

August 2019

# GOC GAZETTE



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## Funded for Expansion!!! By: Jennifer M.



GOC is growing! We will soon have 4 full-time employees to work with Members. Until January 2019, GOC only employed one full time staff position. Because Florida Department of Children and Families recognizes the benefit of the Clubhouse programs in Florida, they earmarked money in the 2019-2020 budget for supported employment within existing Clubhouses. The money will be distributed to us through Lutheran Health Systems of Florida, our Managing Entity. Last year LSF awarded us additional funding that allowed us to add our second full time employee. This year DCF did one better, giving us two new positions. The two new generalists will work with supported employment, including the Transitional Employment programs. These are essential to the Clubhouse model and are required for accreditation, which the GOC is in the process of acquiring. Supported Employment can be anywhere from helping the member with skills to obtain a job, to working with their supervisors to ensure any special accommodations could or should be made.

The Transitional Employment program is a unique service Clubhouses offer. We work with area businesses that have entry-level positions lasting six to nine months. The GOC staff would choose the appropriate member (and back-up) to train and place in the position, making the employer know the job will be covered. The business may benefit from the Work Opportunity Tax Credit which pays for some or all of the employees wages. The member has the security of knowing they will not loose the job if they have a temporary decline of their mental health. Transitional Employment programs require a lot of field work in finding the right employment opportunities. There is a lot of footwork researching positions and companies while advocating for people with mental illness who want to enter or re-enter the workforce. It's another reason Clubhouses are important to any community!

**When compared, the cost of a two-week psychiatric hospitalization costs the same as one year of holistic services delivered to a Member by a Clubhouse. A small investment in Clubhouses produce a huge monetary return, and more importantly, it allows a people to contribute to society while improving their mental health.**

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## GOC Member Susan Selected for International Clubhouse Training Trip

**Accreditation through Clubhouse International is listed as a “best practice” by many mental health advocacy groups. Clubhouses focus on the individual and help them take steps forward at their own pace.**

As we have mentioned before, the GOC is hard at work towards International Accreditation. As part of the accreditation, we will be taking a two week trip to one of the Clubhouse training centers. Along with our Directors, Brett and Maggie, GOC Member Susan has been selected to attend.



The Clubhouse model has members and staff working side by side to run the Clubhouse. We can't accomplish the work of the day without the Members. Susan will come back to help train other members and help the clubhouse function more effectively. Both of our directors, Brett Buell and Maggie Hannon, will be attending as well as a GOC member. Mike Conlon, one of our board members, will be there during the last week. With all the changes, training, and growth the GOC hopes to become accredited within the next twelve to eighteen months.



**Susan works in both our Culinary and Office Units. She is always willing to try new things and to help others learn. She exemplifies what Clubhouse is all about.**



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## UF Campaign for Charities

By: Jennifer M.

The University of Florida Campaign for Charities (UFCC) is the annual employee giving campaign. All UF employees can participate by making charitable donations through payroll deduction, cash, check, credit card, or stock contribution. For the last twelve years, UF employees have given almost \$1 million annually to charities serving our region.

This year, ninety-three charities are participating in the campaign. These include the agencies of the United Way of North Central Florida, Community Health Charities of Florida and other independent agencies.

The campaign is held each fall.

If you know anyone who works at UF, please tell them about the GOC or give them this newsletter for information. There are many worthwhile charities in our area, and our story is compelling. Through UFCC, employees of the University of Florida can donate money (pre-tax) directly out of their paychecks.



**United Way  
of North Central Florida**

## GOC: A Community Impact Partner

By: David S.

The United Way has made a statement: The GOC is a valuable part of our community. So much so, they named us a Community Impact Partner. Clubhouses have a reputation for being a “best practice” for supported employment and community connection for people living with chronic mental illness. The United Way is recognizing the importance.

Starting this fall, employees of businesses who contribute from their paychecks to United Way charities can select the GOC as an option. United Way is very active in the mental illness community in our region. Mental illness can lead to joblessness and homelessness, and the United Way is working to empower organizations like the GOC to help.

One benefit of being a Community Impact Partner with United Way is that it means that we will be in their fall campaign (which means we will be able to be considered to be given funds from United Way that they received as donations). Another benefit is that we will be recognized as a charity available for payroll contributions to United Way partners. We will also be able to use the United Way logo on all of our marketing materials and website!

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## Unit Update:

### Culinary Unit

The Culinary Unit is practicing food safety with hand-washing, wearing gloves, monitoring refrigerator temperatures and recording on the log. Defrosting all meat in cold water helps maintain appropriate temperatures and helps keep us from getting sick. Staff have obtained their Food Handlers card. Members are encouraged to sign up to take the test. See Maggie for information.

