



# Pathway Clubhouse Newsletter:

## Issue 9



### A Note from Pathway Clubhouse Manager Teresa Conley

Hello Pathway Members, family, staff, supporters and fans of the Clubhouse!

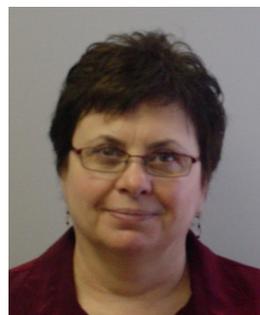
I hope everyone is finding some happiness and peace during this very turbulent summer. Sometimes when things are difficult we find that we are more resilient than we ever knew. That is the case here at Pathway. Despite being closed since the 19th of March, we are carrying on and growing our "virtual clubhouse." We have even been able to purchase some tablets to assist more members with learning and engaging online with clubhouse groups and meetings! Members and staff are staying connected, developing and maintaining many meaningful relationships!



Speaking of meaningful relationships - I would like to take this chance to thank and honor our former Executive Director of Concord - Connie Emerson. As of the 30th of June, Connie retired from her services at Concord with Linda Jakes (our former Assistant Director) now fulfilling that role. Saying goodbye to Connie was bittersweet for us - we are happy for Connie and wish her the best and at the same time her strong, fair, and skilled leadership will be missed.

Pathway joined with Concord on since December 31st, 2018. Our former parent agency had collapsed and we were in need of a new home. We were so fortunate to be taken in by the best agency in town! Connie helped us to heal and made us feel right at home. Both Connie and Linda welcomed us, supported us - and most importantly trusted and believed in us. It has been a wonderful experience growing together over the past year and half and a true blessing that we ended up together. We thank you, Connie, and wish you only the best! We also celebrate and are so happy that Linda Jakes is the new Executive Director of Concord. Congratulations Linda & Connie!!

**Pictured Below: (Left)** Connie enjoying her retirement party - with social distancing! **(Middle)** Connie **(Right)** Linda



## What do Clubhouse International Standards mean to you?

In each issue of our newsletter, we will list one of the Clubhouse International Standards and explore member and staff interpretations of the standard.



The principles expressed in the International Clubhouse Standards are at the heart of the success experienced by Clubhouses around the world



### This Month We Explore Standard #8...

“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.”

### What does this Standard mean to you?

**Greg S (Member)** I really like this standard. To me, it means that there are no closed-door meetings where program decisions about the Clubhouse and member issues take place. I think it is an important standard to bear in mind as we move forward with the Clubhouse. It is vital that we integrate this standard into the many exciting changes taking place.

**Shireen M (Member)** Compared to when I first attended, today I feel like I can express myself more. There is no judgement. In our meetings, the staff is always there if you need them. A long time ago, they weren't as accessible. The members can see things the staff aren't able to and vice versa. A member can express their perspective and the staff can learn from that - that's a good feeling. I feel like I have more to offer this way. When you can give feedback and share your ideas and know that the staff is open and willing to listen without judgement - that's huge. All perspectives are listened to. It's an environment where people who usually don't speak feel free to speak. It's an environment that helps you want to grow. I can see the progression in myself and in other members. I am very grateful for the Clubhouse program.

**Bob T (Staff)** Theoretically, this standard ensures that all members and staff have equal say in business matters and important decisions at the Clubhouse. This standard is a wonderful aspiration because members have varying degrees of comfort and ability to speak publicly. In order to effectively practice this standard, it is important the meeting are well organized.



## How Has Attending Pathway's Online Groups Helped You During the Shutdown?

**Member Greg S spoke with Member Josie T:**

Being able to interact with members and staff in the virtual clubhouse during groups like Stress Less Living, Poetry, Art, and Music Lab has helped me a lot!

I like all of the groups, but the Stress-Less Living group has probably helped me the most because, as somebody suffering from severe mental illness as I do, and being away from in-person meetings at the Clubhouse, it can be really stressful. It has been hard being away so long - depression sets in and your mind wanders. You can end up focusing on the negatives and becoming really depressed. You try to remain positive but it is really hard.

The virtual clubhouse has really helped me. Being able to talk and interact with other members who are also stressed, anxious, and depressed - I find it grounding and I feel understood and in a better place afterward.

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## How Have you Been Staying Busy?

**Tyrone P** has been restoring furniture and old frying pans. Familiar with the healthy habits of people in the recovery community, he sees a correlation between restoring old objects to their original state and the work of recovery.

