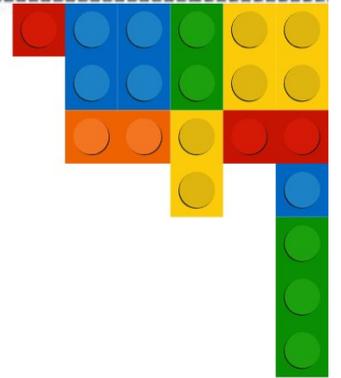
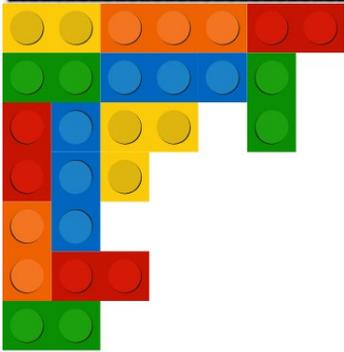




Gazette



BUILDING BLOCKS OF A CLUBHOUSE



THE Gazette

is a monthly publication of



We are a community of peer support for adults with a mental health diagnosis.

Located At

925 S.Yale Ave.
Tulsa, OK 74112

Phone

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Email

clubhouse@clubhousetulsa.org

Hours of Operation

Monday Thru Friday:
9:30 a.m. - 3:30 p.m.

**Cover design by:
Laurie A. and Rikki**

**August/
September
Contributors**

Antwon, Donita, Karin,
Laurie A., Liam, Maggie,
Marque, Nathaniel,
Rikki, Sheree



Surprise!

Happy Birthday!

Becky C. (Aug. 4)
Julie S. (Aug. 30)
Tommy M. (Aug. 23)
Bill F. (Sep. 2)
Sheree A. (Sep. 3)
Joe M. (Sep 13)

Libby H. (Sep. 17)
Robyn C. (Sep. 18)
Sara M. (Sep. 25)
Annemarie M. (Sep. 25)
Tianna V. (Sep. 26)



Coffee Chat

Schedule a learning session at Clubhouse Tulsa!

The Clubhouse invites local businesses and community members to tour our facility, meet our members, and learn how to make workplaces more disability-friendly. During the session you will:

Learn about mental health in the workplace

Get to know Clubhouse Tulsa and hear our members' stories

Explore partnership opportunities

Session Duration: 1 hour
Group size: Up to 7 people

Available Session Times:
Mon - Fri
Mornings between 10 and 12
Afternoons between 3 and 5

Contact us today!
Phone: 918-813-5019
Email: rbrown@clubhousetulsa.org

Location
925 S Yale Ave



CLUBHOUSE NEWS

New Member Stacy By Donita



Stacy is from Chicago, IL. They have lived in Jenks and now live in Tulsa. They attended Memorial High School. Stacy is interested in meeting new people at the Clubhouse and helping out in the kitchen. In their free time, Stacy likes to listen to music, write, and go to the movies. Welcome to the Clubhouse, Stacy!

EMPLOYMENT

New TE Placement By Rikki

Ellen recently started a new TE position at NPI Corp! Transitional Employment (TE) is a Clubhouse program that allows members to get work experience through a temporary job placement at a local business. Throughout the TE placement, the Clubhouse provides on-site support and training to the member as needed, and will cover the member's shift if they have to take off work. TE placements are part-time and last about 6-9 months. They are a great way for members to transition into the workforce, especially for those who need added time or support to get acclimated.

This is our first TE placement at NPI Corp. They are a Tulsa-based company that produces metal nameplates, decals, and other forms of visual communication printing. The TE position is in NPI's shipping room. So far, the placement is going well and NPI has been a great partner. Congratulations, Ellen!

SOCIALS

August Social: Incredible Pizza



Left to right: Ellen, Robyn, Joe M., Liam, Karin, Andrea, Janae, Alyssa



Andrea wins a fidget spinner!



Ellen in the arcade spinner!



Liam, Robyn, Karin, and Janae in the diner

Thank you!

We would like to show appreciation to the following people who contributed to the Clubhouse this month. We greatly appreciate your support!

John and Corrinne Dolan made a generous donation to the Clubhouse in memory of their son, Brendan.

Randy's Automotive and Alignment made a free repair on our van, which helped keep our Rider Program going.

Blakely Family Farm in Oologah donated a supply of delicious meats to the Clubhouse, which included bratwurst, breakfast sausage, soup bones, steaks, bacon, and a large ham.

NPI Corp began partnering with the Clubhouse to provide a Transitional Employment placement to help our members build work experience.

Sarah Morrison, Sheree Allen, and Mary Taddiken recently made donations to the Clubhouse.

Many thanks for your generosity!



