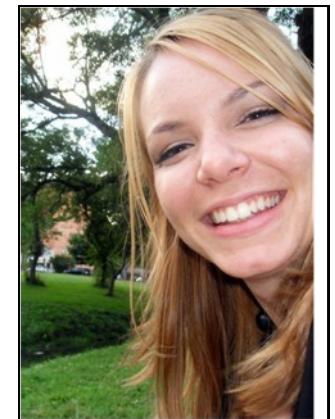
The World: Mental health not getting enough attention from UN

In 2000, the UN set Millenium Health Goals for countries around the world. Mental Health was not included in the planning and goals. The feeling is that the exclusion of mental health kept it from being taken as seriously as it should be.

For the full story, go to:
www.theworld.org/2011/09/mental-health

Interning at Genesis Club opened my eyes to rehabilitation, support and informal therapy outside sterile hospital walls. While interning I observe social relationships, helping individuals re-enter the working world and most importantly regaining the independence that they once lost. I know that the clubhouse model works, not only because I see it every week, but because the members come forward and say it does. I have been moved to tears many times listening to how much the clubhouse has changed members lives. I found that the members can establish strength by relying on other individuals that shared an understanding of their troubles. The understanding that members are yearning for is obtainable, but time-consuming. It takes more effort to listen than to speak, and after years of in-patient care and indifferent therapists they were only searching to be heard. They

are searching for a helping relationship that did not leave them feeling belittled, alienated or branded. These are some of the lessons that I have experienced while being here at Genesis. They are more important than any lecture or discussion section in my undergraduate career. After time with members and staff I now know what aspects of mental health care need the most attention. I will take this knowledge on to my graduate education and I would like to thank everyone at Genesis Club for the impact that they have created on not only my education and understanding but also on my life.



To see other stories such as Wendy's, don't forget to check out the quarterly newsletter!

Interning at Genesis Club

Wendy Pernal

After an initial tour of Genesis Club Inc. I was eager to start my first day of interning. Unsure of what this experience would bring, I approached the Victorian house with nervous apprehension. I had never worked with individuals diagnosed with mental illness before, but I was confident that it must not be too daunting, after all these were still just people. I could hear my research partner's voice when I mentioned wanting a counseling career. "Have you ever worked with anyone with mental illness?" His eyes were almost wide with concern rather than egotistical mockery. "Well no... I guess not in a clinical or formal setting." I stared back at my friend and colleague wondering what it was that he was trying to protect me from. "It's not easy and can be very emotionally taxing." This conversation played in my mind like a familiar melody as I began interning with Genesis Clubhouse in Worcester. Although I was only a few miles away from Clark University, where I am studying psychology, I became immersed in a completely different learning environment. The opportunity to work side-by-side with individuals with mental illness, has bestowed upon me precious experience that bolstered my book-born knowledge. Speaking with members at Genesis Club Inc. taught me countless lessons about individuals with mental illness. The most important of these lessons are those that expose flaws and failures in the mental health care system. Members were extraordinarily eager to tell me what they want from their mental health caretakers, as well as what they did not want. I knew that I could alter these patterns if I made a commitment to change mental health care.

United States: Exercise for Depression: How it Helps

Experts say that being physically active should be a part of depression treatment. Some personal trainers now specialize in being a mental health and physical health trainer.

For the full story, go to: www.webmd.com/depression/features/does-exercise-help

China: Is Mental Health in China Getting Worse

It is hard to generalize about mental health and an entire nation. But as China becomes increasingly 'modern', and individuals lose family and community supports they have had for generations, there may not be enough mental health resources to address the issues.

For the full story, go to: <http://psychcentral.com/blog/archives/2011/09/16>

United States: American Psychiatric Nurses Association Forms New Recovery Council

The Association has formed a Recovery Council to help psychiatric nurses work with individuals in recovery, and not just in treatment by "taking part in the transformation of the mental health care system by promoting the use of a recovery-based approach in the delivery of mental health services".

For the full story, go to: www.prweb.com/releases/2011/9/prweb8812058.htm



**Join us on
Columbus
Day!!
October 10th
10am-2pm**

Meet the New Staff and Interns



My full name is Ingyu Moon, and I would like to be called Moon. Moon is easy to remember and the best way to be popular. I am from South Korea (not North Korea). Cause, I can speak Korean and English I love playing basketball, tennis and any exercise. I also like singing and dancing. As many people know, I worked at Independence Center in St. Louis and then I

transferred my job to Genesis Club this September. The first time I heard about the clubhouse model I was about 8 years ago when I was in Korea. Of course, the first impression of the clubhouse was amazing and fantastic with work-order day, voluntary nature, TE, philosophy of the clubhouse. I am so proud to work at Genesis Club because Genesis Club is the world famous clubhouse and this a good place to learn how to build a strong clubhouse. My ultimate goal is to develop or help run a strong clubhouse in the future. I appreciate all members and staff who welcome and show warmth. I will commit myself to Genesis Club to go well on our mission and my best as always.

JB Younis

Intern in Career Development Unit. Endicott College Student, Psychology major.

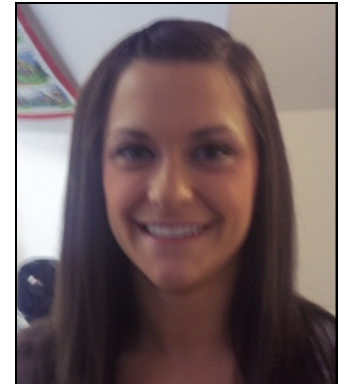
A few things about me: I was born and raised in Worcester, MA. I'm athletic but I'm very clumsy. I want to be a psychologist and a high school counselor. I'm a big Boston sports fan. I audition for theater when I have the time to commit myself to it. I have a black belt in Tae Kwon Do. I'm competitive, but am gracious in defeat. I aspire to be a pilot.



My name is **Ashley Kabasinsky** and I am an intern from Worcester State University. I am majoring in Psychology with a concentration in Mental Health Services. I am working in the Business Unit until December. I am looking forward to getting to know everyone and learning more about Genesis Club!



My name is **Lisa Murray** and I am a senior at Assumption College. I major in Human Services and Rehabilitation Studies and Psychology. I am interning in the Housing Unit at Genesis and am very excited to be here. I heard about Genesis through my school because Genesis has a great relationship with Assumption College. I am happy to be here and to meet all of you!



2011 BUILDING DREAMS BREAKFAST

November 10, 2011

7:30 a.m. to 9:00 a.m.

The Manor Restaurant

West Boylston, MA