

APRIL 2025

The Reach Of Respect

The Value of Respect

PLAN CORPS Values

C – Commitment, Communication

O – Openness

R – Respect

P – Purpose, Passion, Presence

S – Service, Solution-Focused

Why is RESPECT one of our CORPS values?

- **Peter:** “I think if people can’t respect each other, they can’t get along.”
- **Kevin:** “Respect helps people recognize their worth and not cause any self-harm – some say ‘it’s like water off a duck’s back,’ but for some who are more sensitive, sometimes we forget that words can hurt or can cause a setback.”
- **Michelle:** “If we don’t respect each other, our relationships won’t go anywhere because it’s fake – there’s no depth to it.”
- **Shelita:** “When you respect yourself, you respect others. You have to have self-respect in order to have respect for others.”
- **Robin (quoting Bruce Lee):** “Knowledge will give you power, but character, respect.”
- **Deanna:** “You always want to honor people because it helps create a healthy culture. It creates a kind of refuge if we respect each other.”

We hope you get a lot out of this issue and seek to grow in practicing respect in our community.

Clubhouse Texas March Forth at the Capitol



The Clubhouse Texas Advocacy event in Austin was a meaningful success! Our team joined with members from Clubhouses from across Texas. Here are some highlights:



— Ricky: “I got to advocate for the Clubhouse model, using my own experience at PLAN, explaining how it is valuable for a wide variety of people. We met with the chief of staff for Angie Chen-Button (our representative for our district), and I was most proud of that because I got to authentically tell my story for the good of our community.”

— Lisa: “I got to be part of the advocacy team at the rally! If you haven’t participated before, it’s well worth!”

— Kim: “Participating in advocacy builds confidence and makes you feel so much a part of making a difference. You can develop meaningful relationships! It’s a neat way to work on your recovery and find others who share your passions.”

— Takiyah: “I helped carry signs, increasing awareness and sharing our purpose for being there. It’s meaningful to support changes in policy. I’d never been to the Capitol building! It was an exciting first for me!”

— Scott: “I got to speak as part of the rally. I was glad to be a part of it all and represent our Clubhouse. Now I know what advocacy means!”

Join the Advocacy Committee to find out more!

Member Showcase



Meet Sarah E.!

Some members have been around for a bit – Sarah E. is one of those. Originally from Denison, TX, Sarah has been in Texas her whole life and a member at PLAN since 2016. She says the Clubhouse helps her with her mental illness by keeping her busy and focused on other things so as not to dwell on symptoms of internal voices. She has not been hospitalized as much since

joining PLAN as well, which speaks to how much the Clubhouse has helped things improve for her. She likes to do many things at the Clubhouse, including helping with the newsletter and planning events. She has goals of learning to work in the Snack Shack and participating more in the weekly PLAN TV newscast.

In her free time, she likes to do arts and crafts and organizing. She is known for her expertise in baking (especially cupcakes). She's also a superfan of the Dallas Stars. When asked who she admires most in the world, she said her mom and dad because they have given her so much support throughout her life and continue to.

In thinking about respect and her own mental health journey, Sarah says, "I've felt both more respect from others and more self-respect as I've progressed in my recovery. It feels great to be able to see progress and growth in myself and know others see it too. I look forward to seeing where I grow next." When asked if she has any words of wisdom for new members, she says, "the great thing about the Clubhouse is that everyone shares in having some sort of mental issue and in the process of recovery: you're not alone here."
-Todd W., Sarah E., Tiffany G., Daniel M.

Thoughts on Respect

Respect has two directions: inward – how we feel about ourselves, and outward – how we feel about others.

Unconditional Positive Regard

This means you treat others – and even yourself – with an automatic sense of inherent worth. Even when poor choices have been made, we are still worthwhile and valuable. It is unconditional because, no matter what a person may do, they still deserve your respect. Respect in this sense is having a high view of people because their value is in their personhood, not their behavior.

-Daniel M.

Clubhouse Standards Are About Respect

1. Membership is voluntary and without time limits.
2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
3. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.
4. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

And Speaking of Standards...

30. On a regular basis the Clubhouse conducts an objective evaluation of its effectiveness, including Clubhouse International Accreditation.



STAFF EVALUATIONS IN APRIL!

It's that time of year where you get to be a part of our Clubhouse evaluation process. Staff evaluations will be available soon. This helps our staff know what they're doing well and how they can improve to increase the efficiency and meaningfulness of our community. Please do your part to provide this valuable and necessary feedback!

Respect Is Key: a poem

Believing in someone, the character of integrity,
Seeing value in them in the reach of humility,
Holding space out of deep admiration,
And giving hope by extending affirmation:
Respect is a bridge we build with care
From apartness here to togetherness there.
In every word and action true,
It starts with me and grows with you.
Each and every person has worth,
Innate personhood from being human on Earth,
So when you wonder if respect is key,
Remember: there's only one you and only one me.

