



Photo of members by Sera B.

CLUBHOUSE BY THE NUMBERS

Our Impact in 2024

- 27 members earned Food Handler's certificates
- 19 members employed outside the clubhouse this year
- 9 members currently moving forward on their higher education goals

Skills members value from their time at our Clubhouse

Emotional Regulation Patience

Healthy Living Perseverance

For more information please call us
(760) 737-7125



THE DRAGONFLY

Summer 2024

Escondido Clubhouse Newsletter

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Photo by Ashlyn M.

WE'RE ACCREDITED!

By Cindy T. & Carmen D.

We are excited to announce that The Escondido Clubhouse received a 3-year conditional accreditation from Clubhouse International. This is a big accomplishment for first time Clubhouse accreditation applicants, and we are only the second accredited Clubhouse in all of Southern California.

On April 1st through 3rd, the clubhouse opened our doors for our accreditation visitors, Ashlyn and Joe. Joe is a long time veteran of accreditation and Ashlyn is brand new to the process.

FIRST DAY: The first day followed our regular clubhouse schedule, with the accreditors sitting in on all unit work and meetings.

SECOND DAY: The second day we had a meeting at 11AM with the advisory board and representatives from TURN/ MHS.

The meeting consisted of a discussion about the clubhouse and some points of concern brought up from our self-study. We discussed the possibility of members driving other members to reach out to current members.

THIRD DAY: On the third day, we went over Joe and Ashlyn's preliminary recommendations. They suggested we get rid of meditation and the reflection cards because they were too clinical. They also suggested that we walk as a clubhouse to other clubhouses virtually. Another recommendation was that we incorporate committee meetings into the units. For example, making Cafe Committee a regular part of Blue Unit's Work-Order-Day, and discussing the business of Cafe at our regular Blue Unit Strategy Meetings. Another example is moving Transitional Employment development into the Gray Unit's Work-Order Day.



Veronica Leaving

by Sera B

On Friday, March 29, 2024, I was able to track down Veronica C. , who had worked at Escondido Clubhouse for eight years and was Program Manager for six years. I interviewed her on the subject of her career change and leaving this location. These were my questions and her responses.

Sera B: What site will you be working at next?

Veronica C: I will be working mostly remotely, but I also plan on visiting other Clubhouses around San Diego County.

SB: Will you be traveling to other Clubhouses around the world to see how they operate?

VC: If I ever get the opportunity to, then yes, I'd love to!

SB: How do you feel about leaving this location?

VC: I'm sad to think about leaving. This Clubhouse has been a big part of my life for the past eight years. I do plan on staying involved as much as possible, as both a board member and a friend of the Clubhouse.

SB: When will you be starting at your new location?

VC: Soon, I've already started working at Clubhouse Coalition, California.

SB: How do you feel about the career change?

VC: I'm excited to support Clubhouses all over California. I'm excited to see how other Clubhouses operate and I'm going to try and borrow some ideas from some Clubhouses and help distribute them amongst other Clubhouses.



Photo Courtesy of Veronica C.

SB: Any last thoughts?

VC: I'm sad not to be involved here on a daily basis, but I appreciate everything I've learned here and really enjoyed getting to know everyone here. The Clubhouse has changed my life for the better and there are a lot of great memories here that I have.

We will miss you



Photo by Sera B.

New Years Party

By Sera B

The New Year's party was a small and peaceful way to ring in the New Year. There were fourteen members that showed up and four staff members. The party started at 12:00 PM and wrapped up at 1:30 PM. The Belisario Family generously donated us some pizza via The Lion's Club. It was delicious, and we had some veggies on the side. At Events Committee a group of us had decided to put on "Meet The Parents" at the party. To be able to still talk to one another, we turned the volume down and opted for subtitles. For dessert we had various different cookies to choose from. Those were good. There was plenty of pizza to go around. We each were able to get a couple of slices.

I brought my Chinese Zodiac sign book, and passed it around. We all got to know each other a little bit better, which is always fun. For example, Lileigh is the year of the Earth Tiger, whereas Juan and I are the year of the Fire Tiger. Jill is the year of the Water Dog, and Amanda and Brian are the year of the Earth Snake. Overall, the New Year's party was fun, and I was excited to spend time with the Clubhouse Community.





