HOPE HOUSE – Club 84

Opening Doors – Changing Lives

Orientation Manual

*2018*

*Welcome to HOPE HOUSE – Club 84*

Thank you for your interest in HOPE HOUSE – Club 84. We look forward to your participation and will work closely with you on your recovery journey.

This manual is designed to provide you with an understanding of HOPE HOUSE – Club 84 and the program model being followed.

Please don’t hesitate to ask if you have any questions or concerns.

**Clubhouses Guarantee…**

**A place to come**

**A right to meaningful work**

**A right to meaningful relationships**

**A right to a place to return**

***Clubhouses: Communities Creating Opportunities for People with Mental Illness***

***What is a Clubhouse?***

A clubhouse is not a drop-in centre that is only intended to provide cost effective meals and coffee, and although the clubhouse does provide support to members in need, it is not intended to be an on-demand crisis or counseling service. A clubhouse is a mental health program that is comprised of a community of people and promotes wellness through meaningful activities. Together, members and staff run the clubhouse through doing work-ordered day activities (administrative tasks, kitchen work or maintenance jobs) during the daytime and social recreation activities during the evenings and weekends. Through participation in clubhouse activities, people are given the opportunities to rejoin the worlds of friendships, family, meaningful work, employment and education. A clubhouse is a restorative environment for people who have had their lives disrupted and provides a safe place comprised of individuals who believe that recovery from mental illness is possible for all.

***“Clubhouse”***

The descriptive name of “clubhouse” was taken from the original language that was used to communicate the work and vision of the first clubhouse, Fountain House in New York City, started in 1948. As the first community of its kind, Fountain House has served as the model for all subsequent clubhouses that have developed around the world.

Today there are over 320 clubhouse communities operating in 30 countries that have modeled themselves after Fountain House and have embraced the term “clubhouse”, because it clearly communicates the message of membership and belonging. This message is at the very heart of the clubhouse way of working.

***Membership***

A clubhouse is a membership organization, and therefore the people who come and participate are its members. Membership in a clubhouse is open to anyone who has a history of mental illness and does not pose a significant and current threat to the general safety of the Clubhouse community.

The design of a clubhouse engages members in every aspect of its operation, and there is always much more work than can be accomplished by the few employed staff. The skills, talents, and creative ideas and efforts of each member are needed and encouraged each day. Participation is voluntary but each member is always invited to participate in work which includes clerical duties, reception, food service, outreach, maintenance, research, managing the employment and education programs, financial services, and much more.

***Values***

Clubhouse communities are built upon the belief that every member can sufficiently recover from the effects of mental illness to lead a personally satisfying life. Clubhouses are communities of people who are dedicated to one another’s success – no matter how long it takes or how difficult it is. The clubhouse concept is organized around a belief in the potential for productive contributions from everyone, even the member struggling with the most severe effects of mental illness. Clubhouse communities hold the conviction that work, and work-mediated relationships, are restorative and provide a firm foundation for growth and important individual achievement (Beard, Propst, Malamud, 1982). In the clubhouse world it is also a strongly held belief that normalized social and recreational opportunities are an important part of a person’s path to recovery.

***Meaningful Relationships***

The clubhouse environment and structures are developed in a way to ensure that there is ample opportunity for human interaction and that there is more than enough work to do.

Clubhouse staffing levels are purposefully kept low to create a perpetual circumstance where the staff will genuinely need the members in order to accomplish their jobs. Members also need the staff and other members in order to complete the work, but even more important, the relationships that evolve through this work together are the key ingredient in clubhouse rehabilitation. The clubhouse members and staff as a community are charged with prioritizing, organizing and accomplishing the tasks that are important to make the clubhouse a successful place for members to move forward in their lives.

Relationships between members and staff develop naturally as they work together side-by-side carrying out the daily duties of the clubhouse. All of the staff have generalists roles in the clubhouse and are involved in all of the clubhouse activities including the daily work duties, the evening social and recreational programs, the employment programs, reachout, supported education and community support responsibilities. Members and staff share the responsibility for the successful operation of the clubhouse. Wording closely together each day members and staff learn of each other’s strengths, talents and abilities. They also develop real and lasting friendships. Because the design of a clubhouse is much like a typical work or business environment, relationships develop in much the same way.

