

# The Meeting Place Clubhouse

Funded by: San Diego County HHS



# The Meeting Place News

May 2022

## TMP Prepares for Mental Health Awareness Month



Nate and Ciarra helping put ribbons and cards together.

Mental Health Awareness Month is now here and The Meeting Place is gearing up for another eventful May. Started in 1949 by the national organization, Mental Health America, Mental Health Month involves spreading awareness about mental health and educating the public on the realities of individuals who live with mental illness. Fighting stigma and reducing misconceptions is also a huge part of Mental Health Month.

The Meeting Place plans to do their part in raising awareness by having outreach activities planned in the community. Throughout the month we will be making and passing out Mental Health

Awareness cards with green ribbons. For Silence the Shame Day, on May 5th, we're passing out ribbons at Balboa Park and San Diego City College.

### ***What to expect during Mental Health Awareness Month...***

- **Silence the Shame Day and Picnic on Thursday May 5<sup>th</sup>.** We're putting together ribbons and passing out cards at Balboa Park and City College to spread mental health awareness and fight stigma.
- **2022 5K on Friday May 20<sup>th</sup>** The Clubhouse is hosting a 5k for members to challenge themselves and push themselves both mentally and physically.
- **Various Community Outreach Presentations about The Meeting Place.** The mental health presentations are presented to spread awareness on the Clubhouse model and how the Work-Ordered Day has benefited members. Furthermore, these presentations allow members to gain more confidence in their communication and interpersonal skills.

**May 3<sup>rd</sup> Mesa College Panel**  
**May 6<sup>th</sup> Island Village Mother's Day Event**  
**May 18<sup>th</sup> Wesley Terrace**  
**May 23<sup>rd</sup> Areta Crowell**  
**May 26<sup>th</sup> Project Enable**  
**May 28<sup>th</sup> Cypress**



Mental Health Awareness Events from the past

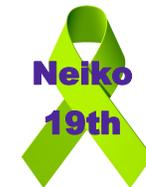
The Meeting Place is open Monday thru Friday 8:00 am until 4:00 pm  
with Introductory Tours Mon., Tues., Thur., & Fri. at 9:00 am and 1:00 pm.

Our Unit Meetings are held at 9:00 am and 1:00 pm.

Check out our monthly calendar for mid-week and weekend recreational activities.

## Welcome To Our New and Returning Members

Brant, Carlos, Io, Joseph, Mark R., & Patrick V.



### Let's Welcome Maria to our TMP Community by Reilly

We are so excited to welcome our newest TMP member, Maria! Maria was born in Baja, Mexico but was raised and has lived ever since here in San Diego. She has two boys, both in their early 20's. In her free time, Maria loves watching discovery channel she is intrigued by the different animals and nature. One of her fondest memories is visiting the San Diego Zoo! Maria is also a fabulous artist; she enjoys painting a variety of things related to nature, but her favorite thing to paint is flowers. The Meeting Place has proven to be a wonderful new place for her. She is looking forward to attending the social activities and meeting new friends! All of us here at TMP are thrilled to have her onboard! Welcome Maria!



### Unit Updates: Gearing Up to Spread Awareness

by Steve L. & Reilly

#### UNIT 1

In Unit 1 we have been preparing for May as Mental Health month. With the help of Reilly and several members from Unit 2, "Goodie Bags" were made and will be handed out on "Silence the Shame," May 5<sup>th</sup>. The kitchen has continued to make low carb healthy meals which members say are delicious. The newscast has been running Health Tip segments on Dr. Amen's BRIGHT MINDS program which are on risk factors that endanger brain health. A new segment of the news "Getting to know the Standards" has been running. It explains how TMP puts Clubhouse International's 37 Standards into practice. Also, several members and staff have been trained on the newscast.

