

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 during the month. 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!



Colleen Prince Thompson

Colleen Prince Thompson of Layton, Utah. One of a kind Daughter, Mother, and Grandma Clean peacefully passed away the evening of July 4, 2023, at 67-years old with her children at her side. Colleen was born August 7, 1955, in Caliente, Nevada to Bevan Prince and Ruth Hollinger.

Colleen was a faithful member of the Church of Jesus Christ of Latter-Day Saints, serving many callings in Primary and she served a Service Mission from 2010 to 2011 and enjoyed serving as a Compassionate Services Coordinator.

Colleen loved attending sports events especially if she was cheering for her son and later cheering for the grandkids. For the last 16 years Colleen received much satisfaction from her employment at Davis Behavioral Health as a Peer Support working at the Journey House.

Colleen is preceded in death by her parents Bevan and Ruth Prince and one grandson Carter Maroney. Survived by her sisters Sandy Hulse (Frank) Payson, Utah; Aileen Huff (Doug) Salem, Utah. Her three children, Heidi Donio (Shawn) Ivins, Utah; Chad Maroney (Ally) Malad, Idaho their three children, Dax, Logan, and Cache; Megan Coleman (Rex) West Point, Utah their two children Carson and Ryan.



The Journey House Post

On July the 4th staff and members of Journey House lost a wonderful friend and co-worker. Colleen worked for DBH for almost 10 years, she was a Peer Support Specialist for housing, the adult mental health team and finally Journey House. She always had a big smile on her face and was willing to help out wherever she was needed most. Journey House members wanted to share some of their memories.

"I really enjoyed working with her, every Tuesday we would clean out the fridge for grocery shopping. She also would make really good desserts." Niko B.

"I remember helping her get the birthday cards done and also I loved working with her in the kitchen." – Dorothy K.

"She was so excited to be moving into a new apartment. She also enjoyed making desserts for us." – Sara S.

"Colleen was an amazing person. I helped her make the desserts and we had so much fun." – Jamie K.

"Colleen was so patient and always smiling. She didn't have a mean bone in her body." – Juan E.

"She made great desserts, and she was a very kind person." – Ammon E.

"She was a good worker, she always helped with the dishes and made great desserts. I really miss her." – Irwin M.

"Colleen was smart, clever and so helpful." – Ali L.

"Colleen made great desserts and she always saved one for me. She was also a good Peer Specialist." – Rick P.

"She made the best desserts." Sarah V.

"She made some chocolate chip cookies one time and used a really big bag of chocolate chips. The cookies were really, really sweet and rich." – Sarah P.

"Colleen worked well with others and was always there for you if you needed any help. She also made the most amazing desserts." – David P.

"She was around Clubhouse for a long time. She was the sweetest, most kindhearted person you could ever meet. She didn't like to see anyone have a hard time." – Wings B.

"Colleen cared very much about the members at Journey House. She was always willing to help." – Anna Lee W.

"One of my most pleasant memories of Colleen is one time when she was going around the lunch tables with a dessert tray and when she came to me, I said to her, "I want 2 desserts." She retorted with "You only get one." I then said "Colleen, read my lunch slip. It says 2 desserts." She then grinned at me but only gave me 1 dessert." – Eddy P.

"When I had to leave to return to Mississippi this past summer, she gave me a beautiful necklace and the box has a sweet quote about friendship. She knew how upset I was having to leave. She was so thoughtful and kind. I will always cherish that necklace. She is missed every day!" Jen L.

"Colleen will be remembered at Journey House for her sweet and kind personality. She loved helping others and always left them smiling. Colleen worked part time and every day she came to work at Journey House, I told her that it seemed like "Christmas" because she was a joy to be around and work with. She loved working with her peers as a peer specialist and loved working for DBH. She was so proud of her children and grandchildren and always had a story and photo about one of their sporting events or hunting adventures. Colleen loved to make desserts in the Clubhouse. Every day, she and Jamie (a member of JH) would make dessert together. One day, I was at Sams Club and bought this massive bag of chocolate chips. It was a little expensive, but I thought it would make 10-12 batches of cookies and would last us for a month or so. I bought it and put it in the Journey House kitchen pantry and forgot to mention it to Colleen. The next day, not only did Colleen find the massive bag of chocolate chips, but she and Jamie made chocolate chip cookies. Boy, did they ever! They used the entire bag on ONE single batch of cookies. They didn't even double the batch!! They were literally chocolate chips held together with a little flour! We laughed about that for years." – Matt R.

