

What is our trajectory?

January 2023
HAPPY NEW YEAR

ADVOCACY TIME

SAVE THE DATE: Wed, 2/1/23

#TXAct4MentalHealth:

Texas Mental Health Capitol Day 2023

We look forward to joining with NAMI in going to the Texas Capitol in Austin for a Rally and visits with legislators. Advocacy is essential to improving access and availability of mental health care across Texas. Advocates who are able to effectively share their stories of mental illness and recovery can help to shape the policies that determine the quality of care provided to those most in need. Simply, advocacy is one of the best ways to ensure that every Texan living with a mental illness is given the opportunity for recovery.

Registration is \$20 and includes lunch. **Clubhouse Texas T-shirts are available for sale for \$10.** Sign up on the Big Board and join in advocating for mental health in TX!



3...2...1... We Have Ignition

Two great words for this upcoming year are "trajectory" and "momentum". **Trajectory** means "the path followed by an object moving under the action of given forces"--like a rocket launched in a certain direction.

Momentum means "the impetus gained by a moving object"; e.g. a rock rolling down a hill that gains speed as it rolls. It's the start of the new year, and we as a Clubhouse and individuals get to decide:

- What are we aiming for? What is our trajectory? Where are we pointed?
- And what will help us gain momentum? What processes can we create or streamline to cause an "upward spiral" where every next step makes the one after it easier?
- In other words, what's our PLAN? Where do we want to be by the end of the year and how do we get there? With Planning Day, our upcoming reaccreditation, and our follow-up action plan from Clubhouse Training, we have lots of ways to keep moving forward as a community! Hop on board! Our launch is imminent!

-Daniel M.

Accreditation Update

Our Clubhouse International Accreditation visit is coming up in February. Our whole Clubhouse has been busy preparing the Self-Study and for their visit. PLAN @ 1121 Rock is the 4th accredited Clubhouse in Texas. We are excited to remain in good standing!

We are excited to announce our Accreditation faculty:



- **Kathy Pate**, a member of Thunderbird Clubhouse in Norman, Oklahoma.
- **Michael Brown**, Chief Program Officer at HERO House in Bellevue, Washington.

Save the Date: Morning of Wednesday, 2/22/23, for the Findings Report.

Member Showcase



Meet Liam R.

Meet Liam R. He's from Big Sandy, Texas and has lived in Texas his whole life (60 yrs.). Liam joined PLAN two years ago, and he says that the Clubhouse

has helped him with making friends. He also enjoys the creative projects that PLAN involves him in. Liam's mental illness has improved since he has been at the Clubhouse because he is less isolated which reduced his anxiety and depression. Liam's favorite thing to do at the Clubhouse is to work on art projects, and he enjoys role playing games in his free time. I asked Liam who he admires most in the world and he told me that he admires Ami Mizell-Flint, the Executive Director of San Angelo's clubhouse. Liam also said he wants to participate in Achievement Through The Arts, a program that helps people with disabilities create artwork that benefits people alike. Liam had some words of wisdom for new Clubhouse members experiencing the Clubhouse for the first time. He wants new members to know that they're loved, they're not alone, and they are understood and welcome here. Finally, Liam wants to move away from his sedentary lifestyle by the end of 2023. - Ricky A.

Clubhouse Standards

28. The Clubhouse provides assistance, activities, and opportunities designed to help members develop and maintain healthy lifestyles.

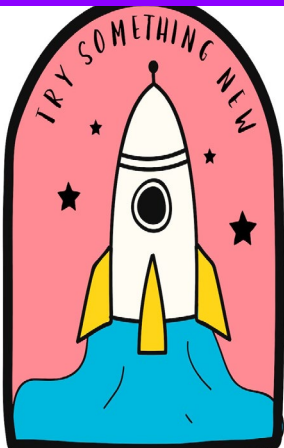
Jillian is Moving on Up!

As of January 2nd, Jillian is taking a position at Jewish Family Service as Development Manager, where she will be raising funds for JFS and all programs, including PLAN! It will be no surprise that Jillian will be one of PLAN's biggest advocates! While we will miss Jillian dearly with her energetic nature, her uncanny ability to connect with the community, and her relentless efforts to assist members in securing employment, we know she is moving on to the next step in her career.



