



Genesis House

*Building Community,
Bettering Lives...*

Because all Minds Matter

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A group of colleagues walk together through the downtown park on our mile-long route.

The Genesis Journal

Volume 18, Issue 2

Spring Edition 2011

Director's Note by: Lee

Many positive developments have taken place since our last GH journal went to press, the first great news being **The ICCD Clubhouse Model** has met the criteria and is now registered with (SAMHSA) the Substance Abuse and Mental Health Services Administration as an ***Evidence Based Practice*** (EBP). This classification was possible because research has validated what those in the Clubhouse community already knew, that ICCD Model **Clubhouses have excellent recovery outcomes**. This is important because decision makers often look to practices/programs listed on the SAMHSA registry as a way to decide what to fund. Model fidelity played a critical role in the positive research results and is therefore critical in replicating the results.

More great news: **Marty Alward** has been selected as Michigan's **new Clubhouse liaison** for the Department of Community Health. Marty has been a friend to GH and many other Clubs in his role as information coordinator for DCH. He has been in many Clubs providing information on employment incentives and how Medicaid and cash benefits can support individuals returning to work.

Marty is a very personable guy, who is very **eager to partner with our Michigan Clubs**. This collaboration will be helpful with the continued development of our Michigan Clubs so that we can provide the nearly 3,000 active members state-wide with the best opportunities to fully realize their potential. See the article on Marty on page 4. We would like to wish Su Min the very best in her new position with DCH and thank her for contributions to the Clubhouse community.

Other development for Michigan Clubs include the publication of the report on the **2010 Michigan Clubhouse Survey**. The stated purpose of

this survey is **"to promote and support the overall quality improvement efforts of all Michigan Clubhouse programs."** The survey confirmed that GH is a very cost effective program with strong employment outcomes. It was adapted from a quality improvement project that the State of Hawaii uses and will be repeated annually.

MSU also published a summary of suggestions from the peer reviewers based on their experiences in the two year Club Assessment peer review project. **We are using all of these tools to help create three outcomes for our Clubs** and to shape the training that will be provided through the Michigan Clubhouse Training Initiative. A special thanks to our researchers who are helping with this important process.

More locally, the great news at **GH** is that we had an **excellent goal planning retreat**. What made it so productive was the amount of involvement we had from all of our colleagues and the cohesion we had in defining our Clubhouse priorities. I believe that this was due in large part to the outstanding efforts of our standing committees which our **advisory board partners**.

These committees are: **Education, Employment, Community Building, Fund-Raising, and Wellness** and they meet regularly to set and achieve goals for GH. In addition to the goals driven by the committees, GH will continue to make the following **priorities**: Individual **member goals** and progress reporting, **unit development, orientation, technology, space and recertification**.

We will also be putting together a 5-year strategic plan for the Clubhouse. As always **we are grateful to the entire Genesis House community** and appreciate all of your efforts in helping us achieve our 2011 goals.

The GH Walk-A-Thon is Underway

by Claudia Gillenwater

It's here again! It's the kick off to our annual Walk-a-thon. We are raising the bar to walk more and to increase donations. We have many walkers and we have invited our dear friend Clayton Klein. May is Mental Health month, and we also want to **promote physical health**.

Our 2011 goals are to have 70 walkers log a total of 285 miles. Together, we aim to lose 70 pounds collectively and **collect pledges of \$1,500**. In order to do this, we are asking our friends and family to support our efforts by making a Donation to Genesis House. We use the money from fundraising to further our mission of helping members

integrate into the community. This enables members to attend activities including holiday celebrations, and conferences. All of our generous supporters will be getting a thank you letter highlighting our progress.

We exceeded all of our Goals for 2010, which were to have 60 participants walk 270 miles, and to raise \$1300 dollars. Our totals for 2010 were 278 miles and we raised a total of \$1400 dollars.

Whether a block or a mile, come join us for lunch and walk with us. We are really looking forward to this event!

[Please see the back page for a pledge form!](#)

Employment Update by: Mike Leahy and Jerry H.