In a clubhouse the staff role is not to educate or treat the members. The staff are there to engage with members as colleagues in important work and to be encouraging and engaging with people who might not yet believe in themselves. Clubhouse staff are charged with being colleagues, workers, talent scouts and cheerleaders.

***The Basic Components of a Clubhouse***

***A Work Day***

The daily activity of a clubhouse is organized around a structured system known as the work day. During the work day members and staff work side-by-side, as colleagues, to carry the work that is important to their community. All of the work in the clubhouse is for the clubhouse and operations of the clubhouse cannot run smoothly without member participation. Members volunteer to participate as they feel ready and according to their individual interests and skills.

***The Employment Programs***

As a right of membership clubhouses provide members with opportunities to return to paid employment in integrated work settings through Transitional Employment and Supported and Independent Employment programs.

**Transitional Employment** is a highly structured program for members returning to work in community-based business and industry. Transitional Employment placements are at the employer’s place of business, are part time and include a lot of on the job and off site support from clubhouse staff and other members. Currently, our clubhouse has three Transitional Employment jobs available to the members.

**Supported Employment** is a program of the clubhouse through which members, when they say they are ready, are given help from the clubhouse to apply for and acquire a job of their own. The clubhouse then provides on-going support and encouragement for the members as long as they remain employed and request assistance. As a regular part of the program on-site support, at the place of business, is available if the member or employer requests it.

**Independent Employment** is a program of the clubhouse through which members, when they say they are ready, are given help from the clubhouse to apply for and acquire a job of their own. The clubhouse then provides on-going support and encouragement for the members as long as they remain employed and request assistance. There is no on-site support at the place of business for members in independent employment. All of the support is at the clubhouse.

***Evenings and Weekends***

In addition to the work related opportunities required for the operation of the clubhouse during the daytime, the program provides social recreation activities during the evenings and weekends. Every evening and weekend that the clubhouse is open, social recreation activities are scheduled and put into a monthly calendar. These activities are always scheduled outside of the work day, and include activities such as craft groups, karaoke, games and community kitchen. The activities are led by the clubhouse peer support workers, who are employees that typically work during the evenings and weekends.

***Community Support***

People living with mental illness sometimes require a variety of social and medical services. Help may be provided to clubhouse members by staff or other members in acquiring and keeping affordable and dignified housing through being provided with up-to-date housing listings or making referrals to housing support or case management programs that can provide more intensive assistance. Additionally, the clubhouse is part of the Canadian Mental Health Association (CMHA) which allows for easy access to an access/intake worker in the front of the building if members are seeking referral to additional services such as counseling or case management support.

***Reach Out***

Part of the daily work of the clubhouse involves keeping track of all of the active members. When a member does not attend the clubhouse or is in the hospital a “reach out” telephone call or visit is made to the absent member. Each member is reminded that he or she is missed, and welcome and needed at the clubhouse. This process not only encourages members to participate but it is an early warning system for members who are experiencing difficulties and may need extra help.

***Education***

Many clubhouse members have had their education plans interrupted by mental illness. Some have not finished secondary school and others had their university experience disrupted. The clubhouse can provide members with assistance in being referred and connected with a local educational upgrading program. Additionally, the clubhouse offers in-house educational opportunities such as computer skills training, WHMIS training or food safe training.

***Decision-Making and Governance***

Decisions related to the clubhouse, such as the planning of events or changes to the clubhouse rules, are decided through an open forum including both staff and members. Decisions are made through consensus as a group.

***Work-Ordered Day***

HOPE HOUSE – Club 84 is organized into work units that are responsible for the daily operation of the Clubhouse. For many new members, joining one of these units presents a first opportunity to ease into the world of work and social interaction.

Working in the units allows members not only to develop job skills, but to perform real work that is valued by the HOPE HOUSE - Club 84 community. Members are presented with the opportunity to regain a sense of self-worth and often find, for the first time in a long time, that they are *wanted*, *needed* and *expected*.

