

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

December 2019

Looking Back on Another Successful Calendar Year at TMP

As the curtain drops on another calendar year at The Meeting Place, we're looking back at the many successes and improvements we've made in 2019. Our members, staff, volunteers, and Board Members have contributed so much to an already lively Clubhouse community, which is growing with every coming year. And despite the many challenges we face on an annual basis (we've had our share in 2019), our Clubhouse always manages to overcome and strive toward the recovery of all of our wonderful members. The last year of the decade gave us a lot of reasons to celebrate. This issue is a look back at another full year where more members have entered the workforce, returned to school, mastered essential life skills, gotten healthier, and made lasting social connections.

At the same time, we can't forget that we have a busy December still ahead of us filled with holiday festivities, notably another Friends of The Meeting Place fundraiser at the home of our newest Board Member, Wil Gorie on December 8th. The Clubhouse has been planning for the event for several months and we can't wait to share with you the results! In the mean time, we hope you enjoy our stories.



Throughout 2019, I took part in several outreach presentations to share my experience at The Meeting Place. It's helped me become more social and look forward to every chance I get to interact with all my friends at the Clubhouse.

- Jacob



In 2019, I started coming into the Clubhouse everyday with the hope of getting help finding a job. I received the support I needed every step of the way from making a resume to doing a mock interview. I'm now in a transitional employment placement at Home Goods.

- Neiko



For health reasons and other circumstances beyond my control, I was away from the Clubhouse for most of 2019. I've been a member for over a decade. While I was away attending a senior outpatient program, I was working hard to be able to come back as an active member. What keeps bringing me back to The Meeting Place is the

structure and the work that I take pride in. Interacting with my colleagues and getting the support I need is important to my well-being.

-Tina S.

**The Meeting Place is open Monday thru Friday 8:00 am until 4:00 pm
with Introductory Tours Mon., Tues., Thur., & Fri. at 9:30 am and 1:30 pm.**

Our Unit Meetings are held at 9:00 am and 1:00 pm.

Check out our monthly calendar for mid-week and weekend recreational activities.

December Birthdays

Welcome To Our Newest & Returning Members

Keith, Tina, Bob H., Traci

Getting to Know Keith! by Jaki

Keith was born in Riverside but moved to San Diego at the age of 11yrs old. While in college he enjoyed doing the courses and getting high grades. During that time, he was a motorcyclist and did a lot of riding to the desert and the mountains. He enjoys the fact that they're so close to the city. Looking back on his time before becoming a member, Keith's Doctor referred him to the Clubhouse, and although he didn't come right away, but after he started to come, he found out that it was more than he expected. The people were friendly and there was an opportunity for him to spend time learning administrative duties working on the computers with other members. Keith has found that while he's attended the Clubhouse, some of the skills he's learning, like teamwork, will help him make the transition back into the job market.



The Units Look Back...

UNIT 1 by Alina and Darin

Throughout the year we have had many different faces come and go, some staff and some members. Though it has been sad to see our friends and colleagues go, we have gained new friends and staff. With the help of new colleagues, came new ideas to help our unit succeed. Our unit now has new procedures for opening and closing the café as well as the new concept of low-carb in both the kitchen and café has kept us on our toes. We have been very excited to hear new accomplishments due to our newest health and wellness kick. This year has been a successful year to say the least.



New member, Keith (far left), working alongside new staff, Rebecca (far right).

UNIT 2 by Victor and Chris

2019 was eventful for Unit 2. We've had a few staff members leave because of other career opportunities. To continue to keep the spirit up in the unit, we did a lot of member outreach to get help with our daily tasks.

Another big thing that happened was our transition into our new database, ClubHOMS. The transition isn't easy (it's still ongoing), but we've gotten a lot of help from members, especially Erica, in putting date and member information. It was a lot of work.

It is always busy in Unit 2, and thankfully there's no letting up. Work is definitely a gift and we look forward to more of it in the new year.



Reaching out.

Looking Back on a Year of Phlebotomy Training by Roger



Roger, studying for his phlebotomy class, at TMP.

