

# The Club Gazette

## SEPTEMBER 2021

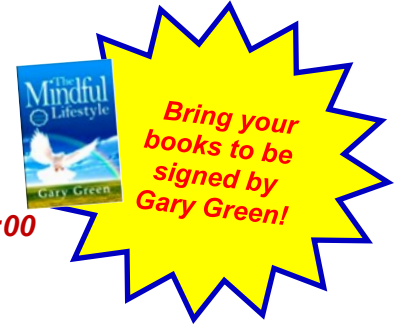
Blue Earth County Adult Mental Health Community Support Program Second Step Clubhouse Mission:

*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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## SCCBI STAKEHOLDERS MEETING

September 9, 2021



### FIRST FLOOR LOBBY

12:30-1:00 REGISTRATION *Closes promptly at 1:00*

### AGENDA

### GRAND HALL

- 1:00-1:05 WELCOME & INTRODUCTION.....Mike Hildebrandt
- 1:05-1:45 MINDFULNESS IN RECOVERY.....Gary Green, Author
- 1:45-2:20 **BOOK SIGNING by Gary Green and BREAK**
- 2:20-2:30 PERSONAL RECOVERY STORY.....Carol Suemnick
- 2:30-2:45 PERSONAL RECOVERY STORY.....Teri Herder-Blahnik
- 2:45-2:55 10-COUNTY ACTIVITIES UPDATE.....Lois Cummings & Mary Jo Giefer
- 2:55-3:10 PRESENTATION OF TAMRA ROVNEY AWARD.....  
Amy Haas, Angela Youngerberg
- 3:10-3:30 ADJOURNMENT — SURVEY COLLECTION / GIFT CARD DISTRIBUTION

### **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](http://www.sccbi.info)  
[www.blueearthcountymn.gov](http://www.blueearthcountymn.gov)  
[www.namimankato.org](http://www.namimankato.org)