CLUBHOUSE MODEL

The Clubhouse Model



Did you know Clubhouse Tulsa is one of over 350 clubhouses around the world? Fountain House, the first clubhouse, was established in New York City in 1948. Every clubhouse follows the Clubhouse Model, which is described in the 36 Clubhouse Standards, also known as our clubhouse "bill of rights."

We read and refer to the standards each day, but there are often questions about what some of the standards actually mean. In this issue, we've written articles about the different focus areas of the Clubhouse Model and what they mean to us.

Membership: My First Year As a Clubhouse Member

By Antwon



Standard #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 Clubhouse community.

Standard #3- Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, sched-

CLUBHOUSE MODEL

ules, or rules intended to enforce participation of members.

Standard #7- *The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.*

My name is Antwon S. and I have been a member of Clubhouse Tulsa for one year (since 2024). Last year, when I was bored at home, I went on Facebook Events and looked for events that would be interesting to me. I settled on an Indigenous Book Club or Life Drawing. Later, I stumbled into Swan Song Studios Poetry Workshop and open mic, hosted by Claire Campo and Zhenya Yevtushenko. With me growing up in Vinita for eighteen years, I never knew about this. It was a literary awakening. The workshops were at WOMPA, which is near the Gilcrease Museum. Around August, I met, unbeknownst to me, Clubhouse Tulsa member Laurence and a whole new world opened up like Aladdin. The original nineties version.

After getting my paperwork straight, I became a member and things were a bit awkward at first. I'm normally a hermit, but I did feel welcome. To an English major like me, the prospect of being able to write my own articles and share poetry and art in the monthly newsletter called *The Gazette* and biannual *Tapestry* were the biggest draws for me. Even letting me serialize my children's horror comic, *Dark Times at Lightfoot*, helped me plenty mentally and exposed me to more people. However, I also help clean around the facilities too. I feel like I'm a part of something bigger as well as helping myself and others.

The freedom that Clubhouse Tulsa provides makes me feel more welcome after I lost my mother to pneumonia in 2022. They (plus Family and Children's Services) provided me with the support system that I needed outside of friends and family. The outreach calls encourage me to get out of my hermit shell or recluse nest. Some of the Clubhouse Tulsa members think I talk too loud or too much, but it just happens when I get excited. I light up like a firefly. Lastly, I find it thrilling to maybe travel to other states and countries and visit their Clubhouses too. This has been Space Cadet Antwon, signing off.

Relationships

By Laurie A. and Liam



Standard #8- *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.*

Standard #9- *Clubhouse staff are sufficient enough to engage the membership, yet few enough to make carrying out the responsibilities impossible without member involvement.*

Laurie A.: Clubhouse staff and members work in a way that shows and involves friendly and helpful relationships between colleagues. They share authority and responsibility among those working together with mutual respect and cooperation. This is the cornerstone of the clubhouse. Teamwork makes the dream work!

Liam: The Clubhouse has helped me make lots of friends. The relationships with my friends here have made my life so much better. I'm happier than I was before. This is my safe space, because the Clubhouse is my family.



CLUBHOUSE MODEL

Space: A Place to Belong

By Karin



Standard #12- *The Clubhouse has its own identity, including its own name, mailing address and telephone number.*

Standard #13- *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 designated to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.*

Standard #14- *All Clubhouse space is member and staff accessible. There are no staff-only or member-only spaces.*

All spaces at the Clubhouse are safe zones. Clubhouse Tulsa has the capacity to hold 99 people lawfully, per the Tulsa Fire Marshal. It is in Midtown Tulsa, off the eastern end of Route 66. The Clubhouse's physical address is 925 South Yale Avenue, Tulsa, Oklahoma. The building space is approximately 5,000 square feet. Thankfully, it is on the public bus route, operated by MetroLink Tulsa, formerly known as Tulsa Transit.

The Clubhouse space is divided into two main areas; Culinary and Administration. The Culinary space is roughly divided into five different zones within the kitchen; cleaning, cooking, preparation, consumable and non-consumable. The kitchen is all about grouping "like" items together to maximize functionality in a space that is used daily. Having a restaurant-size kitchen, Clubhouse follows the rules and regulations written by the FDA and OSHA. Local health departments provide detailed guidance and oversee inspec-

tions to ensure compliance. The Culinary Unit's role is to serve a healthy, nutritious meal from a clean, sanitary kitchen.

The Administrative space ensures all Clubhouse office duties operate efficiently. Office duties involve a broad range of administrative and organizational tasks. The administrative space is divided into seven different categories within the office; managing correspondence, maintaining files, scheduling appointments, handling supplies, providing customer service, performing data entry, and supporting members and staff.