After withdrawing from graduate school in 2016, I began feeling hopeless and unable to deal with pressures of daily life. I wasn't sure what my next step was. After a lukewarm performance working at a supermarket, I began attending The Meeting Place Clubhouse in March 2018, and I started feeling better about myself. I thought of what I could do with my life that involves helping other people.

I started attending Vista Adult school for phlebotomy and enjoyed the process a lot. I adjusted to the night school schedule and learned a great deal of information about phlebotomy and health care, in general, all

while receiving support and encouragement at The Meeting Place. Once I started the practical class, I began doing needle sticks and enjoyed the hands-on process. In 2019, I was able to pass my exam and complete in a mandatory externship at Scripps. It was definitely a journey and I'm glad I was able to contribute and see my colleagues at the Clubhouse at the same time.

Now, with the help of The Meeting Place, I am applying to jobs and can't wait to be employed. Attending Job Hour, Job Course, and the monthly Employment Education Dinner will surely come in handy. Thank you for a productive year The Meeting Place!

Looking Back On My 5th Year at Home Goods

by Chris

2019 marked the 5th year that Denise has been working at Home Goods. Originally a T.E. placement back in 2013, she was hired on as a permanent employee after her initial 6 months on the job. After taking a break in 2016, she has been working there on a 5 day-a-week basis since then.

"Everyday is different. Some days are more challenging than others, especially working in customer service," she says." However, the last year has proved to be a positive one in terms of her outlook on work and breakthroughs within her own family. "I've changed my perspective and I'm a little more relaxed. I've learned to smile more on the job

and I've developed an even closer relationship with my colleagues and supervisors. My job at Home Goods and the encouragement I'm receiving at the Clubhouse have both been wonderful. My son just graduated from SDSU in the summer and I'm proud to have been working to support him through his schooling."



Denise at Home Goods.

Looking Back on a Year of Active Listening with The Warmline

by Chris

The end of 2019 ends another great year of peer-to-peer, over-the-phone support from The Warmline. The Warmline is a valuable resource, based out of TMP's office, for members and non-members with a need to talk. The Warmline provides phone assistance from 3:30pm -11:00pm, seven days a week. People who are feeling anxious, lonely, panic stricken, depressed, or simply in need of a good listener can call The Warmline.

The Warmline staff are fellow consumers of mental health services and are trained peer-support specialists; they are peers who have, in simple terms, been there and done that. Some calls are from people wanting to talk about their day. Some calls are from individuals whose symptoms may be heightened. They will be assisted with developing the proper coping skills. They are also informed of important resources available in the community. For some callers, the Warm Line staff inform them about steps taken in their own recovery.

Dave has been part of The Warmline staff for over 12 years. "In 2019, I realized that a lot of the skills that I've been developing as a Warmline staff member are also essential to my everyday life," he says. "These skills include patience and developing ways to communicate where both parties are able to fully understand one another."

The Warmline can be reached at (619) 295-1055 or if you need a toll-free number, 1 (800) 930-9276. Callers who are experiencing crises are transferred to the Access and Crisis Line at 1 (800) 479-3339.



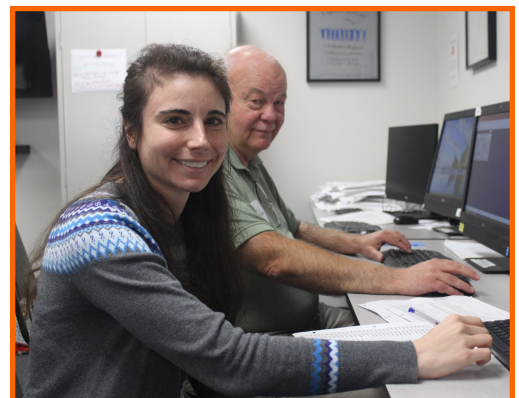
Dave taking a call.

Two of TMP's Wonderful Volunteers: Looking Back on Helping with the Work-Ordered Day



"I've enjoyed getting to know the members of the Clubhouse. Working together with everyone to set up for events is always fun. I am glad to be part of a place that means so much to the members and is making a difference. I am looking forward to making new memories here at TMP."

