

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!



October Birthdays

1st – Noah E.

3rd – Jeff O.

8th – Ivan P.

12th – Ammon E.

14th – Shawn D.

17th – Yvette F.

23rd – Jamie K.

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

November Activities

1st Bookstore & Dinner with Juan
3rd TE Dinner with Juan
8th Texas Roadhouse with Jen
10th DI & Dinner with Jen
15th Movies with Matt
17th Community Thanksgiving
24th Thanksgiving with Juan
24th JH Closed
25th JH Closed
26th Play in Centerville with Anna Lee
29th Christmas shopping Farmington Station with Anna Lee

December Activities

1st CIT Training @ Journey House
1st TE Dinner with Anna Lee
6th Movies & Dinner with Austin
8th Die Hard & Pizza with Austin
9th Chuck-A-Rama & Shopping with all staff
13th Ogden Lights & Dinner with Juan
15th Game Night with Juan
20th Christmas Crafts & Dinner with Jen
22nd JH Christmas Party
23rd JH Closed
25th City Buffet with Anna Lee
26th JH Closed
29th JH Closed
30th JH Closed
31st Movies & Lunch with Austin

Clubhouse Standard of the Month!

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

What this means to the Journey House Members

“I like the reach out system because it makes members feel welcome and it was nice for the Clubhouse to come visit me when I was once sick and could not come in for 2 weeks.” – Sara S.

“It made me feel great having Journey House come visit me when I was isolated at home due to my cancer related illness.” – Jayme L.

“I love the reach out system because it’s wonderful to put a smile on the members faces when they are home sick and unable to attend Clubhouse.” – Jen L.

“The Clubhouse is concerned with the entire welfare of all it’s members and reaches out to those who are unable to attend for whatever reason. To me, this adds an extra element of support.” – Stan M.

Job Opening for Journey House TE Positions:

- 1. HUD North has a position open now. This position will be janitorial working Tuesday and Thursday mornings from 9am – 11am. To apply for this position, please come to Journey House and sign up. If you have additional questions, please see the placement manager, Juan!**



Black Island Farms with Anna Lee



International Clubhouse Conference by Sara S.

I was so excited to go to the International Clubhouse Conference in Baltimore, Maryland. I learned so many things and had such a good time. One of them was becoming a part of society, which consists of being included in important work. By coming to Clubhouse, members can get to know each other and by participating in the work ordered day it helps us feel better about ourselves because we are doing something productive. Also, when we come to Clubhouse everyday, we gain structure and learn how to deal with our mental health recovery. I also listened to people talk about their recovery and how Clubhouse has helped them with their mental health. One girl that spoke, talked about how she had mental illness and when she first came to Clubhouse, she didn't really know what Clubhouse was until she started to work. She got hired at a TE position and her mental health got even better because she was working. When she finished her TE she got a regular part time job and stated how good it made her feel about herself. I know when I come to Clubhouse, I am doing something constructive and have a lot of friends. Before Clubhouse I sat around the house and did nothing but watched TV and slept all day. I am happy where I am today and I have become a better person.



Journey House Statistics

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Monthly Attendance	508	561	604	532	576	545	510	561	556	615		
Daily Attendance	25.4	28.5	26.2	25.3	27.4	27	26.8	24.3	26.4	29.2		
Breakfast	335	329	412	291	305	325	289	298	316	313		
Lunch	359	378	432	317	367	370	289	291	329	345		
Activities	14	14	16	12	14	13	10	12	13	11		
Outreaches	35	35	40	40	45	45	45	45	50	50		
TE/SE	14	17	17	14	14	14	14	14	14	14		
IE	9	9	9	10	10	10	10	10	11	12		

October 10, 2022 – World Mental Health Day

To celebrate world mental health day Journey House invited the Layton Mayor to have lunch with us. It was great having her learn all about Journey House.



Ogden River Walk with Austin



Bright Star Play with Anna Lee

Journey House Wellness

THINK PINK: 7 WAYS TO HELP PREVENT BREAST CANCER

According to breastcancer.org, the leading information provider for the disease, “about 1 in 8 women will develop invasive breast cancer over the course of her lifetime.” Aside from skin cancer, breast cancer is the most commonly diagnosed cancer among American women. In 2019, it's estimated that about 30% of newly diagnosed cancers in women will be breast cancers. Though it's most prevalent in women, men can be at risk for breast cancer too, and must stay just as vigilant in self-checking and spreading awareness. The most common “self-check” is to feel around the chest area for any lumps or thickened breast tissue. This does not always mean that cancer is present, but it is one of the more common signs of it. Below are a few tips* to proactively stay healthy in the fight against breast cancer that you can consciously keep in mind on a day-by-day basis.