I enjoy the many different types of spaces here at the Clubhouse. The spacious kitchen invites calmness within me. A six-burner stove with double oven doors does not intimidate me. The oven size itself does however remind me to enjoy being the cook. I will not relinquish my skills. The afternoon entitles me to move to a new space.

The front desk is my passion here at the Clubhouse. It constantly reminds me the Clubhouse is a safe place as our front door is locked. Only members and staff have the entry code. Phone ringing, sign in sheets, weekly Babble, data entry, lunch menu, lost and found, appointments, and daily operations appear to bring chaos to the front desk. It is our chaos, resolved by multitasking.

All spaces are open and accessible to members and staff. This is important because it creates a sense of equality among everyone at the Clubhouse and makes it feel different from an institutional setting.



CLUBHOUSE MODEL

Work-Ordered Day: Creating Structure

By Maggie and Laurie A.



Standard #15- 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.

Standard #18- 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.

Standard #20- 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.

Maggie: One of the most charming aspects of the Clubhouse Model is that you can walk into a Clubhouse anywhere in the world and not be able to distinguish between staff and members. This is because of the work-ordered day. Members and staff work together equally to run the day-to-day operations of their Clubhouse. Whether it's meal prep or data entry or event planning, everyone has ample opportunity to utilize their strengths and talents to serve their Clubhouse community. The work-ordered day strengthens Clubhouse relationships, provides daily purpose, and nurtures self-worth.

Laurie A.: The work ordered day parallels typical working hours. It focuses on the strengths of its members to work along with the staff to keep the daily kitchen, administrative, and cleaning tasks done. There are unit meetings that are held to encourage relationships and plan and organize each day. All work in the Clubhouse is designed to help members regain self-worth, purpose, and confidence.

Employment: Dignity Through Work

By Nathaniel



Standard #21- The Clubhouse enables 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.

I begin this article with this Standard about employment (particularly Clubhouse employment) because there seems to be much confusion about why employment is so important to many Clubhouse members. Personally, employment was important to me because I needed to become part of regular society again after many years in traditional therapy. I didn't know how much I missed working until I started working again.

Working gives me a sense of belonging and a purpose in life. I feel equal to other people because I am working, just like they are. The goal for me was to have regular employment, the kind most other people have. The Clubhouse provides that. I started with Transitional Employment, which is an entry-level job I worked for six to nine months at the employ-

CLUBHOUSE MODEL

er's place of business. I got paid the prevailing wage, like anyone else who worked there.

After my time was done with Transitional Employment, I moved up to Supported Employment. This job was mine however long I wanted it, but I depended on the Clubhouse to help me find it. After a while, I moved to Independent Employment, meaning I got this job on my own with little to no Clubhouse support. I've held the same job for eighteen years now and I still come to the Clubhouse to get and give support.

Education: Start Where You Are

By Rikki



Standard #25: The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

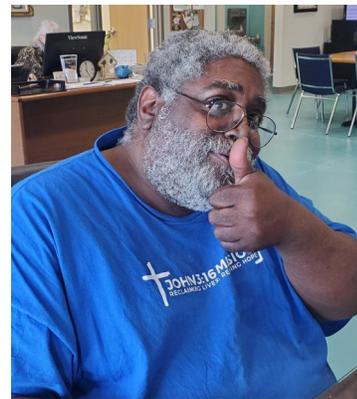
Many people with mental health issues begin experiencing major symptoms when they are in their teens and early twenties, which is a critical period of cognitive development. This can often interfere with educational goals, and lead to gaps in formal education. This is one reason why Clubhouses include a standard dedicated to education. The Clubhouse recognizes that every person has different educational goals, and everyone achieves them at their own pace. It's never too late to pursue educational goals, no matter your age.

Clubhouses can provide a support system to people who are attending college by helping them research schools and financial aid, as well as assisting with the application process. Members who are in school often use the Clubhouse as a place to study and sometimes rely on Clubhouse colleagues to help them with assignments. For example, many people from the Clubhouse appeared in Lisa's mock campaign video that she created for her Political Science course at TCC last year (#Lisa4President).

We also assist members with a variety of other educational pursuits. The Clubhouse has helped members with obtaining their Driver's License, GED, and Food Handler's Permit, and have also helped members sign up for technical courses and literacy tutoring. We hold a computer class at the Clubhouse once a week where people can brush up on their computer skills. We have a Library Tour, where we visit a different library each month so people can become familiar with the local library system.