With many transitions occurring and with an active Employment Committee, we are **as busy** with employment **as we have ever been**. It is encouraging to see that Clubhouses have

become **Evidence-based** (See Lee's article on page 1), and I think it is important to note that 2 of the 3 research articles used to obtain this status focused on employment outcomes at certified clubhouses with a standards-based employment model. We have certainly witnessed the effectiveness of this model here at Genesis, and I want to thank the leadership here for always embracing the model and supporting me in my job development efforts.

There are several transitions occurring at this time, creating helpful opportunities for members. **Richard LaVoie** has jumped right into the **Mail Courier TE position** and he is doing a **fabulous job**. He cares deeply about the job and is very responsible. This is his first job in 5 years, and he plans to use his new skills to increase his employability and find an independent position.

At **Centurion Medical Products**, **Rhonda's Nieznajko's** placement has come to an end. She has worked very hard at this placement and has learned so much. Though this was her first job in 15 years, she now has more skills and confidence and is looking to continue working in a Supported Employment position or another Transitional Employment (TE) position.

At the Trans Apartments TE, **Joline Reed's** placement has come to an end. She has pushed herself hard to complete these 8 months, and we are proud to see her do that successfully. **Great work Joline!**

We were delighted to learn that the **TJX Corporation**, which includes **TJ Maxx**, Marshalls, and Home Goods, highlighted our TE relationship with the Howell TJ Maxx in a **nationwide**, monthly newsletter about their workforce initiatives. They had a feature about the store's recent MI Works award with an article about the Genesis TE and a picture of them receiving the award that included the store managers, **Joel Gaudette** (the member working there at that time) and legislators from the state and federal levels. We have hard copies available if anyone wants to see it or to use it as a job development tool.

We are beginning a new meeting for employment and education that will help us to share information and encourage peers. Lee was recently inspired by a trip to Petoskey



Richard poses for a quick picture outside of Genesis during his mail route.

Clubhouse where they have a comprehensive Employment and Education meeting on a weekly basis. We have met twice now and the feedback has been very positive. We are calling it the **Employment and Education Community Meeting**, and it will meet every other Thursday from 1:30 to 2:30.

The Peer Support Application Process By Jerry H.

Earlier this past February, I along with two other Genesis House members applied for three Peer Support Specialist job openings at CMH. Genesis House was very helpful in updating my resume to fit this position. I dropped my completed resume off at the main office one week and got a call the next to meet for my first interview. The interview itself was about one half hour long. **I was first asked to tell the interviewer about myself**. This is always a tough question because you never seem to know where to begin. I began talking about myself such as where I grew up to the present, conscious of the fact that I didn't want any long silent pauses for fear that it may show a lack of confidence, and that everything I said should be relevant to the job that I was applying for.

I also made sure that I didn't take all the time of the interview on my life. I felt that **smiling** once in a while sent a **positive message** to the interviewer, and it was a **confidence booster** to me as well.

Education Update by Karen Newman and David Prain



LCC Parker Campus Announces Education Day!

On Friday, April 1, **Lansing Community College (LCC)** held a **Genesis House Education Day**. The Parker Campus hosted this event, and representatives from the Financial Aid, Student Advising, and the Office of Disability Support Services were on hand to answer all members' questions about returning to school. Assessments, applications, and tours will be also offered. Members found the session to be **very helpful**, and it will serve as a **springboard** for several members to **begin taking classes in the Fall**. We deeply appreciate the special effort and support from our friends at LCC, especially LCC employee and Genesis House advisory board member Barb Line, who chairs our education committee and made it happen.

Back to School

David Prain recently completed a course in Microsoft Word at Lansing Community College, Parker Campus. I asked Dave about his experience, and he said that he really enjoyed returning to college, and that he had a great time. "Professor Ron Greener is a very smart man, and he's one of the best professors I've ever had," David reports. "I was not able to attend the first class session, but Professor Greener let me make up the work and I passed the class."