Photo by Cindy T

Christmas Party

By Sera B

It's the morning of December 20th. Everything is festive, the food is cooking and the general feeling is jolly. Many people have come and gathered for the festivities. A lot of faces, both old and new, came to mingle and celebrate the coming of the holidays. The room was full of people; 30 people showed up. We were graced by the presence of a former staff member, Elisa, and many people were happy to see her. There were also a lot of board members present. There was tri tip steak, mashed potatoes, and asparagus for dinner. We were all very happy, except for the fact that we didn't have any sharp enough knives to cut the steaks. That didn't deter myself or Cindy though! We rocked those steaks. And boy were they yummy!

For dessert, there were homemade sugar cookies made by Cindy and myself, as well as pies. Icing was handed out during the party for people to decorate their own cookies, and some of the folks got very creative with decorating them. That was pretty cool! I got a Christmas tree cookie and put some red and green icing on it. I went around and inspected most of the cookies, and everyone did a great job decorating their cookies. They were delicious, as well as the sparkling cider and other drinks available at the party. Everyone enjoyed the food, and the party wrapped up around 2:30pm. Overall, the party was a smashing success!



Photo by: Sera B.

Member Spotlight on David S.

by Juan L and Sera B.

Clubhouse Member David S. is like a brother to us. We laugh together during the work order day and we jumped at the great opportunity to spotlight him and learn more about him in this interview.

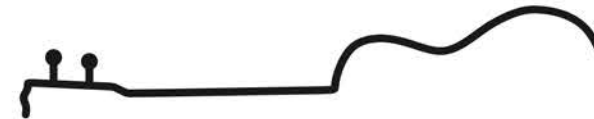
Juan L: How long have you been a Clubhouse Member?

David S: I've been a member since 2014 but I've been coming to Clubhouse regularly since March 2021. I started getting more serious about my therapy, and I realized that socialization was important to do. It helps alleviate symptoms of my depression.

JL: What do you like to do at the Clubhouse?

DS: I like to do Unit Work. I like data entry, though I'm embarrassed to say it. Data entry is something I enjoy and I'm learning new skills that I can use in the workplace. I also enjoy seeing my friends and I like doing things to build confidence.

Sera B: How did you hear about the Clubhouse?



DS: From an IOP (Intensive Outpatient Program) in Chula Vista. When I was leaving, they suggested I come to Clubhouse since I wasn't working. It was important to have something to do with my day to help with my depression.

SB: What type of music do you like and why?

DS: Classic Rock; I think the musicianship is excellent. Recently, I've been listening to some reggae. Bob and Ziggy Marley, though I've found I don't like Ziggy.

SB: What do you like to do in your free time?

DS: Watch Netflix and socialize with some friends.

JL: What is your favorite book to read and why?

DS: "Catcher and the Rye;" it is well-written.

JL: What inspires you at the Clubhouse and why?

DS: Helping plan unit work. It is very rewarding because you get to see your work efforts put into action every day. This was early on in the Clubhouse, we were trying to think of what makes good unit work. We found out it had to be stimulating and engaging. We looked for things like updating announcements and putting attendance into the computer. I got to set up the unit work that others are now doing. It's energizing to see.



Staff Spotlight on Brian C.

By Cindy T, Andre C., and Sera B.

Starting at the end of 2023, we hired a new staff member by the name of Brian C. Brian was originally in the Blue Unit for a while, but following Jill's promotion Brian stepped up to be the main unit staff of the Gray Unit. Brian was instrumental in helping us to revamp and reprioritize the goals process for the clubhouse. He has proven to be a valuable asset to our tight-knit clubhouse community. We were able to sit down with him for a quick interview.

Cindy T: Could you tell me a little about your past work experience?

Brian C: My background is in sales leadership with a heavy focus on training and development.

CT: How did you find out about the Clubhouse? What made you want to apply?

BC: I found out about the clubhouse through Indeed and wanted to apply because it seemed challenging and rewarding.

CT: What's your favorite part of the job so far?

BC: Building relationships with members.

CT: Do you like music? What's your favorite album?

BC: We could be here for a while... "Long Live A\$AP" by A\$AP Rocky.

CT: What recovery tool do you use the most?

BC: Practicing gratitude.

