

THUNDERBIRD CLUBHOUSE



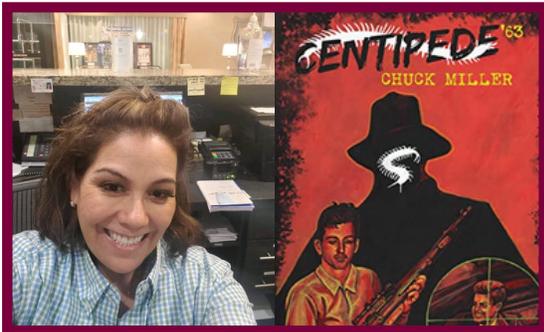
THE QUARTERLY UPDATE FROM THE COMMUNITY
AT THUNDERBIRD CLUBHOUSE

SUMMER 2022

WHAT'S INSIDE



Employment Achievements



Read more about members' recent employment updates on [Page 4!](#)

2-Week Training in NYC



Read more about the training, our trip, and what we learned on [Page 7!](#)

Education Accomplishments



Read more about members' recent education updates on [Pages 2 & 5!](#)

Upcoming Events at Clubhouse



Read more about our upcoming annual Golf Tournament on [Page 8!](#)

CLUBHOUSE MEMBER EDUCATION ACHIEVEMENT

"A Feat" - by Leesa B.

Our member, Leesa, graduated from Rose State Community College at the beginning of May.

"Destigmatizing Mental Health and Age: Shunned by Society"

After I had finished falling, hitting rock bottom, and watching myself come apart into a million pieces -- I decided to stay down for as long as I needed to. This was the most important part. Took my time. Pay attention: I was already broken. So, that part was over. I went slow... I know I thought the breaking was the most painful chapter. It wasn't. I turned the page. The next part is much longer. It was the healing. The rise. The comeback. It was the birth of a new person...me. And it's not easy. However, I was strong, brave, and worth it. I had to leave a lot of myself behind, I had to let go of all the parts of me that I had outgrown. I'm not making myself small anymore. I am not bending to fit where I don't belong anymore. I'm going all in.

The situational ethics to get here to this version of myself who knows exactly who I am, who I am not, and who I will never be again. Every wound, every scar ripped open, every drop of blood I bled, every tear I cried, my whole soul, was all for this moment. Right here. Right now. I stepped out of the box of all I was supposed to be, according to everyone who wasn't me, and walked into myself, who's comfortable in my skin. It's time. I earned it. I no longer wear the expectation of anyone else or let anyone else decide what I am worth. I finally know. So, now it's time to celebrate and show the world, "I am like a phoenix and rise from the ashes."

- Leesa B.



"WHAT I'VE LEARNED AT CLUBHOUSE" FROM OUR FORMER STUDENT RYAN

"I've learned a lot while at Thunderbird Clubhouse. I came here as a student not sure what to expect and found a community of wonderful individuals.

James, who was eager to help teach me about everything Clubhouse.

Alex, who taught me how to run the kitchen and reminded me that Black Sabbath was not the same band that Ozzy played in.

Frank, who taught me all about clerical and the importance of teamwork.

Jeremy, who taught me it is okay to be lighthearted and to laugh.

Chris, who taught me so much about his travels and Lubbock.

Jan, who reminded me what empathy and compassion looks like.

Bill, who is a wealth of knowledge and a great advocate.

Chuck and other members have taught me that recovery is possible and is very real.

James P., who showed me chiles rellenos and how to be a hard worker.

And not to forget all the other members I've encountered who allowed me to hold space for them.

Amber has demonstrated what a good social worker and leader looks like.

Erica reinforced the principals of social justice and the dignity and worth of a person.

Ramsey demonstrated what good engagement skills look like.

Matt demonstrated how we can engage with anyone and that he has a trivial-pursuit-kind-of-knowledge when it comes to music.

Callan has taught me the importance of the beauty of art.

Deanna has taught me about setting a good example early on.

Heidi has taught me what good nonprofits do and the importance of keeping it real.

Linn has demonstrated what a passionate director looks like, who leads from the front, and lifts everyone else up.

I especially appreciate the members embracing me as a part of a community. This has been impactful personally as a person also living with mental illness.

I want to thank everyone here for accepting me as I am, this has helped me grow personally and professionally. I truly feel that Clubhouse is helping people to create a life with meaning, to dare greatly, and to make a difference in the community. "

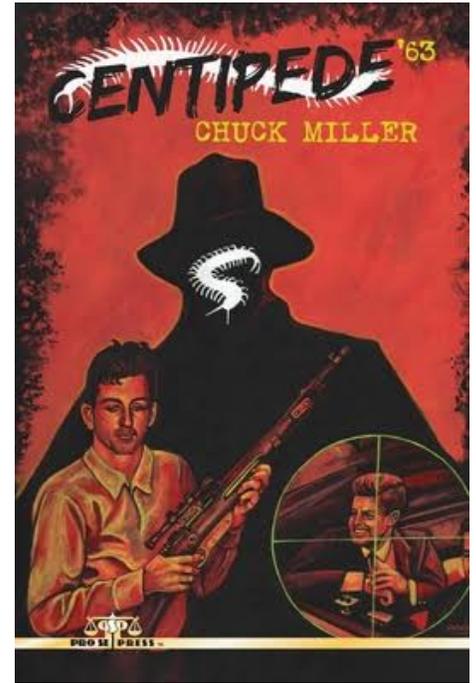
There is hope, and recovery is possible!

