

The Club Gazette

January 2023

Blue Earth County Adult Mental Health Community Support Program Second Step Clubhouse Mission:
 Second Step believes that persons with mental illness have the right to reach their full potential and to have fulfilling and productive lives in the community.

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ADDRESS:
 421 E Hickory St. Suite 404
 Mankato, MN 56001

PHONE #
 507-304-4414

HOURS:
 1:00 to 5:00
 Monday - Saturday
 Closed Sundays & Holidays

WEBSITES:
www.sccbi.info
www.blueearthcountymn.gov
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Emotional Recovery from Psychosis: Trusting and Believing in Yourself Again

Recovery from psychosis typically requires medicinal and therapeutic intervention: medication to target cognitive recovery and therapy to help with emotional recovery. I believe that true emotional recovery is a gradual process and a personal journey that takes time and work beyond a written treatment plan.

Your whole world — and your understanding of it — can be turned upside down by a psychotic break when a “different” reality takes over. Afterwards, you might constantly question your current reality, remembering that a false reality forced you into a hospitalization and medication regimen. Maybe you recall how you said and did things that, normally, you would never do — so you doubt yourself and worry that other people doubt you, too.

Ultimately, psychosis can leave you feeling like your mind has betrayed you or been hijacked. You may feel at the mercy of your brain and chemical processes that medicine can help but not always completely fix. Amid all this confusion and doubt, it is understandable that you might worry if you can depend on your mind to function regularly ever again. You may even blame yourself, as it is nearly impossible for us to separate our minds from our authentic selves.

So, how do I define “emotional recovery” as someone living with serious mental illness (SMI)? Emotional recovery means accepting who you are after your episode, learning to trust yourself, believing in yourself again and feeling happy just *being* yourself.



ACCEPTING A NEW NORMAL

During my own recovery, one of the biggest challenges was how I constantly questioned, scrutinized and analyzed everything I said and did around other people — to the point where I could not enjoy myself around others. I was so scared of saying anything “off” or “unusual,” revealing to people that something was “wrong” with me or that I was still struggling with my mental illness symptoms. This fear was legitimate; my illness did not go away overnight — it took years of consistent medication use and counseling before I was completely out of the

JANUARY 2023

Sunday Closed	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 1:00 - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00
1 CLUB CLOSED	2 Club Open 1 - 4 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u>	3 Zoom 2 - 3 1:00 <u>Work Units</u> 2:00 <u>Club Meeting</u> 3 - 5 <u>Social Rec</u> 4:00 <u>Volunteers Mtg.</u>	4 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2:00 <u>Employment Discussion</u> 2 - 5 <u>Social Rec</u>	5 Club Open 1 - 4 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> <i>"Check-In on Past, Present & Future Projects"</i>	6 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 3:00 - 6:00 <u>Cindy Breck's Reception for her Art Show and Music on 5th floor VINE</u>	7 Club Open 1 - 4 1:30 
**** Happy New Year ****						
8 CLUB CLOSED	9 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Support Group:</u> <i>"How do you handle stress?"</i>	10 1:00 <u>Work Units</u> 3 - 5 <u>Social Rec</u>	11 Club Open 1 - 4 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2:00 <u>Relaxation</u> 2 - 5 <u>Social Rec</u>	12 Club Open 1 - 4 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u>	13 Club Open 1 - 4 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	14 11:00 Out to Eat Slim Chickens 2:00 Jodi Dickie's <u>Book signing on 5th floor of VINE building.</u> 1:30 Pfeffer
15 CLUB CLOSED	16 Martin Luther King Jr. Day CLUBHOUSE CLOSED	17 Zoom 2 - 3 1:00 <u>Work Units</u> 2:00 <u>Club Meeting</u> 3 - 5 <u>Social Rec</u>	18 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2:00 <u>Relaxation</u> 2 - 5 <u>Social Rec</u>	19 Zoom 2 - 5 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> <i>"Bring project from home or do a Clubhouse project"</i>	20 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Play the game:</u> 	21 1 - 5 <u>Social Rec</u> 1:30 
22 CLUB CLOSED	23 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Support Group:</u> <i>"Stigma - what does it mean?"</i>	24 1:00 <u>Work Units</u> 3 - 5 <u>Social Rec</u> 3:30 Mt. Kato for coffee or hot chocolate and watch skiers from inside.	25 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u>	26 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u>  2:00 <i>"Hair-Spray"</i>	27 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Play the game:</u> 	28 1 - 5 <u>Social Rec</u> 2022 Pool Tournament of Champions: 1:30 - 8-Ball 3:00 - 9-Ball
29 CLUB CLOSED	30 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Support Group:</u> <i>"What words are demeaning to Mental Health & why?"</i>	31 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	Sign-up required for those activities listed in BOLD. <i>Days scheduled to open 1:00 - 4:00 are covered by Clubhouse Member Volunteers. Please thank you Volunteers for keeping the Club open.</i> *** More Zoom activities will be scheduled when we get our new Zoom equipment installed ***			

