

PLAN @ 1121 ROCK

People Living Active Now

PLAN UR MONTH

Your Newsletter for PLAN @ 1121 Rock
An Accredited Clubhouse Model Non-Profit



Saturday, May 21st – Join Us!

In the morning...



#Together4MH
#NotAloneNorthTexas

Saturday, May 21st
8:30a to 12n

Riders Field
7300 Roughriders Trail
Frisco, TX 75034

Join our team or
donate at
www.namiwalks.org
Team: PLAN Rocks

In the afternoon at 4pm...

A return, after Covid, to time together!
And the **WHOLE FAMILY** is invited!
It's a Potluck! Bring desserts or sides!



Saturday, May 21st at 4p
PLAN @ 1121 ROCK GARDEN
1121 Rockingham Rd, Richardson TX 75080

Come sing along with our beloved
Coffee House Jam Volunteer
Musicians and hear
inspirational Member
Stories in honor of Mental
Health Awareness Month.

“SHARING HOPE” during Mental Health Awareness Month



Pictured: Kim M., Ruth J., Teri H., Liam R. with PLAN @ 1121 Rock and Shelby Abeyta, Sr. Director of Communications & Engagement, Meadows Mental Health Policy Institute.

In honor of May as Mental Health Awareness Month, Jewish Family Service and PLAN @ 1121 Rock are so delighted to be partnering with the mental health public awareness campaign [Okay to Say™](#) in an effort to promote the fighting of stigma in the Dallas area. [Okay to Say](#), a program of Meadows Mental Health Policy Institute, has placed nine life-sized letters in prominent locations throughout Dallas. When brought together, the letters display a powerful message: “**SHARE HOPE.**”

The community is encouraged to write messages of hope on each of the letters, as a way to show their support to any of the [3.6 million Texans living](#) with a mental health condition, and helping to spread the message that it's **okay to talk about mental health** by speaking up and sharing hope.

To share encouraging words, come visit the “S” at PLAN @ 1121 Rock, catch up with us at the NAMI Walk or check it out when it is at the JFS Main Campus. Markers provided!



It's Okay to Talk about Mental Health!

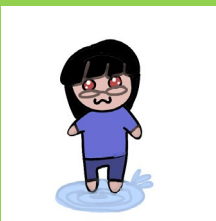




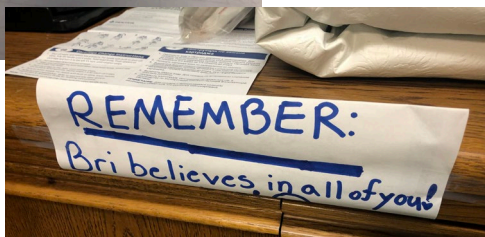
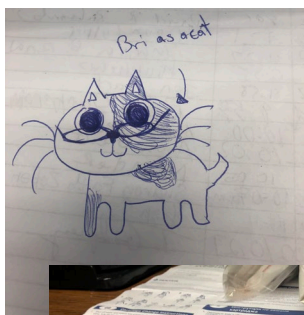
Clubhouse Standard

9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

THE BRI ZONE



Things you should give Bri when they are sad an infographic



Member Showcase



Meet Bri

Have you noticed the “Bri Zone” in our PLAN UR MONTH newsletters? Or if you’ve been to PLAN @ 1121 Rock lately, you may have come across delightful animated cartoon drawings popping-up around the Clubhouse. What you may not know is that these are all done by Bri, a dear member of ours that loves drawing and animation and loves to share an good word! Bri seeks to encourage, uplift, and lighten the spirits of their friends with their drawings, and I’d say they do a great job of it!

Bri is originally from Duncanville, TX and has lived here her whole life, “except for the times when I was on vacation,” they said. They preferred pronouns are “they, them,” and they have been a member of PLAN since the end of 2020. They said, “I was really struggling with depression and my doctor found out about PLAN and recommended it for me!” Bri enjoys the Clubhouse and says that it “has helped me with my mental illness by showing me that there are strong people that care about me and I don’t have to hide my feelings; when I share my feelings, people listen.” They enjoy the culinary unit and working in the creativity center the most!