CT: What do you like to do when you have free time?

BC: Writing and hiking. I also love swimming in the ocean--anything outdoors.



Photo by Sera B.

Andre C: What made you want to work in the mental health field?

BC: I was working in jobs that had no meaning for a long time, and I wanted to find a job that was more rewarding and did have meaning. I also struggled with my own mental health, and I also have family members who struggle with their mental health.

Sera B: Where are you from?

I'm from Aberdeen, Washington originally, but I've been in San Diego now for eleven years.

AC: What's your favorite team?

BC: Seattle Seahawks

SB: What's your favorite food?

BC: Mostly surf and turf, and different types of pasta.

AC: What do you like about the Clubhouse?

BC: I love the community. I really enjoy watching members helping other members with stuff. And also I love watching members come in who are unsure when they get here, and then slowly start to grasp on to ideas and finding things they like to do.



Photo by Sera B.

Martin Luther King Jr. Day

The Martin Luther King Jr. (MLK) party at the clubhouse was very eventful. Quite a few people showed up to the party. We had eleven members and two staff, and everyone got to eat. We opened at 10am and closed at 2pm. It wasn't a working day, so we could hang out and enjoy the day. People showed up as early as 10am to start cooking. Juan, Cindy, and Andre cooked our meal in the kitchen. The meal was delicious. "I was very busy that day," said Cindy.

Truly, there was a lot of rushing around in the kitchen. We had French toast, eggs, and sausage for brunch. While the members in the kitchen finished up making brunch, we watched King's speeches. We searched YouTube for Martin Luther King's famous speech, "I Have A Dream" to share on the projector, but there was only a short version of it, so we watched a number of his other speeches as well. I also went around taking pictures of the event.

Afterwards, we all shot the breeze and played a few rounds of Apples To Apples. My goal was to win, but I tied with Andre. We both had eight cards by the time we were done. Who knew I was so good at Apples To Apples? Overall, it was a very successful turnout for Martin Luther King Day!



Ins-and-Outs of Gray Unit

By Chris L



Photo By Sera B.

The work of the Clubhouse is divided into two Units; the Blue Unit and Gray Unit. Chris L spoke with staff and members about their opinions on the ins-and-outs of Gray Unit work.

Chris L: What's the difference between working in the gray unit instead of the blue unit?

Jill R: Gray Unit's tasks are much more employment, education, and administration-focused. Blue Unit does more of the business operations, kitchen, cafe, and cleaning tasks.

Carmen D: In [Blue] you are up and moving around more.

David S: In Gray Unit, the emphasis is on employable skills more like office work.

CL: Which unit do you like the most?

JR: I can't choose a favorite. There are many things I like about both units.

DS: I like Gray Unit a little bit better.

CD: I like Blue because I get to get up and do stuff, it's not just sitting at a computer.

CL: I like both, there's good stuff in both units. I like Micil, and menu planning, and doing reach-outs in both. It depends on what I want to do that day, whether I want to go in Gray and do office work or go to

Blue and do menu planning.

CL: How are you going to get more people in the gray unit?

JR: We've been discussing this as a unit and as a house a lot. It seems as more members get trained on the tasks in the Gray Unit, more people seem to like to be in the unit. We're planning a big ClubHOMS training in the near future to try to bring more people in as well.

DS: I think we're going to see more members come to Gray as membership grows in general but we also put it in the announcements when we need extra help and that works a little bit.

CL: The Clubhouse uses two databases for attendance and member information: ClubHOMS and MiCil. Which is easier to use?

JR: I think both databases are pretty accessible, and different people like one more than the other. The one thing I like more about MiCil is that, if we make a mistake, we can easily edit it ourselves. We can also run more types of reports ourselves in MiCil.

CL: I think MiCil, it's way easier.

DS: Yeah, MiCil is easier.

CL: Are you going to have a training on how to input in MiCil?

JR: Yes! We're working on having more official trainings in both MiCil and ClubHOMS. Come check them out!

DS: Yes, Jill is talking about that.

CL: There have been a couple changes to Gray Unit. Gray Unit is now Clubhouse Coordinator Brian C.'s home unit and Jill has now been promoted. What else does the future hold for the Gray Unit?

JR: We will be incorporating the recommendations from our accreditation visit. Come on in to see what that looks like!