#### UNIT 2

The Meeting Place plans to hand out green ribbons and talk to people in the community about mental health during our Silence the Shame event. To prepare, Unit 2 has collaborated with Unit 1 in putting together cards and ribbons to pass out. Also, TMP is preparing to give panel presentations in several different locations including different colleges and Independent Living Associations. For this event, members have been working with staff to help write out and organize their stories. These panel presentations will help members share their stories and create a dialogue about mental health. The panel presentations are a great way for members to develop interpersonal and communication skills as well. Erica, from Unit 2, says that the panel presentations "helps me develop more confidence in my speaking skills, and helps with my writing abilities. Also, speaking at the panel presentations is something I am really passionate about, and it is something that I look forward to in May." Furthermore, Reilly and Jonathan are making a lot of progress towards developing more TE opportunities and outreaching to the community.



Both Units collaborating on putting outreach flyers together.

## Steve Believes in the Therapeutic Value of Work by Ken



Steve in his work uniform.

Steve Langley works for the Padres Organization, and he enjoys the job of Guest Services Rep. His knowledge of baseball, along with support from The Meeting Place helped Steve land the job and he has been a Padre fan for several years. Steve believes his membership at The Meeting Place Clubhouse has helped to develop his confidence and build on his ability to keep his job for the last four years.

Steve promotes the Padres while he does his job. He leads fans to their assigned seats and shows them where the elevators and escalators are, and sometimes he works at the Gates. There is always a chance to be promoted into a Management Position. He says that his job and his commitment to TMP has helped him in his mental health recovery journey.

## How Alan's Sculpture Class Helps With His Mental Health by Rob

Alan has found a great coping skill. He is taking a casual, ungraded sculpting class in Spanish Village in Balboa Park. The medium they are using is Bruce White clay which gets kiln fired once the sculpture is complete. Alan says, "The teacher Patty is sweet, easy to work with and very helpful." Alan said that the casual atmosphere is what makes the class a great coping skill.

When asked how the class helped with mental health he said, "It is relaxing." There are only 2 to 5 students attending on any given Saturday from 9 AM to noon which makes for a class with plenty of attention from the instructor.

As a bonus, Alan can join the Sculptor's Guild 36 which means you get into many museums for free and you can sell your artwork at the Del Mar Fair. Alan seemed particularly excited about the many "unique and incredible" pieces that he saw when he joined the class.



Alan

## Rob's Personal Story: How The Work-Ordered Day Improves My Mental Health

by Rob

Central to the community of The Meeting Place is the recovery environment created by work. We call our use of work daily the "work ordered day." There are no talk therapy groups at our clubhouse, instead members and staff share responsibility for completing the tasks essential to operation. I enjoy the guidance and direction provided by the staff through the work ordered day and have bonded with members and staff as I achieve daily goals that are meaningful to the community. My long-term goals are to develop resilience, confidence and sharpen my skills so that I can be my best self and I believe that work is a great way to achieve these. As Chris R. said, "I think work is essential to our members' confidence and sense of self-worth." I have tried two other clubhouses that operated on a different model, and I believe that the structure and shared responsibility of the Work-Ordered Day provides the platform I need. As an additional treat the bonds developed during the work ordered day sweeten social activities and make them stand out the way the weekend is sweet at the end of a 40 hour workweek.



Rob at TMP.

## Visits from Clubhouse International and Other Local Clubhouses Seeking Guidance to Get Accredited

by Reilly

The Meeting Place was thrilled to host guests from Clubhouse International and from the Escondido Clubhouses this past month! We had Lee from Clubhouse International, Veronica from the Escondido Clubhouse, Kelly from



TMP members, Clubhouse International representatives, and staff from Mariposa Clubhouse.

the Mariposa Clubhouse, Bill a licensed social worker who has worked closely with accredited Clubhouses, and Joy a researcher. The guests spent the day observing and taking notes on the ways that we do things at TMP. We enjoyed learning more about everyone and the differences and similarities in the ways that the clubhouses are run. We feel especially proud to be the model for the up-and-coming clubhouses in San Diego seeking accreditation. We look forward to fostering stronger relationships within the Clubhouse community!