**Amelia H** has been making art and knitting baby hats!

**Debbie D** likes to watch inspirational TV shows, mystery movies, and read.

Another member we spoke with who (wishes to remain anonymous) is taking online computer classes to stay busy. She also makes glass jewelry, walks her dog several times a day, plants flowers in her yard, watches birds and connects with friends and her church via Zoom chats.

## What's New at Pathway & Concord?



Bob T is Moving Next Door! Soon Bob will start as Site Coordinator at Concord's 1221 Art Space, which is located next door to Pathway!

This building will include art studios, art galleries and an extensive vocational department. Bob will be overseeing the art program - this will include installing artwork, scheduling groups, classes and lectures, and overseeing Pathway Clubhouse TE employees, among other responsibilities.

Concord and Pathway artists will be supported in art-making with critiques and discussions, technical demonstrations, studio space and supplies Personal branding is another service 1221 Art Space will provide; with a focus on sales and promoting artists/artwork on Instagram, Facebook and other social media platforms.

Bob shares, "I'm glad we are next door to Pathway. I'll have easy access to coffee - and of course all my friends!"

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## This Moment in Pathway History

Do you remember this moment in Pathway History?

Write to us at [pathwayclubhouse@gmail.com](mailto:pathwayclubhouse@gmail.com) or call the clubhouse at 614-251-7820 between 10:00 AM and 2:00 PM Monday—Friday to speak with a staff member and share your memories!



## The Virtual Clubhouse

The virtual clubhouse is a wide variety of online groups (currently 16 and growing) that have made it possible for members to stay in touch and socialize online when they are unable to attend the clubhouse in person. It has been especially helpful during COVID-19, so much in fact that we will be continuing the virtual clubhouse even after we are able to re-open! This will make it possible for members to attend clubhouse meetings and groups and receive support even when faced with health, mobility, or transportation issues.

### Greg S on the Creation & Evolution of the Virtual Clubhouse:

"It started out with Staff member Bob T asking if there was a way for us to all watch a movie together online and talk about it in real time.

After looking into this, I found a platform I had used previously called FreeConferenceCall.com. It would allow people to connect via video using the mobile or desktop app as well as being able to call in with a regular phone or landline. Before deciding to try this platform, I researched several others but they all had limitations that would not work for us. To use an example of the Zoom platform. It only allows 40-minute sessions without paying. FreeConferenceCall.com truly is free and without limitations on how long sessions can be.

We did a couple of test sessions on this platform with Myself (Greg) and Pathway staff members Bob T and Tony J, and everything seemed to work well. We started out with the Movie Discussion Group and held daily brainstorming sessions for ideas on groups we'd like to see in the future. What started out with a simple question turned into Pathway having groups every day during the week!

After using FreeConferenceCall.com for a few months we decided to change platforms. The downside of FreeConferenceCall.com at the time was that it only allowed you to see 5 video feeds. There were also concerns over privacy, confidentiality, and HIPPA. We now use GoToMeeting.com for the 3 private groups (Communication Unit Meeting on Monday's at 1:00 PM, Transitional Employment (TEP) on Monday's at 4:00 PM, and the Clubhouse Meeting on Thursdays at 1:00 PM) to ensure we are HIPPA compliant.

All the public groups are now hosted on Zoom, which required a paid subscription but has all the features that we need. I believe we are in a great position and the platforms are working well for us.

I would like to thank everybody that has participated in any of our groups and especially the members and staff who have facilitated groups. The groups are well attended and can be a lot of fun. There is a wide selection of topics and activities and I believe something suited for everyone's interests! Several groups are for Pathway Clubhouse members only, but most groups are free for anybody to join in. I would encourage you to try some groups and feel free to share our schedule! Read on to learn more about all the groups we have to offer." *Screenshot below of one of our groups.*





### Weekly Pathway Clubhouse Conference Calls

Join Us Online! (Visit Pathway's Facebook page for a clickable link!)

