VOL. 30, ISSUE 5 MAY 2025

clubhouse TULSA

Gazette

THE *Gazette*

is a monthly publication of

clubhouse TULSA

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

Located At
925 S. Yale Ave.
Tulsa, OK 74112

Contact Us
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Email: clubhouse@clubhousetulsa.org

Hours of Operation
Monday Thru Friday:
9 a.m. - 5 p.m.
Tuesday:
9 a.m. - 7 p.m.

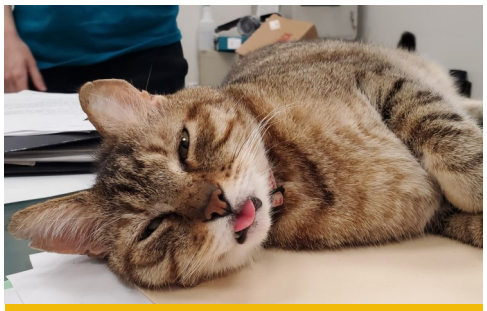
April Contributors

Antwon, Bill F., Brian, Donita, Eileen, Emmy, Janae, Karin, Laurie, A., Laurie S., Maggie, Shae, Taylor, Rikki, Rose

Cover design by: Bill F., Karin, Shae, Taylor, and Rikki.
Cover photos by Brian, Maggie, and Rikki

Happy Birthday!

Marque G. (May 1)
Liam B. (May 5)
Alyssa B. (May 7)
Tyrone (May 12)
Katrina M. (May 21)
Netza E. (May 29)



It's so relaxing at the Clubhouse

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Joan Crager
Member Services

Rikki Brown
Employment & Education

Maggie Munkholm
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CLUBHOUSE NEWS

New Member Richard

By Donita. Photo by Brian

Richard is from Tulsa, Oklahoma. He has lived in Dallas and Arkansas. He went to McLain High School where he graduated in June of 1994. He was recommended to Clubhouse from Family and Children's Services by his case manager.

He wants to be in a good atmosphere and get to know new people. He is interested in working on the computers. He is interested in working in the kitchen sweeping and mopping. In his free time he enjoys reading the Bible and he attends church regularly. He also enjoys helping his neighbors with yard work and mowing the grass. He likes to go around and give people hope and a smile.

Welcome to Clubhouse Tulsa, Richard! We are glad to have you here. We hope that you will start coming on a regular basis.

New Member Destiny

By Donita

Destiny is from Tulsa, Oklahoma. She went to Rogers High School. She heard about the Clubhouse when she was volunteering somewhere. She is interested in the Employment Program and wants to see about getting a job. Destiny likes computers. She's interested in doing filing and working in the kitchen.

EMPLOYMENT

DRS IMPACT Meeting

By Karin

On April 17, 2025, Rikki and I attended the Green Country and Northeast Impact presentation hosted by Oklahoma Department of Rehabilitation Services (DRS). DRS provides services to Oklahomans with disabilities to help them achieve employment, independent living, and economic self-sufficiency. Their ongoing initiatives aim to help individuals overcome workforce challenges and find meaningful employment opportunities. The presentation was held at the Tulsa Port of Catoosa.

The meeting was hosted by the DRS Business Services program, which provides businesses with resources to facilitate employment for marginalized groups. Their mission is to create a workforce that celebrates inclusion of people with disabilities, including mental illness. The various partner organizations that spoke presented detailed information regarding what they offer to individuals and employers. They are a very organized agency.

I retired to Oklahoma in January 2021 from the east coast and became a Member of Clubhouse Tulsa on February 14, 2023. Being new to each entity mentioned above, I did not know much about the state of Oklahoma, nor Clubhouse Tulsa. That my friends, has changed drastically.

Did you know that the Tulsa Port of Catoosa is one of the largest and farthest inland river ports in the nation, connecting Oklahoma with communities around the world? Who knew, right! Go Karin, Go Karin…..

Tulsa Port of Catoosa (Photo Credit: News on 6)

EMPLOYMENT

Clubhouse Tulsa is Seeking Business Partnerships!

The Clubhouse is working to establish new Transitional Employment (TE) placements at local businesses.

TE placements are temporary, part-time work placements that allow our members to gain experience and build their resumes. Clubhouse staff place, train, and support each member. Assistance from the Clubhouse provides added security to the employer and ensures that the job is done reliably.

This valuable program makes it easier for those with disabilities to transition back into the workforce by providing members with the extra support they need to get started. If you or your business would like more information, contact the Clubhouse today. Your involvement could make a big difference!

