

July 2023

# GOC GAZETTE



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## Strengthening Partnerships

For those of you who read our monthly Gazette, you see the GOC helping Members help themselves and you see the difference we are making in their lives. That being said, we are not in this alone. We have many community partners who provide services that our Members need outside of the scope of what we do. We work with organizations throughout the community, and that list is growing.

HCA Florida North Florida Hospital launched an initiative to hire and employ people with neurodiverse backgrounds. They connected with the GOC to help with their pipeline of employees. Mental Health Clubhouses (like the GOC) have a proven track record of giving our Members the tools they need so they can keep their jobs. July marks the one-year full time work anniversary for GOC Member Jordan Castle with the hospital. (See more about Jordan on page two of this Gazette.)

The GOC has entered an agreement with Santa Fe College to help our Members build important skills that will make them more marketable and independent. Santa Fe has set the bar high for meeting the needs of students at every level, including addressing food insecurity, providing clothing, no-cost mental health counseling services, low-cost tuition, and more. The GOC is proud to partner with Santa Fe College to empower Members to pursue their educational and career goals.

Meridian Behavioral Healthcare has been with the GOC since the beginning. GOC leadership met with Meridian leadership to iron out some policies to make the referral process to and from Meridian easier. Many of our Members are Meridian clients, and having an open line of communication helps both organizations. More importantly, it helps our Members access the services they need when they need them.

The GOC is proud to be working with these amazing organizations.



HCA Florida (left) and Santa Fe College (right) are two of our many community partner organizations. We all work together to help many of the same people.

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## Member Spotlight: Jordan Castle

by David Stevens

Meet Jordan Castle! In 2020, Jordan was on worker's comp with a broken ankle. Covid was in full swing. Staying home all the time led to isolation, anxiety and depression. Thoughts of hopelessness interfered with looking for jobs and planning for the future.

Jordan began seeking support and attending support groups. This led to discovering the GOC. Jordan was looking for a place to meet friends and be accepted. They found involvement with our office tasks and reception, which led to feeling productive and confident.



Jordan just celebrated their one-year anniversary working full-time in the Telemetry Unit.

Having a place to come provided structure. Working with others towards common goals established strong relationships. Helping others and accomplishing important tasks led to Jordan feeling more hopeful about the future. "Through the GOC, my coworkers, and my leadership team at work, I have real friends and a true support system."

At the GOC, Jordan participates in the Office Unit, working on the Daily Newsletter and Daily PowerPoint presentations for our meetings. Jordan also preps and cooks food with the Culinary Unit and attends Social Saturdays. Before coming to the GOC, Jordan was not familiar with applications such as PowerPoint or Canva. Now, Jordan is as a Telemetry Model Technician. They work full time at HCA Florida North Florida Hospital monitoring patient heart rates for possible life-threatening events. In emergency cases, Jordan escalates to the appropriate staff so they can respond immediately.

Jordan really likes their current job. Jordan's co-workers and leadership team have been very supportive. Ongoing education is provided, as well as a safe environment to ask questions. Jordan's co-workers and leadership team have also helped by being available to talk and making accommodations. An example of this would be switching Jordan's working hours from the night shift to the day shift.



Jordan has the support of their co-workers and the leadership team at HCA Florida.

Through the GOC, HCA, and their own hard work, Jordan's life is changing. They are not only working a job; Jordan now has a career trajectory. Jordan is going back to school for social work and plans to transfer into the Behavioral Health Unit within the hospital. "I am now in a position where I am not only able to help myself, I'm helping others," Jordan says. They have also been very involved in GOC advocacy in the community. Raising awareness that, with the right support, recovering from mental illness is possible.



# GOC GAZETTE

## Updates

### Garden

In the GOC garden, tomatoes are ripe. Members and staff are at the GOC to maintain our garden. Vegetables are getting picked, the plants are regularly watered, and any necessary pruning is done.



### Office

Thank you again to Grace Presbyterian Church for allowing us to operate while we are under construction. As you can see, the Office Unit was busy doing important work. This month, Members participated in statewide surveys that go to DCF and other agencies about our effectiveness. We worked on laptops with wireless internet and accomplished everything we needed to.



### Culinary

As you can see, our tomatoes are now a delicious ingredient in the healthy lunches we make every day at the GOC. Even with our kitchen being remodeled, our culinary program still is going strong.



### Juneteenth

The GOC is all about inclusion. We help fight prejudices and misconceptions about people who happen to live with chronic mental illness. There is so much our Members can do when given the right opportunity and some support. We celebrated Juneteenth with some education, discussion and working together. We made a special meal and watched a television show that mixed the serious topic with laughter, smiles and hope. Remember, we are all in this world together. It is good that we have each other.