CHUCK MILLER, AUTHOR

Chuck Miller, member of Thunderbird Clubhouse, had a new book come out called "Centipede '63". It is the fourth installment in the adventures of the Black Centipede, a masked hero, published by Pro Se Publishing.

Chuck comments about his inspiration, "For a long time, I have been a student of the Kennedy Assassination and have wanted to write a book about it. So I decided on a fictional approach since I have a practice of having the Black Centipede encounter historical figures and events in his adventures."

Chuck Miller's collection of Black Centipede adventures, as well as his other writings, are available on Amazon to purchase.



TERESSA EMPLOYMENT UPDATE



Congratulations to our member, Teresa, for her new employment opportunity! At the beginning of June, Teresa began working full-time at a hotel and is enjoying her new clerical position. We are so proud of you!

CLUBHOUSE NUMBERS

of Active Members: 150

of Average Daily Attendance: 33

of Total Service Hours: 2,496

of Meals Served: 309

of Members Assisted with Housing: 44

(Average of Months in Spring Quarter)

CLUBHOUSE TIMES TO REMEMBER

MEETING TIMES

Unit Meetings
9:30am & 1:15pm Monday-Friday

House Meeting
3:00pm every Wednesday

Philosophy Meeting
3:00pm every Thursday

Education & Employment Meeting
2:00pm every Tuesday

Inclusion, Diversity, Equity
& Accessibility Meeting
2:00pm first Monday of the month

Meal Planning
2pm every Friday

Scheduling Meeting
3pm every Friday

BANK HOURS

Monday-Friday
10:00am - 11:00am

Monday, Tuesday, Friday
2:00pm- 3:00pm

Wednesday & Thursday
2:00pm- 2:45pm

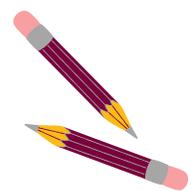
**WE NEED LOTS OF HELP AT
CLUBHOUSE - COME SEE US!
WE MISS YOU!**



KARLINA'S EDUCATION ACCOMPLISHMENT

Member Karlina Palma was recently accepted into a medical assisting program through Moore Norman Technology Center! After the 2 year program, she hopes to work at a doctor's office. Karlina is currently utilizing the Clubhouse Education Micro-Grant to help fund her career aspirations! We are so proud of you, Karlina!

"Coming to Clubhouse helped me realize that I could do things I didn't know I could do."



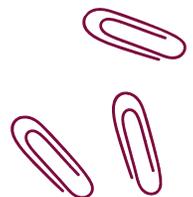
WORK WORKS

By Clubhouse International

The Outcomes:

- **Better employment rates** - 42% of members are employed at Accredited Clubhouses annually – double the average rate for people in the public mental health system.
- **A road to permanent employment for Clubhouse Members:** Here is one example from Fontenehuset i Oslo, Norway: For 12 years, mental health problems had made it difficult for Marit to work, but, with the help of her local Clubhouse, she got a transitional job and eventually a permanent job in her desired and trained profession as a Pharmacy Technician. She later said, "If someone had said when I entered the Clubhouse that I would end up in a permanent job again, I would not have believed it."
- **And positive outcomes for Employers:** "Partnering with Potential Place Clubhouse has been amazing on so many levels. We have had great success with the individuals who have joined our team - we have hired Michael on permanently as the associates on my staff couldn't bear to see him go. He is such a great team member!!!" Arlene Gillespie, General Manager, Staples, BC, Canada

**Join us for Education &
Employment Meetings every
Tuesday @ 2pm at CH!**



NEW YORK CITY

2-WEEK TRAINING

On April 24th, Mandy, Kathy, and Shelby attended a comprehensive 2-week training at Fountain House in New York City. The training provides an experience-based learning environment designed to allow staff and members to explore the design and intentionality behind the Clubhouse Model.

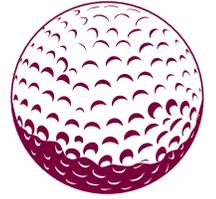
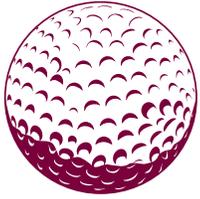
Kathy's favorite part of the training and trip was getting to see Fountain House, the first Clubhouse. She enjoyed meeting people from other Clubhouses and got to see that CH helps people all over the world! Shelby's favorite part was learning how larger Clubhouses use technology to engage with members.



THUNDERBIRD CLUBHOUSE'S

15TH ANNUAL GOLF

TOURNAMENT



On September 12, 2022, Thunderbird Clubhouse will be hosting our 15th annual golf tournament! The Blake Owens Memorial Golf Tournament is our biggest fundraising event of the year. Individuals and businesses have the opportunity to sponsor holes and play in a tournament of teams of four. Groups and individuals must register ahead of time for this fun afternoon at the Trails Golf Club located in Norman, Oklahoma.

If you would like more information on the event, please call us at (405)-321-7331 or visit www.ThunderbirdClubhouse.org.

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