

Genesis Club, Inc.
 274 Lincoln Street
 Worcester, MA 01605 USA
 Voice (508) 831-0100
 Fax (508) 753-1286
 TTY (508) 438-0466
 E-mail: training@genesisclub.org
www.genesisclub.org



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.

Genesis Club is an ICCD Accredited International Training Base

September 2011

Tobacco Free Environment

This month is an important milestone in the history of Genesis Club. Starting September 1, 2011 the club will become a completely Tobacco Free Environment. This means we are asking that no one smoke or use tobacco on the Genesis Club property; including the front walk, yard areas and parking lot.

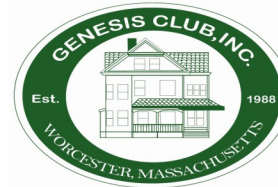
We are encouraging our members and staff that choose to use tobacco to please do so by taking a walk or smoking before they come to the club. Peer partners are available for support as well as Nicotine Replacement Therapy; gum, patches or lozenges if you would like assistance with quitting or reducing, ask your unit for help.

One more thing, please be considerate of our neighbors, by not loitering in front of their business or dropping cigarette butts on the ground. The Club will be purchasing a cigarette butt deposit to be placed near the front entrance. Please help keep our neighborhood clean.



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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Young Adult Picnic

As a new staff member to career development and also to the Transitional Age Peer Support (TAPS) initiative, I attended my first young adult evening picnic this past August. The young adult dinners bring members ages 18-25 and young staff together for a good time, where we share ideas, play games and enjoy good food. It's a good time to catch up with old friends, and also to make new friends. It also gives us the opportunity to catch up on how Young Adults have been involved in the clubhouse. The most recent young adult dinner was held at Greenhill Park and it was a potluck picnic. The clubhouse provided sand-

wiches, chips and water for \$1.50 and young adults brought juice, chips and deserts to share. A group of about 12 young adults and staff participated. We were prepared for everything... except for the rain and thunder that quickly pushed us under the gazebo, but it was a good time and the rain wasn't enough to ruin a pleasant time with each other. We are looking forward to the next young adult dinner and we hope to see more young adults participating... Young Adults, make sure your address is updated with us and keep an eye out for event invitations that are sent out quarterly!



Sarah DeSouza

Substance Abuse Awareness and Recovery Day

September 28th is the day that Genesis will focus on **Substance Abuse Awareness and Recovery**. Similar to Diabetes Awareness Day, information on the impact of substance abuse, the problems for people struggling with a mental illness or mental health issue and substance abuse, will be available in the lobby.

At 3 p.m., a Club Ed will be held, where members and staff will discuss ways that the Club has helped

and supported them in their struggles; the Club Ed will also open up the discussion on how the Club can help members working through a dual recovery (substance abuse AND a mental illness).

The planning for the September 28th is taking place every Tuesday at 3 p.m. in the second floor conference room. We would like people who have ideas on how to make a great information day to come in and be a part of what will make the 28th be a great day!!

Supported Employment

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



Independent Employment

Steve Anderson	Rudolf Leistriz
Laura Blockel	Laurel Levine
Doug Blom	Jay Mantha
Wendy Burdette	Joanna Marchand
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
Nicole Halbert	Robyn Thayer
Rita Hawthorne	Clair Townsend
David King	Debbie Ward
Rick Lagueux	Ziggy Wesolowski



EDUCATION

Students at QCC

Liz Barkus
Michelle Barney
John Briggs
Laura Brown
Cheri Clark
Katherine Dedrick
Chris Gazonas
David Gendler
Andy Goodrich
Matt Hinds
Marlene Horner
Derek Hunter
Luke Knowles
Stephanie Leonard
Jason Nurnberger
MyLien Nyguyen

Congratulations to Sarah Lambert and Laura Blockel

Training/GED

Liz Swallow Peter Clark
Peter Dixon Laura Perkins

GED/High School

Bill Lund Linda Gonzalez Kevin Stearns
Engly Veth Stephanie Mazariegos

Other Colleges

Becca Fisher **Landmark College**
Kathan Murphy **Harry S. Truman**
Alex Arsenault **Nashua C. C.**
Mike Duncan **WSU**
Mike Betters **Salter College**
Joan Burton **WSU**
Debbie Ward **Westfield**
Sarah Northrun Mt. Wachusett C. C.