The clubhouse work day is structured around the activities that need to be completed in order for the clubhouse to function. Work is accomplished in units where members and staff work side-by-side.

***Kitchen & Café***

The kitchen and café provides members with the opportunity to develop skills in all areas pertaining to the food industry and also ensuring the general upkeep of the clubhouse for the enjoyment and safety of all its members.

*Functions of this unit include*:

* Menu Planning
* Controlling food cost
* Inventory
* Shopping
* Food Handling and Safety
* Housekeeping and General kitchen Maintenance
* Cash Register Operation/Cash Control
* Meal/Beverage Card Control
* Special Event Planning
* Catering
* Prep Cooking
* Community Kitchen
* Individual/Group Cooking Lessons

***Administration***

This unit provides administrative support, enrollment activities and reach-out services to the entire Clubhouse. Through participation members have the opportunity to develop and/or maintain a variety of office skills.

*Functions of this unit include*:

**Administration**

* Typing
* Photocopying
* Faxing
* Office Supply Control
* Maintain Computer Systems
* Completing a monthly newsletter
* Completing posters regarding upcoming events or notices
* Updating the clubhouse news-go-round slideshow

**Reach Out**

* Attendance Statistics
* Reach Out Calls & Visits
* Special Announcement Reach Out

**Enrollment**

* Conduct Tours
* Maintain Enrollment Forms & Files
* New Member Orientation

***Employment, Education and Finance***

This unit assists members to further their vocational and educational goals. Also, members involved in clubhouse finances assist with accounting for income, expenses and budgeting associated with all clubhouse units.

**Employment**

* Enable members to return to paid work through:
  + Transitional Employment
  + Supported Employment
  + Independent Employment

**Finance**

* Tracking income and expenses from Clubhouse Unit operations
* Unit budgeting
* Banking
* Inventory Control & Ordering

**Education**

* Provides members with the opportunity to support their peers through educational groups (e.g. tutoring related to computers or math/English)
* Assist members with educational goals
  + Basic Literacy Skills
  + Secondary
  + Post Secondary

***Maintenance/cleaning activities include:***

* Maintaining hallways, washrooms and common areas
* Maintaining entrance ways and designated outside smoking area
* Cleaning windows and maintaining all clubhouse and agency entrances

*Together, staff and members collaborate in order to complete all of the tasks outlined above, which are required to run the clubhouse.*

**Member Expectations and Rights C:\Users\dan.CMHASSM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\07BTTLM8\MC900297161[1].wmf**

As a member, it is important that you familiarize yourself with the Clubhouse Standards. The principles expressed in the Standards are at the heart of the clubhouse community’s success in helping people with mental illness to stay out of hospitals while achieving social, financial and vocational goals. The Standards also serve as a kind of “bill of rights” for members and a code of ethics for staff, board and administrators. The standards insist that a clubhouse is a place that offers respect and opportunity to its members.

In addition… some common courtesies and considerations:

1. Hope House – Club 84 must be a safe environment at all times. Anyone who threatens the safety of people will be asked to leave.
2. No harassment of any type is allowed (includes persistent and repeated requests for money, cigarettes, etc).
3. Disruptive persons under the influence of illegal drugs and/or alcohol, or who are suspected to have consumed illegal drugs and/or alcohol, will not be permitted in the clubhouse.
4. Loaning of money between members is strongly discouraged.
5. Sleeping is not permitted at the clubhouse.
6. Hope House – Club 84 members are expected to wear appropriate clothes, footwear, and have adequate personal hygiene.

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**Meals and Beverages**

The Café unit prepares meals on a daily basis. Lunch is served Monday to Sunday at 12:00pm and Dinner is served Monday to Friday at 5:00pm. Cost of Meals is $2.00 for members and $3.00 for guests. Purchasing a Meal and Beverage Card is a great way to help with budgeting. Cards can be purchased for $10.00 or $20.00 in the Tuck Shop. Coffee is available throughout the day for $0.25 per cup or a 6 cup card may be purchased for $1.00. A variety of beverages and snack items are sold in the Tuck Shop.

Hot breakfasts foods are available only on Wednesday mornings from 9:30am to 10:30am, and the food varies week by week.