Beyond the Clubhouse, Bri enjoys their family and developing their artistry. They stated, “one of my role models is my parents because they’re working 12-hour shifts as nurses and work really hard. I want to be hard-working like them. Maybe someday I could work a 12-hour shift too!” In their free time, Bri likes to animate and do art on their phone. “There’s a paint program I use on my phone. I also do physical artwork too. My aunt actually commissioned me to make a piece for her of a Mexican sun with rays coming out of it.” One of their goals is to become a professional animator, perhaps for Cartoon Network or Adult Swim.

As Bri says, “Always keep trying for your goals, because if you don’t try at all, you’re missing an opportunity.” Bri, you live this out every day before us by sharing your art, your joy and your heart with us. We are grateful we did not miss the opportunity of having you join us! - by Daniel M.

Some New Additions...

Welcome the

1121 Snack Shack

Much, much thanks to PLAN Advisory Committee (PAC) member, **Jim Doyle**, for the latest addition to our Clubhouse, as he both found and delivered the glass display case that we had been searching for for months.

In April, we were incredibly proud to debut the new **1121 Snack Shack**—a name that members and staff agreed upon at our latest House Meeting. The **1121 Snack Shack** not only offers a variety of snacks and drinks, member art, and PLAN @ 1121 t-shirts, but also provides a fun new addition to our Work-Ordered-Day. Snack Bar responsibilities include budgeting, purchasing, cash tracking, merchandise display, inventory management and customer relations—retail skills that are certainly useful in today's job market.



Pictured: Steve C. and the back half of service dog, Berlin, above and Darren, below.



1121 Snack Shack Hours:

Mon- Fri
10:30a – 11:30a
1:30p - 3:30p
Hours subject to change.

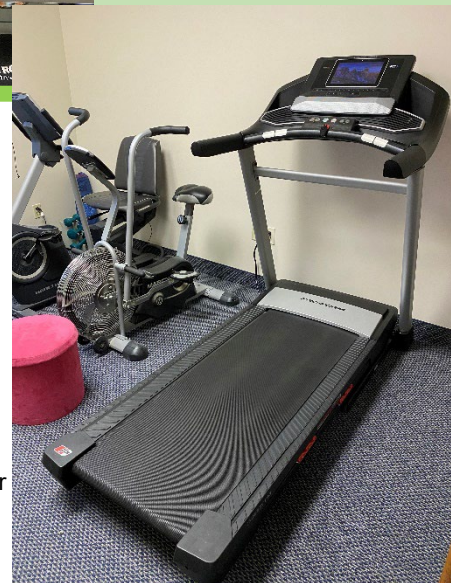


Pictured: Ethan C., Mark H., Paige F. and Teri H. reviewing 1121 Snack Shack donation protocols.

Major Upgrade to the Wellness Room

We now have a super deluxe ProForm iFit treadmill for members to use! Includes video training runs and even cooling fans.

We are grateful to former PAC member, Colin Cotter, for this valuable upgrade.





Just Gettin' Better

A Column by Jim D.



Stir The Beans

The 'Work-Ordered Day' is an essential part of all Clubhouses. Members and staff work together to participate in many projects. In the day-to-day operation of our Clubhouse, not only do these daily duties keep the Clubhouse functioning, but they assist in the rehabilitation of members in finding employment in the labor market.

New members often are reluctant to participate in the work-ordered day at first. One member who had not been participating was told that the beans tasted burned each day. Someone was needed to stir the beans to keep them from sticking to the bottom of the pan. He volunteered. For 30 minutes he stood by the stove continuously stirring the beans. At the end of the day during the meeting he was asked to stand to be recognized for her contribution having the tastiest beans ever served at the Clubhouse. He beamed with pride as he received applause for a job well-done.