<https://zoom.us/j/6142517820?pwd=WEhFNWlwdFZZNXordWowVhXYjNdz09>

Or By Phone: +1 301-715-8592 Meeting ID: 614-251-7820 Passcode: #

Members Only (Communications Unit, Clubhouse Meeting, TEP):

<https://www.gotomeet.me/ConcordCounseling/pathway-member-groups>

Phone: +1 (669) 224-3412 Access Code: 684-099-381



	11:00 AM—12:00 PM	1:00 PM—2:00 PM	2:00 PM—3:00 PM	3:00 PM—4:00 PM	4:00 PM—5:00 PM
<b>Monday</b>	Hip-Hop Dance	<a href="#">Communication Unit Meeting (Members only)</a>	Poetry Discussion	Stress-Less Living	<a href="#">Transitional Employment (Members only)</a>
<b>Tuesday</b>		Movie Discussion	Tai Chi & Meditation	Voices Worth Hearing Support Group	
<b>Wednesday</b>		Music Lab		Caring for Pets	Guided Journaling
<b>Thursday</b>		<a href="#">Clubhouse Meeting (Members only)</a>	Happy Social Hour	Gaming Group	
<b>Friday</b>		Lyric Discussion		Food & Nutrition	

\*Check out our the Pathway Clubhouse Facebook page for a PDF copy of this schedule which includes clickable links to take you right to the groups! Save a copy to your desktop for easy access!

#### Learn More About Our Groups:

##### Hip Hop Dance: Mondays at 11:00 AM

Start the week off right! Have fun while getting fit! This is an online version of Pathway's long-time favorite exercise group. Join staff facilitator Traci and listen to great music while working on your dance moves!

##### Communication Unit Meeting: Mondays at 1:00 PM

Join us for a weekly meeting of our new work unit - the Communication Unit! We love working as a team and believe everyone has something to great to contribute. What does the Communication Unit do? We collaborate to produce this very newsletter! We also work together with Lexi S, Vocational Marketing & Development Coordinator for Pathway and 1221 Art Space, to create promotional materials for Pathway. We have been brainstorming all kinds of idea for future projects - like a Pathway member magazine, podcast, and videos!

##### Poetry Discussion: Mondays at 2:00 PM

In the poetry group, we dive into and discuss a wide range of poetry! Old poems from previous centuries, modern poetry, poetry about joy, oppression, and everything in between. We look for the deeper meanings in poems and share our interpretations. Members are welcome to suggest poems to read and discuss in group and everyone is given opportunities to comment throughout. In the future we hope to write and share our own poems and collaboratively write poems as a group!

##### Stress-Less Living: Mondays at 3:00 PM

In the Stress-Less Living group, we often start the group with some relaxing music and guided meditation to help us become focused and calm. We do deep breathing exercises and we take turns talking about how we are and what things we find helpful in reducing our stress levels. This is a laid back and informal group - we take turns and everybody is given an opportunity to share. "Hopefully, everyone benefits from our collective conversation," says group runner Greg S, "I know my life is richer for having this group."

**Transitional Employment Placement Group (TEP): Mondays at 4:00 PM**

This is a continuation of the long-running Pathway TEP group! TEP group helps members interested in working to build skills and support one another as they enter or re-enter the workforce. This group often features engaging guest speakers from a variety of backgrounds.

**Movie Discussion: Tuesdays at 1:00 PM**

This group provides an opportunity to have fun and engaging discussions about movies! The week before, a link to a movie is provided on Facebook or in the group chat. We are open to all genres and suggestions from group members for future movie choices. In the past, discussions have led to topics such as sequels, prequels, remakes, and the history of the era in which the film was created.

**Tai Chi and Meditation: Tuesdays at 2:00 PM**

Tai Chi was originally based in Martial Arts but today it is used for exercise, fitness, and the calming of mind and body. Participant and instructor Shannon F demonstrates slow movements and breathing control to help relieve stress and bring awareness to the body. Following the Tai Chi routine is a guided mediation. This gentle and relaxing practice can have a big positive impact. Whether you are a long-time fan or trying it for the first time, all are welcomed in the group!

**Voices Worth Hearing: Tuesdays at 3:00 PM**

Voices worth is a confidential, self-help support group that is peer-led and is only open to any with a mental health diagnosis. The group provides positive, mutual support and fellowship to people living with psychiatric disorders. While this group is not run by Pathway, Pathway has long provided a space for the group to meet in the clubhouse and now provides space in the virtual clubhouse! Pathway member Stephen W facilitates this group.

**Guided Journaling: Wednesdays at 4:00 PM**

In this group we reflect on inspirational quotes and use journaling prompts to explore our thoughts, our feelings, our goals, and our habits. Ample time is given within the group to respond to the writing prompts while we listen to relaxing music. Sharing what you write is welcomed, but it is not required! Journaling is a great way to practice your writing and communication skills, vent your feelings, and to increase your mindfulness and positive self-talk. Come try it with us!