**Social Recreation**

Social Recreation is recognized as a very important aspect of Hope House – Club 84. It contributes to the wellness and recovery goals of all members. Social recreation hours are from 3:00pm to 8:00pm on Monday to Friday, and 10:00am to 4:00pm on Saturday and Sunday.

Social Recreation programs are scheduled outside of the work day activities and provide opportunities for members and staff to strengthen and build relationships. They are a time when interesting and exciting things can be planned for the enjoyment of all members and staff.

**Guests**

Members are only permitted to have guests during specific hours (lunch hour, dinner hour, evenings, weekends) at a maximum of 2 times per month. This rule was created as the clubhouse is meant to be a safe confidential program geared towards the need of registered members. Members are responsible for their guests and must be present during their visit, and guests are subject to member expectations and rights.

***Is Clubhouse right for you?***

Hope House – Club 84 serves persons over 16 years of age who are experiencing mental health issues. A prospective member may make a self-referral, and should be capable of functioning and participating independently within the Clubhouse.

Prospective members could either call (705-759-0458) and speak to Jordan (ext. 222), Karlyn (ext. 233), or Amy (ext. 237) to schedule an Orientation Tour, or attend the clubhouse any Monday at 11:00am or any Thursday at 2:00pm for an Orientation Tour. Just come in and say that you are here for a tour and we will set you up!

If you are interested in becoming a Clubhouse member, you must fully complete a three-step process in order to finalize your membership:

1. Attend a clubhouse **tour** and fill out an clubhouse application form
2. Schedule and complete a **unit orientation** (trying out a work-related clubhouse activity)
3. Schedule and meet with staff to officially **register** through the clubhouse attendance database

***How do we determine how Clubhouse can fit into and aid your personal recovery plan?*** One of the important evaluation tools we use in our membership process is the ‘Ontario Common Assessment of Need’ (OCAN).

An OCAN is a standardized, consumer-led decision making tool that allows key information to be gathered in a secure and efficient manner. The assessment includes the consumer and the staff perspective and will:

* Assist in your decision making
* Identify individual needs
* Assist with prioritizing actions and referrals that align with your goals for recovery
* Facilitates interagency communication using common data standards

***Do I need to complete an OCAN with every program or service I’m involved with?*** If you give permission to share this information then you only need to complete it once. If you don’t share this information then you may need to complete individual OCAN’s in order to access services.

Sharing your assessment information with other care providers involved in your care that participate in the Integrated Assessment Record (IAR) means that they will have the information they need to provide you with the services you need.

Additional information and consent forms will be discussed with you throughout your membership process.

**International Standards for Clubhouse Programs**

The International Standards for Clubhouse Programs, consensually agreed upon by the worldwide Clubhouse community, define the Clubhouse Model of rehabilitation. The principles expressed in these Standards are at the heart of the Clubhouse community’s success in helping people with mental illness to stay out of hospitals while achieving social, financial, educational and vocational goals. The Standards also serve as a “bill of rights” for members and a code of ethics for staff, board and administrators. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.

The Standards provide the basis for assessing Clubhouse quality, through the International Center for Clubhouse Development (ICCD) certification process.

Every two years the worldwide Clubhouse community reviews these Standards, and aments them as deemed necessary. The process is coordinated by the ICCD Standards Review Committee, made up of members and staff of ICCD – certified Clubhouses from around the world.

MEMBERSHIP

1. Membership is voluntary and without time limits
2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
3. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contract, schedules, or rules intended to enforce participation of members.
4. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.
5. Members at their choice are involved in the writing of all records reflecting their participation in the Clubhouse. Ass such records are to be signed by both member and staff.
6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a threat to the Clubhouse community.
7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

RELATIONSHIPS

1. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.
2. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.
3. Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities.
4. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operatin.

SPACE

1. The Clubhouse has its own identity, including its own name, mailing address and telephone number.
2. The Clubhouse is located in its own physical space, It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.
3. All clubhouse space is member and staff accessible. There are no staff only or member only spaces.