Culinary skills in restaurants are in demand in our labor market. A restaurant without good food is destined to fail. Our members receive training in the kitchen, and some have gone on to receive important jobs in restaurants and other food service organizations. Each day members work to plan and prepare nutritious meals, serve the meals to the group, and clean the kitchen and dining area in preparation for the next day. Many of our members and staff have obtained food-handler's certificates after receiving training by the health department. This shows that they have the training the experience and the work-ethic to be valuable assets in other food service. Often this is a ticket to a job that gives them added self-esteem and increased income as they transition back into the work force. Other needs for members to participate in the work-ordered day vary and members, supervised by staff, step in to learn new skills and perform duties as opportunities become available

Ideas for topics to cover?

Email Jim at JimsRacket@gmail.com

Glimpses from Culinary



Sharon Z.



Mark H.

Ben K. and The Recipe for Passion and Meaning

Michelle C. interviewed long-time member Ben K. to understand what PLAN @ 1121 Rock has meant to his mental health. Here's how it went!

MC: When you came to the Clubhouse for the first time, how did you feel?

BK: I don't remember the first time that I came to the Clubhouse, but I do remember when it opened that I was happy with the way that everyone was interested in the work-ordered day. Everyone seemed to be included and happy about being there. Also, I felt included, because everybody had a mental illness.

MC: What role did the Clubhouse play in your discovering that you liked cooking?

BK: The Clubhouse provided an environment where I could try cooking a couple of times a week and, also, cook for a lot of people, which was something that I had not done before.

MC: How did you develop your passion for cooking?

BK: I cook frequently – every day – and have tried a lot of unusual recipes, like the ones that call for some of the more unusual ingredients. Also, I've tried some of the same recipes with different modifications. And, I am learning to recognize the spices.

MC: How has cooking contributed to your mental health?

BK: Sometimes, when I am a little unhappy, I remember that cooking is always fun. When I start cooking in the mornings, the day starts a lot better and can make the rest of the day a little brighter. And I don't need to hold a job in order to grow.

MC: Do you have any advice for new members seeking to discover their passions at the Clubhouse?

BK: You might find a passion for something that is a part of your life already, but that you never acknowledged it. Do something that can be done for the rest of the Clubhouse, so you can be sure that it is meaningful.

Thank you, Michelle and Ben! Your inspiration is an inspiration to us, and your presence in our community adds so much meaning to our lives!



Excerpts from a Staff Member Memoir

BIPOLAR DEPRESSION AND ME FROM BOTH SIDES OF THE COUCH



By Pamela G. Cohen, M.A.

CHAPTER 2 The BEAST is Identified

Today, I am a person who suffers from bipolar disorder. My brain does not work properly, but others cannot see it like one would a gaping wound or a fractured bone. One may see it in my affect or behavior. But, for the most part it is invisible to others. One cannot see it on an X-ray, or a PET scan, or a blood test, or an MRI. It can only be diagnosed through interaction with properly trained people. The pain is more than one can imagine. That is why suicide attempts or suicide is sometimes its companion, seemingly the only way out of the agony. The pain is hard to describe. It is not like a headache, but it is a searing, unremitting, agonizing brain pain. It is like intense grief with a terrible self-loathing component. It influences my mood in an oppressive negative direction while it interferes with my sense of emotional balance. The pain is blinding in its own monstrous way. It is hard to understand unless one has had it, and one would know it if they had a major depressive episode.

Depression is a liar, a thief in the night that steals one's true self. I am not the same when I am depressed. My ruminating thoughts tell me I am fat, ugly, worthless, incapable, unlovable, insensitive, uncaring and thoughtless. When I am in a depression, I cannot feel concern nor love from others. For whatever reason, this brain chemistry gone awry does not allow in its lack of mercy room for connection with others. No external stimuli can help me. I am alone. A beautiful day just makes me feel more intensely alone, because it is so contrary to how I feel. The pain is unrelenting, and depression has been my constant companion and an unwelcome guest in my head for long periods. I hate depression more than anything I know, except for anxiety, which is her best friend.

With lots of medication and years of recovery: learning and implementing new coping skills, having peer support and a healthy community. Along with sticking with a therapist and a psychiatrist, it now comes and goes like a bad relationship. It is not as bad as it used to be. For fifteen years I went without the benefit of psychiatric medication. My synapses and neurotransmitters were tumbling, destroying everything in their paths, like a tornado.

