

THE JOURNEY HOUSE

POST

WELCOME, WANTED, AND NEEDED!

Journey House Club members are ALWAYS Welcome, Wanted, and Needed! Here's what's been happening at Journey House: We had several different activities and Holiday Activities. If you haven't been staying after hours to attend the activities, give it a try! Many of our members love the activities and it helps build relationships with other members and staff. If you haven't been in for a while, we miss you and we hope you are doing well!



July Birthdays

Gary C. – 2nd
Jamie G. – 3rd
Aubrey G. – 4th
Corey J. – 16th
Chris W. – 16th
Taylor W. – 19th
Magda P. – 20th
Mindy S. – 20th
Stan M. – 22nd

**HAPPY
BIRTHDAY**

Reminders:

Lunch sign up is until 11:00am. After 11:00, you will need to purchase a hot item from the Snack Shop!

UPCOMING ACTIVITIES

August Activities

3rd JH Closed, Clubhouse Conference in Park City
9th Movies & Dinner with Austin
10th Layton Library with Rick
11th TE Dinner with Austin
13th "Joseph & Amazing Tech" Play with Anna Lee
16th Game Night with Juan
17th Davis County Fair with Rick
18th Antelope Island with Juan
23rd Movie and Dinner with Jen
24th Cabela's with Rick
25th JH Social with Jen
30th Rock Shop with Matt
31st Layton Hills Mall with Rick

September Activities

1st TE Dinner with Matt
5th JH Closed
7th Shoot Pool with Rick
13th Hot Dogs & S'mores with Anna-Lee
14th State Fair with Rick
15th Craft & Dinner with Anna-Lee
20th Swimming with Austin
21st Layton Library with Rick
22nd Comic-Con with Matt and Juan
27th Grey Whale with Juan
28th Valley Fair Mall with Rick
29th Bookstore with Juan

My name is Jennette F. I am an individual that lives with mental illness and substance abuse. I have one son who is 15 years old. I had a relapse in my recovery 3 years ago that almost took my life. But through medical treatment, love and support from family and friends, my illness is in remission. It's been 1 year, and 9 months and I am very healthy and back to myself. I am finally back to work. I am working as a peer for DBH. I love my peers and the work I do. Being employed gives me a purpose in life and helping others is my passion.



CLUBHOUSE TRIVIA

1. NEARLY ____% OF MEMBERS AT ACCREDITED CLUBHOUSES ARE EMPLOYED.
A. 22 B. 32 C. 42 D. 52
2. 1 IN ____ ADULTS WILL EXPERIENCE MENTAL ILLNESS IN THEIR LIFETIME. 1 IN ____ WILL EXPERIENCE A SERIOUS MENTAL ILLNESS – BIPOLAR DISORDER, SCHIZOPHRENIA, MAJOR DEPRESSION, ETC.
A. 4 B. 5 C. 6 D. 7
A. 21 B. 23 C. 25 D. 27
3. CLUBHOUSE MEMBERS ARE SIGNIFICANTLY LESS LIKELY TO BE HOSPITALIZED OR INCARCERATED.
TRUE FALSE
4. CLUBHOUSES MAKE A REAL AND LASTING DIFFERENCE IN MEMBERS LIVES BY HELPING THEM ACHIEVE THEIR SOCIAL, EDUCATIONAL AND EMPLOYMENT GOALS,
TRUE FALSE
5. IN ____ CLUBHOUSE INTERNATIONAL WAS HONORED TO RECEIVE THE SPECIAL PRESIDENTIAL COMMENDATION AWARD AT THE AMERICAN PSYCHIATRIC ASSOCIATION (APA) ANNUAL MEETING.
A. 2019 B. 2020 C. 2021 D. 2022

PAGE 5 FOR ANSWERS

MAGDA'S BIRTHDAY LUNCH



Clubhouse Standard of the Month!

The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunity, when the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

What this means to the Journey House Members

“Knowledge is the best thing to have up your sleeve. Learn, learn, learn to grow, and give food to your brain.” – Keyerra L.

“This is done in a “no-pressure” environment, and there is support here, that would not and will not, be found, anywhere else.” – Eddy P.

“It’s important to learn no matter what your age.” – Falakika T.

“They spend money for our efforts here for us to enjoy and progress.” – Mindy S.

“Live and learn and pass it on to the next person. Just keep on going.” – Niko B.

“Working together and meeting the needs of all the members of Journey House, is the prime purpose of the Clubhouse.” – Char H.

“I love to come to Clubhouse because I learn new things.” Autam D.

“It helps us in many ways, and I find Clubhouse is a good thing to have.” – Irwin M.

“A perfect definition of what Journey House stands for.” – Corey J.

