

Thunderbird Clubhouse
PO Box 1666
Norman, OK 73070

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Thunderbird Clubhouse News

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Board of Directors 2010-2011

Joyce Green- President
Kris Glenn-Vice Pres.
Suzanne Dunn- Sec.
Ryan Clark-Treas.
Elizabeth Base
Ryan Clark
Mike Cordial
David Guest
Mike Isaac
Rick Medcalf
Steve Owens
Blake Virgin
Kathryn Walker
Christi Wilson

Monumental Step for the Clubhouse Community

A month ago the Clubhouse world celebrated a great accomplishment. SAMHSA (Substance Abuse and Mental Health Services Administration) has now included the ICCD Clubhouse Model on their National Registry of Evidenced-Based Programs and Practices (NREPP). This has been in the works for years and is quite a stringent process. The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online registry of mental health and substance abuse interventions that have been reviewed and rated by independent reviewers. The purpose of this registry is to assist the public in identifying approaches to preventing and treating mental and/or substance use disorders that have been scientifically tested and that can be readily disseminated to the field. NREPP is one way that SAMHSA is working to improve access to information on tested interventions and thereby reduces the lag time between the creation of scientific knowledge and its practical application in the field (<http://www.nrepp.samhsa.gov/>).

We are hopeful that this will benefit the Clubhouse by ensuring funders that the model is effective and well-researched. We hope you will go to the website and learn about NREPP and Clubhouse.

Thunderbird Clubhouse is proud to be United Way of Norman member agency.

CONTRIBUTIONS

Thunderbird Clubhouse gratefully accepts financial and in-kind donations. All donations are tax-deductible. Financial donations can be 'ear-marked' to benefit one of the following:

- * General Operational
- * Capital Campaign
- * Social and Recreational Account
- * Dental and Eyeglass Account for Members

To make a donation or request more information, detach this form and send it to:

Thunderbird Clubhouse, P.O. Box 1666, Norman, OK 73070

www.thunderbirdclubhouse.org

- I would like to make a donation
 I would like to request more information
 I would like to volunteer my time

Name: _____

Address: _____

Phone: _____

Board of Directors Annual Meeting

April 20, 2011 at 5:30

at Thunderbird Clubhouse

We will celebrate a great year, elect our new board officers, honor our Volunteer of the Year as well as our recipient of the Spirit of Thunderbird award.

Hors d'oeuvres will be served.

If you have questions, please feel free to call Pam at 405-620-3726.

Thunderbird Clubhouse Mission Statement

Creating a new future for adults recovering from mental illness through the positive power of meaningful work, community, choice, and hope.

Artist Collective Caffeination Night!

Mike Cordial helping at the event

Poetry makes things happen at Thunderbird Clubhouse. Tuesday March 22, 2011, the Artist Collective held "Caffeination: A Poetry Slam." The event started at 6:00 pm and lasted until about 8:00. Over seventeen poets shared one poem a piece. There were 50 people in attendance. All the poets were active members of the Thunderbird Artists Collective.

The evening began with a robust serving of finger food. The table was stocked with fruits such as oranges and chocolate covered strawberries and other delights such as sugar cookies with sprinkles, baby quiches, and cinnamon rolls, just to name a few. Coffee and hot chocolate were also served.

After everyone gathered their refreshments and found a seat, and the poetry began with special guest Elizabeth Sargent reading three pieces including an original poem. Following Elizabeth, everyone read both smoothly and articulately. The poems ranged from humorous to the dramatic to the romantic. In addition to poetry, two readers read short prose selections of creative interest.

The poetry was powerful and intense with gentle sensitivity. Performing during the evening were the following: Darin Vincent, Lamar Bingenheimer, Jan Travis, Ricky Dean Brown, Daphne Smith, Violena Rice, Greg Clymer, Marcus O. Lamb, Christi Wilson, David Guest, Annie Corson, Gadel Middleton, Jerry Risenhoover, Sydney Ealum, Elizabeth Sargent, LeAnn Brackett, and Denise Park.

By Marcus Lamb



Getting ready!