**Clubhouse Meeting: Thursdays at 1:00 PM**

Members and staff are invited to join us every Thursday afternoon to catch up on all the latest and greatest at the clubhouse! We celebrate birthdays, share important news and information, and plan for the future. The meeting is structured and facilitated in a way which ensures that everyone has a chance to be heard. It's your clubhouse - come share your voice with us!

**Happy Social Hour: Thursdays at 2:00 PM**

Immediately following the weekly Clubhouse Meeting, Happy Social Hour (named by our own Robert E!) is a time for staff and members to have a relaxed chat and catch up with one another.

**Gaming Group: Thursdays at 3:00 PM**

In Gaming Group we play online games and quizzes together and engage in some conversation whilst doing so! A favorite of Gaming Group is online jigsaw puzzles. We choose a puzzle and then other players are invited to play via a link. Once we are all logged in via the link, we attempt to solve the puzzle together and players move the various pieces in real-time which makes it a lot of fun. We can change the number of pieces in the puzzles based on what the group feels like, although we tend to keep it pretty small - we have not done over 100 piece puzzles (...yet!) During our time spent playing we have some interesting conversations and covering a wide variety of topics. We highly recommend you check out this fun group!

**Lyric Discussion: Fridays at 1:00 PM**

Each week we in Lyric discussion we choose a song to listen to and then we go over the lyrics stanza by stanza and speak to what the song or lyrics mean to us, wherever we are at in our current journey. We speculate on what the artist may have been trying to say and we explore any hidden or unknown meanings behind the music and words. Currently, we are working on a project that encompasses three of our online groups: Poetry Discussion, Music Lab and Lyric Group. The project is to collectively write some poetry and lyrics in real-time, taking turns via a shared Google Document. Eventually we plan to take the lyrics and poetry we have created and set it to music and sounds created in Music Lab!

### Food & Nutrition: Fridays at 3:00 PM

Food & Nutrition group is a laid-back, conversational group in which we reflect on how our week has been and share our struggles and successes in meeting our own unique dietary goals. This is a judgement-free zone! While we encourage and celebrate healthy habits, we understand that no one can eat healthy all of the time and that sometimes indulging is important too! In group we share recipes, healthy snacking ideas, learn about nutrients found different fresh foods, and more. If you love food and good conversation - this group is for you!



**Pathway Members: Are you interested in running a group in the Virtual Clubhouse?  
Reach out to a staff member with your ideas!**

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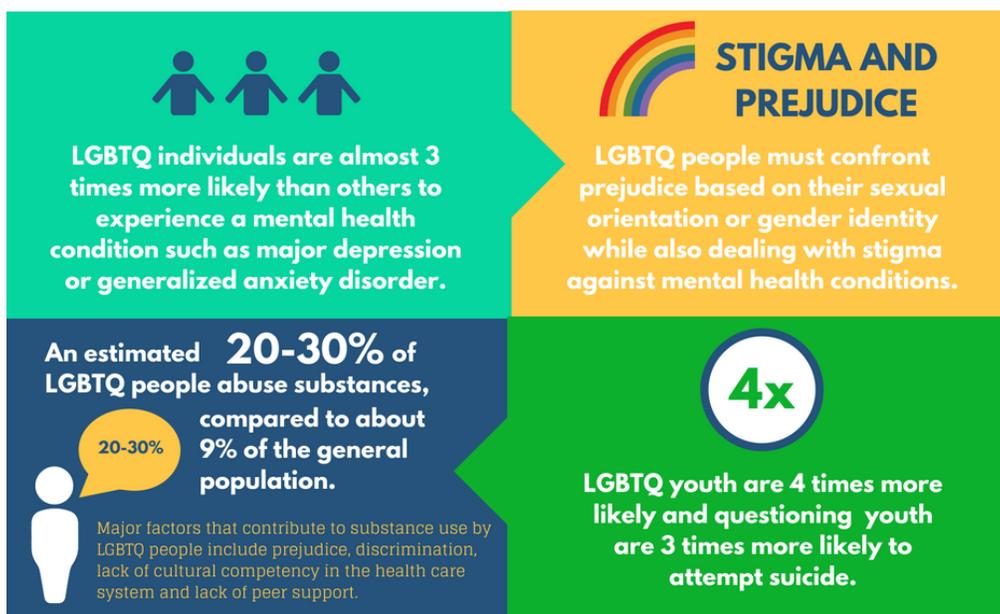
## Mental Health Awareness Corner! Spotlight On: LGBTQ+ Mental Health

"Lesbian, gay, bisexual, transgender and/or queer (LGBTQ) individuals often face significant barriers when accessing mental health services. Barriers to care include discomfort or fear of disclosing LGBTQ identity because of real or perceived homophobia, biphobia, and/or transphobia, a patient's own internalized homophobia, biphobia, and/or transphobia, and heterosexist and/or cisgenderist assumptions on intake forms and during health care encounters.