## Stay Present with Mindfulness by Jonathan

Mindfulness at the Clubhouse occurs everyday at 12:00 PM. During this time, members can relax and focus on unique ways to cope with stressful thoughts or emotions. Mindfulness is an important tool members can use at any time of the day. The breathing exercises and methods practiced at Mindfulness allows members to have a chance to reflect on their lives and look at life through a different perspective. Mindfulness occurs in a group setting and members can share in each other's peacefulness and energy. The Clubhouse also accommodates members who are at home Zooming in

Ciearra, one of our members, thinks Mindfulness has contributed to her feeling more centered during the Work-Ordered Day: "Mindfulness helps clear my thoughts and slow my thoughts down. It also helps with my anxiousness and my tendency to be jumpy. I feel that I have better days when I take part in mindful breathing."

## TMP Colleagues Share Mental Health Self-Care Tips



**Nate:** *"I try not to worry about things I cannot control. I try to think positively about every thing. TMP helps me a lot because I am socializing, and it causes me to get things done and be more productive in my life."*



**Ethan (volunteer):** *"I like to practice deep breathing exercises when I find myself overwhelmed or needing to calm down. It helps center my body and relax my thoughts."*



**Brant:** *"Praying and reading helps me whenever I am afraid. This process also helps calm me down because I find comfort in it."*

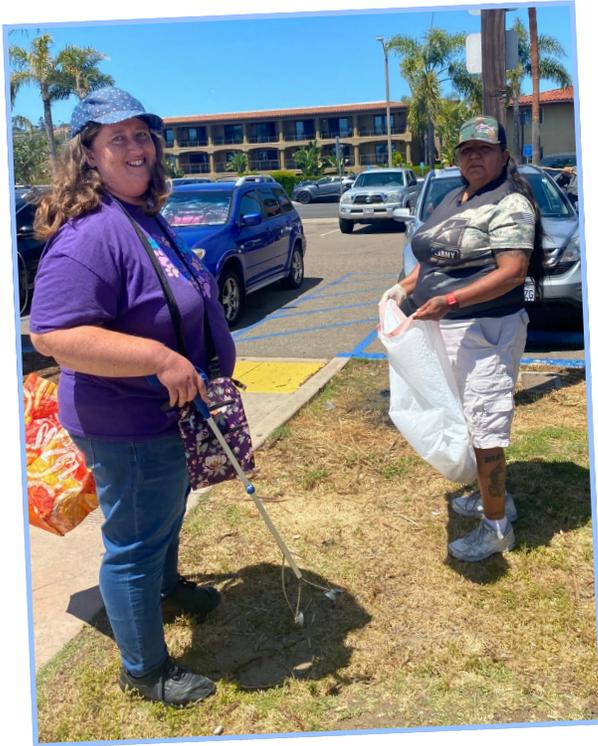


**Mary** *"Whenever I have anxiety, fears, or any bad thoughts I imagine putting all these emotions into an imaginary balloon. Once I imagine all these feelings into a balloon, I simply let these emotions fly away and I feel much better after."*

# SOCIAL ACTIVITIES

## April Event Highlights

by Ken, Chris, & Jonathan



Katherine and Navajo at Shelter Island

### ***Volunteering at Earth Day's Creek to Bay Cleanup***

The Meeting Place loves volunteering in the community, especially on Earth Day. On April 23rd, several members gathered at The Meeting Place to drive in the van to Shelter Island for their annual Creek to Bay Cleanup.

We helped others in the community pick up trash along the rocks on the bay. Members, led by Reilly, were able to fill up several bags of trash and passersby gave us compliments for taking part in a great deed.

Afterward, the members and Reilly were able to enjoy a great picnic with a beautiful view of the water. It was nice to chat and get to know one another while keeping in mind The Meeting Place contributed to such a great event!