**For the health and safety of all, FACE MASKS WILL BE REQUIRED at this event.**



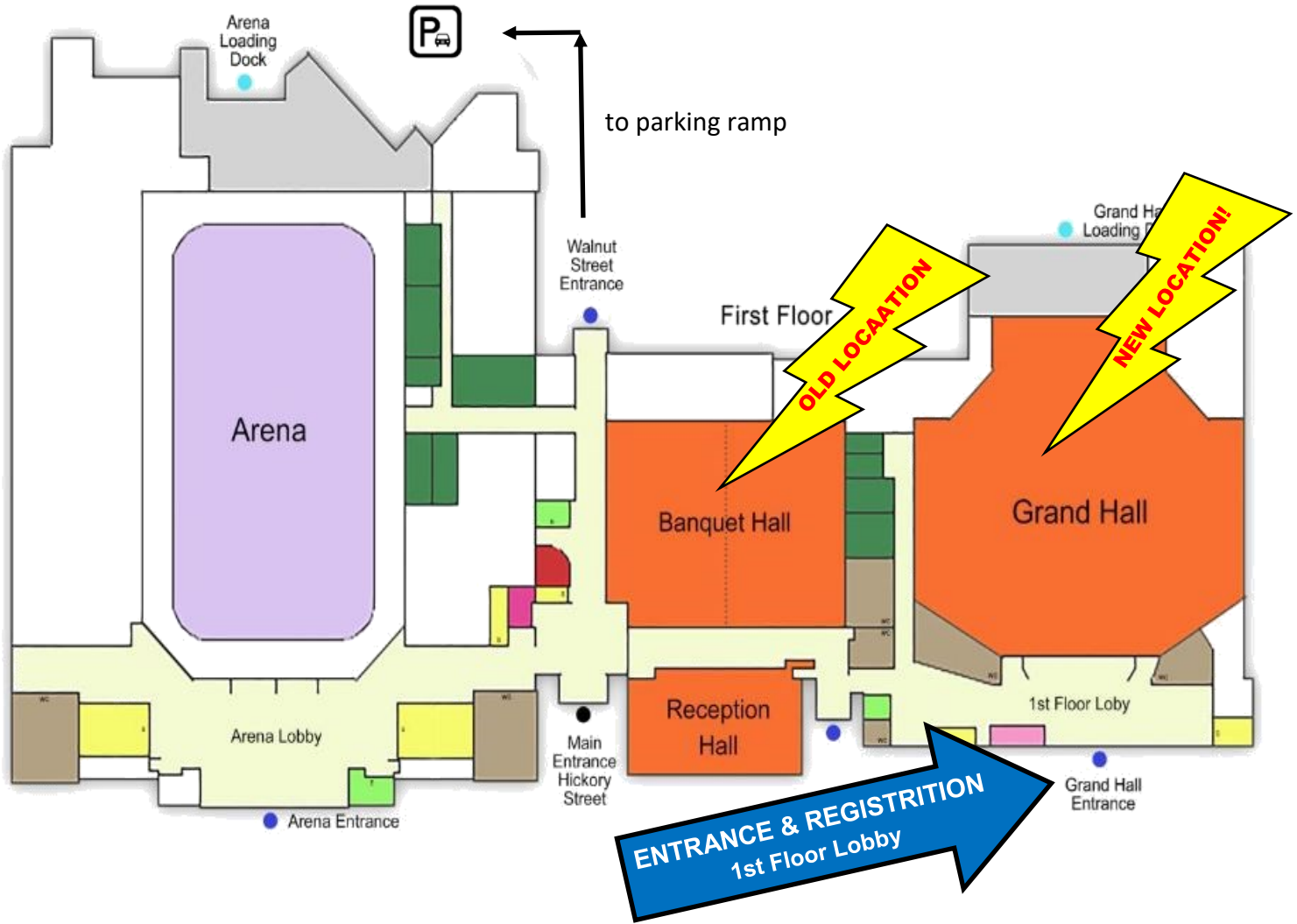
### **REMINDERS:**

- Registration will close promptly a 1:00pm. Please arrive early!
- Gift Cards being offered: Walmart and HyVee
- No pets, only registered services animals

**MAP OF CIVIC CENTER ON PAGE 2**

# NEW LOCATION IN CIVIC CENTER









Free Parking is available in the Civic Center Parking Ramp with skyway access to the event center.



**Please, No Smoking within 25 feet of the entryway. Thank you!**



# September 2021

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
<p><b>Open Monday - Saturday: 1:00 to 5:00</b></p> <p><b>Closed on Sundays &amp; Holidays</b></p> <p><b>Open 1:00 - 4:00: Volunteer covered</b></p>			<p><u>1</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Stretching &amp; walk</u></p> <p>2:00 <u>Employment Discussion</u></p>	<p><u>2</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions: "Touching Base on Your Creations"</u></p>	<p><u>3</u></p> <p style="text-align: center;"><b>OPEN 1:00 - 4:00</b></p> <p style="text-align: center;"><b>IN-PERSON ACTIVITIES ONLY</b></p>	<p><u>4</u></p> <p>11:00 <u>Volunteer Meeting</u></p> <p>1:30 <u>8-Ball</u></p> 
<p><u>5</u></p> <p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: center;"><b>NO</b> In-Person or Zoom Activity</p>	<p><u>6</u></p>  <p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: center;"><b>NO</b> In-Person or Zoom Activity</p>	<p><u>7</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Club Meeting</u></p> <p>3:00 <u>Social Rec</u></p>	<p><u>8</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Stretching &amp; walk</u></p>	<p><u>9</u></p> <p>1:00 - 3:30 <u>Stakeholders Meeting</u></p> <p style="text-align: center;"><b>Club Open 3:30 - 5:00</b></p>	<p><u>10</u> <b>ZOOM 2-4</b></p> <p>11:00 <u>Out to Eat @: "Pub 500"</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Group Activity: Game: "Guesstures"</u></p> 	<p><u>11</u></p> <p>1:30 <u>Pfeffer</u></p> 
<p><u>12</u></p> <p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: center;"><b>NO</b> In-Person or Zoom Activity</p>	<p><u>13</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Support Group: "Do You Know Your Mental Health Symptoms?"</u></p>	<p><u>14</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Art Sculpture Walking Tour on 2nd Street</u></p>	<p><u>15</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Stretching &amp; walk</u></p> <p>2:00 <u>Employment Discussion</u></p>	<p><u>16</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions: "Quilling"</u></p>	<p><u>17</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Group Activity:</u></p> 	<p><u>18</u></p> <p>11:00 <u>Volunteer Meeting</u></p> <p>1:30 <u>9-Ball</u></p> 
<p><u>19</u></p> <p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: center;"><b>NO</b> In-Person or Zoom Activity</p>	<p><u>20</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Support Group: "What is Mental Health Recovery?"</u></p>	<p><u>21</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Club Meeting</u></p> <p>3:00 <u>Social Rec</u></p>	<p><u>22</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Stretching &amp; walk</u></p>	<p><u>23</u> <b>ZOOM 2-4</b></p> <p>11 - 3 <u>Heritage Horses &amp; Hot-Dogs</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions: "Fall Card Making"</u></p>	<p><u>24</u></p> <p style="text-align: center;"><b>OPEN 1:00 - 4:00</b></p> <p style="text-align: center;"><b>IN-PERSON ACTIVITIES ONLY</b></p> 	<p><u>25</u></p> <p>1:30 <u>Skip-Bo</u></p> 
<p><u>26</u></p> <p style="text-align: center;"><b>CLUBHOUSE CLOSED</b></p> <p style="text-align: center;"><b>NO</b> In-Person or Zoom Activity</p>	<p><u>27</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Support Group: "Know Your Limitations"</u></p>	<p><u>28</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p>	<p><u>29</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Stretching &amp; walk</u></p>	<p><u>30</u> <b>ZOOM 2-4</b></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions: Movie: "Mamma Mia!"</u></p>		

# Daily Programing

1:00 - 1:30

## Work Units

- Members and Staff working side-by-side carrying out the daily work that is important to the Clubhouse.