A special thanks to our community partners that have so generously donated to Journey House this month!

- ❖ Bishop Storehouse
- ❖ Center Point Theatre
- ❖ Sweet Tooth Fairy
- ❖ Davis Lanes
- ❖ Kneaders

Hey, I'm Mason A! I'm currently interning at this Journey House for this semester. I am a senior at Layton High School and will be graduating in the spring. I'm interested in psychology and plan on continuing with it after high school. I also plan on serving a mission for my church as soon as I graduate.



My name is Madison E. I am an intern at Journey House until December of 2023. I am going to graduate in May of 2024 from Davis High School. Then I plan to go to Weber State University in 2024. I want study social work and get my master's degree.



Group TE – Greek Festival with Austin



September Birthdays

Amanda S. – Sep 4th

Maria C. – Sep 10th

Sara S. – Sep 13th

David P. – Sep 29th



Reminders :

Journey House is conducting a self-study every Monday from 2pm-3pm for the upcoming Clubhouse accreditation.

UPCOMING ACTIVITIES

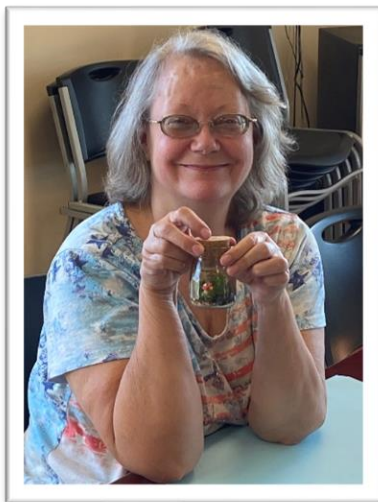
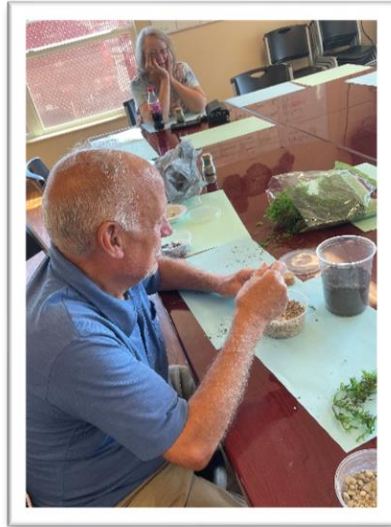
October Activities

- 3rd Ceramics and Dinner w/ Jenn
- 4th Layton Library and Dinner w/ Rick
- 5th TE Dinner w/ Jenn
- 10th Black Island w/ Anna Lee
- 11th River Walk w/ Rick
- 12th Halloween Crafts w/ Ann Lee
- 17th Rock Shop and Dinner w/ Matt
- 18th New Gate Mall w/ Rick
- 19th Carve Pumpkins and Dinner w/ Matt
- Week of 23rd is Clubhouse Conference
- 30th Napoli's Restaurant w/ Anna Lee

November Activities

- 1st Layton Library w/ Rick
- 2nd TE w/ Ray and Matt
- 8th Cabella's w/ Rick
- 9th Community Thanksgiving
- 10th Closed
- 14th Crafts w/ Annalee
- 15th Valley Fair w/ Rick
- 16th Bowling w/ Annalee
- 22nd New Gate w/ Rick
- 23rd Thanksgiving Day @ JH
- 24th Closed
- 25th White Christmas Play
- 28th Swimming w/ Austin
- 29th Layton Mall w/ Rick
- 30th Game Night w/ Austin

Crafts with Anna Lee



International Standards for Clubhouse Programming

1. Membership is voluntary and without time limits.

What it means to the Members of Journey House!

“We have the freedom of deciding when we want to participate in Journey House, and it is without limits.” – Andrea G.

“Voluntary membership gives the freedom and responsibility to choose to self-activate our own care and decide to go forward with our lives to a “cure”. With no time limits there is the additional assurance that Journey House is always here for you and available whenever you decide you need its services to forge ahead with recovery.” – Stan M.

“You set your goals and pursue it with all your heart.” – Jeff O.

“It keeps me going and it means you can do anything and not be judged.” – Irwin M.

Congratulations to Mindy S.

Mindy was hired for the TE position at Culver's and started on Monday, 09/11/23. Mindy will work in this position for 9 months.