**Food Safety Standards are an important part of our daily kitchen routines. We serve lunch to 15 Members per day, and more importantly, the Members are making it using skills they learn here.**

### Office Unit

The office unit is asking every member to commit to working the reception desk for 45 minutes to 1 hour per day while working at our Clubhouse. The receptionist is the first point of contact and the face of the GOC. We want people to feel welcomed. If you need any training in the reception desk please see Jennifer M.



### Wellness Center

We just had our first session of chair yoga and breathing exercises with Rose. Rose plans to be at the Clubhouse on Mondays and Wednesdays at 10am to provide instruction.

The unit is very busy with the new garden site putting down cardboard and anxiously waiting for the much from GRU. We are so excited to start the fall garden!



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### Media Team

The Media unit is working hard learning Adobe Premier for producing and editing videos. Our current project is a walk through video which will be use for marketing and fundraising. The unit meets every Friday from 1-3 pm to work on it.

We are continuing to use Adobe InDesign for our monthly newsletter. We would like to encourage anyone who would like to learn how to work on our new Macintosh or any of the Adobe products to see any staff member or attend Monday's technology class at 1pm.



# GOC GAZETTE

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## Member Spotlight

Maxine N.

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Maxine has been coming to GOC for many years. However, she has only recently started coming regularly. At first, Maxine was not able to take advantage of the services offered, due to her mental illness. Now, she is doing great and is ready to be a productive member of society by working. This is the first time in her life that she feels almost ready to work.

Maxine just joined the outreach committee and is looking forward to making cards and phone calls to members we haven't seen in a while. She truly enjoys going to the hospital to bring joy to the sick or injured members.

Maxine hopes to enroll in Santa Fe College for a nursing assistant program certificate. Meanwhile, Maxine hopes to get a job as a sitter or peer specialist. Talking to people and being a shoulder to lean on is what warms her heart because she just loves people!

Animals are another passion of hers, and at the age of ten, she won her first horse show that she ever competed. She also enjoys being in nature and camping with her husband, Robert.

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## Member Spotlight

Mark B.

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Mark first started coming to GOC since December of 2016. Mark is an Air Force Veteran and was brought here by his VA case worker to reacclimate himself to an office environment. After two and half years of hard work at the GOC, Mark got a job at Pizza Hut. He's been working at Pizza Hut for about three months and Mark acquired his job in a unique way: Mark went to Pizza Hut to have communion there, and eventually that turned into a job with Mark working at Pizza Hut! At Pizza Hut Mark does some data entry by using an electronic cash register.

Mark plans to use the money he earns from working at Pizza Hut to design his own video games. He has been working on a game concept for years, and making his game is part of what helps him to keep working. His gaming project keeps him on track and from quitting his job.

The part of GOC that Mark likes is that it gives him a way to get out of the house where he can interact with other people and have a structured day, of gaining data entry skills, and a place where he feels comfortable being himself without being judged.

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## The Month in Pictures



Larry is using a temperature gun to record refrigerator and freezer temperatures. After taking the temperatures, he records them in our log.



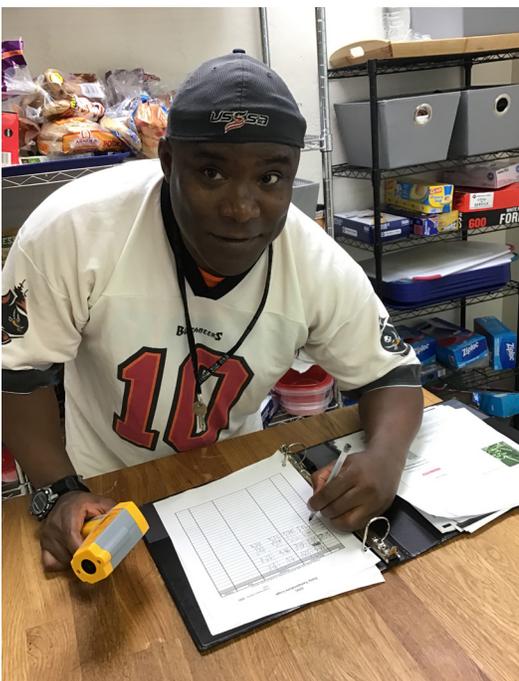
Jimbo is hard at work in the Culinary Unit. He is seasoning a pork tenderloin we got from the Bread of the Mighty Food Bank.

After enjoying the meal, Jimbo always helps wash dishes.



Valerie looks over Robin's shoulder for a selfie.

Robin is our "Chief Morale Officer."



Jennifer working hard in this month's newsletter.



# GOC GAZETTE

## Monthly Calendar and Events

### AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Georgeanna G.	2	3
4	5	6	7	8	9 1pm-Sen. Keith Perry Visit.	10
11	12 Brett, Maggie, Susan at Clubhouse Training	13	14	15	16	17
18 Brett, Maggie, Susan at Clubhouse Training	19  Robin B.	20	21	22	23	24
25	26	27	28	29  Kyanna W.	30	31