WORK-ORDERED DAY

1. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.
2. The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. Nor work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.
3. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.
4. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.
5. All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training.
6. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

EMPLOYMENT

1. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

Transitional Employment

1. The Clubhouse offers its own Transitional Employment program, which provides as a right of membership opportunities for members to work on job placements in business and industry. As a defining characteristic of a Clubhouse Transitional Employment program, the Clubhouse guarantees coverage on all placements during member absences. In addition the Transitional Employment program meets the following basic criteria.
2. The desire to work is the single most important factor determining placement opportunity.
3. Placement opportunities will continue to be available regardless of the level of success in previous placements.
4. Members work at the employer’s place of business.
5. Members are paid the prevailing wage rate, but at least minimum wage, directly by the employer.
6. Transitional Employment placements are drawn from a wide variety of job opportunities.
7. Transitional Employment placements are part-time and time-limited, generally 15 to 20 hours per week and from six to nine months in duration.
8. Selection and training of members on Transitional Employment is the responsibility of the Clubhouse, not the employer.
9. Clubhouse members and staff prepare reports on TE placements for all appropriate agencies dealing with members’ benefits.
10. Transitional Employment placements are managed by Clubhouse staff and members and not by TE specialists.
11. There are no TE placements within the Clubhouse. Transitional Employment placements at an auspice agency must be off site from the Clubhouse and meet all of the above criteria.

Supported and Independent Employment

1. The Clubhouse offers its own Supported and Independent Employment programs to assist members to secure, sustain and subsequently, to better their employment. As a defining characteristic of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired supports.
2. Members who are working independently continue to have available all Clubhouse supports and opportunities including advocacy for entitlements, and assistance with housing, clinical, legal, financial and personal issues, as well as participation in evening and weekend programs.

EDUCATION

1. The Clubhouse assists members to further their vocational and educational goals by helping them take advantage of adult education opportunities in the community. When the Clubhouse also provides an in-house educational program, it significantly utilizes the teaching and tutoring skills of members.

FUNCTIONS OF THE HOUSE

1. The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited.
2. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in finding quality medical, psychological, pharmacological and substance abuse services in the community.
3. The Clubhouse is committed to securing a range of choices of safe, decent and affordable housing including independent living opportunities for all members. The Clubhouse has access to opportunities that meet these criteria, or in unavailable, the Clubhouse develops its own housing program. Clubhouse housing programs meet the following basic criteria.
   1. Members and staff manage the program together.
   2. Members who live there do so by choice.
   3. Members choose the location of their housing and their roommates.
   4. Policies and procedures are developed in a manner consistent with the rest of the Clubhouse culture
   5. The level of support increases or decreases in response to the changing needs of the member.
   6. Members and staff actively reach out to help members keep their housing, especially during periods of hospitalization.
4. The Clubhouse conducts an objective evaluation of its effectiveness on a regular basis.
5. The Clubhouse director, members, staff and other appropriate persons participate in a three-week training program in the Clubhouse Model at a certified training base.
6. The Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.

FUNDING, GOVERNANCE and ADMINISTRATION

1. The Clubhouse has an independent board of directors, or if it is affiliated with a sponsoring agency, has a separate advisory board comprised of individuals uniquely positioned to provide financial, legal, legislative, employment development, consumer and community support and advocacy for the Clubhouse.
2. The Clubhouse develops and maintains its own budget, approved by the board or advisory board prior to the beginning of the fiscal year and monitored routinely during the fiscal year.
3. Staff salaries are competitive with comparable positions in the mental health field.
4. The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader community.
5. The Clubhouse holds open forums and has procedures which enable members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.

International Center for Clubhouse Development

425 West 47th Street

New York, New York 10036

USA

Telephone: 212-582-0343

Fax: 212-397-1649

Web: [www.iccd.org](http://www.iccd.org)

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***Famous Individuals with Mental Illness….***

A growing number of celebrities are going public with their battles with mental illness. Many famous people have lived with serious mental illnesses, including:

**ABRAHAM LINCOLN**   
The revered 16th U.S. president suffered from severe and incapacitating depressions that occasionally led to thoughts of suicide.  
  
