

June 2019

GOC GAZETTE



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GOC at Mayor's Mental Health Symposium

By Sean S.

Gainesville hosted its first annual Mental Health Symposium, a huge event attended by community leaders and advocates. The GOC had a table with information and seven GOC members attended. With rising awareness regarding mental illness and treatment, the symposium facilitated and advocacy from the community, peers, and professionals.

In recovery from mental illness, people need more than just medication and medical treatment. Peer support is gaining



recognition as an effective way to help people in their recoveries. The GOC participated with NAMI and the Peer Respite Center in a breakout

session on this topic. GOC staff and members discussed opportunities for employment for those living with mental illness. Seven GOC Members attended the sessions, and many of them shared how organizations like the GOC have made a difference in their recovery efforts. We discussed the need for low cost solutions like the GOC, Peer Respite, and NAMI efforts to help keep people out of crisis.

Traditionally, the model for mental health care includes having one appointment with the medical doctor or psychiatrist once a month. Getting city and county leaders, the medical community, peers, and advocates together will help shape the future of mental health treatment in our community. The GOC hopes to be a major part of peer recovery here in Gainesville.

The GOC Gazette is written and published by GOC Members as part of our work day. The GOC is a Recovery Through Work Program that helps people living with mental illness.



Member Bo W. is happy to tell you about the GOC . Bo was recently a tour guide at a historic home.



GOC Members working with Peers

By David S.

Cristina Q. and Chris P. have more in common than part of their first name: They both have recently been hired to work part-time in the mental health field at North Florida Evaluation and Treatment Center (NFETC)! NFETC wanted to hire peers for Cristina and Chris' positions. They selected from GOC Members who have shown their talents through organized work activities in our Clubhouse.

NFETC is a maximum-security mental health facility that seeks to help men who have been committed by the courts to the facility in order to help them stand trial or be released back into society. Basically, it is a maximum-security forensics mental health hospital, and is located at 1200 NE 55th Boulevard off of East University Avenue.

Cristina likes her job, and works as a Fiscal Assistant at NFETC helping residents with their finances. Part of what she does is opens their mail for them. If they have a money order, cash, or checks, she enters the information into QuickBooks. Another big part of what she does is keeping records for everything that the facility buys-including food and drink sales, shoes, shirts, desks...everything! There's a lot she does, but there's not enough space in this article to describe it all! She works for 25 hours per week. She plans to work at NFETC for the long term. Cristina started working at NFETC on January 18th, 2019.

Chris likes his job, too, and works as a Senior Office Clerk at NFETC. He plans to work there until the end of summer because in the fall he plans to get a plumber assistant position. This will help him get some experience that will aid him in obtaining a Plumbing Technology Certificate. At NFETC, Chris takes charts from the residential building and brings them to the clinic. He then does some paperwork, and at the end of the day

Chris brings the charts back to the residential building. After Chris found out about the job, Stephanie helped him with his resume and then Chris was hired and started working on May 3rd, 2019.

Helping others with mental illness can be very rewarding for Chris and Cristina. "I like what I do. I like the people I work with. I like working with the residents," Cristina shared.

Chris says this job suits him, as it is not too stressful and the employees treat him with dignity and respect. On top of that, he is excited to be bringing home some extra money!



Chris and Cristina: Working to help others.

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Mental Health Awareness Month: A History

By Susan T.

The United States has celebrated Mental Health Awareness Month every May. Mental Health Awareness Month came about by presidential proclamation. It was started by Mental Health America to educate the public about mental health, raise awareness and fight stigma. Mental Health America releases toolkits to guide preparation for outreach activities during Mental Health Awareness Month.

Mental Health America isn't the only organization that participates in Mental Health Awareness Month. Other mental health organizations such as the Gainesville Opportunity Center also participate in mental health month based on a different theme for each year. This year's theme is For Mind For Body.

GOC Member Lloyd Speaks at the Stepping out Event hosted at the Gainesville Police



GOC at Art Market

By Susan T.

One Love Café Art Market is the second Saturday of every month as long as there are members signed up for the event. May's event was on the 11th. Four members attended. We raised \$115, most of which was from succulent dish garden sales. Maggie brought a variety of small succulents and we used reclaimed cups, saucers and small containers to make the dish gardens. We made some in advance and some were custom-made by visitors for Mother's Day. Ouida sold one of her paintings, ten percent went to GOC.



