

April 2019

GOC GAZETTE



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GOC Plans New garden

By: John Y.

Plans are in place to expand the GOC garden. Thanks to the efforts of Maggie who “saw it, wanted it, and got it.” The owner of an unused lot next to the clubhouse has given the GOC permission to use it for gardening purposes. Initially, raised beds were planned but mounds have been decided on. The lot is currently overgrown with weeds and bushes with some trash thrown in.

The lot will have to be cleared and prepped for growing. The plan is to cut everything down then cover the lot with cardboard. Worms will be added to aid in breaking down the cardboard and

revitalize the soil. Composting will also be part of this project to make better use of kitchen waste.

Right now irrigation is a primary concern. The GOC will have to pay for the installation of a water meter. Where the money will come from is not known at this time. Inquiries to GRU and the City of Gainesville are being made to assist the GOC with or offset the cost of this. The hope is to meet the criteria to be a part of the community garden projects located around the city so that the GOC will receive support from the city.

The garden will provide our members a great opportunity to learn and grow.

International Center for Clubhouse Development (ICCD) Accreditation

By: Susan T.

We are in the process of becoming an accredited Clubhouse. In order for us to become accredited, several things must happen. First, the staff must go to ICCD training. ICCD is a two-week training with two staff, one member and a board member that teaches the fundamentals of how to run an accredited Clubhouse. This training will allow us to better train future generalists. Second, we will need to do a self-study to evaluate how we’re meeting the standards set forth by the ICCD. Next, we will need to develop transitional employment in our community, which will help our members to work independently. Finally, we will have faculty from ICCD to evaluate and determine whether we meet the criteria for accreditation. According to the Department of Children and Families, says, “this program model has been successful in reducing the rate of hospitalization and in incarcerations and in securing longer-term and better paid employment for its members.”

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Staff Leaving

By: Chris P.



Staff Generalist Stephanie J. Has left the GOC. She is moving to Pinellas County and will be working for the Vincent House Clubhouse in Pinellas Park. Stephanie will be a Generalist in the Career Development Unit there, similar to what she did here. She will help Vincent House members get jobs by helping them prepare for interviews and by helping them write resumes. Stephanie liked Gainesville, because there was something for everyone. “Whether you were into art or nature, there was always something for you to do,” Stephanie says. Stephanie can’t wait to be near the beach again!

She is also excited about moving, because it is a new adventure. Stephanie says her move will help her open her own clubhouse one day. “GOC members made as much of impact on my life as I had on theirs. I was inspired by members at the GOC to open my own clubhouse one day so that I can have even more of an impact on people’s lives,” Stephanie said. Stephanie’s favorite drink is Mango Loco Monster. Stephanie has been working at the GOC for 10 months. She mostly worked in the office unit. Stephanie’s favorite part of the office unit was working with members on the newsletter, specifically helping them with the editing and writing process.

Stephanie has been a great addition to the Gainesville Opportunity Center and she will be greatly missed. I will

Wall painting

By: Susan T.

We were painting the wall on 34th street for the Amazing Give. Some people from each of the three organizations that help with mental health in the community: Gainesville Peer Respite, Gainesville Opportunity Center and NAMI Gainesville came out to paint. Even though we’re three separate organizations we worked together to promote mental health awareness. Both members and staff attended.



always remember the impact she had on me.

Record Amazing Give!

By: Chris P.

Thank you to the Gainesville Community and beyond! The GOC raised a record \$22, 250 dollars this year, up from \$17,500 in 2018. The Amazing Give Kickoff Party was a blast! Members, staff, and patrons celebrated GOC’s participation in The Amazing Give from 6 to 9 p.m. the night of the event at Northwest Grille. GOC provided drinks and hors d’oeuvres and we participated in fundraising activities for the GOC’s Amazing Give. Furthermore, we received donations from 22 Florida counties and 140 individual donors.

We will use the donated money to fund a trip for staff to the International Clubhouse Coalition training. This training will be a good way for staff to hone their skills and is also a requirement for us to get accredited. Accreditation will make it much easier for us to receive funding such as from the State of Florida in the future! Thank you to everyone who donated or helped the GOC receive donations! The Amazing Give was a huge success!

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March at the GOC



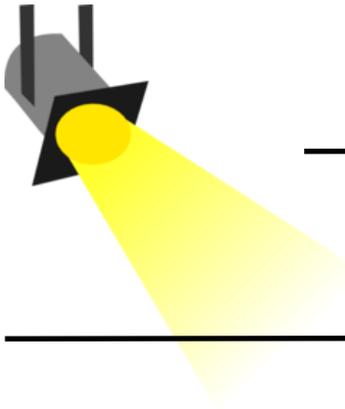
GOC, NAMI and Gainesville Peer Respite painting the 34th Street Wall for The Amazing Give fundraiser



We had our Art Social April 13th and we took it outside. Art Social is the second Wednesday of every month.