David plans on taking another introductory computer course again at LCC. "Next time, I hope to do even better than this time," David told me. I asked David if he had advice to offer anyone at Genesis House who might be thinking about taking classes. "Pursue coursework if you are able to. There's always something good to learn and maybe just take one class at a time to see how you like it."

That is certainly great advice, and David,

we wish you well in your educational pursuits.

David Crandall recently began taking classes at LCC, Parker Campus also. David is took an introductory Sociology course, and he plans on taking two other courses in the near future. David's educational goal is to complete a certificate in automotive repair.



Karen and Dave Crandall work together to check his financial aid status.

Our Attendance Statistics & Quality Indicators

by Greg Wortley & the Genesis Business Unit



A primary responsibility of the **Genesis Business Unit** is the daily tracking of **who attends** Genesis House, **how much time** they spend at the clubhouse, and **how they are involved** at the clubhouse.

At the completion of each month, then, we generate a series of **“attendance statistics”** which characterize the month. At the completion of each year, we then average those twelve months for an annual summary. Over the years, therefore, we are able to track the **average number of active members** at Genesis House, the **average number of hours** spent at the clubhouse, and the **the average daily attendance**.

We also use the statistics gathering process to **track the effectiveness** of any number of the clubhouse components which make for a quality psychosocial rehabilitation experience for members. We call these additional statistics **“quality indicators.”**

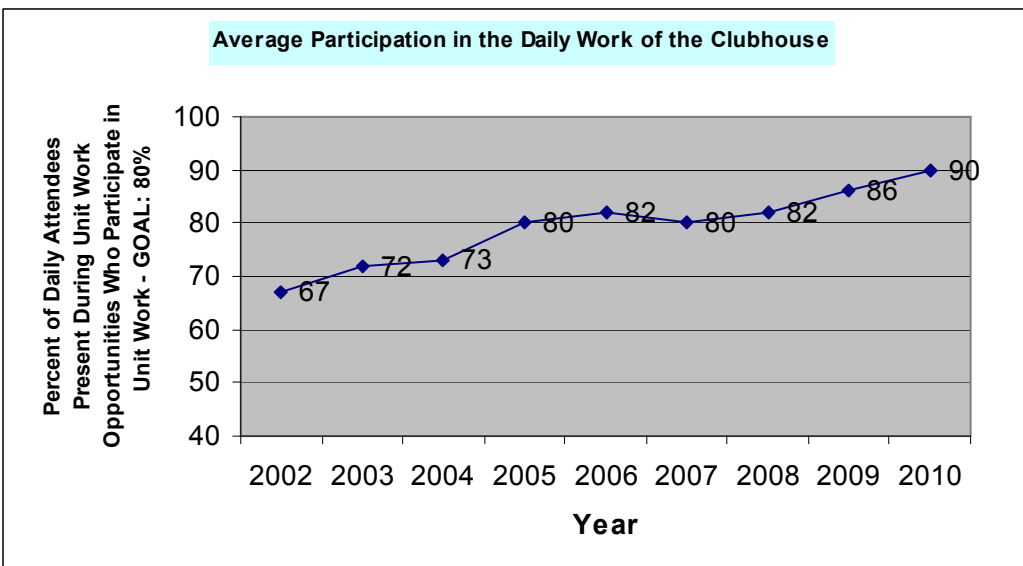
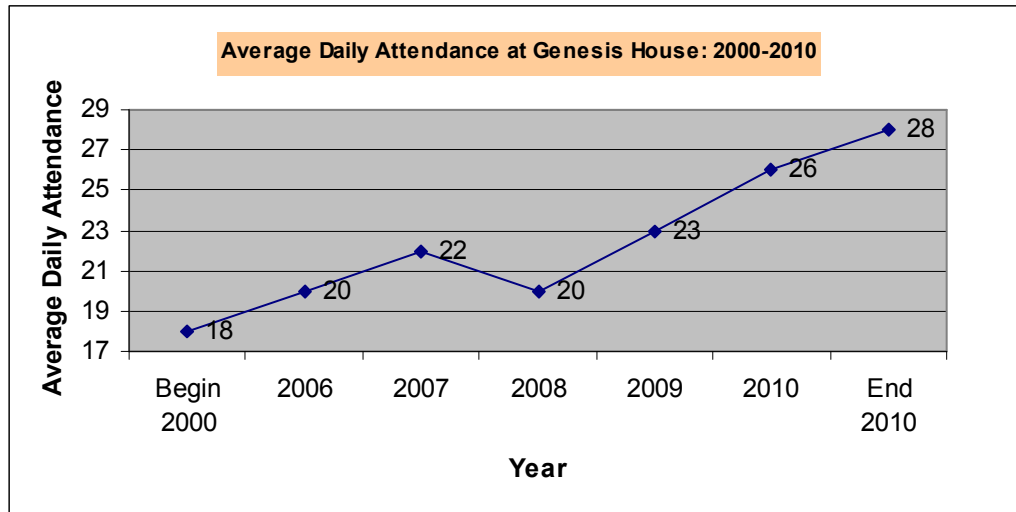
Chief among these has been the tracking of members’ **employment & educational enrollments, members’ social involvements, members’ participation in advocacy, members’ involvement in the daily work of the clubhouse, as well as members’ overall satisfaction with the clubhouse** (as tracked through a satisfaction survey score). A result of tracking these quality indicators, is that we are able to observe

