

THE FREE SPIRIT

THE OUR PLACE CLUBHOUSE NEWSLETTER

JUNE 2019

Clubhouse standard No. 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.

Around The Water Cooler

Clubhouse happenings and updates



Integrated Resources:

Job club has a new time! Visit Integrated Resources every other Wednesday from 11-noon for all things employment related!

Thrift Unit:

John wants to let us know that members get a dollar discount when we purchase something in the thrift shop- but you have to ask for it!

Clubhouse Café:

TwoFeathers and his minions have been making food to feed our souls. TwoFeathers is always eager to help people become self-evident in the kitchen and our recovery.

Membership Services:

We all miss Jeff so much, but are still humming along. Membership is holding a weekly health and wellness workshop which will start a new session at the end of this month- come check it out for ideas on how to maintain a healthy lifestyle and have fun doing it!



ASK MARGO- *Writer's Group Edition!*

What would you tell someone newly diagnosed with a mental illness?

"Please try to be patient with yourself and others. I used to mourn the loss of the person I was before my mental illness presented itself in a major way. Now I try to encourage and be friends with the person I am becoming. Seek out others who share experiences. Come visit OPC."

-Laura

"Don't worry, it gets better. They give you a lot of fun things to do. There are a lot of recovery programs that help you succeed. And the doctors are very nice. You are just as important as everyone else, and don't worry, you'll always have help. You can make a lot of friends too. Life's not over."

-Garrett

"If you have been prescribed medications, take them as prescribed. Then you are more in tune with yourself and will be happier. As a person with SMI, you are not deficient as a person. You have potential to live a productive, meaningful life like everybody else. You are a hero for others and a hero for yourself. Please never give up."

-Nina

Inside This Issue

1	Ask Margo- Advice column
1	Around The Water Cooler- news and updates
2	Creative Writing Pieces & Monthly birthdays
2	Health Corner
2-3	Notes From NAMI- Blog/ Op-ed piece
3	Events and Horoscope
4	Calendar

Want to be featured in our newsletter? Do you have an article idea or creative writing piece? Do you want to participate in editing the newsletter? We encourage anyone interested to submit their ideas! Please see Kaitlyn or email Kaitlyn.noris@ourplaceclubhouse.org

June Birthdays:

Terri S.	Robyn G.	Jeff C.
Brandon S.	Gertrude T.	Earl P.
Dawn A.	Nettie D.	Gerald B.
Paul C.	Harmony B.	Zoei M.
Victor F	Richard B.	James R.
Michelle C.		



CREATIVE WRITING

“Prelude to a New Dream”

By Rose

There are thousands of agreements you have made with yourself, with others, with your dream, with life. But the most important agreements are the ones you make with yourself. In those agreements you tell yourself who you are, what you feel, what you believe, and how you behave. The result is what you call your personality- in these agreements you say “this is what I am”.

One single agreement is not such a problem, but we have many agreements that make us suffer. If you want to live a life of joy and fulfillment, you have to find the courage to break agreements that are fear based and claim your personal power.

The agreements that come from fear require us to conserve energy and even gain extra energy. Before your very eyes. Instead of living in a dream of hell, you will be creating a new dream- your personal dream of success.

Health Corner:

Monsoon season is upon us- and with that comes everyone’s (not so) favorite pest, the mosquito. Surviving millions of years of evolution, the mosquito seems to persevere to torture humans and animals alike with an itchy, red bite. Not only are their bites irritating to the skin, mosquitos transmit a host of terrible diseases. As we head into monsoon season and Mosquitos enjoy their prime, follow these steps to avoid these pesky critters and treat any bites you may get:

- Use insect repellant and check the active ingredients list for ingredients such as DEET, Picaridin, Oil of Lemon Eucalyptus (OLE), or IR3535. (These are recommended by the CDC and Environmental protection agency for effectiveness)
- Wear long sleeves and minimize exposed skin
- Avoid leaving standing water! Mosquitos need water sources for egg laying. Dump out any buckets, tires, or other containers that may hold water.
- Citronella oil can naturally repel mosquitos, but only for up to two hours and not as effectively as an ingredient listed above. Other natural alternatives include lemon, eucalyptus, mint, or cloves.
- If you get a bite, try not to scratch it! This could lead to infection, instead wash it with soap and cold water or applying a paste of baking soda and water.
- Use hydro-cortisone cream or calamine lotion and apply to the area. If you’re prone to swelling after bites, take an antihistamine

Notes from NAMI

By Angela S.

Originally from “Stigmatized or Sensationalized” by Jessie Yu. Published 5/1/2019

Recently, mental illness has become a popular topic of mass media in various forms. As society has worked to break down barriers surrounding taboo subjects, we challenge stigma surrounding mental illness. Undeniably this is a positive thing, stigma being a primary barrier that prevents people with mental illness from seeking professional help. This spread of recognition is introducing new problems that need to be addressed before they get out of hand: being both sensationalized & misrepresented.

Television has a long and complicated history with mental illness. Characters with mental illness, often portrayed as violent & dangerous, are commonly played off as punchlines. Mental health professionals, such as psychiatrists, often take on a villainous role. Recent shows like “This is Us” and “Jessica Jones” have done a good job of portraying mental illness accurately.