1. Watch your Weight. Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Keeping up on exercise and a healthy diet can go a long way.
2. Eat healthy. There is no “magic food” to prevent breast cancer, but certain foods can help to boost your immune system and make your body as healthy as it can be. Try a diet that is higher in fruits and vegetables, lean meats such as chicken and fish, and lower amounts of refined sugars.
3. Keep physically active. Research suggests that increased physical activity, even when started later in life, reduces overall breast-cancer risk by about 10 to 30 percent. Even moderate exercise, such as a short walk around our track a few days a week can classify as keeping physically active.
4. Drink little or no alcohol. Alcohol use is associated with an increased risk of breast cancer. Women should limit intake to no more than one drink per day, regardless of the type of alcohol.
5. Don't smoke. Research suggests that long-term smoking is associated with increased risk of breast cancer in some women.
6. Breast-feed your babies for as long as possible. Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer later.
7. Participate in a research study. The Hutchinson Center is home to several studies that are looking at ways to reduce the risk for breast cancer. Check their website periodically for studies that might be appropriate for you. Just go to www.fhcrc.org and click on "How You Can Help."



Hi, my name is Mercedes V. I am 17 years old and a Senior at Syracuse High School. I started my internship at Journey House in the beginning of September. Even though I've only been coming here for a couple of months, I love it here. My favorite part of Journey House is the people because I enjoy hanging out with everyone here. Doing this internship has helped me figure out what I want to do in the future. While I plan to go farther, after high school I am going to get a degree in Psychology. My future and education are very important to me I am thankful I got the opportunity to come here. Journey House has not only helped my future it has also helped my own mental health.



Hi! I am Eliza, I also started my internship here at Journey House in September. I am in my senior year at Clearfield High School and plan to graduate in 2023. Even though I am only able to come twice a week, I have already learned so much and love it here! I have made so many new friends and love and appreciate everyone here. When I started here at Journey House, I was very unsure of what I wanted to do after high school, but this internship has helped to guide me to choose a college that specializes in psychology where I then plan to get my degree. Through this experience I have learned that I love helping and serving other and am so excited to make a career out of it! I am so thankful for Journey House and all it has done for me.

2022 Honorary Pardes Humanitarian Prize in Mental Health

Clubhouse International is deeply honored to receive the *Honorary 2022 Pardes Humanitarian Prize in Mental Health* awarded by The Brain and Behavior Research Foundation. The Pardes Prize recognizes the Clubhouse Model of psychosocial rehabilitation as a rights-based approach to recovery that expands access to care for people living with mental illness around the world.

The Pardes Humanitarian Prize in Mental Health is awarded annually to recognize individuals and organizations whose contributions have made a profound and lasting impact in advancing the understanding of mental health and improving the lives of people who are living with mental illness. It focuses public attention on the burden mental illness places on individuals and society and the urgent need to expand mental health services globally. Established in 2014, the Pardes Prize is named in honor of Herbert Pardes, M.D., the internationally renowned psychiatrist, outspoken advocate for people living with mental illness, and the award's first recipient.

Clubhouse International is honored to join StrongMinds, a social enterprise founded by Sean Mayberry that provides life-changing mental health services to women and adolescents in low-income communities in sub-Saharan Africa, as a recipient of the 2022 Honorary Pardes Prize, and Dr. Altha J. Stewart and Professor Robert van Voren, on being named recipients of the 2022 Pardes Humanitarian Prize in Mental Health.

"These talented and accomplished leaders are striving to expand the reach of mental illness treatment here in the U.S. and around the globe. They serve as extraordinary advocates for mental health and inspire us all to use our knowledge toward the greater good for all humanity," said Jeffrey Borenstein, M.D., President & CEO of the Brain & Behavior Research Foundation.

For more than 25 years Clubhouse International has pioneered the recovery concept for people living with mental illness and put into practice the active participation of people themselves in their recovery process. Many people living with a mental health condition still lack access to quality services that respond to their needs and respect their rights and dignity. The Clubhouse Model, a community-based service, addresses many of these challenges by providing resources and opportunities of recovery such as gainful employment, education, wellness, socialization and so much more.

"We are committed to continue to lead in the effort to provide accessible recovery opportunities to anyone with lived experience of a mental illness. The Clubhouse Model is a person-centered, evidence-based approach that works well in hundreds of places around the world. Clubhouses provide linkages with education, employment, and social protection sectors, ensuring that people with mental health conditions are included as valued citizens in the community and are able to lead purposeful and satisfying lives. Our vision is that one day there is a Clubhouse in every community." Joel D. Corcoran, Executive Director & CEO, Clubhouse International

Chris was our member highlight in the August 2021 JH newsletter!