trends, assess whether or not we are evolving as desired, and establish or revise goals so as to maximize the quality of Genesis House

As of the beginning of 2011, we have added two more quality indicators to the above list. One is for tracking the timeliness of our efforts to document members’ **progress** at clubhouse **toward** individual **recovery goals**. And a second is the tracking of our clubhouse’s **weekly efforts to reach out** to members who have been absent from clubhouse or in need of special support from clubhouse colleagues.

By plotting our annual average daily attendance, it is easy to see the large increase during the past five years (from 18 attendees at the start of 2006 to 27 attendees at the end of 2010).

Given the fact that this steady increase coincides with our new participation in the International and Mid-States Clubhouse Seminars, as well as the completion of our three year ICCD clubhouse certification, we can’t help but conclude that we have benefited greatly from the supports of our new ICCD relationships.



A common desire of ours has been to increase the number of attendees participating in the daily work of the clubhouse. It was in 2002 then that we decided to set a goal of establishing an 80% participation rate and to daily track our progress. As we plot the yearly averages for percent of attendees participating in the work of the clubhouse, we again see a fairly steady increase over the past few years from 67% participation in 2002 to 90% participation in 2010. Our conclusion: by setting a goal, tracking our progress, and reflecting together on that progress, we have created a desired shift in the culture of our clubhouse.

Unit Space Update by Joel Gaudette

Our clubhouse has gone through many changes over the past several months. The units that we had here at Genesis House were the Employment and Administration Unit, the Clerical-Banking Unit, and the Sunrise Café. The Employment Administration and Clerical Units have now merged and are now called the **Business Unit**. Our Sunrise Café and Banking units have also merged. After much consideration our Sunrise Café and Banking units have changed their name to the **Dine & Dollar Café**.

Also we have made some physical changes to the interior of the Dine & Dollar Café. For example, our **Snack Shop has been moved to the front of our Café**. The seating arrangement have been adjusted. This required much effort on everyone's part.

One positive change in going from 3 Units to 2 Units; there will be a **greater number of people able to work together**. A second positive change is that members and staff are learning each others jobs.

Our changes are in hope that we can better serve our guests, members, and staff. In conclusion, the new arrangement offers better opportunities for greater success.



Donna Coleman (middle) and Rick Paulen (right) are pictured here graciously serving customer Roger Gwizdala. This new arrangement gives us room for colleagues to work side by side, and it is also nice to have this work space by the windows.

Henry Ford Museum By Bea Eldridge & Donna Coleman



There were 13 of us members that went to Henry Ford Museum on Jan.22, 2010.