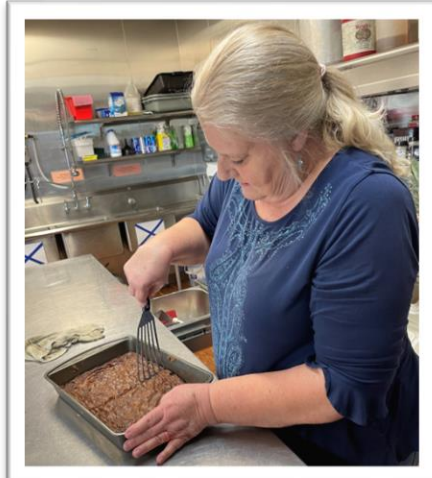
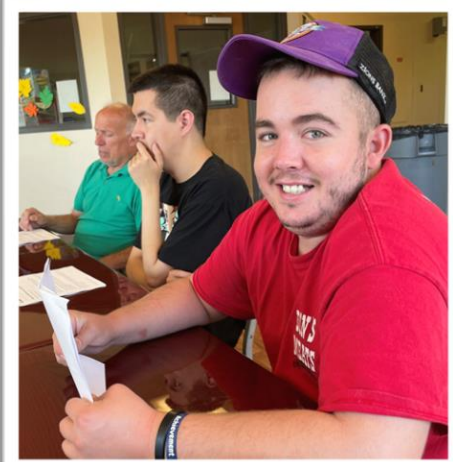


Job Opening for Journey House TE Positions:

Garcia's – Pay is \$15.00 per hour. The position is janitorial – cleaning the dining room and bathrooms. Job will start in October.



TE Dinner with Anna Lee



Attention Smith's Shoppers

Please help Journey House just by buying your groceries from Smith's. Each quarter we get a percentage of the purchases each reward member has made. Be sure to share this information with family and friends!

If you shop at Smith's grocery store, please consider linking your rewards card to Journey House through the inspiring donations, so we can receive a donation every quarter. This program makes fundraising easy by donating to local organizations based on the shopping you do every day. Once you link your card to an organization, any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you. Smith's Inspiring Donations will donate 0.5% of all eligible spending to organizations that customers have linked to their Rewards Card.

- Download the Smith's app.
- Make sure your rewards card number is linked to your app.
- Click the 3 bars to the upper right of the screen.
- Click on rewards.
- Click on Inspiring Donations.
- Search for Journey House and Submit.

Wrestling with Matt



EMPLOYMENT AND EDUCATION

TRANSITIONAL EMPLOYMENT

DBH MAIN KITCHEN –MATT W.

GARCIA’S—EDDY P.

DON’S MEAT—JAYME L.

CULVER’S—MINDY S.

HUD NORTH— NIKO B.

SUPPORTED EMPLOYMENT

HILL AIR FORCE BASE—ANN M.

DBH KITCHEN—DAVE P.

WINGERS—ANDREA G.

DI, LAYTON—ALISA D.

CULVER’S – SARA S.

DBH—JANITORIAL—RYAN F., COREY J., ELLIOTTK., NIKO B., AND KEYERRA L.

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

INDEPENDENT EMPLOYMENT

CHILI’S—MANUEL M.

DBH JANITORIAL—AARON T.

JIFFY LUBE—BRAXTON L.

DBH KITCHEN—ELISA J.

PEACE OF MIND CLEANING SERVICES—MJ H.

H&M HEATING—KOHN G.

MCDONALDS – LORRI A.

LIFETIME – NOAH E.

DOORDASH – AJ B.

DBH KITCHEN – MARCY M.

HUHOT MONGOLIAN GRILL & GREEK PALACE – MARIA C.

