

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

NOVEMBER 2019

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## Benefit 2019 Celebrates Mental Health Recovery

by Maria Núñez

Capital Clubhouse celebrated its 2019 Benefit at the New Zealand Embassy. **Her Excellency, Rosemary Banks**, the New Zealand Ambassador, welcomed everyone to the event and spoke eloquently on her country's efforts to reduce mental health stigma and increase services for their citizens who are in need of mental health services.

**The Honorable Senator Joseph P. Kennedy, III** was our guest speaker for the event and he spoke passionately about efforts to increase access to mental health services in this country. He also accepted the Capital Clubhouse Award for Mental Health Advocacy on behalf of his cousin, the **Honorable Patrick Kennedy**.

We have deep appreciation for all of our Clubhouse friends and supporters and their fierce commitment to building a Clubhouse community in DC.

And most importantly we appreciate our members who every day bring a can-do spirit to clubhouse that inspires us all. In the past year, together, we've experienced the power of Clubhouse: making new friends, learning each other's strengths, uncovering strengths of our own and building a community.

This year our charter members met with us twice a week to help us develop our program. With our recent certification we can now begin ramping up to being open 5 days a week and serving more and more members.

Thank you for being a part of our Capital Clubhouse Community!



NZ Ambassador Rosemary Banks, Member Maria Ellicott

## A response to our Wish List has been gratifying!



### New Wish List

- ⇒ Website Designing
- ⇒ Graphic Design assistance
- ⇒ Cast iron skillet
- ⇒ Table cloths (for 96" long)
- ⇒ Silicone-tipped tongs
- ⇒ Hand vacuum

**For more items go to our Amazon Wish List:**

**<http://a.co/42j5Zn6>**

*Thank you! To all of our wonderful supporters and volunteers!*

## WAYS TO THRIVE ... Create a Wellness Recovery Action Plan

### WRAP is . . .

The Wellness Recovery Action Plan® or WRAP®, is a prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world. WRAP has been studied extensively in rigorous research projects and is listed in the National Registry of Evidence-based Programs and Practices.

### WRAP Will Help You:

- Discover your own simple, safe wellness tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, using wellness tools, develop action plans for responding at these times
- Create a crisis plan
- Create a post-crisis plan

### WRAP is for anyone, any time. It will support you in being the way you want to be and doing the things you want to do.

Resource: <https://mentalhealthrecovery.com/wrap-is/>

### WRAP Seminars available in DC:

**Dreamers & Achievers Center**—2041 Martin Luther King Jr. Ave SE Washington, DC, 202-763-7904

WRAP seminars weekly:

WRAP Seminar I Classes – Tuesdays 1pm-3pm and 5pm-7pm

WRAP Seminar for Addictions – Thursdays 1pm-3pm and 5pm-7pm

## Our Commitment to Quality

*by Amy Muhlbach*

A clubhouse *is* such a welcoming and positive place to be. Ask any member of any clubhouse in the world and they will give you a positive answer about what their membership experience means to them.

What makes Clubhouse so great and why is it such an effective model? In great part because it is based on principles that uphold the dignity and worth of human beings who happen to have a mental illness. These principles were developed into standards that dictate how an accredited clubhouse forms and operates. The standards allow for people, who are used to being stigmatized or are often disregarded as people who “just need treatment,” to integrate themselves into and have a voice in the community. It is because of the Standards that the Clubhouse model enables members to achieve their full potential.

In the coming issues of our newsletter we will share with you some of the International Standards for Clubhouse Programs™. The Standards greatly influence and even dictate how we structure Capital Clubhouse, from oversight of the Board, members and staff—together considered colleagues—to its daily operation. When it comes to making decisions about policies or operations, someone usually asks, “what do the Standards say?” These Standards are not always flawless; that is why every couple of years accredited clubhouses are invited to help amend them so that they represent all member Clubhouses of Clubhouse International. I’m personally very excited that a new standard is being proposed to uphold the environmental awareness! Stay tuned!

## CREATIVE CORNER

### GOBLINSPAWN *(An ode to Halloween)* by Fred K. Freeman

I am Legend  
We are Death  
Ultimate Ecstasy  
Demon breath

Dark perspective  
Purple claws  
Strange invective  
Early frost

Mean Street Woman  
Chariot of Fire  
Beatitude Brother  
Take Me Higher

The Wind cries 'Velvet'  
From dusk until morn  
In Scandalous Scarlet  
She's a Child of the Corn

Sister on a mission  
To redeem a fallen world  
Revolutionary Christian  
With a Flag of Life Unfurled

I call my sovereign 'Moloch'  
I call intrigue my religion  
We are people electronic  
And we do not like contention

I rock in the Shadow Pit  
Therefore I am  
So take what you can get  
Believe that you can

Nowhere else to turn  
Trapped in the Saigon Jungle  
There is nothing more to learn  
For the Gods will keep us humble

## IN THE SPOTLIGHT



### Interview of Irving by Fred

**Where were you born?**  
Chicago, Illinois

**Where did you go to school?**  
Bowie High School, P.G. County,  
MD.

**What are your hobbies?**  
Working on cars, playing sports.

**Do you have any pets? Or wish you did? If so, what kind?**  
I don't have any pets. I wish I had a dog.

**What's one of your favorite places to go in DC?**  
Georgetown.

**What do you like about clubhouse?**  
Making friends. Associating with them on the same level. It's like a family.



## English < > Spanish Learning

We're excited that our diverse community at Clubhouse includes Spanish speakers, and in order to help us all expand our ability to communicate we will be including some language lessons in our newsletters.

It's very windy.	<>	Hace mucho viento.
It's rainy.	<>	Hace lluvioso.
It's chilly.	<>	Hace frio.
Beautiful leaves	<>	Ojas bellas
Wear a jacket.	<>	Tener una chaqueta
Pumpkin pie	<>	Pastel de calabaza

*If you would like to receive our bi-monthly newsletter by mail or email, please contact us at [info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org).*



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@CapitalClubDC



@CapitalClubhouse

*A community where people recovering from mental illness can achieve their full potential and be respected as co-workers, neighbors, students, and friends*

## GEORGE AND ADDIE OURS MATCHING GIFT CHALLENGE

Capital Clubhouse is pleased to announce the **George and Addie Ours Annual Matching Gift Challenge**. A generous benefactor has pledged **\$20,000 a year** towards the salary of a much needed third staff person to join the Capital Clubhouse community. The ability to fund this position is critical to the success of our newly-opened Clubhouse as we prepare for the expected increase in members. We only receive this gift if we can match it from other generous donors who believe in the value of our Clubhouse. More information is found on our website at <https://www.capitalclubhouseinc.org>.

Please help us meet this challenge with your own generous donation.

**Send checks** to: Capital Clubhouse Inc., 1313 New York Avenue, NW Washington, DC 20005

**Credit Card payments** can safely be made at our web address: <https://www.capitalclubhouseinc.org>

Look in the upper left for the donate button above the matching link box. OR simply,

**[Click here to DONATE](#)**

**Your gift doubles when you provide it as a matching gift.**