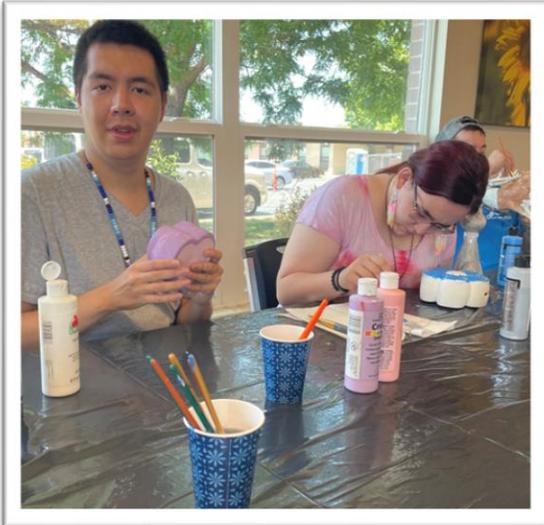
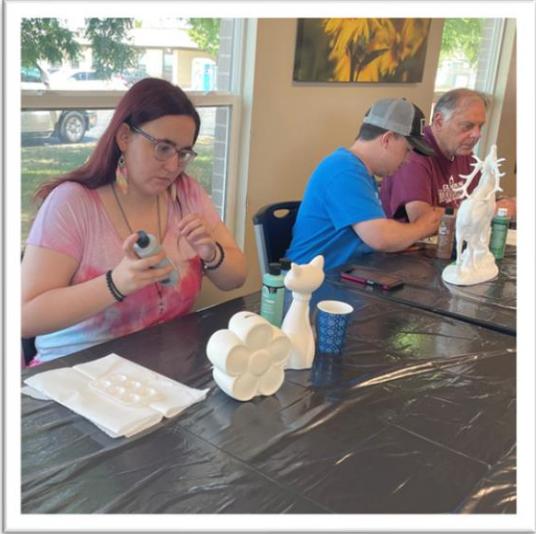
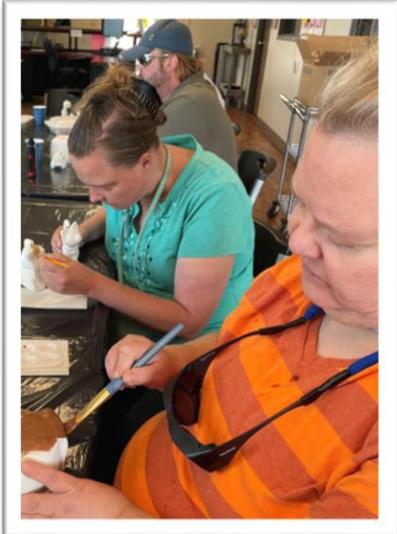
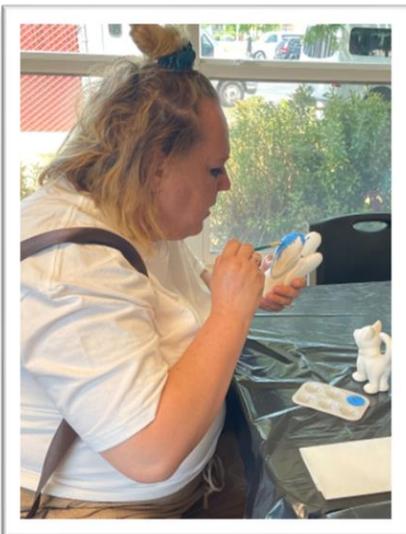
“When I come to Clubhouse, I always learn something new every day. I have learned how to make Lion House rolls which everyone seems to enjoy.” – Sara S.

Answers to the Clubhouse Trivia

1. C. 42; This is more than double the average rate for people in the public health system. Clubhouses provide members with opportunities to return to paid employment through both Transitional and Independent Employment programs.
2. A. 4, C. 25; Despite common misperceptions, having a serious mental illness is not a choice, a weakness, or a character flaw. It is not something that just “passes” or can be “snapped out of” with willpower. The specific causes are unknown, but various factors can increase someone’s risk for mental illness including, family history, brain chemistry, and significant life events such as experiencing a trauma or death of a loved one.
3. True; 360,000 people with mental illness are housed in under-equipped US jails. 35,000 are in hospitals.
4. True
5. C. 2021; The award recognized the evidence-based, cost-effective Clubhouse model of psychosocial rehabilitation as a leading recovery resource for people living with mental illness around the world.

The Journey House Post

Red Robin and Ceramics with Jen



Journey House Statistics

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Monthly Attendance	508	561	604	532	576	545	510					
Daily Attendance	25.4	28.5	26.2	25.3	27.4	27	26.8					
Breakfast	335	329	412	291	305	325	289					
Lunch	359	378	432	317	367	370	289					
Activities	14	14	16	12	14	13	10					
Outreaches	35	35	40	40	45	45	45					
TE/SE	14	17	17	14	14	14	14					
IE	9	9	9	10	10	10	10					

JH Social with Anna Lee



Journey House Wellness Corner

During Social Wellness Month in July, break out of your fixed routine and vow to meet new people. This is because social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!