We have a great garden that provides some of the food and seasoning used by the culinary unit



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Members in the Spotlight

By: David S.

Jackie

Jackie has been a member for almost four years now. She likes to clean the bathrooms on Tuesdays and Thursdays. In her free time, likes to go to the mall, particularly Forever 21. She was brought to GOC by her case manager at Meridian. Her favorite part of GOC is art class. Jackie “is crazy about everybody” at the GOC. She would like to become a better typist at the GOC. Jackie loves the food at GOC. Jackie thinks the GOC has made her life much better. Her favorite memory was our recent Christmas party. She says GOC Members and staff are like her family.



Joevan

Joe has been a member here at the GOC for 3 years. GOC has helped Joe to gain “people” skills, and has helped him to be hard worker. At the GOC, Joe likes to mop, clean, and cook, and by doing these things that are now familiar to him, Joe feels confident. GOC gives Joe something to do during the day and that helps him to feel calm.

The most valuable things Joe has learned from being here the GOC is the value of family and friendship. Since coming to GOC he has been doing better with his illness, has been more social, and has developed better work skills.

One major impact that GOC has had on Joe is that it has helped Joe to be a better person.

Joe would like people to know that GOC is a wonderful place where there are hardworking people. He would also like people to know that we are like a family.



Joevan is productive every day here.

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Unit Update:

We ask our Members to share what strides they've made in our work units

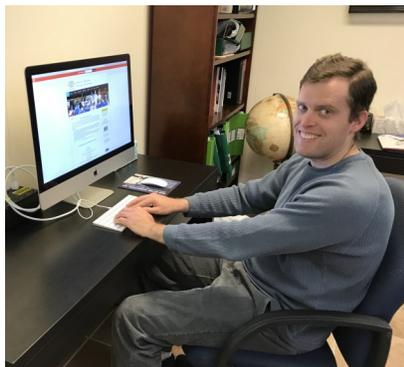
Office Unit

Thank you to the Office Unit for helping us pull off the Amazing Give social media campaign. This included members sharing testimonials on Facebook about what the GOC means to them. These testimonials helped tell the story of the GOC, and showed how we are important to GOC members and to the community.

The Office Unit also sent out emails using Mail Chimp to remind the

community about the Amazing Give.

Without your help we wouldn't have been able to do it!



Culinary Unit

We have an experienced food service professional that will come every Wednesday to guide us in improving food safety, sanitation and preparation.

Members can contribute to helping the culinary unit with favorite recipes and cleanliness.

Also, we will soon be receiving a front control high temperature commercial stainless steel dishwasher that will make washing dishes easier and more sanitary.

Those not familiar with a kitchen will find that we are making kitchen tasks more approachable.

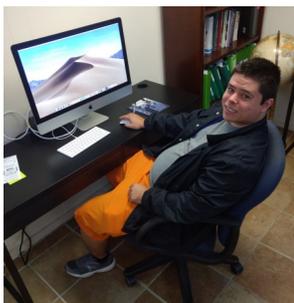
Media Team

We now have an iMac computer that was donated to us by the Rotary Club of Downtown Gainesville. We also now have two of the industry standards in video editing and graphic design software: Final Cut Pro, and Adobe Premier for video editing; and Adobe Creative Cloud, Adobe Photoshop, and Adobe Illustrator for graphic design.

Rotary also purchased an iPad for the GOC as well that will allow us to process payments and utilize other productivity apps. Also, it will allow us to easily take photos and video.

These new additions have importance that goes beyond just what the machines and software can do: It will allow GOC members to learn productive skills and build confidence that will help them as they move towards employment.

GOC members are learning how to use this new technology to help create promotional materials for the GOC.



Wellness Team

The GOC is now offering a smoking cessation series. This course will be held Tuesdays, April 2nd through May -7th. We are excited to help members focus on the process of finding alternative coping mechanisms to quit cigarettes and tobacco. Patches, nicotine gum and other resources will be provided free of cost. The series will build each week upon the prior week. Tobacco products are significantly one of the most addictive substances available. They are expensive and they hurt and cause harm to one's body but they soothe anxieties and provide solace for someone struggling. Replacing this habit is doable but with help, members will be supported to cut down or quit entirely. As an added bonus after the ending of this program, an added hotline for all to utilize as needed. If interested call or check in to the GOC. We would love to sign you up. Happy quitting.

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April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6  Joe W.
7	8  Janet D.	9	10 Art Social with Ouida 5pm-7pm	11	12	13  David S. One Love Café 11am-3pm
14	15 CIT Training 1pm and 3pm	16	17	18	19 Egg Decorating 3-5pm	20
21	22  Wilson V.	23	24	25  Joevan J.	26  Jacob N.	27
28	29	30  KellyAnne H. Karla Q.	30			



Birthday



Closed

GOC
MISSION

THE GAINESVILLE OPPORTUNITY CENTER INC. is dedicated to rebuilding lives, restoring dignity, and removing stigma while serving as a resource for mental health recovery