



Capitol Clubhouse

Winter 2023

JOURNEY TO SUCCESS

Alliance House Colleague Training



In October, Molly and Joan participated in a 2 week colleague training to immerse themselves in the Clubhouse Model. Valerie joined the group as the 2nd Week administrator. While on training Molly and Joan participated in daily discussions surrounding the Clubhouse International Standards. They built strong working relationships with the colleagues of Alliance House as well as the colleagues from other Clubhouses around the United States. Joan and Molly identified some strong goals for Capitol that had a primary focus on expanding young adult programming, increasing LGBTQ+ Allies awareness, and building up the Food Services Unit. Upon their return to Capitol the group presented on their action plan goals. Clubhouse colleagues were eager to hear their ideas and to begin working on implementing them. We are so appreciative for the opportunity to participate in colleague trainings and are thankful for the experience that we had at Alliance House.

Welcome Our New Board Member!



Emily is a Transportation Demand Management (TDM) Project Manager with AECOM. Currently she serves as the Program Manager for GO MAINE, MaineDOT and the Maine Turnpike Authority's statewide TDM program. Emily combines her educational background in transportation planning with her lived experience as a rural Mainer when working with organizations on the various transportation issues they face. She is excited to bring her transportation expertise to the Capitol Clubhouse board and Clubhouse members. Emily lives in Poland with her husband, son, and two rescue cats.

Education



On January 5th we attended a tour at KVCC. We currently have 13 colleagues enrolled in college at UMA, CMCC, KVCC, and Zardus School of Massage.



Beth getting a jump start on her college courses!



Adam working with Ruth on computer skills building.



On the first Friday of every month we host an education breakfast. This month the breakfast celebrated colleagues that completed their semester in college or adult education!



Hi, my name is Adam Dushuttle and I offer tutoring in Computers and Math at the Clubhouse in Augusta Maine. I am passionate about sharing the skills I have acquired in my education and career. I graduated with a BA in Psychology and went to do non-profit work in Baltimore and other urban areas. I worked as a research assistant reporting on best practices in afterschool care. Later I realized how important computers were in my work and continued my education going back to college to learn Computer Science. Currently I'm going to school learning various computer languages and volunteer my time to teach at the Clubhouse. I am available on:
Thursday 11 AM to Noon
Friday 11 AM to Noon

As I've been coming to Capitol Clubhouse, my mental health has steadily improved and I've mustered up the courage to apply for classes at UMA. I've already tried going to college two times, but due to life challenges, I wasn't able to advance my educational career.

On January 17th, I will be starting my college journey majoring in Mental Health and Human Services. My dream job is to help folks who suffer from mental illness, as I've also struggled with mental illness myself. I wouldn't be where I am today without the help of my providers, and so my wish is to give back to others. I am very excited to be starting my classes and to work towards a higher education as well as my long-term career goal.



-Lydia Luparia

Employment

Welcome our newest staff member Derek. His first day with the clubhouse was on December 19th 2022. He is a student at UMA with an MHRTC.



What made you interested in working at the clubhouse? I did a 4-month internship and I fell in love with the place. The unique environment of the clubhouse and the relationships I developed with the members.

How did you find out about the clubhouse? A professor at UMA and I did a tour of the clubhouse.

What is your professional background? I have my associate's degree in radio/video production. Previous managerial experience.

What are your future dreams and aspirations? To develop the education unit to meet the needs of the members. To inspire others to reach their dreams. To install a sense of pride in the clubhouse and community awareness of the clubhouse.

My name is Toni Aloba and I have worked at the Augusta Teen Center since 2018. I started in the TE program with the Clubhouse working as a Kitchen Support Staff. I planned meals and snacks for the teens everyday and involved the teens in the work that I did. Before becoming a member of the Clubhouse, I didn't know that I would ever be able to work because of my medical condition. Participating in the Clubhouse gave me the confidence to find employment.



Once my TE position ended I got my own job at the Teen Center. I eventually picked up new skills and started helping with more of the administrative job duties. Working makes me feel significant and like I am part of society. Since I have started working my medical condition has improved and I no longer have to attend weekly doctor's appointments. I am thankful for the Clubhouse because it gave me the opportunity.

Total Member earnings for 2022

Transitional Employment: \$ 74,480
Supported Employment: \$ 90,260
Independent Employment: \$ 318,687
Member earnings in 2022: \$ 483,427



Job Club meets every Monday at 12:00pm!

Members in Employment

Members currently in Transitional Employment: 13

Members currently in Supported Employment: 11

Members currently in Independent Employment: 34

Members in Long Term Supported Employment: 10

Membership Services Unit



Meeting Times:
Morning House Meeting @ 9:00am
Unit Meetings @ 9:30am
Lunch 12-1pm
Afternoon Meetings @ 2pm (Tuesdays, Thursdays & Fridays)

Congratulations to our colleagues who got their own apartments!