CHAPTER 7 Hope Becomes Reality

My living situation brought me back to North Dallas where I was closer to my friends and to Iris Place. Therefore, I had much more emotional support that led to my healing. I also tried a new medication called Vraylar that was miraculous for me, except that it caused me to gain weight. My mornings were still difficult, but once I showered and started the day, my mood improved. Over time my fantasies of dying were less and less. I still had some suicidal ideation but was not planning

anything, and it was fleeting. I was feeling safer with my illness. I also appreciated that my therapist told me at the end of each session to call her if I needed her before the next scheduled session. It gave me a safety net. Other therapists have always said to call them if I felt suicidal, but they only said it here and there. This therapist told me every session without fail that I could call, which made a huge difference for me. I felt like I really could call without feeling as if I was a bother. Remember the BEAST likes to isolate and can make one feel not worthy of such attention.

Another thing that helped me get stable was that Iris Place turned into a Clubhouse for the mentally ill. A Clubhouse is not a place for therapy nor a place to go to play cards or billiards. It is a place that has a work-ordered- day, and where the members (in this case those suffering from severe and persistent mental illnesses) work together to form a non-profit organization that is self-sustaining. For example, there are different units. The culinary unit consists of a group of people who plan menus, budget for groceries, purchase groceries, make lunch, serve lunch and clean-up after the lunch is over. It is voluntary. Members are not paid, although paid staff assist. There are other units and activities, such as the clerical unit. The members of the Clubhouse often visit museums, restaurants, and have picnics. They also celebrate holidays together on the date of the holiday so those without family have a place to go. The Clubhouse is open five days a week from 9a.m.-4p.m., and has been most helpful to me in that it provides a structured environment. It is called PLAN at 1121 Rock, the first accredited Clubhouse in Dallas, Texas. I have a place to go where others understand my BEAST and I understand their struggles. We all have some form of brain pain so there is little judgment. It is a safe place, in that the stigma of mental illness is not present. Although many of the members experience self-stigma. Self-stigma is when one buys into the erroneous beliefs that society holds about mental illness. It takes hard work to root out those social untruths, another gift from the BEAST. However, we can learn how to weed out those thoughts with practice and support. There is hope.

Without the Clubhouse I think I would be lost. It's a lifesaver. So, with better medication, a great therapist, a stable home situation (I live near the Clubhouse), and a good support system, I am pleased to say I have been relatively stable these last few years. I still have my morning depression, but I can manage it. I am now a certified Mental Health Peer Specialist at PLAN Connections. I work with people with SMI and use my lived experience to be of assistance to them. So, I have come full circle.



Pictured: Pam's sister, Bonnie, colleague, David and Pam C. herself.

Interested in finding out more about Pam's story, you can email her at pcohen@planntx.org

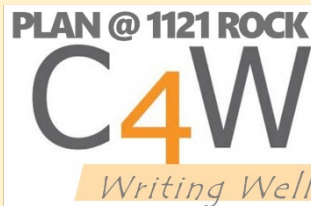




Page six

Introducing a New Class

Starting
May 17th
at 2:30p



Composition for Wellness (C4W) will be an eight-week workshop focused on using creative composition to increase our wellness. Together as a Clubhouse, we have developed an original series that will use poetry, prose, quotes, creative exploration, and discussion to enhance our holistic well-being. C4W is inspired by the popular *Poetry as A Tool for Wellness* workshop series that we have done in the past. For C4W, we anticipate the same meaningful experience that we had with *Poetry as A Tool for Wellness*- but even more special, as we have custom built the curriculum to fit the unique nature of our PLAN @ 1121 Rock community.

Join us to discover the joy and health of **writing well!**
Starting Tuesday afternoons from 2:30-4:00pm,
starting May 17th.

Way to Go, Stephen!



Congratulations to our PhD Intern, Stephen Chacko! Stephen graduated with his Doctorate in Occupational Therapy from University of St. Augustine for Health Sciences.