Jillian cites her favorite part about working at PLAN has been getting to know every single person as her heart and soul has been touched by the hard work and determination of each of the PLAN members! She will always be rooting for us! Jillian wants to leave the members with one piece of advice to "keep coming to PLAN and working on your recovery. Everyone can get and give support here and I believe everybody can reach their goals." - Kelly C.

We have lift off!



THE FUTURE
STARTS
TODAY
NOT
Tomorrow

EVENT UPDATE

PLANNING DAY

SAVE THE DATE

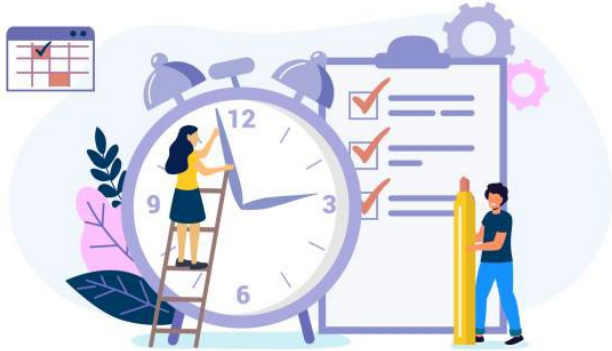
Wednesday,

February 8 – All Day





Time Management and Setting Goals



Time Management Is A Skill You Can Learn And Master.

Do you lie in bed depressed, sometimes for hours, or wake up at noon and wonder where the time has gone? Having a mental illness means it's important to manage your time effectively. Sometimes this means using techniques that can effectively promote healthy time management. I know what you're thinking, this isn't my problem, but by utilizing this skill effectively you can live a healthier, happier, and more productive life. Maybe you already have a grasp on time management? If you don't have a clear understanding on how to manage your time – that's okay too! It takes practice. Let's discuss the three steps to better time management.

STEP ONE - Track how you are spending your time. Do you sleep too much or spend time procrastinating? Keeping a journal of your daily activities, you can start to understand how you spend your days. At the end of the day try your best to recollect the activities you partook in. Step one helps with self-awareness and being self-aware is important for change!

STEP TWO - Start your day right and have a plan in place. Break your activities down into reasonable units of time. Prioritize your daily projects according to importance and urgency. Set a time limit for your tasks. You might try using a timer to moderate each task and that will ensure limits. It's okay to take a break between projects. Try to block out distractions. With practice, it will get easier.

STEP THREE- Know your limits and be kind to yourself. In time management, factors like anxiety and depression can make it more difficult to finish tasks. Understand that perfection is not achievable but by setting goals and creating routines, you can begin to use building blocks that will build you into a healthier functioning person. - Lisa W.

PLAN CONNECTIONS NEWS

People Living Active Now

We are so grateful for the support and care that we receive from our Case Manager, Kim, and our Peer Support Specialists. Whether its handling a bad day, questions about benefits or housing, they show up to help!

A big welcome to Lisa Wolf, MHPS (Mental Health Peer Specialist), as the newest staff addition to the PLAN Connections Team.

Congratulations to David Richards, MHPS, who has been promoted to Peer Support Lead. David will be coordinating Peer Support activity and assignments, tracking for grants, in addition to his regular Peer duties.

Peer Support Rocks!



Pictured: PLAN Connections Team - Nadine, Pam David, Ruth & Kim. Bottom Row – Lisa & Daniel

Thinking about the Future



What do you want to be when you grow up?

What's the weather forecast for this week?

Who do you think will play in the Super Bowl?

These questions represent the fact that we as humans often ponder with intense curiosity about what will take place in the future, but we often fall short of correctly predicting it. This doesn't mean, however, that we should stop thinking about what will happen in the future.

Our imaginations and critical thinking skills get strengthened in tremendously healthy ways when we think about the future. It improves our ability to deal with situations that we don't yet know the outcome of and also makes our life more interesting through the phenomenon of creativity. For people with mental illness strengthening these skills represents a very useful tool. Many artists exploit this type of tool to ease their weary minds. On the creative front think about how we use fiction to imaginatively create characters and scenarios that only exist in fantasy, but canvases, stages, and sometimes technology facilitate conveying these things to a human audience. On the logical front, think of all the logical gadgets we use to attempt to predict the weather. Meteorologists use barometers, thermometers, hygrometers, and anemometers to help us think about future weather patterns. We have the ability to take what we imagine and make it real.

