

**AUGUST 2018**

**VOLUME 9, ISSUE 7**

# **GOC GAZETTE**



**Rebuilding lives**

**Removing stigma**

**Restoring dignity**

**Resource  
for mental health recovery**

102 E. 10th Ave., Gainesville, FL 32601

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## **GOC Growing!**

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Members, staff, and board members have been hard at work the past few weeks. From painting to assembling IKEA furniture to re-organizing shelves, there's been a few more Clubhouse tasks than usual. However, the end product will be worth it. The GOC is going to be bigger and better in the long run.



**Before**



**After**

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## **Open House & Renovation Celebration!**

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We are excited to announce our Open House and Renovation Celebration! Please join us on August 22nd at 5:00pm-7:00pm to see all the changes to our Clubhouse. There will be a silent auction/raffle as well as a \$5 Taco Bar. We hope to see you at the Open House and Renovation Celebration!

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# GOC Growing!

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At the GOC we're growing. We are a mental Health Clubhouse and we help people living with mental illness rejoin the community. The people we help are Members, not patients, or clients, and they join our Clubhouse for a place to belong. We follow a recovery through work model where staff and Members work side by side to accomplish the work of the Club. By participating in meaningful work-related volunteer activities, Members gain confidence, sharpen their job skills, and leave each day with a sense of accomplishment.



Work at the GOC is divided into Units. In our Office Unit, jobs include data entry, writing for the newsletter, billing our funding agency and more. Maintenance tasks, such as cleaning also fall under this unit. In our Culinary Unit, we focus on kitchen duties. We make a healthy lunch each day, and Members learn healthy cooking as well as food safety. We serve 15 -20 people daily. Along with making lunch and cleaning up, we are actually growing our own food. We maintain a garden at the GOC and at the Gainesville Peer Respite Center. We are growing tomatoes, peppers, cucumbers, and various leafy vegetables.

There are 11 Mental Health Clubhouses in Florida, and 350 worldwide. People who participate in Clubhouses are less likely to need Crisis Stabilization, hospital visits, and interactions with Law Enforcement. We save the taxpayer money, while helping people living with mental illness lead meaningful and fulfilling lives.



This month we are expanding our facility! We have knocked down some walls and increased our space from 1600 square feet to 2300 square feet. We now have separate rooms for our office unit, and a new area for eating. We added an All Purpose room for our activities such as technology classes.

We have also added new staff. Along with Executive Director Brett Buell, we have added 5 part time employees that share two full time positions. Having multiple people means we have a wide range of skills and interests that help us make connections with our Members.

On August 22, the GOC will be hosting an Open House from 5-to-7pm. We would like to see you here, and hope you can come see the great work we do. We will have a \$5 Taco Bar. Please RSVP on our website at [www.goclubhouse.org](http://www.goclubhouse.org) and purchase your ticket. We look forward to seeing you!

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## Community Meetings at the GOC - CIT Officer Training

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Brett leading the CIT Training Meeting

Despite the reconstruction going on at the GOC, we were very fortunate to host a few important guests that directly impact our community.

Every year, the Alachua County Crisis Center hosts a special Crisis Intervention Team (CIT) training week for law enforcement officials. The GOC is one of the stops along their training route, and we were lucky to have them here on Monday, July 9th. Members and staff had the opportunity to share their experiences and help give trainees an idea of what is the best way to approach situations from their perspective. All ten trainees in attendance were able to gain insight from the stories and opinions shared.

The GOC also held our monthly Consumer Advisory Council Meeting on Friday, July 13th. A representative from Lutheran Health Systems of Florida (LSF) as well as a Peer-Specialist from Meridian visited to discuss the multitude of mental health services throughout Gainesville. Members were able to compare the services they receive and share what they enjoy about the GOC.

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# OUR STAFF

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**Brett Buel**

Brett Buell is Executive Director of Gainesville Opportunity Center and has worked for the organization for the past four years. Brett is committed to the mental health community. Living with PTSD since he was 5 years old, he knows first hand the types of struggles our Members face. He knows that people living with mental illness can and do lead meaningful and fulfilling lives. Brett has a diverse background and worked in TV news for most of his career. He was the news director of a local ABC affiliate and news room manager of CBS in Las Vegas. He also has a Master's Degree in creative writing for film and television.



**Diane Childs**

My hobbies are reading fiction and live music. My skills include fundraising, job readiness, software and positive communication.



**Ouida McIlhinney**

I have worked as a web developer and graphic designer most of my life and I am an artist, but one of my passions is teaching. I like to help people see how easy creating artwork or learning technology can be when broken down into smaller tasks and goals. I love to see folks smile when they find they can do it too. I have also dealt with mental health issues my whole life and spent quite a few years isolating myself from other people that I thought did not understand. However, I have found that my quality of life is so much better being around other people. The GOC has helped me learn the value of peer-to-peer support and has helped me in the past. I am very grateful that I can be here now to give back



**Elena Johnson**

Elena Johnson has been a Clubhouse Generalist since February of this year. She helps our Members develop their professional skills through the Job Readiness workshop. She is also active in marketing the GOC and community outreach. When she's not at the GOC she enjoys outdoor activities with her husband such as hiking and bicycling and hanging out at home with her kitties.



**Lee Brooks**

Lee Brooks is a Peer Specialist and has four years in social work. Previously, he worked in Social Services for three years. Lee has a heart for rehabilitation and education. Lee believes in building strength in our community day by day.



**Stephanie Judd**

Stephanie Judd is a new Clubhouse Generalist. She is a student at the University of Florida and is about to graduate with her Bachelor's Degree in Sociology. She is excited to be entering the mental health field. In her free time, Stephanie enjoys going to the gym and beach.

# GOC GAZETTE

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## Daily Calendar

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 - Job Readiness Workshop	1:00 - Newsletter Workshop
3:00 - Garden Harvest	3:00 - Outreach Calls	3:00 - Fundraising	3:00 - Office Organization	3:00 - Deep cleaning
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
















## Newsletters

We now have a weekly and monthly newsletter! We need members to come help us work on them each week. Mondays, Thursdays and Fridays at 1pm.

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

## August Birthdays

We celebrate birthdays on the LAST Friday of each month. Come join us at 1pm on **Friday August 31st, 2018** to celebrate with cake!

									
	Teresa C.	August 2							
	Lasheka R.	August 7							
	Kyana W.	August 29	