EDUCATION

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

COREY J.—CANYON HEIGHTS ADULT LEARNING CENTER

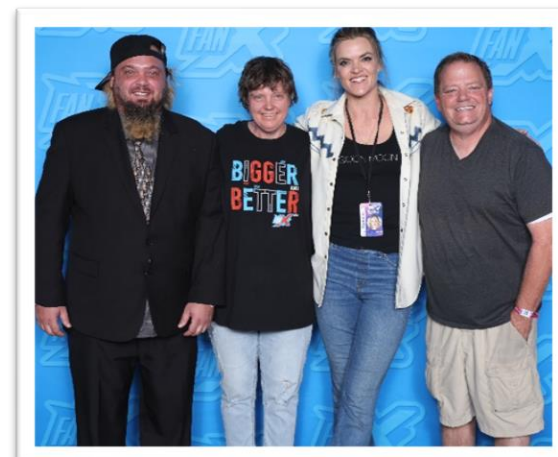
JH Statistics for 2023

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Monthly Attendance	514	440	575	490	565	516	458	584	435			
Daily Attendance	25.7	23.1	25.0	24.5	25.6	24.5	25.0	25.4	21.75			
Breakfast	302	278	333	261	282	264	224	301	229			
Lunch	337	315	353	298	358	360	278	381	227			
Activities	10	10	16	12	13	13	9	15	12			
Outreaches	40	45	47	47	50	55	50	60	65			
TE/SE	17	18	18	18	17	17	16	15	16			
IE	11	12	12	10	8	8	8	12	11			

JH Statistics for 2022

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Monthly Attendance	508	561	604	532	576	545	510	561	556	615	541	503
Daily Attendance	25.4	28.5	26.2	25.3	27.4	27	26.8	24.3	26.4	29.2	27.0	26.4
Breakfast	335	329	412	291	305	325	289	298	316	313	310	257
Lunch	359	378	432	317	367	370	289	291	329	345	317	255
Activities	14	14	16	12	14	13	10	12	13	11	7	9
Outreaches	35	35	40	40	45	45	45	45	50	50	50	70
TE/SE	14	17	17	14	14	14	14	14	14	14	14	16
IE	9	9	9	10	10	10	10	10	11	12	13	13

Fan – X with Matt and Juan



Journey House Wellness

Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as physical distancing, can make us feel isolated and lonely and can increase stress and anxiety. After a traumatic event, people may have strong and lingering reactions. Learning healthy ways to cope and getting the right care and support can help reduce stressful feelings and symptoms.

The symptoms may be physical or emotional. Common reactions to a stressful event can include:

- Disbelief, feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems, worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during traumatic events such as mass shootings, natural disasters, or pandemics. Below are ways that you can help yourself, others, and your community manage stress.

Here are some healthy ways you can deal with stress:

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed but hearing about the traumatic event constantly can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, tv, and computer screens for a while.
- **Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol, tobacco, and substance use.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Talk to others.** Talk with people you trust about your concerns and how you are feeling. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- **Connect with your community- or faith-based organizations.**
- **Avoid drugs and alcohol.** These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- **Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

October

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal & Fruit Chicken & Waffles, Cheese Grits, Cobbler	3 Jeff O. Breakfast Burritos BBQ Ribs, Baked Beans, Potato Salad, Rice Pudding	4 Pancakes, Eggs & Bacon Arby's Chicken Salad	5 Boiled Eggs, Toast & Cream of Wheat Hamburgers, PB & Celery	6 Biscuits & Gravy Tater Tot Casserole
9 Ivan P. (10/8) Omelets BBQ Ribs, Baked Beans, Sweet & Sour Green Beans, Carrot Souffle, Rolls	10 AJ B. (10/8) Oatmeal & Fruit Hot Dogs, Mashed Potatoes, Gravy and Mac & Cheese Banana Pudding w/ Whipped Cream	11 Huevos Rancheros Beef Stew & Corn Bread	12 Ammon E. Dounuts BBQ Chicken, Rice, Corn	13 Cereal Potato Bar, Corn Bread
16 French Toast, Scrambled Eggs Nachos	17 Shaun D. (10/14) Breakfast Burritos Sp. & Meatballs, Garlic Bread	18 Egg, Potato & Cheese Tacos Jambalaya	19 Cinnamon Toast, Sausage & Eggs Manicotti, Bread Sticks	20 Bagels & Cream Cheese Street Tacos, Beans & Rice
23 Jamie K. Crepes w/ Blueberries Chicken Fried Steak, Mashed Potatoes, Salad and Strawberry Short Cake	24 Jeff B. Hashbrowns, Eggs & Bacon Pulled Pork Sandwiches, Baked Beans	25 Biscuits & Gravy Chicken Cordon Blu, Rice	26 JH Muffins Corndogs, FF	27 Cinnamon Rolls Sloppy Joes, FF
30 Breakfast Muffins Gyros	31 Applesauce Pancakes, w/Sausage Meatloaf, Mashed Potatoes			