Ed Giroux



Kelsey Currier

Standard #16

The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems



Colleagues tending to outdoor snow removal



Bryton Maxim

Membership Statistics

Tours and Orientations:

October - December 2022

32 Tours

28 Orientations

New Members:

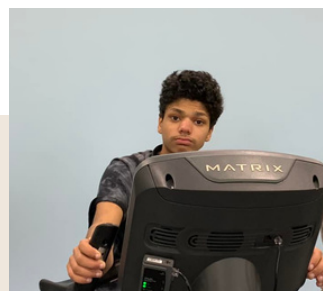
Since October 2022: 41

Welcome New Members!



We hosted our first new member breakfast in December! This provided a great opportunity for new members to meet one another and to learn about the experiences of establish members within the Clubhouse. We will be hosting these on the last Friday of every other month!

Welcome to a couple of our newest colleagues!



Carlos Michaud



Katelynn Vladyka

Food Services Unit

Media in Action

Over the last several months we have ramped up our media department by offering a variety of new opportunities! We make weekly videos, Motivational Monday posts highlighting education, employment and wellness, and post regularly to our Facebook Page!



Kitchen Happenings

- Meal Planning takes place every Friday at 9:30am
- Food Bank Distribution every Wednesday at 1:30pm
Full Entree: \$2.00 Half Entree: \$1.00
Salad Bar Option: \$2.00



Cafe Happenings

- Cafe Meal Planning takes place every Friday at 9:30am
- Breakfast is served every day from 7:30-10am
- Full breakfast is \$2.00 or Breakfast Sandwich for \$1.00

Community Engagement

The Clubhouse has been actively working to increase its presence within the community by scheduling presentations and attending community events. We have several presentations scheduled for the upcoming months.

In House Presentations held this Quarter:

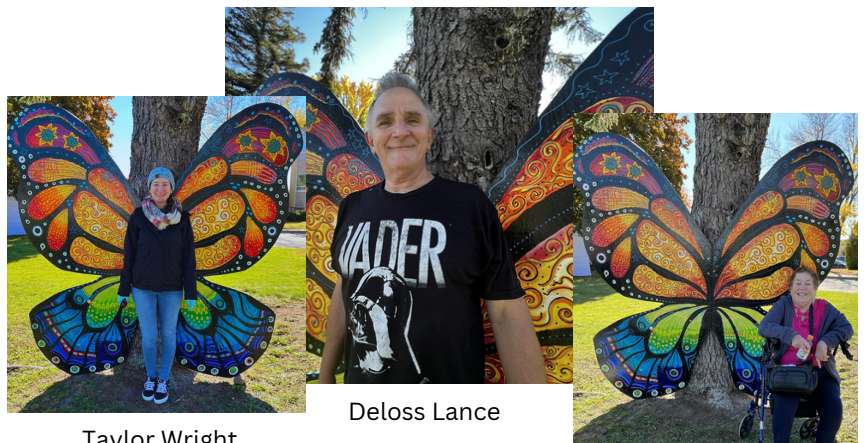
Narcan Training
SNAP Ed
Family Planning
Maine General
Family Violence Project
University of Maine at
Augusta

Our Community Efforts:

FED CAP
University of Maine at
Augusta
Chamber of Commerce
Augusta Civic Center

Call us today!
We offer
presentations in
the Community
about program
offerings!

Capitol attends annual NAMI Walk



Taylor Wright

Deloss Lance

Sunshine Gauthier

High Hopes Celebrated 25 years!



A group of Capitol Colleagues at High Hopes Open House event

Tabitha's Closet



We appreciate our relationship with Tabitha's Closet! They continue to donate work ready clothing to our Swap Shop. Pictured above from left: Barbie Champine-Smith, Bryton Maxim & Valerie Hunt

Around the House



Eric Peabody completes an employment application



Logan Botbyl ringing the bell alongside Doug Mason



Kitty Roy and Valerie Hunt learning the Kennebec Explorer



Sam Kennedy shows off her new glasses!



Amy Searles in CDU



Extended Programming at Sparetime Recreation!



Mainly Escapes Escape Room

From left: Derek Libby, Tim Peterson, Katrina Burrell, Leonie Burrell, Katie Turbide, Joan Kelly, Wanda Saucier, Beth Hilton, Peter Moody, Tina Pinney, Sirena Wright & Richard Bowen



Carl Smith attends Clubhouse after his shift at Dunkin' Donuts



Nathan Fitts attending CC before work!

Advisory Board

Jeremy Bouford - UMA

Brandi Farrington - KBH

Joyce Gilbert - Crisis & Counseling

Roxanne Zwaga - State of Maine

Kerry Caron - Office of Attorney General

Christian Behr - Kennebec County District
Attorney's Office

Jeremiah Elwell - Kennebec Journal

Kevin Bush - KBH

Doug Jennings - Walker & Jennings, PA

Rebekah Bridges - Bangor Savings Bank

Brad Chase - Augusta Police Department

Christian Carson - State of Maine, VR

Valerie Hunt - Clubhouse Director

Emily Becker - State of Maine

Taylor Wright - Clubhouse Assistant Director



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www.capitolclubhouse.org

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Transitional Employment Partners



Capitol Clubhouse is proud to be accredited through Clubhouse International.

