

APRIL 2018

VOLUME 9, ISSUE 4

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

**Thank you to all who supported the GOC for
the Amazing Give .
Your donations will go a long way
in helping our members.**



The Amazing Give 2018 was quite successful for the GOC. We raised \$17, 830 total with 90 total donors. The Rotary Club of Downtown Gainesville was a huge help, and we'd like to thank them for their continued support. It took a lot of effort to get from the Kick-off breakfasts, to late nights at the Community Foundation, to our Wrap-up party at BJ's Restaurant.

GOC members participated by giving, speaking to Rotary members when they visited for lunch, and liking and sharing posts on Facebook.

Some of the things we'd like to do with monies received are seeds and equipment for our garden unit. Donations will also go towards International Clubhouse training for staff. Job placement is one of the missions here at the GOC. Members will benefit from increased employment training and we can now purchase business software.

We hope to see you again for the Amazing Give next year. Thank you in helping us continue to serve the greater Gainesville mental health community.

CIT Training at GOC

by David D.

Members of local law enforcement came to the Gainesville Opportunity Center the second week in April for CIT Training. A Crisis Intervention Team (CIT) program is a model for policing that bring law enforcement and mental health care providers together to better help individual with mental illness and to improve police response to people in crisis.

During Crisis Intervention Training local law enforcement officers learn about people with mental health issues and how they can better interact with members of the community with mental health challenges. It was nice seeing them here trying to learn more about how to work with people with mental illness.

The Baker Act affects people with mental illness, and I have had to go through it myself. It is a hard situation for the police to know what to do with someone with mental illness, especially when people are in crisis. For the police to be educated about how to handle situations or at least to de-escalate or calm situations down to prevent bad things from occurring is a proactive way that law enforcement can help our members. I am glad that they have this training for police officers and hope that good will come from this training.

I like the police, and am glad that we can help make their jobs easier. At the same time this program is helping people with mental illness discover what is the best solutions when law enforcement is involved. Hopefully more people can be informed and mental health and how we can work smoothly together!

If we can all work together to help law enforcement gain knowledge about people with mental illness, we can all help each other. Sharing our experiences with each other and what we have learned about interacting with law enforcement is helpful. Perhaps you can participate in our next CIT training which we have every three months.

Welcome Ouida McIlhinney

Ouida McIlhinney began working at the GOC on Friday, April 6, 2018. Ouida brings with her substantial technical and computer skills which she is eager to pass on to our Members. Ouida began coming to the GOC as a member several years ago, and we are thrilled she has decided to join us in an official capacity. She has already become a great addition to the GOC and we are excited to have her on the team! Ouida is showing that our model of peer based recover works!

GOC Daily Calandar				
Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - Morning Meeting	10:00 - Weekly House-Meeting	10:00 - Morning Meeting	10:00 - Morning Meeting	10:00 - Morning Meeting
10:30 - Lunch Prep	10:30 - Lunch Prep	10:30 - Lunch Prep	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	12:30 - Lunch Clean-up	12:30 - Lunch Clean-up	12:30 - Lunch Clean-up
1:00 Web development Class	1:00 - Craft Class	1:00 - Art Class	1:00 - Newsletter Workshop	1:00 - Newsletter Workshop
3:00 - Garden Harvest				1:00 - Social Activities
3:30 - Closing Clean-up	3:30 - Closing Clean-up	3:30 - Closing Clean-up	3:30 - Closing Clean-up	3:30 - Closing Clean-up

We will have meetings focused on content and technology regarding the Newsletter, our website, and social media.



In the Community

On March 29th, our executive director Brett Buell, along with the directors of two other Florida Clubhouses, met with Secretary Mike Carroll of the Department of Children and Families and the assistant secretary John Bryant to let them know what's going on and why funding mental health programs makes sense.

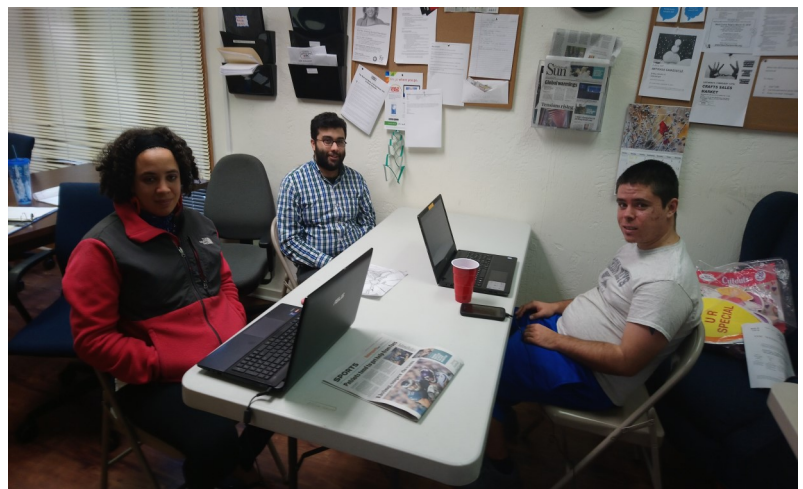
Secretary Carroll and Bryant both agreed that Clubhouses are very important to the mental health recovery process. They recognize that giving people low-cost support helps keep them out of crisis and helps keep them employed.

This year, Secretary Carroll was awarded an extra seven hundred thousand dollars for mental health Clubhouses to use for supported employment programs. Our director, Brett, was meeting with them to ask for our share of the revenue.

Office Unit Update - Web Development Class



As part of the Microsoft Mondays Series, The Gainesville Opportunity Center will be offering a web development class at the GOC every Monday at 1:00 p.m. The class will be lead by Brett and Ouida and will be helpful for any level of web skills from beginner to expert. Ouida will be imparting our Members with her considerable knowledge of website development and general computer skills. It is not necessary to bring a personal laptop as computers are provided by the GOC.



Public Defender Stacey Scott at the GOC

Public Defender Stacey Scott came to the Gainesville Opportunity Center on Monday April 16, 2018. Ms. Scott visited to learn about mental health Clubhouses and see how the Public Defenders office might interact with the GOC, and we learned about what her job entails as a Public Defender. She shared that many her clients have mental illness, and beyond helping them in court and she hopes give them a path back to society. Many times mental health gets criminalized and the Public Defender was interested in visiting a mental health clubhouse to see what how the GOC benefits our Members. Ms. Scott listened to several members about how mental illness has impacted their lives, and voiced her commitment to treating with people living with mental illness with dignity, respect and non-violence.



GOC Board Member Shoab Rana far left, Executive Director Brett Buell 3rd from left, Stacey Scott 4th from left, and GOC Members

Visit to Vincent House

On April 4 Executive Director Brett Buell, GOC Board President Cyndi Garvan, and Vice President Trish Sokol visited Vincent House, the mental health clubhouse in Pinellas Park. Vincent House has long been a model clubhouse and is emulated by other entities that follow the International Clubhouse Model.

The purpose of the visit was to attend their Findings meeting for International Clubhouse Accreditation. For full Accreditation, a Clubhouse has to adhere to a strict model and perform certain tasks. We wanted to hear how those tasks standards were graded as we work towards full accreditation.

The GOC follows the Clubhouse Model of recovery through work. We are contracted with the State of Florida for Mental Health Clubhouse Services. We provide nearly every program required for full accreditation. Due to our funding level, we are limited in staff size and cannot offer Transitional Employment. The "TE" program requires staff to work off site with members, and we lack the funding for that staff position.