Moreover, the historic and continued pathologization of LGBTQ identities by the medical/psychiatric community, including previous experiences or stories of "corrective" or "reparative" therapies as well as the historical inclusion of homosexuality in DSM (removed in 1973) and the controversial continued inclusion of gender dysphoria in the DSM IV, may contribute to mistrust of mental health professionals on the part of individuals who identify as being part of sexual and/or gender minority groups."

[Read More from this Article from Psychiatric Times](#)

# LGBTQ MENTAL HEALTH FACTS





## Health Tips With Nurse Arlene!

Hi Pathway Members & Friends!

I want all of you to stay healthy and enjoy yourselves while following the guidelines for COVID-19. Here are some tips...

First remember to concentrate on what you can do and not dwell on what you cannot do! You can enjoy the beauty of summer flowers, the green trees and grass, the sunshine and even the occasional thunderstorm and the freshness of the air when it is over. You can take a stroll in the park or a bike ride. Nature provides you with beautiful scenery that you may have not noticed before!

Take time to reflect on good times and good friends. Call a friend whom you may not have talked to for a while. You may just be the kind voice to brighten up their day!

Put yourself on hold and do a kind deed for a senior neighbor who lives alone. Offer to pick up a few items they may need from the store while you are out. It will brighten their day and make you feel good about yourself as well!

COVID-19 may prevent you from visiting family or friends out of town. Give them a call and catch up!

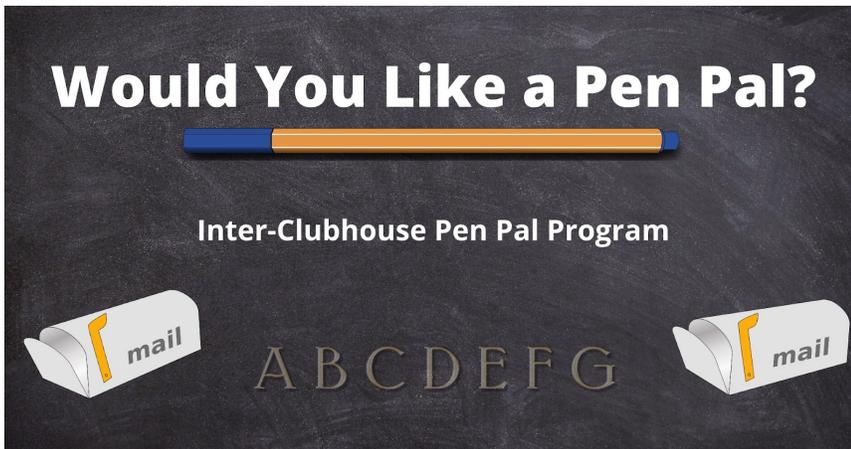
If you like to read, sew, or have some other hobby you enjoy, now is the time to spend time completing a project you have not had time to do!

Last and most important - is to stay healthy! Follow the COVID-19 health guidelines and keep safe. ALWAYS WEAR YOUR MASK (covering both your nose and mouth) when out and about. Practice social distancing by staying 6 feet apart. Keep sanitizer with you at all times. Wash your hands before and after eating, after using bathroom, after grocery shopping before putting away your food.

Enjoy sitting on your porch or backyard whenever you can and enjoy the fresh air and sunshine! Remember to stay hydrated with water and use sunscreen. Concentrate on the good things in your life and try to keep a positive attitude!

Submitted by: Arlene Kimbrough, RN





**Would You Like a Pen Pal?** Light of Hope Clubhouse in Alpena, Michigan has started an inter-clubhouse pen pal program! This is an opportunity to grow our community and make connections during this difficult time. Spread the word so that we can come together with our clubhouse colleagues all across North America!

Ask a Pathway staff member about signing up today!

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## Condolences

We extend our sympathies to members Donna D whose mother recently passed away, Tyrone P whose mother recently passed away, Eugene C whose father recently passed away and staff member Traci H whose father recently passed away.