- Robin K. & Daniel M. w/ ChatGPT

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Great Mental Health Resource!



Depression and Bipolar Support Alliance

The Depression Bipolar Support Alliance/Dallas is a great local resource to help those who are struggling with or affected by bipolar or depressive symptoms and their families. They offer a large number of supports, including Peer to Peer virtual and in-person hour and a half long support groups six days a week. Support meetings occur:

- ❖ During day hours, as well as evenings
- ❖ Different Locations, including Dallas, Denton, Duncanville, Irving, etc.
- ❖ Targeting specific populations, like Young Adult (Ages 18-25), Ladies Only and those who enjoy Arts and Crafts

Once a month they offer an Educational Presentation with guest speakers on a variety of mental health and wellness topics at UTSW. Twice a year, they have the entertaining pot luck DBSA Picnic at White Rock Lake open to participants, family and friends. There's even karaoke! (The next one is scheduled for Saturday, April 26th from 4p -6p at Winfrey Lodge at White Rock Lake. Be sure to register with Carol King at 214-502-5496 if you plan to attend.)

If you are interested in participating with DBSA, annual dues are \$30 per individual/family. Once you sign up, you will receive a weekly email with the schedule of events and Zoom passwords. For \$15, you can even get their bimonthly newsletter mailed to you. Please call their answering service at 817-654-7100 and someone will get back to you with more info. If you are struggling or are in a season where you or your family need extra support, DBSA is for you!



Just Gettin' Better:

R-E-S-P-E-C-T

A Column by Jim D.

When I first entered school, I had some bad experiences. A lot of bullying by older boys took place. I was called cruel nicknames. My self-worth was badly damaged as a result of my cruel treatment. In addition, mental illness ran in my family. My grandfather, mother, myself, and some of my precious children have suffered and continue to suffer from these incurable diseases.

When we moved to the Dallas area, I happened to meet Ruth Josenhans and was awestruck by how my self-esteem soared in her presence! I accepted her offer to visit PLAN. Ruth made sure that her staff and the PLAN members understood the positive value of respect toward all and the negative effect of name-calling and talking negatively about others. As a result of my visit, I joined PLAN and have never regretted it. The experience of acceptance was everywhere. Working as a team member helping to prepare lunch, arrange flowers for our Clubhouse, serving as receptionists, or in any of the other activities needed to keep the PLAN running, built my confidence.

The management of PLAN with the support of Jewish Family Service of Dallas and others, provides so much to help us feel respected and eventually better able to find employment and housing on our step to becoming more self-sufficient as we continue *Just Gettin' Better!*

Dear Dani



Dear Dani, what do you do when someone keeps following you around and you want them to leave you alone, but you don't want to hurt their feelings? A suggestion I've heard is that we have a class or meeting about non-verbal body language so maybe they learn and realize on their own with no hurt feelings?"

– Sincerely, "Subtle Space Seeker"

Dear Seeker, Great question! Some individuals may struggle to read body language due to their disability or illness, so they may not realize they're making someone uncomfortable. A kind but direct approach works best—saying, "I need some space right now, but we can talk later!" sets a clear boundary without being hurtful. And your idea of a class on body language and personal space is great! It could help others recognize social cues while also normalizing the need to communicate boundaries directly. Thanks for inquiring!

Drop YOUR questions into the Dear Dani Mailbox!

PLAN Connections Addition

Welcome, Takiyah!



It is our pleasure to welcome PLAN Connections newest Peer Support Specialist, Takiyah N.

Takiyah is originally from Las Vegas, Nevada, but has lived here in Dallas on and off for about eight years. However, her places she's lived go much beyond these: she's lived in Mexico, South Korea, Germany, Spain, Ukraine, Alaska, Oregon, New York and Bulgaria. Just to name a few.

Takiyah was trained as an MHPS (Mental Health Peer Specialist) at San Antonio Clubhouse through their Peer Academy, through which she learned of our community. As she's joined us, she's found that some of her favorite things to do at the Clubhouse include just chatting with members and participating in our book discussions. In her role as a Peer Support Specialist, she is most excited about respecting others' individuality and uniqueness, cultivating a safe place where people can experience what makes them happiest, strongest and most hopeful.

In her own time, her favorite thing to do is "slow travel". When asked if there's any one person she admires most, she answered that, while there's no individual in particular, she admires anyone who has the courage and boldness to be their authentic self unapologetically.

Passionate about goal setting and motivational psychology, Takiyah has a few goals of her own. In the short term, she's excited to work on a goal setting system that she's created. A medium goal is to make lots of friends and connections in Clubhouses all around the world since she doesn't have a lot of close family. Long term goals include using everything she's learned working with Clubhouses to become an international motivational therapist for Clubhouses worldwide.