HISTORY OF SOCIAL WELLNESS MONTH

Social Wellness Month was founded by Words of Wellness, a counseling group that understood the importance of socializing and building new bonds. But this group isn't alone in realizing the impact of social wellness on a person's health. In 1905, a study revealed the physical and psychological health benefits of social support. This discovery was made by Dr. Joseph Pratt who had gathered a group of tuberculosis patients to educate them regarding the disease. During these support group meetings, he saw how great an impact psychological support made on the health of those suffering from tuberculosis.

However, even before science stepped into the picture, during 3000–1500 B.C., the ancient Hindu Ayurvedic text emphasized the fulfillment of an individual's needs that range from nutrition, hygiene, and exercise to social interaction. According to the text, a balance had to be maintained amongst all these factors to achieve harmony between body, mind, and spirit. These teachings were further complimented by American health expert Dunn H. Travis (1896–1975) who strongly believed that health was affected by environmental friendliness. This message was further reiterated by other scientists who revealed how social interactions with friends, family, and neighbors can influence our well-being. After many such studies, an emphasis was placed on searching for ways where one could be involved with a community and have several social interactions.

Are you motivated yet to network and meet new people? Well, you have the entire month to plan out different activities and events that will help you mingle. All you have to do is focus on the long-term benefits of social wellness.

HOW TO CELEBRATE SOCIAL WELLNESS MONTH

- 1. Plan a group activity**

Go sailing, running, bowling, or any other activity you like to do with friends. The point is to be surrounded by people and simply have a good time.

- 2. Make a new friend**

To build a network, you must make a new friend. This may be tough for a few people, but it really isn't as hard as it sounds. You can easily interact with people at a gym, a coffee shop, a bookstore, etc.

- 3. Volunteer**

Celebrate the month by volunteering at a children's home, an old age home, or any other place where you will get a chance to interact with new people.

Continued on page 9

Journey House Wellness Corner

5 FUN FACTS ABOUT SOCIAL WELLNESS

- 1. No stress**
Those with a social network handle stress better.
- 2. Americans feel lonely**
Around 20% of Americans feel isolated in their free time.
- 3. Improving health**
Laughter, touching, and hugging can improve health.
- 4. Being alone**
Lack of companionship can increase cholesterol levels.
- 5. Love and warmth from people**
Love and warmth from people can increase immunoglobulin levels.

WHY SOCIAL WELLNESS MONTH IS IMPORTANT

- 1. It reiterates the importance of a social network**
Though a lot of people are introverts and prefer spending time alone, Social Wellness Month highlights why it is essential to build a social network.
- 2. It highlights how essential relationships are**
Believe it or not, making new friends can teach you a lot and can also have a positive effect on your mind, body, and soul. Social Wellness Month highlights how relationships can benefit you and help you grow.
- 3. It teaches how your network can be expanded**
Don't know how to make new friends? Well, several activities are held during this month to teach people how to socialize and also create more opportunities for them to meet new people.

Shrek Play at the Egyptian Theater in Ogden



Member Highlight:

Willow V.

Q. Where did you grow up?

A. Bountiful, UT

Q. What is your favorite thing to do?

A. Paint/Art

Q. What is your favorite thing to do at Journey House?

A. Work in the Business Unit

Q. What advice would you give a new member of Journey House?

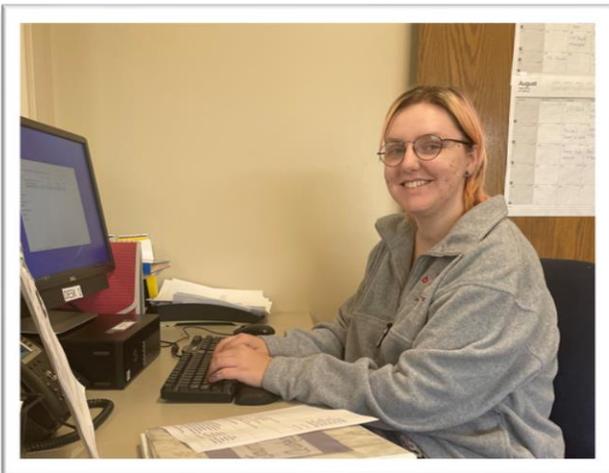
A. Don't be nervous

Q. What is your favorite place that you have visited?

A. North Carolina and Mississippi

Q. What is something unique about you?

A. I have a birthmark in the shape of Hawaii.



Member Highlight:

Stacy M.