**VIRGINIA WOOLF**   
The famous British novelist experienced the mood swings associated with bipolar disorder.   
  
**LIONEL ALDRIDGE**   
Legendary player of the Green Bay Packers suffered from schizophrenia in the 1970s.  **LUDWIG VAN BEETHOVEN**   
The brilliant composer experienced bipolar disorder.  **VASLOV NIJINSKY**   
The dancer documented his battle with schizophrenia in his autobiography.  **TENNESSEE WILLIAMS**   
The famous playwright suffered from clinical depression.   
  
**VINCENT VAN GOGH**   
The celebrated artist is believed to have suffered from bipolar disorder.  **WINSTON CHURCHILL**   
The leader of Britain during the Battle of Britain is believed to have had bipolar disorder.  **PATTY DUKE**   
The Academy Award-winning actress told of her bipolar disorder in her auto biography.  **CHARLES DICKENS**   
One of the greatest authors in the English language suffered from clinical depression.

**MICHELANGELO**  
One of the world’s greatest artistic geniuses.

**ISACC NEWTON**

One of the greatest scientists.

**Source: National Alliance for the Mentally Ill**

**Hope House – Club 84**

**Program Hours**

Monday to Friday - 8:30am TO 8:00pm

Saturday & Sunday – 10:00am TO 4:00pm

Extended evening and weekend hours as scheduled

**FREQUENTLY USED PHONE NUMBERS**

Hope House – Club 84 705-942-9561

Canadian Mental Health Association 705-759-0458

Community Mental Health Program

Case Management 705-759-3935

Community Drug-Alcohol Assessment 705-759-1844

Algoma Consumer/Survivor Initiative 705-759-1259

Phoenix Rising Women’s Centre 705-759-5864

Warm Line (6 pm to 12 am – 7 nights per week) 1-866-856-9276

Sault Area Hospital 705-759-3434

Transitional Care Ext. 4634

Addictions Treatment Clinic 705-759-6684

In-Patient Unit Pay Phone 705-946-8635

In-Patient Unit Pay Phone 705-942-4390

SAH Crisis Assistance (after Clubhouse hours) 705-759-3398

**SUPPORT**

All Clubhouse members have access to support with advocacy, crisis, daily living issues, housing, employment or other needs. Support is offered by Club staff who will work in partnership with you.

**Recovery Principles and Values**

1. **Value Empowerment** - The system will provide opportunities for individuals to exercise control and power with respect to their lives.
2. **Value and Instill Hope** – Recovery cannot occur without hope. The system will encourage hope and in doing so will focus on skills and abilities.
3. **Value Self Determination** – The system will recognize and accept that consumers will make their own decisions about their life and they will be in control of those decisions.
4. **Work toward the Elimination of Prejudice and Discrimination** – The system will work toward the elimination of prejudice and discrimination toward people with mental health issues.
5. **Value Meaningful Choice** – The system will recognize and accept that individuals will make their own decisions about their life and they will be in control of those decisions.

**10 Principles of Recovery**

1. Your recovery is self-directed. You find your way to recovery through personal control, good decision-making, and independence. The choices you make are yours and yours alone.
2. Your path is based on your personal needs, likes, and experiences. If you see your recovery as an ongoing journey, you'll be able to find the best physical and mental health.
3. Your recovery empowers you. You're the only person who can turn your decisions into actions.
4. Your recovery includes your mental, physical, and spiritual needs. It includes your family, friends, job, and community.
5. Your recovery will have ups and downs. It's not a step-by-step process. It's a long-term process where you grow and build on your successes and setbacks.
6. Your recovery is based on your ability to bounce back, cope, and make use of other talents. Value yourself and build on these strengths.
7. Your recovery includes support from others. Make friends and build relationships. Join groups where you can help others and find purpose for yourself.
8. Your recovery lets you respect yourself. Believe in yourself and meet your goals. Accept and take pride in what you can do.
9. Your recovery shows that you take responsibility for yourself. Find the courage to work toward your goals.
10. Your recovery gives you hope. You can overcome your problems.

Notes: (use these pages to record any notes, questions or concerns that you would like to discuss during your next appointment)

HOPE HOUSE – Club 84

Opening Doors – Changing Lives

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Sault Ste. Marie, ON

P6A 1Z1

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