



Rebuilding lives
Removing stigma
Restoring dignity
Resource for mental health recovery

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

US Congressman Visits GOC

Congressman Ted Yoho visited our G.O.C clubhouse on Friday, November 18 for a tour and roundtable discussion with GOC members. Rep. Yoho had never heard of the Clubhouse Model regarding mental health services, and was impressed that there is a social program dedicated to helping people get back to work and lead more independent lives.

At the meeting we discussed topics such as the stigma of mental illness, and how so much money goes into high cost crisis services, without adequate lower cost supports once they get out of crisis.

Congressman Yoho wants to meet with us monthly to learn more about our progress and our cause. once a month starting in January.

Article by Mike Leyman



New Team, New Hope

Along with naming Brett Buell Executive Director this year, the GOC is happy to announce two new employees. Pictured from Left to right are Michelle Harden, Brett Buell, and Sandy Bedard. Michelle and Sandy both have a lot of energy, and a deep sense of commitment towards helping people with mental illness lead more productive and independent lives. The GOC follows the International Clubhouse model. We help people re-integrate into the community by helping them participate in meaningful, work-related activities.



Marketing Improvements

New Marketing Future

Brett Buell, the Executive Director at the GOC, has instituted what we hope will become a yearly correspondence with the University of Florida’s junior-level marketing class: the Great Ideas Project. After delivering a presentation on the state of affairs in mental health treatment and the ways in which the GOC makes up for its deficits, the class was divided into sections and prompted to provide us with a marketing plan to freshen up the way that the GOC presents itself. The students took the assignment to heart, visiting the clubhouse to take video, redesigning our website and logo, and providing branding advice for the future. As a result, we now have a wide range of materials from which to pick and choose elements of what will become our final marketing plan, and we couldn’t be happier with the students’ contributions. A thousand thank yous to our new friends at UF—we hope to use these resources to their fullest potential to further our mission.

Want to see more about what we are doing? Like our Facebook for weekly updates: [GOC Facebook Page](#)

Weekly Schedule

Things have been picking up around the GOC, and members have been coming in for activities we hold every day of the week. These activities are led by GOC members, staff and volunteers and provide some constructional ways to fill our time here as well as to help our members to build skills that can be used in the workplace. On Mondays, we offer a basic computer skills class at 1 PM. On Tuesdays, there’s Crafts, which will change to WRAP (Wellness Recovery Action Plan) training come January. Wednesdays are for art, with a teacher from ArtWorks to guide us. Nutrition workshops are held every Thursday, and Fridays are reserved for an inclusive social activity like playing a game or watching an educational movie.

| | | |
|-----------|--------|-----------------|
| Monday | 1 PM | Computer Skills |
| Tuesday | 1-3 PM | W.R.A.P. |
| Wednesday | 1-3 PM | Art |
| Thursday | 1-2 PM | Nutrition |
| Friday | 2-4 PM | Fun-time |

If you wish to be in the 8 week WRAP class, please sign up at the GOC. The class starts January 3.

| Volunteer Work | | | | Education | | | |
|----------------|------------------------|---------------|------------|-----------|------------|---------------|--------|
| Member | Company | Position | Hours/Week | Member | School | Program | Degree |
| Cress W | Harris Retirement Plan | Animal Care | 1 day/week | Jane B | | Med Transmitt | |
| Ryan J | FOL | JOBS | varies | Carlos C | SF College | Nursing | ASN |
| DAVID S | WILLIS PET | DOG Walker | 1/1 | Ryan J | SF College | Vocational | VC |
| ROSSY P | St. Francis Pet | car wash/keep | 10 | | | | |

| Supported & Independent Employment | | | | | | | |
|------------------------------------|--------------------|------------------|------------|-----------|---------------|----------------|------------|
| Member | Employer | Position | Hours/Week | Member | Employer | Position | Hours/Week |
| Andy B | Meridian | Dishwasher | 5 | Vinetta M | Motel 6 | Housekeeping | 40 |
| Angy B | St. Francis H.S | Kitchen Aide | 25 | Tom Z | up health spa | Clerical Assst | 40 |
| Alexis H | up health of Vista | Paper Specialist | 16 | Ron M | S Gays | Grill | 20 |
| David J | Meridian | Groundskeeper | 4 | Debbie O | Meridian | Clerk | 6 |
| Tommy A | Catholic Charities | Stock | 4 | Jane L | BRW | Customer Serv | 40 |
| Joel A | Express | Varies | 40 | Patrick m | Neckline | Peer Support | 20 |
| Lauran S | Express | Call Center | 25 | SHANNON P | Wal Mart | Stock | 40 |
| Ryan J | P.L.E. | Elec. repair | 40 | BURT W | McDonalds | Cleaning | 20 |
| David H | Housing Auth | Maintenance | 40 | Thay F | Self-Employed | Funeral King | 10 |
| Jesse H | Office Depot | Customer Serv | 40 | Emma | McDonalds | Cashier | 30 |
| Cress W | Wal Mart | Courtesy Clerk | 30 | VEDR | Four Seasons | Finance | 10 |

The GOC: It’s Working!