# GOC GAZETTE

## Monthly Calendar and Events

July 4 - GOC Open 10 am-2 pm for holiday celebration

July 8 Social Saturday

July 10 - CIT

July 19- Santa Fe Lunch and Learn at GOC

July 25 - Art for All (4th Tuesday)

July 26- Employment Luncheon

### Newsletter Credits:

Brett Buell

Jordan Castle

Rob Ellis

Marie Fishman

Paul LeBlanc

Reid Schreiber

David Stevens

## Weekly Meetings

Monday 2:00 pm- House

Tuesday 2:00 pm- Culinary

Wednesday 2:00 pm- Website

Wednesday 3:00 pm- Newsletter

Thursday 1:30 pm- Computer Workshop

Thursday 2:00 pm- Adobe/Media

Thursday 2:30 pm- Wellness



## Daily Events and Meetings

8:30 am Clubhouse Opens

9:00 am Breakfast starts

9:30 am General Membership Meeting

9:45 am Unit Meetings

10:00 am GOC Work Day Commences

12:00 pm Lunch

1:00 pm Afternoon Meeting

4:30 pm Clubhouse Closes

## Birthdays

July 10 - Reid Schreiber

July 21 - Valerie Sanders

July 26 - Kristy Benson



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## Prince of Wales Visits Clubhouse

The GOC is one of about 350 Mental Health Clubhouses across the United States and the World. We are fully accredited by Clubhouse International to run our psychosocial rehabilitation program. Recently, Prince William visited the Mosaic Clubhouse in the United Kingdom. Prince William met with Clubhouse members who discussed the difficulties people face in finding safe and secure housing in their local area of Lambeth, UK, and how this relates to mental health issues. Sound familiar?



**Even Prince William is learning how our type of program makes a difference.**

Many Clubhouse Members are facing the same issues here in the US and in Gainesville. Prince William emphasized the importance of incorporating a holistic approach into the strategic plans of the new initiative.

## HealthStreet Helping Members

Eleven Members enjoyed making art together in the last week of June at UF HealthStreet. HealthStreet is a community engagement program at the University of Florida with a mission to reduce disparities in research and health services. The GOC partners with HealthStreet to provide a free art experience on the last Tuesday of every month. It is free and open to the public. Members chose the type of art that we created this month, and they chose creating geometric shapes with tape. We applied tape to the canvas or vellum, and then artists shaded, colored, or decorated the open spaces with markers, acrylic paint, soft or oil pastels, or colored pencils. What remained was a striking set of straight lines where the tape was! Projects are designed with accessibility in mind. They are something that anyone can do, regardless of their artistic ability, cognitive ability, or any physical limitation. It is truly an accessible experience for everyone.

This starts with group members involved side-by-side in the decision-making process of what we do and how we do it. This month we watched art tutorials and voted as a group to decide which art we'd create. Last month, our Member Kim Sugar taught us hook-and-latch weaving, which was a satisfying challenge for all involved. We have also had guest artists provided tutorials, such as ceramic mosaics, perspective drawing, and a still-life acrylic painting exercise.

**Art challenges Members' creativity and critical thinking.**



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## Sponsors and Supporters



# DONATE

Click here to donate with a bank card through the Community Foundation Philanthropy Hub. You can even make your gift recurring.



United Way  
of North Central Florida



Check with your employer for pre-tax donations. The University of Florida and The United Way allow you to choose the GOC for payroll deductions.



Our Amazon Wishlist has things we need. Check back from time to time as we update it.

Please Don't forget us in your will.



# GOC GAZETTE

## Construction Pictures



The Rotary community is fully invested in the GOC. Ryan Thomson, of the Tuesday Rotary Club, and Patrick Irby restored our furniture.



# GOC GAZETTE

## Month in Pictures

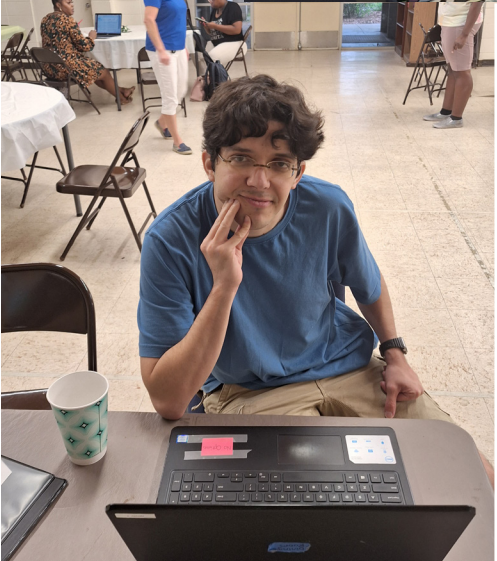


Thank you, Grace Presbyterian Church, for hosting us.



Making healthy meals is a great way to be productive.

With laptops and wireless connections, our Office Unit thrives at our temporary home.



The construction is almost finished! We will soon be back at our newly renovated home.