MENTAL HEALTH AWARENESS MONTH

Celebrate Mental Health Awareness Month

May is Mental Health Awareness Month!!

We all tend to ignore our mental health, and we can be easily stressed by all the little things that cross our paths daily. Whether it's keeping up with current events, the idiot driver who cut you off in traffic, the daily job, family dynamics or the endless "to-do" lists in our own minds, our mental health and wellness is usually what ends up being ignored.

As basic as this may sound, doing the things we enjoy every day can elevate our mood and help keep us healthy. Not everything that works for one, works for everyone. Find what brings you joy, such as going for a walk or merely being outside listening to the bird's chirp.

How about calling up a friend you haven't connected with in a while? Reading a good book can take us on a journey to a distant land. Journaling helps us sound out all the feelings we keep bottled up using words we normally can't express in polite society.

Check on your "strong" friends. Pick up on the subtle clues when your family or friend responds "I'm okay" when asked how they are.

And above all else remember that everyone fights battles we know nothing about. Be kind- always.

Wishing you all great mental health,

Rose Weller

MENTAL HEALTH AWARENESS MONTH

A List of Community Mental Health Resources in Tulsa

This list was compiled by NAMI-Tulsa (National Alliance on Mental Illness). NAMI provides support, advocacy and education. Contact: 918-587-6264

CRISIS RESPONSE	
Mental Health Crisis Helpline	988
Community Outreach Psychiatric Emergency Services (COPES)	918-744-4800
Crisis Care Center	918-921-3200
Reach Out Helpline Heartline	Toll free 1-800-522-9059
Suicide Prevention Line	Toll free 1-800-273-8255
OUTPATIENT MENTAL HEALTH SERVICES	
Counseling & Recovery Oklahoma (CRSOK)	918-492-2554
CRSOK: Sand Springs Office	918-245-5565
Calm Center (Children and Youth in Crisis)	918-394-2256
Daybreak Family Services	918-561-600
Family & Children's Behavioral Health Services (F&CS)	918-587-9471
Grand Mental Health	844-458-2100
Indian Health Care Resource Center of Tulsa	918-588-1900
Laureate Psychiatric Clinic	918-481-4000
Parkside Psychiatric Clinic	918-588-8888
CREOKS of Tulsa	918-592-1622
Youth Services	918-582-0061
INPATIENT MENTAL HEALTH SERVICES	
Hillcrest Medical Center	918-579-1000
Laureate Psychiatric Hospital	918-481-4000
Parkside Psychiatric Hospital	918-588-8888
Tulsa Center for Behavioral Health (TCBH) Crisis Line	918-293-2100
OTHER SERVICES	
OK Department of Mental Health & Substance Abuse ODMH)	405-522-3908
OK Disability Law Center	918-743-6220
Legal Aid Services of Oklahoma	918-584-3338
Community Helpline	211

WHAT DOES MENTAL HEALTH MEAN TO ME?

You need confidence, self-awareness, and self-control to be happy
-Shae

Calmly and patiently going through my day, blessing God, and having gratitude
-Tom

Going anywhere and not worrying about someone thinking I'm odd compared to them
-Laurie S.

Mental wellness also means good physical health. One leads to the other. Good nutrition and exercise contribute to both.
-Bill F.

Smiling all day at the Clubhouse
-Karin

Being with my friends who are also like me
-Emmy

When I can be with my friends at the Clubhouse and enjoy feeling good
-Eileen

Waking up happy
-Laurie A..

Staying positive, taking medication, and always looking towards the future!
-Taylor

Making the next day better than the last
-Antwon

The Importance of Mental Health Facilities

By Laurie A. and Her Mom

My Experience

I was 30 years old when I realized that other people didn't see phantoms and shadow people. That smelling odd smells that weren't there wasn't "normal." I became aware of people being afraid of me, I became violent easily, I was considered mean, and I had few friends.

I saw a program on TV about a mental health place in Topeka, Kansas called Menniger's Sanitarium and Psychopathic Hospital. I decided to drive there from Manhattan, Kansas and to admit myself. I was there for 35 days.

I learned about mental illness and how it affected myself and those around me. I was put on a medication regime and introduced to counseling. 30 years later I'm still on meds and in counseling at Parkside Psychiatric Hospital, Tulsa, OK.

I'm doing fantastic!

-Laurie A.