Functions of the House: Sharing Resources

By Marque



Have you ever read the clubhouse standards and wondered what 'functions of the house' means? Let's take a look at standard #27, which reads ***“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 accessing quality medical, psychological, pharmacological and substance abuse services in the community.”***

CLUBHOUSE MODEL

Now, I personally have lots of knowledge of supportive resources that I assist members with daily, especially the programs that I am involved with outside of the clubhouse. There are many organizations that are known by their acronyms, or abbreviations, and it can be hard to keep all these letters straight. These include my mental health service provider, Family and Children's Services (FCS), where I am enrolled in programs like the Productive Assertive Community Treatment (PACT) Team, Individual Placement and Support (IPS) Team, and lastly the Certified Work Incentive Coordinators (CWIC) Team. I once worked as a Certified Peer Recovery Support Services (PRSS) worker for the Mental Health Association of Oklahoma (MHAOK) for several years, which makes me very experienced and knowledgeable in advocacy.

I provide other members with advice about housing solutions, which I have personal experience with navigating. I live in an apartment subsidized by the Tulsa Housing Authority (THA). I also help others with understanding their Social Security Disability Insurance (SSDI), as well as their Supplemental Security Income (SSI). I have received employment assistance over the years from Clubhouse Tulsa and the Oklahoma Department of Rehabilitation Services (OKDRS). I currently have a part-time job through the Senior Community Service Employment Program (SCSEP), managed by the American Association of Retired Persons (AARP).

Every day I have conversations with other members about such things as 'healthy lifestyles' and 'accessing quality medical services', or in my case, "psychological and substance abuse services" like Mind Spa. At the Clubhouse, we also often have informal conversations about medications and comparable services that we all receive, such as comparing Walmart's pharmacy to the Walgreens pharmacy. These discussions about local services can even include things as light as the local restaurants that we have tried.

I find that the information you get at the clubhouse is valuable because it comes from the knowledge and experience of a diverse group of staff and members. Members can be excellent resources for one another because the information we provide is based on similar lived experiences.

Funding, Governance, and Administration: Building A Foundation

By Sheree A.



Standard #33-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.

Standard #37- 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.

One of the special things about the Clubhouse Model is that everyone – members, staff, board members -- have opportunities to make their voices heard and have their strengths utilized to help the Clubhouse community. Each Clubhouse has either its own Board of Directors, or a sponsoring agency to help with the administration of each Clubhouse.

The Board of Directors is uniquely made up of people with different expertise, such as financial, legal, legislative, and employment development sectors. Here at Clubhouse Tulsa, our board has been made up of Clubhouse members, Accountants, Insurance representatives, mental health professionals, and various other walks of life.

After being calculated by the Clubhouse, the board approves the yearly budget at the beginning of eve-

CLUBHOUSE MODEL

ry fiscal year and monitors it. Ensuring that the Clubhouse sticks close to the budget is crucial to maintaining the Clubhouse's finances.

Member participation in open forums that the Clubhouse has is important! This is why the Clubhouse holds open forums on socials and other Clubhouse activities. The Clubhouse is a place where members, staff, and board members should feel appreciated, valued, and heard.

FUN STUFF

MEMBER ART

Quincy the Cat

By Royalena



Right Now

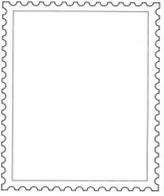
By Laurie A.

Celebrating the echo of your laugh
 Bring joy to the darkness where I hide
 My love for you is like a breath held
 My body can't seem to move
 I am frozen in time, polarized
 I ache from the knowledge of your passion
 This heart quickens at the thought of you
 This life, once again, has purpose and meaning
 You are powerful and robust
 You are my soul, my home
 Keeping myself safe, my sanity intact
 Keeping me in the here and right now.

September

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 CLOSED For Labor Day	2 Computer Class 2:00 Restaurant Night 5:00	3 Meal Planning 1:30	4 Fun Fund 10:30 Job Hour 2:00	5 Program Meeting 1:30	6	7
8 Media Club 10:30 TE Development 1:30	9 Computer Class 2:00 Dinner 5:00	10 Meal Planning 1:30	11 Fun Fund 10:30 Job Hour 2:00	12 Library Visit 12-1	13	14
15 Media Club 10:30 TE Development 1:30	16 Computer Class 2:00 Dinner 5:00	17 Meal Planning 1:30	18 Fun Fund 10:30 Job Hour 2:00	19 Social Planning 1:30	20	21
22 Media Club 10:30 TE Development 1:30	23 Computer Class 2:00 Dinner 5:00	24 Meal Planning 1:30	25 Fun Fund 10:30 Job Hour 2:00	26 Picnic at Skiatook Lake 11:30-3	27 Out of the Darkness Walk	28
29 Media Club 10:30 TE Development 1:30	30 Computer Class 2:00 Dinner 5:00					



925 S. Yale Ave.
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