One the major functions of the GOC is to help our members find jobs. Currently we have 32 members on our books working 35 different jobs. Most members were unemployed when they started with our program. The GOC offers search assistance, resume writing, and job coaching. Our daily activities parallel a real world office environment. The program allows our members to develop or refresh their skills while building confidence in themselves. Together

With more room and growing attendance, the Gainesville Opportunity Center is looking for additional volunteers to lead groups on a regular basis.



GOC Attends NAMI Walk

This year's NAMI Gainesville Mental Illness Awareness Walk was held at Westside Park on September 24th. There was food, coffee, face painting, and good people. NAMI and other organizations are making strides to further the cause of those living with a mental illness and those who care about them. There were tables featuring various mental health syndicates such as the Alachua County Crisis Center, AnARTists, and Meridian Behavioral Health Center. The Gainesville Opportunity Center had a nice showing of members for this annual event. Both staff and members were on hand to answer questions and just hang out.

There were a few speakers including Terri Mullin, President of our local chapter of NAMI, as well as Sadie Darnell, Alachua County Sheriff. There were heartfelt words from a family member of someone with a mental illness and County Commissioner, Robert Hutchinson, also said a few words. Then the band played on and then everyone took a short stroll. It is refreshing to see everyone coming together to support mental health – students, community leaders, mental health organizations, and those affected directly or indirectly by mental illness.

Our organization is gives members a safe place to go and interact with others with shared lived experience. The NAMI Walk even gained GOC a few new members. It is important for those in the mental health community to network and for us living with whatever diagnosis to be with people who understand. GOCers stick together and form friendships. We hang out after hours. The walk demonstrates that there are those willing to give up their Saturday to support a cause that needs supporting.

Mental health is a serious issue and the treatment of those affected in correctional facilities and at inpatient facilities is still sub-par. However, we must thank those who volunteer with and support NAMI as well as everyone tirelessly fighting the good fight against stigma, misunderstanding, and ignorance. Events such as these help people recover and heal in an atmosphere that is fun and uplifting. We can change things by just showing up.



Members, Board Members, and Friends of GOC at the NAMI Walk.

Stigma of Mental Illness in the NFL

By Michael L.

Brandon Marshall is an NFL wide receiver who has played for the Chicago Bears, Denver Broncos, NY Jets and Miami Dolphins and has begun a legendary quest; to get rid of The Mental illness stigma in the NFL. He wants to conquer it like Magic Johnson did with HIV in sports. Brandon suffers from borderline personality disorder. He has begun taping a documentary. "I'm just now getting it right", he puts it. Other players have come forward with admission of mental illness. Ricky Williams, Eric Hipple, Erik Ainge, and Lawrence Talyor.

"I want it to be clear that this is the opposite of damage control", he said in 2011. BPD is far less understood than other disorders."

Hopefully by 2017 there will be a committee that deals directly with mental illness dealing with sports. I think that once this is accomplished suspensions will be changed and far less athletes will end up in jail.

Brandon Marshall donned a pair of neon green cleats for "Mental Awareness Week."

I feel Brandon Marshall is a very talented player who is misunderstood. I think he is a pioneer for mental illness in the NFL. I truly believe within the next few years mental illness will be more widely accepted in the NFL and other players in the NFL will come out of the proverbial "Closet" and step forward and be other advocates for mental illness in the NFL.



With a new office, there is plenty of work that needs to be done. Pictured left, GOC member Jackie D., is hard at work mopping the floor. To the right, David D. washes dishes after a GOC member made lunch.

With more space and a growing membership, we need more stuff. More stuff means more activities for our members.

More activities means more healing and recovery.



GOC Wish list

Office Chairs

Dishes & Cups

Pots and Pans

Bowls

Large Face Alarm Clock or Wall Clock

Large Planters & Plants

Digital Clock

Shelving for Storage

Copy Paper

Plastic Storage Bins (2-4 large ones)

Café Table & Chairs

Aprons for kitchen

Laptop computers 2008 and newer

Plastic Storage Bins

Flash drives (8gb)

21" or larger flat computer monitors

Power strips

USB Wi-Fi Adapters

Wireless Computer Mice (7)

RGA 45 Cord, 30' long

Flat Screen TV 32" to 55" size

Crock Pot with timer

Outdoor Brooms for sidewalk