-Abby



"Spending time at the clubhouse has taught me a lot about the workings of a non-profit and helped me to improve my social skills."

-Angela

Suzy's 2019: A Year of Support Toward Better Health

By Jaki

Suzy has a list of accomplishments in 2019, however, one of the most significant ones is her weight loss. In February 2019 she started a weight loss plan. Once she decided to do it, she was supported by her sister who did the diet too. By coincidence, The Clubhouse started serving low-carb options after undertaking a keto-diet challenge in February. The support of her sister, the low-carb meals of the clubhouse, and Suzy's participation in the various fitness classes TMP offers, contributed to Suzy's path toward better health.

Suzy admitted the hardest thing to give up was sugar, but the Clubhouse helped encourage her to stay clear of treats she would normally indulge in. Suzy's initial loss was about 20 pounds in July. Her determination to lose weight is paying off. At the beginning of November her weight loss was 80 pounds! When I asked her, what would she say to someone wanting to lose weight. "Get it into your mind first and then find a friend that will buddy up with you. Try the low-carb diet it worked for me." Congratulations Suzy...you are an inspiration to others.



Suzy (left) working out with Lindsey.

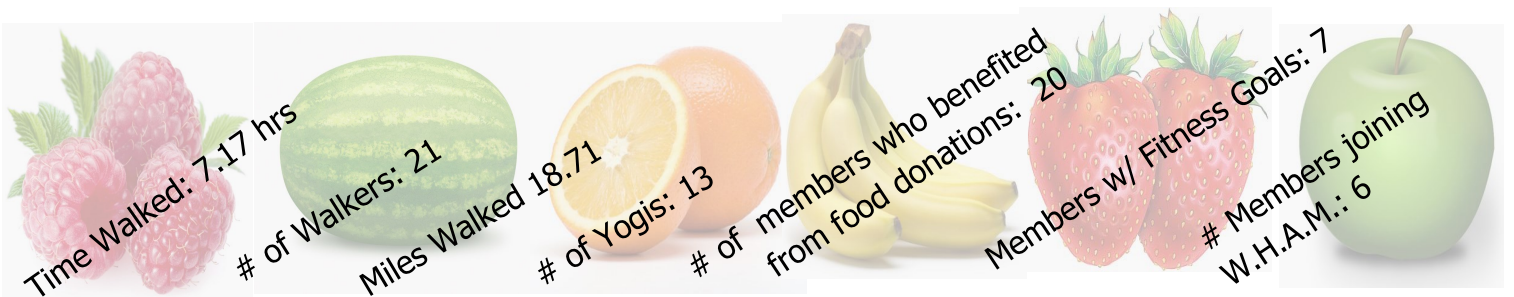
Laura: Looking Back on a Year of Healthier Choices

By Bob & Chris

Prompted by her doctor to lose weight earlier this year because of the increasing severity of her diabetes, Laura had to take a step back and reconsider her lifestyle. A big part of the struggle was finding the discipline to start eating healthier, which included watching her portions closely, eating more vegetables, and drinking more water. At her heaviest, Laura was 238 pounds. She is now down to 145 pounds with the goal to get down to 133 pounds. Besides the stern advice from her doctor, Laura attributes the change in her lifestyle to better impulse control and inspiration from joining fitness classes and health & wellness education activities offered at The Meeting Place.



Before & after shots of Laura.



SOCIAL ACTIVITIES

November Event Highlights



Mary dressed as the Queen of Hearts.

A Very Merry Unbirthday Party by Chris

We didn't have a birthday during the month of November, but we were quick to resolve the problem of possibly not having a birthday party for the first time ever, we took inspiration from a classic Disney film. The Clubhouse held its first Very Merry Unbirthday Party, taking cues from *Alice in Wonderland* for food, music, and decoration ideas.

One highlight from the evening was a spirited game of Pin the Smile on the Cheshire Cat. We had a big fat smile cardboard cutout and a big Cheshire Cat poster designed by Mary and our volunteer Noemi. All of the members in attendance were blindfolded and the winner ended up being George. It was a hoot! Even with no birthdays to celebrate in November, the Clubhouse managed to keep the tradition alive and help everyone enjoy their respective Unbirthdays, whichever month they fall.