My Mother's Perspective

Mental Health Institutions have often been represented as places of darkness and imprisonment in popular fiction, and reports in the press focus on the problems and failures of the system. However, many people suffering from mental health issues have been helped and given hope by these same institutions.

My daughter is a smart, compassionate, funny, beautiful woman who suffered for years with mental health issues that went undiagnosed or misdiagnosed. There were years where hope seemed out of reach. Then one day, out of desperation, she summoned her courage and drove many miles to check herself into the Menninger Clinic in Topeka, KS.

While she was an in-patient she received intensive testing, treatment and therapy. It changed her life. It gave her hope and was the starting point for living a life that was moving forward. It was not a cure, but provided lessons that helped her have an inner strength to draw on over the years. As years have gone by, she has received help from other institutions as well. She knows that there is help and to ask for it when needed. Today she is living with confidence that she can meet the challenges of her mental diagnosis.

People do not hesitate to go to a hospital or clinic for physical illness. Institutions devoted to mental health should be viewed in the same light, as places of help toward wholeness.

-Pam

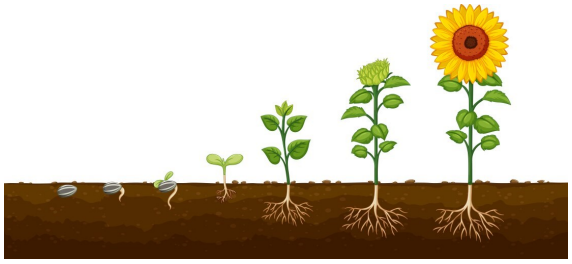
The Importance of Mental Health Hospitals

Mental Health facilities provide treatment, support, and recovery services for people with mental health conditions. These facilities offer a structured environment and specialized care. People learn to develop coping strategies and get therapeutic care through medication and counseling.

Residential facilities help establish routines, develop coping strategies, and build support networks.
Outpatient facilities service ongoing therapies, manage support groups and medication management.
These facilities reduce relapses, teach how to avoid triggers, and how to maintain progress. They allow patients to stay close to home and to keep services affordable by building community-based programs to support patients and their families by advocating for policies that assure access to affordable mental health care for all.

Mental health facilities are essential for providing a comprehensive approach to mental health care, from acute intervention to long term support, ultimately contributing to the well-being and recovery of individuals with mental health conditions.

-Laurie A.



MENTAL HEALTH AWARENESS MONTH

The Clubhouse Model: A Community Approach

By Rikki

Clubhouse Tulsa is one of over 370 Clubhouses around the world. In 2024, Fountain House, the original Clubhouse located in New York City, conducted a research study examining the impact of Clubhouses in the United States. Here are some highlights from their report, titled *Beyond Treatment: How Clubhouses for People Living with Serious Mental Illness Transform Lives and Save Money.*

- The US spends about two thirds of its resources for serious mental illness on clinical treatment and about one third on community-based support. This is the reverse of most of other developed countries, which allocate the majority of their resources to community supports.

- Only 20% of health outcomes are impacted by clinical treatment. The other 80% of our health is influenced by things like behavior, physical environment, and social and economic factors. Clubhouses provide individuals with the stability and social connections they need to address these many other factors outside of treatment.

- When estimating the economic cost of addressing (or not addressing) mental illness, research often focuses on the direct cost of mental health care. It often does not factor in other costs such as emergency room visits, the use of first responders in crisis situations, criminal-legal system involvement, associated physical health issues, and lost wages and productivity. Many of these costs can be decreased by fostering greater stability in the lives of those experiencing mental health issues.

- Fountain House researchers estimate that the Clubhouse Model saves over $11,000 annually for every individual receiving clubhouse services. Over 60,000 people currently participate in clubhouses, which adds up to savings of at least $682 million annually. This number can be greatly increased with just modest community investment in clubhouse programs.

- The report estimates that: “expanding clubhouses to serve just 5% of the 15.4 million Americans living with a serious mental illness (Substance Abuse and Mental Health Services Administration 2022) would yield a savings of roughly $8.5 billion annually.”

When we think about how much it costs our communities to invest in social programs, we also have to consider the potential costs of not investing. Making community investments to improve people’s quality of life is not just humane, it also makes economic sense.

Read the full report at www.fountainhouse.org.

SOCIALS

A Thrifting We Will Go

By Laurie A.

On April 11th, 2025, Clubhouse Tulsa went thrifting at the Rack and at Goodwill stores. We had a great turnout. There were thirteen of us, and Rose drove the van while Emmy, Tommy, and Laurie drove their own vehicles.

