



WELCOME TO THE SHENANDOAH CLUBHOUSE!



You have made the decision to join a community of dedicated people that stand for the improvement of individualized care and social development. The clubhouse is made up of a diverse group of members from our community with a wide array of mental health and social developmental concerns. Here at the clubhouse you will work with an Advocate to create a personalized plan that will assist you with working on barriers so you may find it easier to work, play and live in your community at a higher-level of self-care. Members at the clubhouse are committed to learning advanced coping strategies that may assist them in developing personalized goals and objectives while staff use strength based assessments to help you improve your needs.



Hours of Operation: **Monday-Thursday** (7:30am-3:00pm); **Friday** (7:30am-1:00pm)

Social Activity Hours: **Tuesday** (3:00pm-5:00pm); **Saturday** (9:00am-1:00pm)

It is our mission to help your social development! – Clubhouse Staff

The clubhouse has four distinctly different units that are designed to assist members with learning different skills while being attended by an advocate to mentor and teach living, job training and social development skills. The following list quickly explains each unit and what you may expect while in attendance.

Units Available:

Clerical:

Members who join this unit are encouraged to participate in the development and implementation of real world employment skills. Each member is given the opportunity to learn special job training in the position of receptionist while learning to organize and improve their social development in a structured environment.

Maintenance:

Members in the maintenance unit will participate in keeping the clubhouse clean, safe, and inviting. Tasks include: cleaning floors, windows and bathrooms, trash pick-up, taking care of plants and flowers, ensuring that clubhouse is safe, and making sure that the clubhouse remains clean for all members.

Kitchen:

Members are encouraged to participate in the kitchen unit to learn how to prepare nutritional meals alongside of peers and staff while in a safe and supportive environment. Individuals are provided opportunities to improve on social and communication skills in addition to learning how to prepare and serve food.

Snack-bar:

Members joining this unit may look forward to helping with organizing inventory and using the cash register to take payments. In this unit, you will participate in assisting and serving other members with coffee and snacks throughout the day at the designated times of 9:15am, 11:00am and 2:00pm.

The Clubhouse also offers many different groups that a member may participate in to help develop and grow their skills to better navigate self-care strategies.

Development Groups:

Self-Esteem:

Assists members in identifying positive traits in themselves and others

Assertiveness:

Exploring techniques to help people stand up for themselves, to empower themselves. Assertiveness seeks to find a balance between passivity and aggression.

Healthy Relationships:

Participants will learn about factors that lead to safe, supportive, and satisfying interpersonal relationships.

Conflict Resolution:

Learning to recognize problems and developing solutions to deal with them in a productive way.

Coping Skills:

Group members will explore a broad range of coping strategies to deal with disappointment and loss and managing the symptoms of mental illness.

Wellness:

Provides knowledge of the wellness spectrum including the seven dimensions of wellness: physical, spiritual, mental, emotional, social, environmental, and occupational.

Current Events:

Participants will discuss and process current news stories and discuss how this may affect them in their lives.

Co-occurring Group:

Provides members with information and strategies to be able to deal more effectively with working on simultaneous recovery for both substance abuse and serious mental illness.

Knowing Your Diagnosis:

Members will participate in group discussion to evaluate their mental health diagnosis while attempting to understand symptomatology and coping strategies.

Mindfulness:

Group designed to assist in the development of increasing a person's ability to cope in stressful situations, increased self-esteem and emotional well-being.

Employment:

Members will be given the opportunity to learn the skills of resume writing, how to properly fill out job applications, pre-employment testing and interviewing techniques.

Gardening:

Members participate in learning the activity of tending and cultivating a garden.

Clothing Closet:

Members will participate in the development and organization of a clothing bank and assist in the implementation a structured plan to organize donated materials.

Strengths Development

Members will participate in a group to learn about their personal strengths and use them to build positive coping strategies to help overcome barriers.

Meditation:

Meditation group is an interactive group where members build a state of emotional and psychological well-being by learning and practicing meditation techniques.

Newsletter:

A structured meeting designed to teach members to work within a group of peers towards a common goal. Members are encouraged to volunteer for specific task and to work together to accomplish the goal of producing the program's monthly newsletter.

Concerned Members Council:

This council will serve as a forum for participant input into the PSR program. The council will develop its own agenda, have a roster of officers and share agenda information with the other members.

There are many social activities that members may participate in that may help with their social development.

Activities:

Food Lion/Valley Mission/Walmart/Banking:

These are integrated goals that provide the members opportunities to participate in outings and develop leisure skills while improving self-awareness of resources in their community.

Volleyball/Bowling/Corn Hole/Pool:

Members are given the opportunity to participate in physical activity for the purpose of improving verbal communication to increase skills with attention to task while promoting sportsmanship.