Baer Foundation Awards

Fall 2011

Congratulations to the recipients of the Sydney Baer Foundation Genesis Scholarship!

Each semester, through the generous donation of the Sydney Baer Foundation, Genesis Club has been able to award scholarships to our members attending vocational or post secondary school. Maximum award is for \$1,500.00 which may be used for tuition and fees. This is usually enough to cover 2 classes at QCC. This year our winners were:

John Briggs – Engineering Business Management - Quinsigamond Community College

Matt Hinds –Computer Design - Quinsigamond Community College

Jon Johnson – Computer Graphics—Quinsigamond Community College

Josephine Nigro – Intro to Computers - Quinsigamond Community College

Art Sneiderman – Pharmacy Tech Certification - Assumption College

If you are interested in attending school for Spring semester please speak with your advisor and come see the Career Development Unit – we'd be happy to help you.

Congratulations to our scholarship winners and Good Luck to all our students in the coming academic year!

TRANSITIONAL EMPLOYMENT

American Red Cross Noah Velton

Chartwells WPI Open in August

Chartwells WSU Open in August

DMH Stephen Herriage & Jane Rudy

Mechanic's Hall OPEN

QCC Switchboard Cassie Herbert & Josephine Nigro

QCC Dining Room Open in August

Saint Gobain Kris Sheridan

UMass PCR Joanne Paquette

Backup: Open

UMass Mailroom Lake Ave John Sinclair
John Bridges Sean McCrann OPEN

UMass Housekeeping Tami Sheff & Luis Martinez

UMass Kitchen LRB John Mysliwicz
Juanita Jones Matt Hinds

UMass Commonwealth Medicine Open

UMass Mailroom South St
James Rodriguez & Candace Brodeur

Worcester Art Museum Ed Pietr
Backup OPEN

Salad Bar Statistics

1. Popular. Averaging 21 salad bars per day. 15-41% of lunches were salad bars for June and July.
2. People like that it changes, adding to variety, like that it's fresh-cut daily.
3. Very nutritious, and makes a balanced selection.



A New School Year

September 6th is the first day of classes for Quinsigamond Community College and Worcester State University. So far this year we have 32 students currently enrolled in post-secondary education, vocational training, GED courses or high school.

We have reinstated our weekly visits to QCC. If you are a current student with business to take care of on campus, want to help us introduce new students to the school or are an interested student and want to check out the campus please meet in the Career Development Unit for 11:00 each Wednesday. We return to the club by 12:30.

We will visit Worcester State University monthly. The regular visit day is to be determined so please listen for the announcement in morning meetings. Similar to QCC we will introduce interested students to the campus and current students are welcome to join us.

Throughout the semester we will also be scheduling Student Support Visits. These are designed specifically utilize a staff and student peer partner to meet our students at a time convenient to them and assist them with any issues they may be

having. We will help people go over their class syllabus, plan their study sessions and time management, connect them with tutoring services, help them navigate the various departments on campus or just chat about how classes are going. If you would like to schedule one, please let Career Development or your advisor know.

One last update, we ask for your participation to help track student supports this year. On Mondays the CDU will put a current student log in each unit's mailbox. We ask that through the week any supports done or updates about students be noted on the log. We will pick them up on Monday or you can return them to the CDU mailbox.



(continued from p. 8)

I can't say enough about the intelligence and kindness of the staff here. I work in the Business Unit (my personal choice, but there are many units to choose from). My advisor, Nina Campbell, who works in my unit, is invaluable to helping me make the best use of my time in the club, as is Lauren Baxter. All of the staff folks in each unite have been exemplary in their efforts to help me - with jobs, housing, and other issues. I am treated, finally, with respect. Interacting with the staff at Genesis is a pleasure for me.