Member Highlight:

Q. Where did you grow up?

A. Alaska

Q. What is your favorite thing to do?

A. Watch TV

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

A. Work in the Kitchen Unit

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

A. Stay Busy

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

A. Washing State

Q. What is something unique about you?

A. I like to play the guitar



Christian G. Wilson **July 16, 1985 — September 28, 2022**

Our beloved son, brother, and uncle, Christian G. Wilson of Clinton, Utah unexpectedly passed away on September 28, 2022. He was born on July 16, 1985 in Valdez, Alaska.

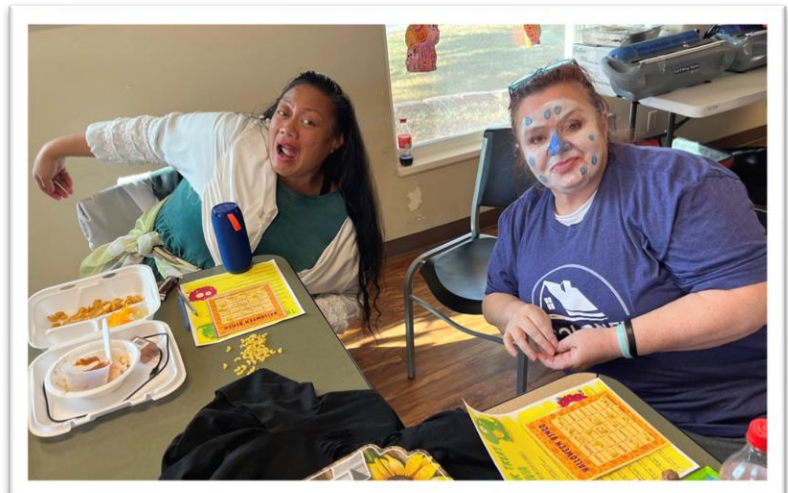
He is survived by parents, Niven and Jeanne Wilson and his siblings, Nathan (Devona) Hurricane, Utah; Nicole, Anchorage, Alaska; Nash (Brighton) Bluffdale, Utah; Zack, Valdez, Alaska and many loved nieces and nephews.

He will be greatly missed by all who knew his unique and creative personality.

Chris was a great member of Journey House. He loved working in the kitchen and had just finished his transitional employment placement at Don's Meats. He was always smiling and loved rock music. He will always be a part of Journey House! We will miss you bud!



Journey House Halloween Party



Journey House Halloween Party



EMPLOYMENT AND EDUCATION

TRANSITIONAL EMPLOYMENT

DBH MAIN KITCHEN – DAVE P.

DON’S MEAT – JAYME L.

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., Nanci 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.

RANCHO’S MARKET – SAUL R.

MCDONALD’S & I-HOP – MINDY S.

ELISA J. – DBH KITCHEN

CODY L. – DBH KITCHEN

PEACE OF MIND CLEANING SERVICES – MJ H.

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

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ken H. Biscuits & Gravy Pepperoni & Mushroom Pizza, Chocolate Cake	2 Omelet, Toast Taco Soup, Salad, Bread Pudding	3 Spam/Chorizo Burrito Manicotti, Bread Sticks Cherry Pie Bar	4 Fina T. Pancakes & Bacon Spaghetti with Meat Sauce, Garlic Bread, Banana Cream Pie
7 Char H. Cold Cereal Sloppy Joes, Potato Salad, Garlic Bread, Root Beer Floats	8 French Toast Bacon Malibu Chicken, Rice, Carrot Cake	9 Oatmeal, English Muffins Fish and Chips, Onion Rings, Peach Cobbler	10 Biscuits & Gravy Chicken Fried Steak, Mashed Potatoes, Lemon Bar	11 Breakfast Wellington Pollo Criollo, Rice, Coconut Pie
14 Bagels, Fruit, Sausage Hamburger Helper, Peas, Pumpkin Cake	15 Crapes & Fruit Bacon Chicken & Waffles, Fruit, Cookies	16 Cold Cereal Pizza	17 Community Thanksgiving Luncheon	18 Trinity M. French Toast & Sausage Orange Chicken, Fried Rice, Won Tons, Pumpkin Pie
21 Cream of Wheat, Fruit Chicken Alfredo, Garlic Bread, Broccoli	22 Rojas Llantitas & Eggs Chicken & Rice Bake, Churros	23 Cancla Rolls and Fruit Tacos, Rice, Beans, Cheesecake	24 JH CLOSED FOR THANKSGIVING	25 JH CLOSED
28 Ham & Cheese Omelet & Toast Meat Loaf, Potatoes, Beans, Apple Dump Cake	29 Pancakes, Sausage Spaghetti, Garlic Bread, Cookies	30 Corn Beef, Boiled Eggs Navajo Tacos, Pistacho Salad, Chocolate Cake		