woods. So, I lived in fear of being misunderstood.

I'm in a better place now where I feel more confident, but that progress required a big step: accepting that I may never be exactly "the same person" that I was before psychosis. I am beginning to believe my new normal is right for me for this time and place in my life. I have come to believe that part of emotional recovery is realizing that adapting to a new normal makes you a survivor — and you should feel proud of that. It's ok if you are not the same person you were before psychosis. Maybe you were always intended to become the person you are now.

TRUSTING YOURSELF

Trusting yourself is key to your quality of life — but it can be hard to trust yourself when your mind has failed you. Your mind controls everything you say, do and think. It controls your direction, your safety and how you present yourself to other people. Unsurprisingly, then, losing control of these processes and behaviors can create a sense of distrust. This can easily lower self-esteem, compounding any existing mental health issues.

To develop authentic trust in myself, I had to be patient and wait for positive experiences to build upon each other to strengthen my confidence. One successful situation, like navigating conversations in a group of people, gave me more motivation and confidence to take on another. Eventually, I felt more comfortable being myself, and I began to relax. When a situation did not work out well, I had to give myself grace and trust that the next opportunity would be different because I was improving. I had to believe in my ability to return to the life I once knew.

BELIEVING IN YOURSELF

Trusting and believing in yourself go hand in hand, but believing in yourself takes the process a step further to finding empowerment. Your ability to believe in yourself and choose life, with all things considered, is a choice that can't be taken away from you. Believing in yourself gives you strength and enables you to do what it takes to recover.

To recover, I had to believe that I have value as a person, and that I matter, even if I have a stigmatized diagnosis. I had to realize that even though I had experienced something that most people are afraid of and don't understand, my life could still be redeemed, and I could have a future. Sometimes, I struggled to convince myself that I could have a future, but I decided that, deep down, it was better to try and fail than to not try at all. You have to believe in yourself to persist against the odds and possess a relentless hope that you will succeed.

WANTING TO BE YOURSELF

It is so easy to feel like a human anomaly when going through a psychotic break (or recovering from one). It can be tempting to look around at everyone around you and tell yourself that they are "normal" and you are not. It can be so easy to ask, "why me?" and "why am I being singled out like this in a way that is so bizarre?" You may feel like your life isn't good enough or you might even wish to have a life other than your own — one that feels less "flawed" or ridden with social stigma.

I felt all these things for so long. For the first time, though, I can say with confidence that it is good and right to be me. My life is not a mistake — and good things have come out of my life that outweigh the bad. I can never truly make sense of what happened to me, but I have finally let go, because I have too many other great things to hold onto that are pulling me forward.

Emotional recovery from psychosis is so vital, yet not always emphasized. Trusting and believing in yourself again is one in the same with this healing process. It is an inward journey guided by patience with and love for yourself.

Sarah Ryan is a writer covering mental illness topics like stigma, recovery and hope. She is a survivor of schizophrenia, and she is now a wife, mother and proud owner of two Pitbull rescues. She is also an ongoing NAMI Wake County blog contributor and NAMI Connection support group facilitator in North Carolina.

Second Step Clubhouse will continue with precautionary measures to help minimize the risk of COVID-19, Flu, and RSV transmission. These measures will be subject to extension or change as needed.

Please help to keep the Clubhouse a safe environment for everyone.