The 9 a.m. meeting involving the entire staff are very helpful in setting

the tone for the day. They give me the days structure right off the bat. My days are very organized at Genesis which helps me greatly with my tendency to be a disorganized individual! I feel myself improving already in this area.

In the short, the clubhouse is fantastically engineered paradigm for people, who have been out of the work force for a long while and have certain mental health issues. In four years, this is the best choice I have made. I hope I can offer the club as much as they have already offered me.

Go Genesis!

Social Activities

On almost every Saturday, a staff and members of the Club go on different trips. We may attend a museum, go to the beach in the summer, hiking, have cookouts, and other outdoor and indoor functions. Everyone enjoys themselves on these trips. Anyone interested in attending these activities please sign up in the snack shop.



If you have any ideas for trips, please place your ideas in the box on the piano in the dining room or attend the social planning meeting on the first Thursday of each month.

A Perspective From a New Member

This past June, I was lucky enough to be informed about the Genesis Club by my advisor at Mass Rehab, Anne Star-syck. The idea of joining was very appealing to me. Anne described a good idea of what to expect at Genesis: she said I would be a good fit, would love the people here, and joining would add much needed structure to my daily life. Most of all, she said I could possibly find transitional employment at Genesis Club. It sounded fantastic. Well, she totally underestimated how much I would love being a member here, and it's only been three weeks!

My orientation was held on August 1, 2 and 3. I was slightly overwhelmed with all of the information and opportunities discussed (different units! Different advisors!) However, after the three intense days of orientation, by the third day I had already bonded with two friendly orientees. The three of us began exchanging personal stories and information, and were soon having lunch together. After that, I met many other club and staff members who were equally warm and helpful.

I became a member of Genesis as soon as I could, having John Henry take my photo I.D.! Once I got the I.D. in my wallet, I knew I was a bona fide member of Genesis, but had already felt that way from the last day of orientation. I immediately felt comfortable relating my personal stories of my anxiety disorder and bouts of depression to any number

of people, including staff, who are amazingly kind, friendly and patient, as well to fellow members.

Being able to open up about one's mental illness/ problems is really analogous to "coming out of the closet" and it freed me emotionally. I realize I can talk about these problems without any stigma or judgment being placed upon me at Genesis, and this enables me, in turn, to tell people in the outside world about my problems, too; at least a lot more easily and readily than I had done previously. As they say, "those that mind, don't matter and those that matter, don't mind." People here accept me for who I am and if I make a mistake, no one goes ballistic, making me feel discouraged. Instead, they make me feel encouraged by working through it with me.

I am not at all a morning person but now I am here on Monday, Wednesday and Fridays, bright and early at 8:15(yikes)... thanks to a fellow member who so generously offered to give me a ride to the club. I had been transportation challenged in that no bus route runs from my home to Genesis and I have no car. This member is enabling me to receive the full benefits of the club by driving me here in the early hours of the day. Like all of the members that I have met, this gentleman has made my life so much easier.

Before I came to Genesis a counselor told me to go last month.

I felt that old fear of the stigma of any suggestion of mental illness, but this time I felt a danger greater than any social stigma. I felt I had no past and no future, but now I wasn't really sure of the present. Nothing to hope for, nothing to live for-certainly nothing to love, and only at "good" times when depression seemed to miraculously lift, and I was never sure of how long that would be.

Guess I did live somewhat at these times, but not when I was "down." Those times I got out of bed in "stages." First, slippers, then brush hair a little-then make that "saving" coffee! Then sometimes I'd bring my cell phone right to bed to hear some people talk on a "meeting" of sorts, but I never joined in. That was my human contact for the morning. Then I'd run out to the

car, and ride endlessly most of the day. I would probably speak maybe three words! I lived like a black cloud was enveloping me and pressing me down at same time.

Genesis-I remembered from long ago. At the time, I felt the loss of my father and mother too. Genesis didn't mind if I came up, or just walked up by the funeral home. Sometimes I'd go up to the library, or just find someone to talk to for a minute. Later, I was encouraged to help in Employment next door in an old pleasant house. Anyway, this time I listened. Again, I feel I have something to hang onto, maybe like something solid to stand on, something that seems "firm" I guess.

