



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

Hutch Visits GOC

Alachua County Commissioner Hutch Hutchinson attended a GOC Board meeting recently to discuss the need for more community based treatments. Entities like the GOC help curb the need for the ever expansion of high cost crisis services. GOC Executive Director Brett Buell and Board members shared the need for more services to give people that supported hand up to help them re-integrate into the community.

Mental Health Clubhouses give adults who are not in crisis a safe place to come to participate in meaningful work-related activities. This process helps our members build their job skills and their confidence and truly prepare them to re-enter the work force. Many of our members have had long stints of unemployment, and the process of getting a job can trigger their illness. Hutch agreed that end-game support systems like Clubhouses are a vital part of the solution.

The Amazing Give

The Amazing Give is a fundraiser for local non-profits through a single donation platform, providing a simple way to connect the donors to charitable causes, that organizations like the GOC care about. We especially need funding to pay for two full time staff members and new furniture. This 24 hour online fundraising effort hosted by the Community Foundation of North Central Florida will offer our area of non profits the chance to raise funds to support our critical mission. The Amazing Give starts March 29th and is a Social Media campaign for large or small online donations. Stay tuned for more!

The GOC is now at 102 E. 10th Ave.



County Commissioner Hutch Hutchinson meets with the GOC Board, February 8, 2016.

The human brain has 86-billion neurons that make 100-trillion connections. When some of those fail, it causes mental illness. Mental illness is a medical condition, not a moral failure.

Like us on Facebook!

Want to read more about our day to day activities, job placements, and impact on the community?

[Like us on Facebook!](#)

We need your support to grow!

GOC ANNOUNCES OPEN HOUSE!



Can you believe we have been here 10 years! We need your help to make the impact our community deserves. Come see how you can get involved!

Dr. Wayne Garland Touts Healthy Eating



Dr. Wayne Garland is a nutrition guru who was healed of terminal cancer after going to places like Tibet and China to be cured by a healthy and unusual diet. He is a vegan. He advocated books like “The China Study”, and “How not to Die”. He spoke for an hour about how meat is very unhealthy and that a diet of vegetables, minerals and vitamins is much more healthy for the spirit and the body. He suggested having a “Big Three” of vitamins. A combination is D-3, Taurine and Ginkgo Biloba. He had some stories to tell about the villages he visited and their unorthodox ways of growing and reaping food. About 15 GOC members and staff attended the lecture.

GOC Members are hard at work providing a delicious and healthy meal. Every day members work with staff to cook yummy fresh food that we get from the Bread of the Mighty Food Bank. Members learn to cook from other Members and staff. We are working hard to increase independence and provide some job and life skills. Oh, and we have some fun here, too. At least Alex and David think so!



With more room and growing attendance, the Gainesville Opportunity Center is looking for additional volunteers to lead



Florida Clubhouses, GOC , meet with DCF Boss Carroll



Members, Board Members, Directors and Staff from Clubhouses in Miami, Lakeland, Orlando, and Gainesville, meet with Secretary Mike Carroll (Center.) GOC Executive Director Brett Buell, third from left arranged the meeting.

On January 31, five of the nine Florida Clubhouses met with Department of Children and Families Secretary Mike Carroll to advocate on the importance of Mental Health Clubhouse services as one of the later steps to help people reintegrate into the community and get back to working again. DCF is a major funding provider to nearly all of the Clubhouses in Florida. For those in recovery from mental illness, the support needed to help re-enter the workforce is a forgotten part of the equation. Without meaningful activity, many people find the downward spiral starting again. The result of that being high cost crisis stabilization treatments. Secretary Carroll warned us that cuts are immanent this year, both in the Legislature and in Gov. Scott's budget, however Gov. Scott has some provisions for supported employment programs that could naturally flow to Clubhouses. The Florida Clubhouse Coalition's position is that we support the section of Governor Scott's budget regarding Supported Employment Services. We neither endorse nor oppose the overall budget. We hope those of you in support of our cause will help us advocate by calling your area state legislators before March.

The Life and Death of Carrie Fisher

By Michael L.

It was a somber day on December 16th 2016. Carrie Fisher has passed. Her iconic role as Princess Leia in Star Wars broke social barriers as she played a strong, yet feminine woman.

Outside of “Star Wars” Carrie Fisher struggled with mental illness. She was diagnosed with “Bi-Polar disorder. Her willingness to speak publically about her illness also helped break barriers and reduce the stigma associated with mental illness. She wrote books on her struggles, and showed both a lighter and darker side to her illness. She nicknamed her Bipolar moods, “Roy” (who was the upper side of Bi-Polar) and the lower side “Pam”.

When she died it was a great loss for her family, friends and fans. As requested by her, her urn was in the shape of a Prozac pill.

On December 16th 2016, the lights in Hollywood dimmed.

GOC Wish list

Office Chairs	Laptop computers 2010 and newer
Dishes & Cups	Plastic Storage Bins
Pots and Pans	Flash drives (8gb)
Bowls	21” or larger flat computer monitors
Large Face Alarm Clock or Wall Clock	Power strips
Art Supplies	USB Wi-Fi Adapters
Digital Clock	Wireless Computer Mice (7)
Shelving for Storage	RGA 45 Cord, 30’ long
Copy Paper	Flat Screen TV 32” to 55” size
Plastic Storage Bins (2-4 large ones)	Crock Pot with timer
Picnic Table	Outdoor Brooms for sidewalk
Aprons for kitchen	