Stephen not only completed his capstone 70 pg thesis paper, "**Defining a Role for Occupational Therapy Within the Clubhouse Model: A Concept Analysis,**" while interning with us these last six months, but he also became part of our Clubhouse family! We are excited to see how his work may contribute to promoting OT and Clubhouses in the future! We know there is a promising road ahead for Dr. Chacko!

It's Time For Another *Whodunnit!*

Written by **Darren M.**
and **Daniel M.**

The
Cosmopolitan
Café
*Camcorder
Confession*

Thursday,
May 26th
5:00 PM

*A Mystery Dinner Theater Experience
of Bulgarian Proportions*

Nurse David's Health Corner

How To Prevent Heart Disease

What are the heart disease risk factors that I cannot change?

- Age
- Sex
- Race or ethnicity
- Family history



What can I do to lower my risk of heart disease?

1. Control your blood pressure.
2. Keep your cholesterol and triglyceride levels under control.
3. Stay at a healthy weight
4. Eat a healthy diet
5. Get regular exercise
6. Limit alcohol intake
7. Don't smoke
8. Manage stress
9. Manage diabetes
10. Make sure that you get enough sleep.



Stay healthy!
David





PLAN @ 1121 ROCK
Arapaho Gardens
1121 Rockingham Dr.
Richardson TX 75080
972-379-9904

Contact #'s

1121 MAIN....972-379-9904

Daniel.....972-703-2150

Jillian..... 972-703-2152

Paige.....972-703-2151

Ruth.....972-379-9902

Shira.....469-830-5333

CLUBHOUSE SCHEDULE

IN-CLUBHOUSE LUNCHES EVERY WEEKDAY!

Monday - Friday
12:30 PM

\$2 Donation
What a Deal!

TUNE-IN VIRTUALLY...

2022 House Meetings
Wednesdays @ 1:15pm
Moving to
Tuesdays at 1:15pm
Starting w/o May 23rd.

PLAN @ 1121 ROCK
214-380-0303 pin 1234

May 2022 Lunch Menu

Monday May 2nd – Taco salad w/ fresh fruit

Tuesday May 3rd – Asian style chicken salad & chocolate custard

Wednesday May 4th – **Birthday Bash** – May the Fourth Be With You (Star Wars Day theme)

Thursday May 5th – **Cinco de Mayo:** Build Your Own Nachos

Friday May 6th – Baked Rigatoni, garlic bread, and side salad

Monday May 9th – Chicken Caesar Salad w/ fresh fruit

Tuesday May 10th – Spaghetti w/ side salad

Wednesday May 11th – Eat What You Want Day – **Bring Your Own Lunch**

Thursday May 12th – Confetti salad w/ fresh fruit & Oreos

Friday May 13th – Tuna salad & bagels w/ deviled eggs

Monday May 16th – BBQ Chicken Salad w/ fresh fruit

Tuesday May 17th – Baked Potato Bar w/ side salad

Wednesday May 18th – Doritos Chicken Casserole w/ side salad

Thursday May 19th – Pasta Primavera w/ side salad

Friday May 20th – Pizza casserole w/ side salad

Monday May 23rd – **Clubhouse Closed**

Tuesday May 24th – Beef enchilada casserole w/ rice & beans

Wednesday May 25th – **Clubhouse Closed**

Thursday May 26th – Cheesy Broccoli Casserole w/ Blueberry Cheesecake

Friday May 27th – Chicken Caesar Salad Wraps w/ fresh fruit

Monday May 30th – **Closed for Memorial Day**

Tuesday May 31st – Strawberry Spinach Salad



**Join us on
Facebook at
"PLAN of
North Texas"**

PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or Case Management Services? Contact 1121 Rock at 972-379-9904, or Ruth Josenhans at 972-379-9902 / email at rjosenhans@planntx.org to find out more.



Be sure to attend our House Meetings and be a decision-maker in Clubhouse Biz!
Moving from Wednesdays to Tuesdays at 1:15p starting May 24th..

What we imagine becomes our future!