Q. Where did you grow up?

A. Logan, UT

Q. What is your favorite thing to do?

A. Make quilts

Q. What is your favorite thing to do at Journey House?

A. Cook Lunch

Q. What advice would you give a new member of Journey House?

A. It's a great place to be

Q. What is your favorite place that you have visited?

A. California

Q. What is something unique about you?

A. I like to make cookies and take them to people I visit.



Recipe of the Month

Georgia Peach Cobbler

Ingredients

- ½ C. Butter unsalted and melted
- 1 C. Flour
- 1 C. Granulated sugar
- 1 Tbsp. Baking powder
- 1 C. Milk
- 2 tsp. Vanilla extract
- 3 Cans sliced peaches rinsed and drained well
- 1 C. Brown sugar
- Squeeze of fresh lemon juice



Instructions

1. Preheat the oven to 375 degrees.
2. Melt the butter and pour it into the center of a 9x13 baking dish. Do not spread the butter around.
3. In a mixing bowl, combine the flour, granulated sugar, baking powder, milk, and vanilla extract until smooth.
4. Pour the batter over the butter in the center of the baking dish. Do not stir or spread it around.
5. Place the peaches, brown sugar, and lemon juice in a skillet over medium heat on the stove. Cook until the sugar is dissolved.
6. Pour the peach mixture into the center of the baking dish. Again, do not stir to combine.
7. Bake for 45 minutes until browned and cooked through.
8. Enjoy!

EMPLOYMENT AND EDUCATION

TRANSITIONAL EMPLOYMENT

DBH MAIN KITCHEN – DAVE P.

DON'S MEAT – CHRIS W.

HUD NORTH – NIKO B.

SUPPORTED EMPLOYMENT

HILL AIR FORCE BASE – ANN M.

KFC – NOAH E.

GOODWILL – LORI A.

WINGER'S – ANDREA G.

DI, LAYTON – ALISA D.

DBH – CRU JANITORIAL – RYAN F., COREY J., NANJI L., ELLIOTT K., AND KEYERRA L.

DBH – KAYSVILLE SOUTH OFFICE/FREEPORT CENTER – THOMAS (T.J.) N.,

INDEPENDENT EMPLOYMENT

CHILI'S – MANUEL M.

TACO BELL – MCKAYLA W.

DI, LAYTON – PAIGE D., PETER V.

MAVERICK – PAUL M.

H & M HEATING – KOHN G.

HUNGRY HOWIE'S PIZZA – ALLIE L.

PEACE OF MIND CLEANING SERVICES – MJ H. ARTIC CIRCLE – BRITTANY C.

HUHOT MONGOLIAN GRILL, GREEK PALACE & GREEK WORLD – MARIA C.

EDUCATION

IVAN P. – WORKING TOWARD A BACHELOR OF ART EDUCATION AT WEBER STATE UNIVERSITY

COREY J. – CANYON HEIGHTS ADULT LEARNING CENTER

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August	1 Crepes, fruit, whipped cream Mac & Cheese/Ham	2 Breakfast Burritos Grilled Cheese, Tomato Soup	3 Closed for Conference	4 Fried eggs, hash browns, sausage Salad Bar, Roll, Butterscotch Pudding	5 Waffles, bacon Fish & Chips, Cookie Bar	6
7	8 Sausage McMuffins Lasagna, green salad	9 Grits, eggs, and toast Beef Stroganoff, Broccoli Mix, Fruit Salad, Peanut Butter Bars	10 Omelets Sweet & Sour Chicken, Spinach Salad, Hawaiian Dessert	11 biscuits and gravy BLT, Cheesecake	12 French toast, bacon Southwest Bar, Salad, Butterscotch Pudding	13
14	15 pancakes, sausage BBQ Pulled Pork, Tater Tots, Cake	16 cream of wheat, boiled eggs Tater Tot Casserole, Cake	17 bacon, egg, and cheese biscuits Tuna Sandwiches, Chips, Veggie Tray, Cookie	18 oatmeal, toast, cantaloupe Pork chops, stuffing, green salad, pumpkin bars	19 blueberry muffins, scrambled eggs, bacon Baked ham, cheesy potatoes, orange wedges, jello/fruit salad	20
21	22 French toast, sausage Philly Cheese Steak, Salad, Fries	23 fried eggs, hash browns, bacon Chicken Alfredo, fresh fruit, cheesecake	24 bagels, eggs, fruit Smothered burritos, rice, black beans	25 Breakfast burritos Spaghetti, garlic bread, green salad, caramel pudding cake	26 Omelets, toast Beef pot roast/veggies, rolls, salad	27
28	29 Oatmeal, toast Hawaiian Haystacks, Brownies	30 Crepes, fruit, whipped cream Grilled chicken, wild rice, cake	31 Sausage McMuffins Pizza, Green Salad, Brownies			