Clubhouse Program protocols will be reviewed on a month-by-month basis:

- **January Schedule:**
 - * Monday through Saturday 1:00 to 5:00 / Closed on Sundays and Holidays.
- **Health Screening** – Please review the health screening questions when attending in-person and then check the box next to your name when signing in to indicate that you have reviewed them.
 - ⇒ If you tested positive for COVID, stay home for at least 5 days.
 - ⇒ If you were exposed to COVID, wear a mask for 10 days around people.
- **Masks** - Are welcomed at the Clubhouse but will be required if you have been exposed to COVID.
- **Transportation** – For the month of January, we will provide rides to Clubhouse activities in the community.
- **Snack Bar** – The snack bar will remain open for the times posted.
- **Food & Beverage** - You can bring in your own beverage and snacks. No eating food items while playing games or while using the computers. Check with Clubhouse Staff if not sure.
- **Cleaning, Handwashing & Sanitizing Protocols** – Members and staff together will continue to keep the Clubhouse environment clean and sanitized.
- **Games** – Members may continue to play games and follow cleaning protocols when any games are played.

Zoom Options – The Clubhouse will continue to offer **limited Zoom** options for specific activities such as; Clubhouse Meetings / Employment Discussions / Creative Expressions / Support Group / Relaxation Group / and Stretching Group. (check calendar for details)

When we get our new Zoom equipment installed, we will be able to offer more Zoom times soon.

May 2022

Are you interested in working?



What is IPS? Individual Placement and Support (IPS) is an evidence-based model of supported employment for people with a mental health diagnosis. IPS helps people find competitive, integrated jobs that match their interests and offers an individualized level of support throughout the employment process.

Who qualifies for IPS services? To qualify for IPS, individuals need to be referred by County Case Managers in Le Sueur, Nicollet, Blue Earth, Brown, or Sibley counties and must have a documented mental illness.

Every person who wants to work is eligible- People are not excluded for any reasons such as legal history, symptoms of mental illness, decisions about treatment, substance use disorder, cognitive disorders, homelessness or unstable housing, or past problems with employment.

Join a Job Club meeting with an IPS Employment Specialist to learn more.

Second Step Clubhouse (Blue Earth County)

- Wednesday, January 4th at 2:00
- Wednesday, January 18th at 2:00

Can't make a meeting? Contact Abby directly.

Potential Topics of Discussion:

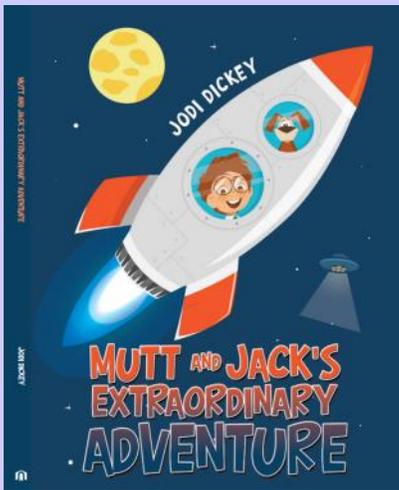
- You are not able to work at this time. How can you prepare yourself for work in the future?
- When is it appropriate to disclose a personal disability to an employer?
- You are on disability and considering employment but are concerned about losing your benefits.



Contact Information:
 Abby Frantsen
 IPS Employment Specialist
 Phone:
 507-420-1271
 Email:
afrantsen@mymrci.org



Jodi Dickey, Second Step Clubhouse Member, will have a book signing reception on Saturday, January 14th from 2:00 - 3:00 at the VINE Building on 5th floor.



My book title is "Mutt and Jack's Extraordinary Adventure". The book genres are Sci-Fy/Fantasy/Adventure/Mystery. It appeals to both adults and children.

My book can be ordered from AuthorHouse.com click on Bookstore, and in the search field, enter my name Jodi Dickey, and my book will pop up for selection. This is for the softcover version of my book. If you prefer to order the e-book, it is available on Nook and Kindle.

**** Jodi is looking for any Clubhouse Members that could come up and help her set up 1-2 and clean up. ****

Cindy Breck, Second Step Clubhouse Member, will have here acrylic portraits displayed on 5th floor of the VINE building from January 5th to February 9th.

Cindy would also like to invite you to attend the opening reception on Friday, January 6th, from 3:00 - 6:00 on the 5th floor of the VINE building. She will be playing guitar and singing original songs along with some new ones she has recently written.

(example of her self portrait that will be displayed along with many others)