We often have beaded jewelry and artwork by members. We also have greeting cards featuring the artwork of members. Many members have also sold their handcrafts at the event, including crochet, knitting, dream catchers, quilting, headbands, bracelets, earrings and other jewelry. If you are a member that enjoys making things with your hands, you might enjoy this event.

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May photos at the GOC



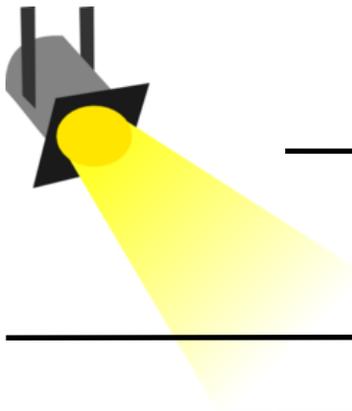
Pictures from the Mental Health Symposium on May30.



Pictures from our May Social Bowling event .



Jerry hard at work in the garden!!!!



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Members in the Spotlight

By: Chris P.

Joe S.



Joe says the work he does at the GOC gives him a sense of confidence.

Meet Joe. He's been coming here since the middle of March, 2019. His favorite color is green and his favorite song is, "We who are not as others" by Sepultura.

Joe's favorite thing about the GOC is the fact that it is very flexible, so he has time to do other things. Joe's hobbies are computer programming, gaming, reading educational books, and electronics. Joe was receiving service at Meridian, and was referred to the GOC.

At the GOC, Joe likes to participate in cooking, pitching in on the technical side...and working on the computer. He hopes to get employment eventually.

Joe hopes that GOC will open a GED practice course, and what Joe has to say about the GOC is, "Come check it out. Its fun."

Robin



Robin will tell you she is in charge of boosting moral. She wants people to focus on the positives. In our lives

What is special about Robin is she never gives up despite circumstances and maintains a strong work ethic. She displays everyday a great and wonderful honesty that sparks love with the people around her.

Her hobbies include writing poetry and books and her long-time goal is to pen a novel under her pen name. People find her positive with a good sense of humor and empathy regarding well-being.

At the GOC she enjoys the opportunity to contribute in a judgment free zone that with an accurate model that everyone has a purpose and is a great asset.

Robin was a panelist representing the GOC at the Mental Health symposium on May 30. She spoke about the value of connecting with others and overcoming obstacles.

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Unit Update:

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

Office Unit

We started to update our written materials describing how to do daily tasks. This is important so members know how to do the tasks of the Clubhouse because it leads to greater independence, and having members do tasks on their own allows them to be more independent.



Maggie is going over Clubhouse standards as we work toward full accreditation.

Culinary Unit



Even Brett isn't spared from washing dishes .

The culinary team continues to plan and prepare delicious well-balanced meals for all GOC members. Some of the most recent recipes include eggplant parmesan with eggplants from our member-run garden! The newest addition to the kitchen is a state of the art, professional dishwasher (the kind used in bars and restaurants). This machine will not only make cleaning up a much smoother process but also provide work practice.

Media Team

GOC Founding Member David S. uses new programs too produce this newsletter.



We are hard at work using our new computer equipment and programs. Brett taught a lesson on Photoshop this month and we covered working with layers, and we also covered lighting and coloration. We've also been working with Adobe InDesign and Illustrator. These programs allow you to do professional style magazine-style layout, and complex graphic design. We made name tags for the Mental Health Symposium using Illustrator and InDesign.

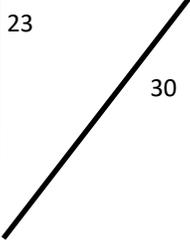
Wellness Team

We will be having our next Lunch & Learn Wednesday, June 12th at 1pm. The topic will be Social Security and returning to work. How does this affect disability? If you have any questions, please submit them to Maggie or Brett. Additionally, we are hoping to have Rose from the yoga studio next-door customize a yoga class especially for the GOC welcome to all levels! Time and date to be determined.



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June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Joel F. 	4	5	6 Chamber Vist 11:30am Adam W. 	7 Jane B. 	8
9	10	11	12 Social Security 1pm	13	14	15
16	17	18	19	20 Jacob W. 	21	22 April H. 
23  30	24	25	26	27	28	29



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