When we first walked in, there was a huge train bigger than I have seen. It was made in 1941 in Lima, Ohio; it was built for the Chesapeake & Ohio Railroad.

We also saw a lot of big airplane's & watched a movie showing the planes flying and a person on the top of the planes. We saw the bus Rosa Parks was on, the Fuller's dazzling dilation House, and also saw a Kennedy Limousine and a rare reproduction of the Declaration of Independence.

They also have the Oscar Mayer Wiener-mobile going around the museum.

I also saw an 1867 baseball. Then we all had lunch there, the food was good. We saw old cars, buses, and an old house, how they had them laid out back then. We saw President Abraham Lincoln's rocking chair, on April 14, 1865, at the Fords theatre. The thirteen of us were Bea, Donna, Joel, Jason, Michelle, Rick, Greg, Bill, Bill My, Mary, Tom, Lynn, David, and Donna. It was very good and we saw most every-

thing, and she and Mary spent the day together.

There was so much to see that we didn't see it all; we all would like to go back, **it was a great time.**

One of the many exhibits is the original Oscar Mayer wiener vehicle. We thought it would make an interesting background for our group photo!



A Visit from our New Liaison by Mel Fortson & Lynn Wertman

We were **excited to have our new DCH Clubhouse liaison Marty Alward** spend the day with us at Genesis House. Marty asked lots of questions and was very friendly throughout his visit.

Marty is originally from Perry, Michigan and he went to Michigan State. He now lives in Okemos, Michigan. He has worked for the Department of Community Health for many years, and has also done job placement, developing & coaching of others, quite a bit of benefit planning, and how work can be going hand in

hand. He also is going to be visiting different clubhouses around us. Half of his job duties are related to clubhouses.

Marty is also a family man. He has one 9 year old daughter named Vivian, and a 14 week old daughter named Nella. His wife, Ellen, teaches on self determination and also does wills and trusts for people. Marty likes to spend time with his family. He is also a runner and likes good food. Listening to him has told me that he is truly acclimated to his choice of work. **I am glad that I was able to meet with him.**



Marty Alward (left), poses with Lynn and Mel while they interviewed him for this article.

The Miranda Interview By Frank Kauchick



Miranda, do you feel that there is a need for more clubhouses in Michigan that helps the health of people who need it in this state?

- "Yes, I think they could be useful in all communities. It's a great place to grow and come out of your shell with the work ordered day and socializing with other members of the clubhouse."

What are your majors at WCC community college?

- "I am completing my Associate's Degree in Human Services at Washtenaw Community College this semester and I

plan on transferring to EMU next semester for a Bachelors Degree in social work."

How do you feel about the clubhouse from a psychological standpoint?

- "I think the clubhouse is a great place for people in the community and I SEE IT AS VERY helpful in each and every individual member of the clubhouse's lives. **I think every city should have one ."**

Do you like the social activities of the clubhouse?

- "Unfortunately, I've only been able to attend one so far, but the atmosphere was great and I can always tell it's a lot of fun. I hope to make it to another sometime!"



Miranda and Dan Fry work together to complete his progress notes and discuss his goals. Miranda has done an excellent job of working side-by-side with members.

New Member David Tomasko by David Prain & Laura

Laura: How did you hear about Genesis House?

David T: Through CMH.

David P: What is the number one thing you like about Genesis House?

David T: Interacting with other people.

David P: How do you like the food at Genesis House?

David T: It's great!

Laura: How does the work-ordered day at Genesis House help you with recovery?

David T: I've grown since I've been here at Genesis House. I used to sit around the house and watch TV before I came to G.H. At Genesis I keep busy in the Café and I go for walks after lunch.



Lynn's Farewell Party by Michelle Kozak

On April 26, 2011, Genesis House sadly said goodbye to Lynn Wertman. **Lynn moves to Las Vegas to be closer to her daughter Kelly.** Lynn has been a member of Genesis House since October 2007. She was a member of our Business unit and we will miss her dearly.

The members and staff were graced by her kids' presence. She has also recently become a grandma and her grandchildren Graham and Olivia were here as well. In Genesis house style, we sent Lynn off with a farewell party.