### ***Having Brunch Together During a Festive Spring Weekend***

Members of The Meeting Place gathered on Saturday April 16<sup>th</sup> to participate in the Scavenger Hunt set up by Jonathon and Shana who hid Easter Eggs of various sizes in all the rooms of the Clubhouse. Most of the eggs were found quickly, yet Jonathon insisted that we had not found all the eggs that were hidden in "plain sight." Eventually we found all the eggs. Some of the eggs were sitting right on the chairs and yes, they were in plain sight, yet difficult to see. The last egg was hidden in a hanging plant in Unit 2, and then the Scavenger Hunt was over. Mary found the most eggs. The eggs contained candy, fortune cookie sayings, and even free food cards for the Café. Cierra printed the fortune cookie sayings from the computer. Katherine and Suzie found a lot of eggs too. We all ate the French toast casserole for brunch.



(Left-Right) D. with an egg; a delicious brunch along with

## A Picture is Worth a Thousand Words



The card and ribbon we're passing out the community to celebrate Mental Health Awareness

### The Meeting Place Wish List

- Trader Joe's and Sprouts Gift Cards for our healthy, organic meals and snacks
- Monetary donations
- Individual Hand Sanitizers
- Gas Gift Cards
- Transitional Employment Leads

Follow us on Facebook and Instagram to get the latest updates on what's happening at The Meeting Place Clubhouse!



### YES! I WANT TO SUPPORT THE MEETING PLACE CLUBHOUSE

Here is my gift to help The Meeting Place Clubhouse

\$10    \$25    \$50    \$75    \$100    Other \$\_\_\_\_\_

Your generous donation will go toward the growth and advancement of The Meeting Place Clubhouse, Inc., as one of the leading Mental Health Recovery Programs in San Diego County.

I would like to receive The Meeting Place Clubhouse monthly Newsletter

Name: \_\_\_\_\_

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*Thank you  
for  
your gift!*



2553 State Street  
San Diego, CA 92101

Phone: 619-294-9582  
Fax: 619-294-9588

Email: [themeetingplace@tmpclubhouse.org](mailto:themeetingplace@tmpclubhouse.org)  
Website: [www.themeetingplaceinc.org](http://www.themeetingplaceinc.org)



**Clubhouse International**

Creating Community: Changing the World of Mental Health

*The First Clubhouse International Accredited Clubhouse in California  
Recipient of the San Diego Mental Health Director's Program of the Year Award  
and Lilly Reintegration Award*

### **WHAT WE GUARANTEE**

#### **A PLACE TO COME**

*The Meeting Place is open to any adult age 18 or older with a diagnosed mental health disorder who resides within the county of San Diego. We are open Monday through Friday from 8:00 a.m. until 4:00 p.m.. We also offer evening and weekend activities for fun and relaxation. Individuals who participate in our Clubhouse are called members.*

#### **MEANINGFUL WORK**

*At The Meeting Place, we believe everyone has something to contribute. Members and staff work side by side to facilitate the day-to-day operations of the clubhouse and perform numerous tasks to ensure smooth operation of the program.*

*Examples of tasks performed by members include: answering phones, preparing breakfast and lunch, gardening, typing, filing, entering data and maintaining records, tutoring, mentoring, writing, and coordinating the publication of the monthly newsletter, **The Meeting Place News**, and everything that goes into creating our daily in-house newscast, **KTMP Daily News**.*

#### **MEANINGFUL RELATIONSHIPS**

*Through the shared work of the clubhouse, meaningful relationships are developed between members and staff. But it's not all work at The Meeting Place! Membership has its privileges. These include outings to local restaurants, plays, tourist attractions, and other special activities.*

*Members and staff celebrate holidays, birthdays and achievements together. The Meeting Place is a place to come when you're happy or when you're sad—you're always welcome and you're always among friends.*

#### **A PLACE TO RETURN TO**

*Membership is for life. No matter how long you've been gone, you can always come back home. Returning members are welcomed and they are immediately returned to active status if they request it.*