Le Tour de Vin

Honorary Chairmen: Steve Owens, Billy Simms, Jason White
June 10th and 11th

Two Nights of Wine Tasting Sponsored by
Cross Timbers, Norman and Sooner Rotary Clubs
Food, Fun, Auctions

For more information go to www.letourdevin.com

April Socials & Special Events

- 4/02 Medieval Fair - p/u 5-6pm
- 4/06 Celebration Dinner - Coach's (no p/u)
- 4/22 TBCH Yard Sale - All day!
- 4/16 Hang out at Clubhouse - p/u 9-10am
- 4/20 Board of Directors Annual Meeting (no p/u) 5:30
- 4/27 Wii Bowling Tournament- until- 7:30pm(no p/u)
- 4/30 89'er Day Parade & Music Festival

**Untitled**

The snow drip terraced land
Melt slowly in the sun.
The flowers of bonnets
Rise above the winter's last trace.

Soon the land of springtime
Will all flowers wild enhance
And God's small furry creatures
Will eat their fill of leaves

The cattle will soon be here
To munch the soft new grass
As springtime birds grace
Budded boughs of leaves and nests.

And all is heard the wind song
Of wings that beat to the springtime sky

By

~Lamar Bingenheimer

How Thunderbird Clubhouse Helped Me



My name is Ginny Wolff and I am a returning member of Thunderbird Clubhouse. I became a member over seven years ago, but I moved to Wichita, Kansas four years ago to be with my family. I returned back to Norman in December 2010, with my cat. We traveled by Greyhound together because I never do anything without my cat, John Boy. While I was looking for apartments, Thunderbird Clubhouse made accommodations for me to stay in a hotel with John Boy. I ended up moving to the same place I lived seven years earlier. I am currently under Clubhouse's Shelter + Care housing voucher. When I arrived here again, I was expecting to go to the Clubhouse on Main Street. The new Clubhouse was such a surprise! It is a pleasure and so are the "newbie" staff and members here. I remember Pam, Liz and some of the members who used to go to the Main Street Clubhouse. It's great to be home!

STANDARD NUMBER 6

Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a threat to the Clubhouse community.

I did not come to the Clubhouse for a long length of time simply because I got upset with some people. One should never allow others to dictate their journeying here at the Clubhouse, a place that really does help, regardless of what others tell them, to stop them from going forward with their own recovery. But if that happens, at it did with me, the Clubhouse remains opened to any member at any time it is open for operation, with open arms of welcoming.



Now that I have returned back to the Clubhouse, my attitude is different so my stay here is better and I can see more clearly why I need this place. When I am at home isolating, I tend to let my life get disheveled and lack the needed routine that a person with mental illness needs the most. I am once again attending Clubhouse regularly and now that I am back, I take care of myself with the tender loving care it deserves to receive daily. I no longer am up all night and sleeping all day but on a regular daytime routine which is much healthier for me.

-Gadel Middleton

Invasion of Social Work Students!

On April 5th, Bill Nunez and 23 of his fellow graduate students at O.U. School of Social Work will invade the Clubhouse. They will spend 2 hours at the Clubhouse learning about the model and experiencing the units. They will then do a Q and A with Clubhouse members to learn more about how the Clubhouse works and how it is beneficial to members. We are looking forward to educating the next generation of social workers.

!HUGE! Yard Sale



Taxes got you feeling hum drum? Come to the Thunderbird Clubhouse Yard Sale! By the time you are done you will have found a treasure for a bargain that's for sure. Wouldn't it make you feel like a million bucks to find things at such unbelievable prices and in such good shape?! While you are Spring cleaning trying to make room for all the bargains you know you are going to find, keep Thunderbird Clubhouse in mind. Everyone has stuff they haven't used in years. We would like to have your stuff that isn't being used. We will accept anything as long as it is in good condition.



The proceeds of this yard sale will go to the social fund. This year we are planning a float trip down the Illinois River. We even plan on taking staff with us! Stay tuned for more about the float trip in the July quarterly.

Thank you Cross Timbers, Norman and Sooner Rotary!

Our new gazebo is going up! We are so grateful to the Rotary Club and the Le Tour de Vin committee and leadership for the funding that has enabled us to finish our building in style! Our fence went up a while back and we are looking forward to nice weather so we can use our backyard.



Artists Collective at Dreamer Concepts Studio Foundation

Beginning July 8th, the Artist's Collective will be having a show at Dreamer Concepts Studio Foundation. The Norman Arts Council Hotel Motel Tax Grants program is, in part, funding the costs of the show for the artists. The grant helps artists pay for canvas, paint, frames, etc. Dreamers is a local non-profit gallery at 324 East Main, Norman. The Artists Collective has shown at Dreamers before and we are happy to be back there. Our opening will be the night of the 2nd Friday Circuit of Art.