The members and staff also made Lynn a scrap book for all the memories and various involvements over the last three years here at Genesis House. People also had the opportunity to write her a letter wishing her good luck and anything else they wanted to say.

The party consisted of a slide show of all the pictures of Lynn and her various involvements over the last three years. The members and staff had the opportunity to say their final goodbye to Lynn and tell her how much she has meant to us. **Lynn is going to be severely missed**

and cannot be ever replaced. Genesis House wishes you all the luck in the world with the starting of the new chapter in your life in Las Vegas.

Keep in touch!



A group of us from Genesis pose for a picture with Lynn before she moved to Las Vegas.



Above: Lynn and family outside the Clubhouse. Below: Lynn and Michelle with her yummy cake.



Clubhouse Visits by Michelle Kozak



On January 20, Lee and I went to Circle of Friends Clubhouse in Sturgis, Michigan.

In partnership with Michigan State and the Department of Community Health, Lee and I did another site Clubhouse review. This review was for Medicaid enrollment. The members and staff were both friendly and warm. The space was spacious and well organized.

The morning was spent on working side by side with the other staff and members on their three units. I spent the morning working on the Kitchen Unit helping them prepare the meal for the day and exchanging

ideas on meals and how they run their kitchen.

Lee spent the morning on their Clerical unit interacting with the members and staff, observing and asking questions. At lunch time we sat and socialized with the colleagues to learn more about the Clubhouse and what kind of things they do there.

After lunch we joined their all-house meeting where the members and staff read the ICCD standards and talked about any decision they needed to make as a Clubhouse. The rest of the afternoon was spent observing the units and talking with the members and staff. Then we concluded the

day with a closing meeting with what we saw with the members, staff and the director's boss. All in all, it was a good day and I felt really welcome.

At another Clubhouse visit, **Charter House** in Lansing sent 2 staff and 1 intern to Genesis House back in January to learn more about our Employment Program. It was a good learning experience and we enjoyed their company.

Wellness Committee by Roger Gwizdala & Laura Southwell



Some new and exciting things continue to happen at the clubhouse in relating to health and wellness.

The **bi-weekly Smoker's Cessation Support group** continues to be helpful to members that are aiming to quit smoking. Several members, per Roger Gwizdala (facilitator of this group) have cut down their number of cigarettes per day since attending this group.

Educational information continues to be presented in helping members learn the health effects of smoking. Karen Newman (MSU Intern) implied that members really tune in when they hear how smoking affects their heart and lungs. Nice work

Roger and Karen in running this well needed group!

The **Cooking Matters Program** (sponsored by Gleaners and MSU Extension) returned to Genesis House and will run from March 31 – May 12 for 6 consecutive Thursdays, from 3-5pm. 13 members have participated and so far it has been a great experience for everyone. The cooking instructors teach us how to cook **nutritious meals for a very low cost.**

We will also make a trip to the grocery store and learn what to look for on food labels so we can make better and healthier choices when preparing our meals. This cooking program will greatly benefit the Café' at Genesis House as **we are always**

looking for ways to improve our meals and their nutrition.



The GH gang pose for a picture prior to the Cooking Matters Class

Community Building Committee by Advisory Board member Leslie Hall

The Community Building committee has committed to supporting a traveling suitcase exhibit which highlights the stigma that people who have mental illness experience during hospitalization. This exhibit will be coming to Livingston County from New York. Our committee has a subgroup of folks who will work on this. Howell Carnegie Library has generously offered the use of their space, and the exhibit will be there this summer.

The title is **"The Lives They Left Behind: Suitcases from a State Hospital Attic,"** and it features true stories of patients of the Willard State Hospital in the early 1900's. More information is available at www.suitcaseexhibit.org.

The committee is also **reaching out to schools** to do anti-stigma work. We will

continue to make contacts at the local schools so that we can do additional presentations and educate the community.