1:30 - 5:00

## Social Recreation time (Weekdays & 1:00-5:00 Saturdays)

- Develop meaningful relationships through positive interaction with other members and staff.

2:00 - 3:00

## Mental Health Support Group (Mondays):

- Share any mental health challenges or successes along with a topic of the day to discuss.

## Clubhouse Meetings (1st and 3rd Tuesdays):

- All Clubhouse meetings are open to both members and staff. Decisions are made about the Clubhouse Program with members participation.

## Health & Wellness (Tuesdays):

- Open to all members to discuss various subjects on mental health, physical health, and emotional health.

## Supported Employment (Tuesdays):

## Stretching and walking (Wednesdays):

- 10-15 minute stretching routine and then go for a walk outside if the weather permits.

## Creative Expressions (Thursdays):

- Open discussion on what creations you have worked on, what you are currently working on, and what you plan to work on. Group open to anyone wanting to share their skills and talents weather it be painting, writing, singing, or cooking just to name a few.

## Group Activity (Fridays):

- Introduce new games and activities to whoever wants to join.

## **Guidelines when at the Clubhouse:**

- Zoom will only be scheduled on specific days for groups and activities (see calendar).
- Snack bar will continue to be open:
  - Monday - Friday 2:00 and 4:00.
  - Saturdays 1:30 and 3:30.
- Computers will be available to use during social/rec time.
  1. Hands must be washed before using.
  2. No food or drink while using the computers.
  3. Sign up for a time to use them.
  4. When done, clean and disinfect key board, mouse, and desk top.
- Pool table will be open during all social/rec time.
  1. Not before Work Units are completed or during Clubhouse Meetings.
  2. Wash hands before starting a game.
  3. When done, wipe of pool cues.
  4. Pool balls sprayed or wiped off before closing.
- Volunteers are covering some of the days when staff are out.
  - Clubhouse open 1:00 - 4:00 for Volunteer coverage.
  - Not open on Sundays or Holidays in September.
- Pool and card tournaments on Saturdays.
  1. Use of the plastic decks of cards.
  2. Wash hands before each game.
  3. No food while playing.
  4. Clean and disinfect cards, pens, and table after game is completed.
- Masks are recommended but not required. Those not fully vaccinated are strongly recommended to wear one.
- If you answer **YES** to any of the Health Questions you will not be able to stay.
- Craft Room will remain closed with one person assigned to get the required supplies for any craft scheduled for that day.

# COME VISIT WITH IPS EMPLOYMENT SPECIALIST

Abby Fransten!

Fall 2021 Newsletter

## What is IPS?

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

**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.

## Contact Us

Abby Frantsen

IPS Employment Specialist  
Blue Earth, Nicollet, and Le Sueur  
507-420-1271

[afrantzen@mymrci.org](mailto:afrantzen@mymrci.org)



## When and Where?

### **Second Step Clubhouse**

IPS will be at the Second Step Clubhouse every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month at 2:00 pm.

### **Potential Topics of Discussion:**

- What do you want to know about employment?
- Are there specific jobs you want to learn more about?
- How can your benefits be affected by paid work?
- Are you working and have questions about your current job?
- Unsure about when disclosure is appropriate?

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*IPS drives to empower people. Not to tell them where they must work or what types of services they must receive. Employment specialists try to understand what is most important to each person and what motivates each person.*

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## **How is IPS providing services during the COVID-19 Pandemic?**

In an effort to prioritize the health and safety of Employment Specialists, Job Seekers and employers, IPS is meeting with clients based on their comfort level. We can provide services in person, over the phone, or Virtually using platforms like Zoom and Teams.

# **International Standards for Clubhouse Programs**

[www.iccd.org](http://www.iccd.org)

The International Standards for Clubhouse Programs, consensually agreed upon by the worldwide Clubhouse community, define the Clubhouse Model of rehabilitation. The principles expressed in these Standards are at the heart of the Clubhouse community's success in helping people with mental illness to stay out of hospitals while achieving social, financial, educational and vocational goals.

The Standards also serve as a "bill of rights" for members and a code of ethics for staff, board and administrators. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.

## **MEMBERSHIP**

- Membership is voluntary and without time limits.
- The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
- Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.
- All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.
- Members at their choice are involved in the writing of all records reflecting their participation in the Clubhouse. All such records are to be signed by both member and staff.
- Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a threat to the Clubhouse community.
- The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

## **RELATIONSHIPS**

- All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.
- Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.
- Clubhouse staff have generalist roles. All staff share responsibilities.
- Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.