

Is **PLAN @ 1121 ROCK** for me?

Did you ever want to learn how to run a non-profit?

This is your opportunity!

Members must be 18 and over, with a diagnosed mental illness (eg. schizophrenia, schizoaffective, bipolar, major depressive disorder, may also include autism spectrum) and must be referred by a mental health professional. If you have a history of violence or sexual assault, or have an active substance abuse issue, you are not appropriate for this program.

Once at PLAN @ 1121 ROCK, you are not your diagnosis. We only ask that you be committed to personal integrity, recovery and a willingness to participate in helping to run the Clubhouse. Also, it sure helps to have a sense of humor. ☺

respect

OUR VISION:

A better life for all our members.

OUR TASK:

Working together to make it happen!

Testimonials

"Coming to PLAN's work-ordered day has made a big difference in my recovery!"

- Tracey S.

"PLAN @ 1121 Rock is an amazing place to heal, a place to grow, a place to live life with others who understand." - Pam C.

Check out our monthly "PLAN UR MONTH" at www.planntx.org

Jewish Family Service of Dallas is a full-service social service organization dedicated to being an open door to all in need. Services include: Psychotherapy, Assessment and Testing by licensed Clinicians for adults and children, including those with severe mental illness, The JFS Food Pantry, Career & Financial services, Older Adult Services, to name just a few. To receive assistance call 972-437-9950 and ask for Intake, x340.

For more information, contact **PLAN @ 1121 ROCK** at 972-379-9904 or info@planntx.org

To join, please call Jewish Family Service for an Intake: 972-437-9950 x340

Generous Program Support from:



Admin Address: 5402 Arapaho Rd • Dallas TX 75248
972-690-7526 • www.planntx.org

PLAN @ 1121 ROCK

People Living Active Now



Located at:

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



A program of



Jewish Family Service of Greater Dallas

An open door to all in need

What is a “Clubhouse?”

A Clubhouse is a community of people who are **working together** to achieve a common goal—learning to cope with a mental illness and integrate into the community.

belonging



In the 1940's in New York City, patients being released from psychiatric facilities met together and realized that they needed each other to successfully get back living in society, thus began Fountain House. Under the direction of John Beard, the “**Clubhouse Model**” was born.

The Clubhouse Model focuses on members having access to opportunities that all people want and need: relationships, a safe and dignified place to be and live, pathways to a job and an education. Above all, members provide each other with encouragement and friendship.



PLAN @ 1121 ROCK

People Living Active Now

What Makes a Clubhouse Special?

Let's start with what a Clubhouse is NOT.

- ... NOT a Clinical Program (though it can be therapeutic)
- ... NOT a Drop-In Center
- ... NOT an Emergency Shelter

The “Clubhouse Model” is SAMHSA* approved, evidence-based, considered best practices and internationally acclaimed for providing rehabilitation for those with mental illness.

There are over 300 “Clubhouses” in the world, accredited through **Clubhouse International**, for which there are rigorous standards.

* Substance Abuse and Mental Health Service Administration, under the US Department of Health and Human Services

The focus is on helping members help each other to become **productive** and **self-reliant**.

Guaranteed Rights of Membership

- A place to come...
- A place for meaningful work...
- A place for meaningful relationships...
- A place to return...

friends



Clubhouse International

Creating Community: Changing the World of Mental Health

Why PLAN Clubhouse?



hope

In 1991, a group of parents with adult children struggling with severe and persistent mental illness, united to provide the best in care management for their loved ones, for today and tomorrow. For over 25 years, Planned Living Assistance of North Texas (PLAN) has had a rich history of providing quality care to hundreds of families, including psychotherapy and case management for those with mental illness and their families. In 2015, PLAN debuted **PLAN-It 4Ward@**, a proprietary cognitive development and social skills program. And in 2017, along with its merger with Jewish Family Service of Dallas, PLAN embarked on a new phase of transformative support with the creation of our Clubhouse, **PLAN @ 1121 ROCK**.

Cornerstones of a Clubhouse

- The **WORK-ORDERED DAY** – running a non-profit takes effort to keep things going! From Morning and Community Meetings, serving Nutritious Lunches, Tracking Attendance, Reachout, etc.
- **COMMUNITY** and group participation are necessary. We serve lunches, generate newsletters, maintain our working area and plan social events and trips, etc.
- An emphasis on **EMPLOYMENT** and **EDUCATIONAL** goals, help with benefit and housing referrals.
- There are **37 TIME-TESTED CLUBHOUSE STANDARDS** that every accredited Clubhouse adheres to!