In order to make our presentations an ongoing success, the committee has also been discussing ways to enable **members to write and tell their stories.** We can do workshops and training sessions to teach members how to tell their stories in a way that shows both the struggles of mental illness and the positive steps that each individual has taken to move towards recovery. At our next committee meeting we will make more decisions about when these trainings will take place and what they will look like. The committee is excited about all of these opportunities to **share the good news of recovery with the community.**



Claudia, Madeleine and Karen, represent Genesis House at the Community Resource fair at the Howell High School Freshman Campus.

Why We Do Goal Planning By Joel Gaudette & Lynn Wertman



Without proper goal planning, nothing successful ever occurs. Here at Genesis House we finished our goal planning process at the Howell Nature Center.

We do annual goal planning to review our previous year's success so we can figure out what worked and what we will try and accomplish in the current year!

Reviewing the previous years goals helps us decide whether to continue with them or not and it helps us to realize how much we accomplish.

Our annual goal planning day, just like in years past, was very useful in shaping the direction we wish to go. We had a great turnout for our goal planning which included lots of great discussion.

When we asked Lee about the GH goal planning, he said, "**Members involvement in the decision making process**

not only creates better goals for the clubhouse, it also fosters member ownership of the Club which is crucial."

Having ownership in the goals of the Clubhouse is the driving force. **Once again we have a plate full of goals for the Clubhouse to work on.**

Interview by Dave Stellberger & typed by Claudia Gillenwater Question: What are your goals at Genesis and/or your dreams?

Employment Goals

Claudia: "Improving my mental health and finding a job where I can get a check every week."

Maddie: "Go back to teaching and raise my son the best I possibly can."

Rich: "I want to be more social with others, and I am looking for full-time employment when my TE ends in November."

Linda: "Later in the year, I would like to be in permanent employment or return to school."

Education Goals

Joel: "To learn more about my education options, I am planning to go to LCC in the Fall to take classes in Computer Assisted Drawing (CAD)."

Cindy: "To continue coming to Genesis to further improve my social skills and look into educational opportunities."

Michelle: "I would like to be enrolled in college by the Fall. I am looking forward to taking classes and doing well and being independent."

Dave P. "To finish my Degree. I have already taken eighty-seven credit hours, equaling three and a half years of college. I will be taking more classes in the fall."

Frank K.: "I want to do more with the *Genesis Journal* and to start College courses, perhaps in Art and Design."

Physical and Mental Health Goals

Bill M.: "I plan to begin cutting down cigarettes, and eventually quit smoking. I also plan to participate more in the groups, let my personality come out and socialize more."

Donna: "Exercise every day in order to lose a few pounds."

Mary: "I would like to get more motivated and I want to help with the Newsletter."

Jerry: "Come in more often and keep busy so I can contribute more in the work-ordered day."

Bea: "Learn to be a better speaker, lose some weight, and learn to be more able to explain myself."

Joline: "I would like to eliminate my hospital stays. I've gone a year and a half without harming myself."

SPECIAL THANKS

*To the following Genesis House members, friends & staff who were instrumental in the production of this 135th issue of **The Genesis Journal***

Special Contributors:

Lee Kellogg
Joel Gaudette
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... And special thanks, as well, to every member of **GENESIS HOUSE**
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The Genesis Journal

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Please Help Support our Walk-a- thon !

-Look inside your copy of the Genesis Journal to find more information on our Walk-a-thon on page 1.

This is the **Tenth** annual Walk-a-thon for Genesis House. This means that each day in May we walk at lunch time to **improve** our **physical health** and to **promote mental health**. Each year we set our goals higher and higher. This year we are aiming to walk **285 miles**, get **70 participants**, and **raise \$1,500**.

In order to do this, we are asking our friends and family to **consider supporting our efforts** by making a donation. All of our generous sponsors will be getting a **thank you** letter which will highlight our progress.



I am donating:

\$ _____

My Name is:

My Address:

Please send form and check to:

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501 W. Grand River
Fowlerville, MI 48836
(517) 223-1393

**Thank you so much for your
generosity!**