We found some great deals; Andrea got some pieces for her costume for the Renaissance Fair and Laurie got a new messenger bag. Almost everyone found something that they “needed” LOL!

Afterwards we decided to eat at Taco Bueno.

Above: Laurie A. shows off the bag she bought

Donation Wishlist

An easy way to support the Clubhouse is by donating supplies that we commonly use. Here's a list of items we are in need of:

Everyday Clubhouse supplies:

- Napkins
- Tissues
- Letter and ledger size printer paper
- Powder-free, clear vinyl gloves
- Black cloth kitchen aprons
- Dawn dish soap
- Clorox wipes
- Takeout containers

Food:

- Non-perishable food items (ex: canned goods, dried foods, pasta, rice, cereal)
- Frozen and refrigerated meats– any kind

Personal care products for member pantry:

- Shampoo and conditioner
- Men and women's deodorant
- Bar soap
- Toothpaste
- Toothbrushes
- Mini first aid kits
- Liquid laundry soap– small travel-sized packets

FUN STUFF

Monthly Horoscopes From Janae

Aries (May 21- Apr 19) Family and financial matters are coming to the forefront. You might be feeling strong enough to work on amassing wealth.
Taurus (Apr 20- May 20) Could be a petty issue related to ego or anger, state of being calm and humble, both at home in your professional life.
Gemini (May 21- Jun 20) Time of solitude, reflection, and spiritual growth. Expenditure needs to be judiciously planned lest extra costs be incurred on luxury items.
Cancer (Jun 21-Jul 22) There are gains and support from the elderly, a great month for progress towards one's goals regarding occupation and income.
Leo (Jul 23-Aug 22) sSars in power, respect and career enhancement. A set of responsibilities will be given to you.
Virgo (Aug 23-Sep 22) Great benefits for luck, dharma, and higher knowledge. Good month for learning new things, travelling, and spiritual pursuits.
Libra (Sep 23-Oct 22) Stars signify deep changes and hidden matters showing up into the light. Try to cool down and calm down, do not neglect your health, especially related to digestion and sleep.
Scorpio (Oct 23- Nov 21) Focus on relationships with others, especially your spouse or business partner, socialize well with a partner if committed.
Sagittarius (Nov 22- Dec 21) Encouraging time for work prospects, fighting against any opponents, finally, victory over them, hard work and perseverance will triumph.
Capricorn (Dec 22-Jan 19) Ripe time to reveal your creativity and partake in creative intellectual activities. Supporting progeny, taking health advice, being loving, and respectful in love
Aquarius (Jan 20-Feb 18) Brings to light the question of inner peace and comfort, spend time at home and harmonize your family life.
Pisces (Feb 19- Mar 20) Courage and communication play an important role in your newfound ventures. Recognize your courage and good work in action.

Source: https://www.hindustantimes.com/astrology/horoscope/monthly-horoscope-for-may-2025-predictions-for-every-zodiac-sign-101745646547963.html#google_vignette

FUN STUFF (CONTINUED)

DARK TIMES AT LIGHTFOOT: PART 8

BY ANTWON

Previously: Troublemaker students are serving time in an alternate dimension under the school. Can the superintendent get to the bottom of things?

Next Time: Getting Jake free!

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Job Hour @ 2:00 Fun Fund @10:30 1	Program Meeting @ 1:30 2	3
4	Media Club @ 10:30 5	Computer Class @ 2:00 Restaurant Night @ 5:00 6	Meal Planning @ 1:30 7	Job Hour @ 2:00 Fun Fund @10:30 8	Mayfest 12:00 - 3:00 9	Renaissance Fair 9:00 - 5:00 10
11	Media Club @ 10:30 12	Computer Class @ 2:00: Dinner @ 5:00: 13	Meal Planning @ 1:30 14	Job Hour @ 2:00 Fun Fund @10:30 15	16	17
18	Media Club @ 10:30 19	Comput:er Class @ 2:00: Dinner @ 5:00: 20	Meal Planning @ 1:30 21	Job Hour @ 2:00 Fun Fund @10:30 22	Social Planning @ 1:30 23	24
25	Media Club @ 10:30 26	Computer Class @ 2::00 Dinner @ 5:00 27	Meal Planning @ 1:30 28	Job Hour @ 2:00 Fun Fund @10:30 29	Library 12:00 - 2:00 30	31

Thank you to our supporters!

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