-Jane Boggs

JOKE OF THE MONTH

They told me I needed new password 8 characters long.

I chose snow white and the seven dwarfs.



Job Seekers Workshop "Do the Job to Get the Job"

This past August, the Career Development Unit reformatted the Job Development meetings to better reflect the growing needs of our members regarding supported and independent employment. We changed the title to "Job Seekers Workshop" to create a more hands-on approach for members where essential job seeking tools and skills are developed. The workshop is also useful to help members better understand what type of employment may be best for them (TE, SE or IE). Some of the topics we've covered so far encompass developing a solid employment goal, resumes, interview techniques, and job seeking skills. We've seen our members' enthusiasm each week in the increasing number of those participating in the workshop.

We develop a solid agenda each week in the unit, but there is room for addressing and clarifying personal needs and questions of members regarding clubhouse employment. The workshop is held every Monday at 1:30 in the Career Development Unit and is open to all members interested in employment. Although we recognize many members' need for Transitional Employment, we do try to focus those participating in the workshop on Supported Employment and Independent Employment.

Join us each Monday at 1:30 and remember that it's up to you to "do the job to get the job"!



Sarah, Ken and
Paul

PICNIC IN THE PARK

Tuesday, September 13th Green Hill Park 5-7 p.m.
Bag lunches available on request!!!
Transport from the Club and back!

Join us for white ball



Wellness at Assumption

Genesis Club members have 20 passes each quarter to attend Plourde Center at Assumption College. We have access to gym equipment, the indoor track, the swimming pool (when there is a lifeguard on duty), the basketball court, and the sauna. You may be a participant, if you have medical clearance from your doctor. You can get a medical form release in the Cafe. The next wellness group starts in September and ends at the end of December.



Saturday, September 10th

5K Race

1 Mile fun Run

Join Team Genesis!

**Entry forms are available
in the Snack Shop.**

MENTAL HEALTH/MENTAL ILLNESS IN THE NEWS

Dateline: The World - September 2011

China: Depression Rates Higher in Wealthy Nations

A World Health Organization Study among people in 18 countries suggests that those in wealthier nations are more likely to suffer from clinical depression in their lifetime than people in poorer countries. However, rates of clinical depression are projected to grow globally as nations like China develop a stronger middle class.

For the full story, go to: <http://christianpost.com/news/depression>

Great Britain: Sub-standard rented housing is Blighting Britain

With cuts to the availability of subsidized housing, people struggling economically must resort to cheap housing rented out by landlords who do nothing about their tenants' neighborhood or environment. Stress factors can lead to mental health issues, and mental illness.

For the full story, go to: www.guardian.co.uk/commentsisfree/substandard

Ghana: Mental health bill to address stigma

Ghana has 12 practicing psychiatrists and 3 psychiatric hospitals for a population of 24 million. A new mental health bill, suggested by the World Health Organization, drafted in 1996 and only just passed, funds public education and awareness initiatives. Healers in prayer camps, often a refuge for the mentally ill, would get education and training specific to mental illness treatment.

For the full story, go to: www.irinnews.org/report.aspx?reporting

Canada: School kids who face depression need help from parents and teachers

The recent death of Rick Rypien, Vancouver Canuck hockey player, from depression, sent a message to parents and school officials to watch for warning signs and provide appropriate help and support.

For the full story, go to: www.vancouver.sun.com/opinions/school

NY City: Officials Work to Better Prepare Police for Interactions with the Mentally Disturbed.

A recent shooting by police of a mentally ill man in the Bronx has raised awareness that police need to be able to recognize and deal with mental illness. The address where the man lived had 150 calls to 911 in the last year alone.

For the full story, go to: http://bronx.ny1.com/content/top_stories/1453

Australia: Managers need help managing mental illness

In a national workplace survey, employees reported that they did not think managers and employers did enough to support individuals dealing with their own, or a family members mental illness. However, the good news was that 2/3 of the respondents reported that they had disclosed their situation to their manager.

For the full story, go to: www.heraldsun.com/au/news/breaking