Thanksgiving at TMP by Jaki

2019's Thanksgiving was one of the best. While the final touches were being made for the meal, members played games like *Go Fish*. The kitchen was busy in *waves of help*, with members and volunteers. Cynthia, (the Board President,) was present along with Mark who hand-peeled potatoes. A team then mashed the potatoes until they were fluffy and delicious. The turkey was complete with dressing and gravy. There were candied yams, a spinach casserole and more. One of the biggest treats was having Mark carve the turkey, a Clubhouse tradition.. The photos you're enjoying were also taken by Mark, so he not only works as a sous chef, he's a professional photographer.

For many, having a place to spend the holidays is a crucial part of what brings us together as a community. Some members do not have family to spend time with on big days like Thanksgiving. It's always comforting to know that the Clubhouse is always welcoming.



(L) TMP's Thanksgiving spread; (R) Toasting to wonderful company.

A Picture is Worth a Thousand Words



Follow us on Facebook and Instagram to get the latest updates on what's happening at The Meeting Place Clubhouse!



The Meeting Place Wish List

Trader Joe's and Sprouts Gift Cards for our healthy, organic meals
Monetary donations
Individual Hand Sanitizers
Gas Gift Cards
Transitional Employment Leads



WARMLINE Peer to Peer



Funded by the County of San Diego
HHS

1 (800) 930-9276

Or

1 (619) 295-1055

What is The Warmline?

The Warmline is a friendly telephone support line, answered by Peer Support Specialists. We listen to concerns, offer referrals and provide understanding because we have been there, done that.

The Warmline is a non-crisis, non-emergency phone service.

The Warm-line is in operation from 3:30 P.M. to 11:00 P.M., 7 days a week (except holidays).

YES! I WANT TO SUPPORT THE MEETING PLACE CLUBHOUSE

Here is my gift to help The Meeting Place Clubhouse

\$10 \$25 \$50 \$75 \$100 Other \$_____

Your generous donation will go toward the growth and advancement of The Meeting Place Clubhouse, Inc., as one of the leading Mental Health Recovery Programs in San Diego County.

I would like to receive The Meeting Place Clubhouse monthly Newsletter

Name: _____

E-mail: _____

Thank you
for
your gift!



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Email: themeetingplace@tmpclubhouse.org
Website: www.themeetingplaceinc.org



Clubhouse International

Creating Community: Changing the World of Mental Health

*The First Clubhouse International Accredited Clubhouse in California
Recipient of the San Diego Mental Health Director's Program of the Year Award
and Lilly Reintegration Award*

WHAT WE GUARANTEE

A PLACE TO COME

The Meeting Place is open to any adult age 18 or older with a diagnosed mental health disorder who resides within the county of San Diego. We are open Monday through Friday from 8:00 a.m. until 4:00 p.m.. We also offer evening and weekend activities for fun and relaxation. Individuals who participate in our Clubhouse are called members.

MEANINGFUL WORK

At The Meeting Place, we believe everyone has something to contribute. Members and staff work side by side to facilitate the day-to-day operations of the clubhouse and perform numerous tasks to ensure smooth operation of the program.

*Examples of tasks performed by members include: answering phones, preparing breakfast and lunch, gardening, typing, filing, entering data and maintaining records, tutoring, mentoring, writing, and coordinating the publication of the monthly newsletter, **The Meeting Place News**, and everything that goes into creating our daily in-house newscast, **KTMP Daily News**.*

MEANINGFUL RELATIONSHIPS

Through the shared work of the clubhouse, meaningful relationships are developed between members and staff. But it's not all work at The Meeting Place! Membership has its privileges. These include outings to local restaurants, plays, tourist attractions, and other special activities.

Members and staff celebrate holidays, birthdays and achievements together. The Meeting Place is a place to come when you're happy or when you're sad—you're always welcome and you're always among friends.

A PLACE TO RETURN TO

Membership is for life. No matter how long you've been gone, you can always come back home. Returning members are welcomed and they are immediately returned to active status if they request it.