Bingo:

Groups, Activities, Meals and more...!

This is an interactive activity that provides members with the opportunity to participate in socialization and assists with developing leisure skills while in a group setting.

- Members at the clubhouse also are given the opportunity to sign up for food boxes once a month to help supplement their needs.
- Members also receive one meal a day and two snacks free of charge but are required to participate in the after-lunch duty clean up to assist in learning appropriate self-care skills.

**SHENANDOAH CLUBHOUSE MENU
SAMPLE MENU**

DAY	DATE	SNACKS	LUNCH
MONDAY		AM: Cottage Cheese & Peaches PM: Cheese Cubes, Fruit Juice	Cheese & Peperoni Pizza, Mandarin Oranges, Milk
TUESDAY		AM: Yogurt, Juice PM: Graham Crackers, Milk	Breaded Fish, Au gratin Potatoes, Green Beans, Apple Sauce, Milk
WEDNESDAY		AM: Muffin, Milk PM: Peanut Butter Crackers, Milk	Corn Dog, French Fries, Jello w/ Fruit, Milk
THURSDAY		AM: Cereal, Milk PM: Cake	Beef BBQ on Bun, Turkey & Cheese Wrap, Broccoli Salad, Fresh Fruit, Chips, Milk
FRIDAY		Pancakes, Sausage, Milk	Grilled Cheese & Ham Sandwich, Hash Browns, Pineapple, Milk

Menu is subject to change. This institution is an equal opportunity provider. 1% Milk is served.

Shenandoah Clubhouse Program Guidelines and Regulations

Attendance & Participation: While attendance is voluntary, a schedule should be established by the member and their advocate. Active participation in daily activities is expected of all members. A minimum of two days per week for 4 hours per day (10:00am to 2:00pm) commitment is required to receive the most benefit from this service.

Transportation: Members that are transported by Clubhouse vehicles are expected to be respectful of others at all times. Riders must remain in their seat and use a seatbelt. There is no eating, drinking, smoking or use of inappropriate language permitted while being transported.

Inclement Weather: Please call the program supervisor @ 255-7763 after 7am whenever there is inclement weather. There could be times when the Clubhouse is open but no transportation provided. Members who can provide their own transportation are welcome to attend.

Medications: Members are required to administer and be responsible for all of their own medications when attending Clubhouse.

Medical Information: The Clubhouse has access to the member's Medical History through the agency Electronic Health Records System. Please inform your Advocate of any medication and/or medical changes immediately.

Individual Service Plan: All Members must have an ISP and are expected to participate in its development. Each ISP will be reviewed quarterly with the member and a new plan developed annually.

Program Assessment: All members will complete a Service Specific Provider Intake or SSPI prior to starting the program to show eligibility for the program and to assist in demonstrating needs that will be addressed in the ISP.

Rules and Regulations: Members are responsible to follow all rules of the Clubhouse. Members agree to present themselves to the best of their ability, in a responsible manner, showing respect for the rights of other members, staff, program sites, community persons and property.

Smoking: Smoking or any use of tobacco products is not permitted in the Clubhouse or in any Valley CSB vehicle. A smoking area is located outside, in back of the Clubhouse. All cigarette butts must be disposed of properly. Members who smoke are asked to assist in cleaning up the smoking area as needed.

Telephone: Telephones are available for use at all reasonable times. The Clubhouse will provide privacy and assistance as needed and requested. Any misuse may lead to loss of phone privileges.

Monthly Activity Schedules: A monthly activity schedule is available at the reception desk. New members will be eligible for consideration for off-site outings after 3 attendance days.

Discharge Planning: The Clubhouse is committed to providing a safe environment with the least restrictive alternative to each member.

- **Voluntary Discharge:** Members may voluntarily withdraw from the program at any time and should submit the request in writing to their Advocate or the Clubhouse Supervisor. The member will be officially closed if they are not in attendance for 30 calendar days (see below).
- **Involuntary Discharge:** Every effort will be made to avoid termination from the Clubhouse services. Indefinite suspension may occur when a member displays uncontrollable, inappropriate or aggressive behaviors towards self, others, or property. Clubhouse staff will work with case Management and other support staff to develop a plan toward member's eventual return.

Closing Members who do not attend for 30 calendar days: Members who do not attend Clubhouse for 30 consecutive days or who do not attend the minimum of 2 days per week for 2 consecutive hours will be discharged from the service to allow admission of someone who is interested in the service. Several attempts to contact members prior to the end of the 30 days will be made by Advocates. At any time, when a closed member decides they are interested in returning, they should contact their Case Manager or Clubhouse supervisor to request referral.