

MARCH 2018

VOLUME 9, ISSUE 3

GOC GAZETTE



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

The GOC is located at 102 E. 10th Ave., Gainesville, FL 32601

The Amazing Give

You can Help

Attention: Members and Friends of the GOC!

At the Gainesville Opportunity Center we have made tremendous progress over the past year. Our mission is to help adults living with mental illness get back into the community by participating in meaningful work-related volunteer activities.

In this peer-led environment, our members run every aspect of our office from cooking and cleaning to data entry and marketing.

Our members connect with and support each other, often forming real friendships that help them break their isolation.

The GOC is participating in the Amazing Give, an online fundraiser, March 21-22. If you would consider contributing and helping to spread the word about what we are accomplishing in the Gainesville Community, we would greatly appreciate it.

Mr. Buell goes to Tallahassee

Brett Buell, our Executive Director, recently traveled to the state capital on February 8th, to promote the GOC. They discussed Special Appropriation Bill 367, which will give a million dollars in funding for clubhouses across the state of Florida. Last year, Florida clubhouses received \$100,000; however, the GOC is not fully accredited, so we were excluded.

Mr. Buell met with nine senators and representatives on the health and human services committee. The purpose was to educate our legislators on the importance of community-based treatment for those with a mental health condition. Secretary Mike Carroll of the Florida Department of Children and Families requested

one million dollars to fund clubhouses for supported mental health programs.

Mr. Buell and directors from clubhouses in Miami and Orlando have scheduled a follow-up meeting with Secretary Carroll on March 30th in Tampa.



GOC Member Poll

The Gainesville Opportunity Center was involved in a statewide anonymous poll of 194 members on January 18 about the health and wellbeing of its members. The results clearly demonstrate the “Clubhouse Effect” of having a work ordered day as a path to recovery.

- 84% did not need to go to a Crisis Stabilization Unit in the past year. (CSUs cost taxpayers as much as \$2,700 per day)
- 80% did not need to go the emergency room in the past year
- 85% did not have any interactions with law enforcement in the past year
(A day in the community jail costs as much as \$200 per day)

The vast majority of clubhouse members (85%) had increased confidence about going back to work. All this is for a rate of \$2,500-\$3,500 per year.

The work in the clubhouse revolves around the preparation of a noon-time meal which provides both a role useful to the community and much needed nutrition which can reduce hospitalizations.

Clubhouses give year-round support to people with mental illness. They reduce human suffering and offset the cost of public mental health services. Many people with a mental health condition end up incarcerated. With the county jail costing \$200 per day and an inpatient psychiatric hospital costing \$2,770 a day, it is easy to see the effectiveness and cost effectiveness of clubhouses.

In addition, people can build job skills that can lead to at least part-time employment, friends, and a chance to rebuild their lives.

Thank you to all those who completed this survey.

GOC has a new staffer

Gainesville Opportunity Center has recently hired a new staffer. Her name is Elena Johnson and she has a Bachelor of Arts in political science. She is working on her MBA with a marketing specialization. She will graduate this summer. She is stepping up outreach during the Amazing Give, which is a one-day non-profit fundraising effort conducted by the Community Foundation of North Central Florida. We are utilizing our social media more as well as reaching out to Friends of the GOC to be our fundraising champions.

GOC Daily Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - Morning Meeting	10:00 - Morning Meeting			
10:30 - Lunch Prep	10:30 - Lunch Prep			
12:00 - Lunch	12:00 - Lunch	12:00 - Lunch	12:00 - Lunch	12:00 - Lunch
12:30 - Lunch Clean-up	12:30 - Lunch Clean-up			
1:00 Computer Class	1:00 - Craft Class	1:00 - Art Class	1:00 - Newsletter Wkshop	1:00 - Newsletter Wkshop
3:00 - Garden Harvest				1:00 - Social Activities
3:30 - Closing Clean-up	3:30 - Closing Clean-up			

We celebrate March birthdays on the LAST Friday of each month.
 Come join us on **March 30th, 2018** to celebrate.
 There will be cake and ice cream.



* Not actual cake :)

March Birthdays

       	
	
	
	
	
	
	
	
	
	
	

Rhyne B.	Brian G.
William W.	Peter O.
Ouida M.	Shannon P.
Jaqueline D.	Michael H.
Anthony J.	Dominic O.
Martin W	Ella T.
Loredana F.	Dennis S.
Jorge N.	

Coming Soon

The GOC will be installing a Wireless Camera outside one of the fish tanks. This will allow us to connect to the internet and offer a live stream on our website for people to view at their leisure. We hope that when this is done, our members will have a window to the tanks even when the GOC is closed.

As we mentioned in last month's newsletter, many of our members find peace and solace watching our fish. And, keeping them fed and healthy is a full-time job.



Office Unit Update

New and exciting things are happening in our office unit. Member, Mark B., has been leading the team with his work on the weekly and monthly Gazette. Yes, if you didn't get the memo, we have a weekly newsletter now. We have print versions available at the front desk and on our site <http://goclubhouse.org/for-employers/weekly/>. He also does data entry and billing. He comes in three times a week and gets to work promptly. We could use a few more like him. Not to say that other members like Chris P., Lloyd B., and Daoud R. are not doing a good job, but we could use more folks on the team.

GOC's office unit is a great way to learn filing, data entry, and Microsoft Office applications. The tasks and projects we do give members skills that can be brought to a job in the community. Computer skills are almost a necessity these days. At the GOC, you can practice while helping take some work off staff.

There's always plenty of administrative tasks open.



Cofrin Gallery Art Show with Ouida M.

Our own Ouida M. will be exhibiting some of her artwork at Cofrin Gallery at the Oak Hall School here in Gainesville. It will run from March 9th to April 6th with the reception being held on March 9th from 6—9pm.

There are many other artists participating. The exhibit is called Beyond Boundaries and will showcase art that transcends the boundaries of physical and mental limitations.

Click this link for the Facebook event page.
<https://www.facebook.com/events/357288994769212/>