We asked her if she had any words of wisdom to share as she gets started. She answered, "Never let anyone define you because that's their box they're putting you in and always remember you can create choices and options in your life that make you your best self."

-Robin K.

Event this Month



North Texas Brain Injury
Awareness Walk 2025

SYNAPSE LAPS

JOIN US!

Saturday
April 12, 2025
8:30a – 11a

Toyota Music Factory
Las Colinas

Sign up to help us host our table
Dogs are welcome!

Respect for Boundaries

Why Respect For Boundaries is Important At our Clubhouse

Boundaries are a healthy way of setting expectations, often in a group setting like our Clubhouse at PLAN. Very simply, without respect for and adherence to healthy boundaries, goals often go unmet because people may feel unappreciated or slighted which causes a lack of desire to participate.

There are many types of Boundaries to be aware of: Physical, Intellectual, Emotional boundaries, Sexual, Material and Time boundaries.

For example, consider an intellectual boundary that may require you to run your newsletter's contents by the director. If one person takes the time to do this, but another chooses to ignore the requirement, the newsletter may end up lacking coherency. This will ultimately reduce the effectiveness of the article writing section of the Clubhouse.

Also, consider a material boundary like setting the expectation that no one take anything out of the pantry refrigerator. Again, simply, if some people choose to heed the requirement, yet others simply take without asking, this will ultimately disrupt the fairness of how things are distributed through the refrigerator.

So let's thrive at our Clubhouse by respecting boundaries!

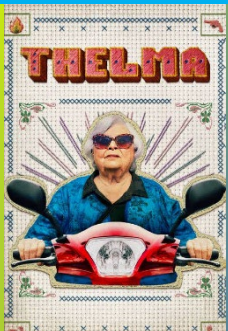
-Ricky A.

Movie and a Meal

Thelma (2024)

4/24 @ 4:30pm

Action/Comedy: When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.





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

PLAN @ 1121 ROCK

People Living Active Now

1121 MAIN.....972-379-9904
Daniel.....972-703-2150
Deanna.....469-589-9907
Lauren.....972-703-2151
Ruth.....972-379-9902
Shelita.....469-206-1658

CLUBHOUSE LUNCHES

Monday - Friday

12:30 PM

\$2 Donation

\$3 on Fridays for

Travis' Specials

*If you are running late, please be sure to call by 12:00p. Meals will not be made available after 12:30pm without a call to reserve. Leftovers can be purchased for \$1 after 1:15p.

HOUSE MEETINGS

Tuesdays @

1:00pm

Participate in Clubhouse decision-making!

If you can't make it in person, you can join over Zoom. All we need is your email to get you the link!

Committee Meetings

Newsletter Committee

Tuesdays @ 11a: 4/1, 4/15

New Member Committee

Wednesday @ 11a: 4/23

Sunshine & Shadows Committee

Thursday @ 2p: 4/3

Career & Development Committee

Wednesdays @ 11a: 4/16, 4/30

Media Arts Committee

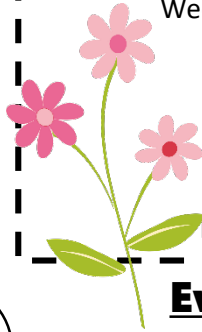
Thursday @ 11a: 4/10

Advocacy Committee

Thursday @ 2p: 4/17

Events Committee

Friday @ 11a: 4/11, 4/25



Events This Month

Tuesdays: 4/1/, 4/8, 4/15, 4/22, 4/29

Weekly House Meeting @ 1p

- Mondays: 4/7, 4/14, 4/21, 4/28 - Book Discussion – *Let Them* @ 2p
- 4/2: Janssen Neuroscience Presentation @ 2p
- 4/4 & 4/18: JFS Hoops @ 11a
- 4/10: Clubhouse Employment Training @ 2p
- 4/12: BIN Synapse Laps – 8:30-11:00 AM
- **4/14: Clubhouse Closed**
- 4/19: Coffee House Jam: Showtunes & TV Themes @ 5-6:30p
- 4/23: Cooking with Kim @ 2p
- 4/24: Movie and a Meal: *Thelma* @ 4:30p
- 4/26: Supper Club – Chili's (1920 N Coit Rd.) @ 5p
- 4/29: Birthday Bash @ 12:30p



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 at 972-379-9902 or email at rjosenhans@planntx.org to find out more.

Case Management

Dani.....469-589-9909

Peer Support

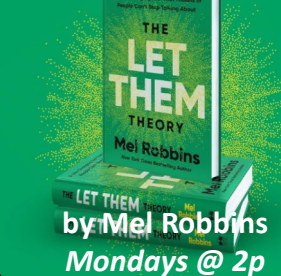
David..... 469-589-9905

Jalen.....469-589-9904

Lisa..... 469-589-9906

Takiyah....469-589-9902

Book Discussion



You don't need to have the book to participate.