We appreciate the Norman Arts Council supporting the Artists Collective through funding that enables artists to purchase supplies. If you are interested in helping underwrite the month's expenses of the show, please contact Amber Clour at Dreamer, 405-701-0048. They too, are a non-profit and rely on donations and other funds to keep their doors open. To underwrite the cost of the Collective show for one month will be \$1,000.

U.S. Clubhouse Coalition

By David Guest

Pam and I went to St. Louis for the new United States Clubhouse Coalition meeting. This is a new organization to help all the national Clubhouses with funding and advocacy. At that time several committees were formed, one of which is the Evidence-based Research Committee. The focus on research is very important to all Clubhouses, as it is showing other groups the hard statistics of why Clubhouses are great.

We can say, for example, that Thunderbird Clubhouse helps keep members out of the hospital. It is another thing, however, to have a research study that proves that. So all Clubhouses are forming a strategy to organize and disseminate research to influence public policy.

We want to better gather research and better share the data among Clubhouses and funding sources.

Examples include:

- Clubhouses keep members out of the hospital more of the time.
- Clubhouses keep incarceration of members down.
- Clubhouses improve the wellness of members.
- Clubhouses improve the education of members.

Hello, my name is Daphne Norris Smith and I've been a proud member of Thunderbird Clubhouse since May 21, 2010. There's not enough time or space to mention "all" the ways Clubhouse has truly enriched my life, and I haven't even been here a year yet. The number one thing is I'm back to "CELEBRATING LIFE"! I never really understood how much so til my 7 yr. old grandson Kevin was busy making this little paper boy and told me he was happy my job helps me feel better. Once labeled with the stigma of mental illness, one can really isolate and lose any feeling they may have had of self-worth or confidence. If you have children as myself, you know you'll do for them when nothing else sounds good. Better yet, your grandchildren can make you feel like you could move mountains. However, for me, they still weren't enough to help me feel confident or productive in the way the Clubhouse has done. We're put to the test everyday; we know the jobs we're doing are positive and productive for us in the community. Staff and members work side by side to make us the Clubhouse we are. I couldn't feel closer to the dedicated hard-working members and staff if I tried. If you haven't seen what a beautiful "social working" Clubhouse we have, by all means check us out, and spread the word... God Bless You All. Daphne.



Three Certification Visits

Within the span of 6 weeks, all three of our ICCD Faculty went on certification visits to other Clubhouses. Liz Richardson went to Passageways in Des Moines, Iowa; Debbie Ailshire went to Sunrise Clubhouse in Yakima, Washington; Pam Sanford went to Putnam Clubhouse in Concord, California. Each one stayed in the Clubhouse about 4 days reviewing their operations then giving a verbal findings report. This is a great experience for both the Clubhouse and the faculty members. Inevitably, we return from these visits with ideas and new things to think about.

Our Business Marketplace Adventure



Pam, David, and I went to a Business Marketplace meeting at the Embassy Suites about a month ago. We had a very enlightening evening with several businessmen and businesswomen from Norman, Ok. David and I signed in at about 5:30 that evening with Pam coming in fashionably late. Each of us received two free drink passes, which we immediately approached the bar with, to purchase a sprite, and coke for David, and I respectively. We, David and I, immediately lost our other second drink ticket only to find them later in our pockets. We talked to lots of people and received lots of questions of what the Clubhouse is for and what do members do there. Several ladies came to our booth, and we told them where the Clubhouse was located and how much we have invested in our clubhouse. We told them how the staff and members work together to make our day happen. David, Pam, and I made sure the business community knew we are a Clubhouse being run just as a business with members and staff working for a common goal, to help the mental health community in serving the public with mental illness. We politely answered their questions and became energized by their interest for our knowledge of our Clubhouse.

What's New with Employment

The Culinary Unit is now responsible for the employment activities and tasks for the Clubhouse. We are always in the process of developing our Transitional Employment (TE) for members. To further the process, we are also developing more TE's for members. Currently the Clubhouse has four TE positions. (Two at Hobby Lobby, one at Aging Services, and one at Progressive Independence.) Thunderbird Clubhouse is on a mission to obtain a total of 10 TE empty positions. We want to go to the best employers in town. Employers such as our local newspaper, manufacturers, our prestigious University of Oklahoma and unique local businesses here in Norman, America. Norman is a growing metropolis and we would like to partner with other agencies and companies to be a part of it. If you would like to join us in this mission of increasing our employment opportunities for members, please contact Liz at the Clubhouse at (405)321-7331 or (405)642-2000.