Continued...

CALENDAR OF EVENTS

Weekly meetings:

Morning meeting: M, T, W, F at 9:30

Program Meeting: Tuesdays at 2:30

Community Meeting: Thursdays at 9:30

Thrift store Hours:

M, W, F 10am-3:30pm

Tuesday 10am-2pm

Thursday 10:30am-3:30pm

Workshops:

Writer's Workshop: Thursdays at 2pm

Technology Workshop: Wednesdays at 2:30pm

Healthy Living Workshop: Tuesdays at 10am

Job Club every other Weds at 11am

Remember! The clubhouse closes at 4pm!

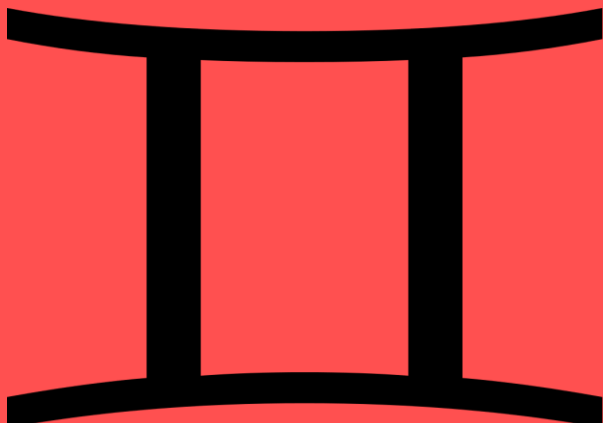
Monthly Horoscope- Gemini

Ah Gemini, the celestial twins! Gregarious and eager to learn new things; Gemini's are great in a group! They are often the life of the party and are known for being great conversationalists. Gemini's often crave being the center of attention and need to be entertained as they get bored easily.

Known for their sense of humor and adventure, Gemini's are usually intelligent, curious, and tenacious. 2019 is a good year for money and a great time to start exercising. Start biking, walking in the park, or swimming.

As for love, 2019 could lead to great romance so keep your eyes peeled! All in all, 2019 should be a positive, profitable year for our Gemini's!

That's all for Horoscope Holly- see you next month!



Notes from NAMI contd.

In the news, mental illness is often portrayed inaccurately or carelessly. There has been some improvement in the way news outlets report on mental illness. Yet the news tends to sensationalize stories involving suicide and mental illness. In 2018, Kate Spade's death by suicide was reported in problematic ways, including graphic details of how she died, photos of her body, and headlines focusing on the act rather than her death.

Social Media has become a platform for young people to connect with their peers and express themselves, but it is also a hub for romanticizing mental illness. Social media allows teenagers and young adults to create and share unfiltered posts about mental illness. While this open online discussion helps foster a sense of community, there has also been a trend of treating mental illness like something that should be sought-after.

This is an issue, why? Sensationalizing mental illness can be harmful, especially to young impressionable teenagers. Those images of self-harm might encourage others to view mental illness as something "tragically beautiful". Sensationalism can lead people to believe that mental illness is just a part of who they are, thinking therefore therapy is a "sham". Memes that started out as a way to call people out for being dismissive of mental illness, have evolved into a way for people to excuse their own behavior, even scoffing at the notion of seeking help.

Dangerously, suicide can be contagious. Studies show that when the news offers sensationalized stories about suicide, or reports attempts in detail, suicide rates increase. "Thirteen Reasons Why" caused a rise in searches related to suicide, concerning because research shows that such searches correlate to actual suicides.

We can do better how? De-stigmatizing mental illness is important, and its great there has been increased conversations on mental illness online. We need to consider how the battle to reduce stigma has led to more nuanced society problems. We need to call for more accurate portrayals in movies and TV shows that are grounded in research and lived experience. When releasing mental illness and suicide stories, news outlets should be held accountable to at least follow guidelines set by the American Psychological Association and the American Foundation for Suicide Prevention. It is important to raise awareness that focuses on how people can get help. Mental illness is like any other illness, you should want to get better and actively work towards it. This is what people should be seeing online.



OUR PLACE CLUBHOUSE
 COYOTE TASK FORCE
 66 E PENNINGTON ST
 TUCSON, AZ 85701

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Social Day
3 Meatball Subs	4 Heroes Program Meeting 2:30	5 Pizza	6 Leftovers Community Meeting 9:30	7 Summer Pasta Salad	8 Social Day
10 Ravioli	11 Club Sandwiches Program Meeting 2:30	12 Eggplant Parmesan- John	13 Leftovers Community Meeting 9:30	14 Chicken bean salad	15 Social Day
17 Nicoise w/ Tuna	18 Loaded Nachos Program Meeting 2:30	19 Burritos	20 Leftovers Community Meeting 9:30	21 Tilapia- Jennifer	22 Social Day
24 Spaghetti	25 Cabbage Rolls Program Meeting 2:30	26 Veggie Burgers	27 Leftovers Community Meeting 9:30	28 Greek Chicken and Hummus	29 Social Day