Photos by Sera B.

Felicita Park

By Sera B

The Felicita Park Event on March 9th was very fun. There were seven members and one staff member. Staff Carly drove the van to the transit center and picked a few members up. We were all at the park by 11:00 AM. Colleen drove David, I got a ride with André, and the four of us all got to the park at around 10:30. We were able to all meet up at the right spot, which was a very nice area of the park indeed. The Clubhouse supplied a sandwich platter from Vons, as well as a big box of assorted chips and water.

Carly led a walk with Aaron and Cammy. The rest of us decided to partake in some Frisbee throwing. I got in some good pictures of that, as did Colleen. After we got tired of Frisbee throwing, I moseyed on over to the swing set and got on. I was joined by André and Colleen shortly after, who also decided to swing. André took pictures of the both of us as we had fun. After that, I decided to scale the jungle gym. That was a little bit harrowing, seeing as how the jungle gym was set up like a rock climbing wall with a steep vertical incline. When I got to the top of the jungle gym, I marveled at how high up I was. Both André and Colleen took pictures of me atop the jungle gym. I went down the slide, and joined them in going back to the picnic area.

That was about the time that Carly and the other members joined back up with us, and provided the food and beverages for our lunch. There was ham, turkey and roast beef sandwich squares on the platter, as well as three bell peppers hollowed out and filled with mayonnaise, mustard, and olives. I took some pictures of both us and the food at lunch. We all had lunch, and then played a round of Exploding Kittens (no kittens were harmed in the process), which I also took pictures of. I was the first to lose, which was fine with me because I had to duck out momentarily. When I got back, the rest of the group were packing up and ready to disperse. Overall, it was a very fun day and I'm excited for the next Saturday event!

Blue Unit Strategy

By André C. and Sera B.

The Blue Unit strategy meeting happens every other Friday. The reason we meet is to build a stronger community within the overall Clubhouse community. These strategy meetings help us improve our duties and tasks to get us on top of what we need to accomplish; whether it's resources, goals, outreach, etc. It also builds confidence working alongside a staff member without being viewed as "lesser than." Blue Unit is the Yin to the Gray Unit's Yang. Members and staff work alongside each other as a team like Batman and Robin to fight crime, our fight is to get our work order in line.

Blue Unit focuses on the day-to-day operations of the Clubhouse, including hands-on training like the kitchen operations, our café, gardening, petty cash, and cashier training. On the other hand, the Gray Unit focuses primarily on the Clubhouse education, employment, administrative operations, and technical agendas. The Blue Unit must work with the Gray Unit to make sure everything works smoothly throughout the day. These topics come up during our strategy meetings. Both Units have their own strategy meetings to keep us on track with working together. Without the Blue Unit strategy meeting (or Gray unit for that matter) you can't fuel the Escondido Clubhouse forward.



Photo by Sera B.

Menu Planning

by Carmen D and Juan L

At Escondido Clubhouse, members make lunch five days a week. One staff and two members do the cooking each day. All members plan the menu together as a group activity. In the first week of the month, members decide what healthy food they want to eat in the next month. During a house meeting, members decided that they wanted to make healthier meals than what they were previously eating. Now, members put up a calendar on the white board and fill in meals for the following month. This is important for members to be involved in because participating in decision-making and learning about healthy eating is good for overall well-being. Carmen became a part of menu planning because she wanted to help choose what we serve for lunch. In order to involve more members, Clubhouse moved menu planning to lunch time. Juan likes helping in the kitchen and collaborating with other members. For anyone who wants to go beyond menu planning to help cook lunch, they can get their food handlers certificate.

Job Searches for Clubhouse Members by Clubhouse Members

By David S

If you're looking for work, look no further than your fellow Clubhouse Members for help in that search! At the Clubhouse, you have a community behind you. One of our newest developments in Gray Unit is members looking at job openings on a weekly basis for members in need. More eyes on the hunt equals more opportunities! We have many members with plenty of time who are eager to help. This assures assistance comes in a timely manner.

We have a binder with job search forms that members look through and help other members once they see the form. Members can collaborate throughout the work order day to make sure these job searches are a priority. An added benefit to all this help is that members gain experience with job searches while helping others. This works as job development and resource building for everyone involved in the whole process.