Here at PLAN, a member once prepared a Who-Dunnit with a fictional plot and fictional characters that involved many Clubhouse members and allowed the audience to predict the outcome. We write the weather forecast daily. Hopefully, I have piqued your interest in this subject enough for you to pursue it in the future!!!
-Ricky A.

Just Gettin' Better

A Column by Jim D.

The year 2023 is full of hope for me.

As I celebrate my almost three decades involvement with Clubhouses, this time is also a milestone for someone whom I deeply respect, Paige Falco, who just received her Master's Degree in Social Work from UTA. Paige has been with PLAN since 2018, first as a Clubhouse Staff Generalist and was promoted to PLAN Program Manager in 2021. My first introduction to Paige was when I was still active at Prelude Clubhouse, then meeting in McKinney. We hosted the group from PLAN and Paige was in charge of PLAN's group for the visit. It was obvious that she was a born leader, as the members of PLAN cooperated with little resistance.

Paige's graduation was no easy feat. She was able to do her internship at Jewish Family Service and for the past six months, in addition to her responsibilities at the Clubhouse, she worked in intake and counseled clients as a requirement of her studies. Educational achievement is not only promoted to members, but how great that we also celebrate staff! Over and over, I see new members come, hesitant to get involved at first, then slowly they begin to participate and their self-esteem grows and lives are changed for the better. The healing is an inspiration to all. We are all friends, and we're in this together.

Paige



Congratulations on your graduation!



Nurse David's Health Corner

Tips for New Years Resolution

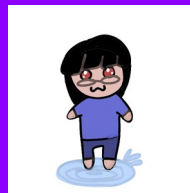
Be SMART with your goals

1. Be Specific
2. Be Measurable
3. Achievable
4. Relevant
5. Time-bound

Make sure your goals are realistic and you are doing it for the right reasons. Happy right resolutions!



THE BRI ZONE



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
Paige.....972-703-2151
Ruth.....972-379-9902
Shira.....469-830-5333

CLUBHOUSE LUNCHES

Monday - Friday
12:30 PM
\$2 Donation

*If you are running late, please be sure to call before 12:30p. Meals will not be made available after 1pm without a call to reserve.

HOUSE MEETINGS Tuesdays @ 1:15pm

Participate in Clubhouse decision-making!

If you can't make it in person, join at 214-380-0303 pin 1234

NOTE

Clubhouse will be CLOSED Monday, January 2nd, 2023.

Weekly Meal Themes

Mondays - Mexican OR Mediterranean
Tuesdays - Italian OR Breakfast
Wednesdays - Wacky OR "Whatever"
Thursdays - Vegetarian OR Vegan
Fridays - Eastern OR Southern Food

Committee Meetings

Accreditation Meetings

Most Days @ 11a

Advocacy Committee -

Wednesday @ 2:30p: 1/11 & 1/25

A/V (Audio-Visual) Activity -

Mondays @ 2:30p, and Wed 1/4 & 1/18

Events Committee -

Fridays @ 2:30p: 1/13 & 1/27

New Member Committee -

Thursdays @ 2:30p: 1/12 & 1/26

Newsletter Committee -

Thursdays @ 2:30p: 1/5 & 1/19

Events This Month

DBSA PLAN @ 1121 Group

Fri 1/3, 2:00p - 3:30p

Clubhouse International Articles

Tuesdays @ 2:30p

BINGO - Thu, 1/5 @ 4:30P - 6:30P

SMARTPHONE PRESO - Wed 1/18 @ 2:30p-4p

Supper Club - Sat, 1/21 Olive Garden @ 6p

Birthday Bash - Tue, 1/31 @ 12:30p

SMARTPHONES

Wednesday, Jan 18 at 2:30p @ 1121 Rock

Presented by Allison Harding, Sr. Dir Career Svcs

Join us for special JFS presentation on Smartphones!
Learn the basics of today's communication technology.
Call to register at 469-206-1670. Open to family and friends.



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

Kim.....469-589-9902

Peer Support

David.....469-589-9903

Lisa.....469-589-9906

Nadine....469-589-9904

Pam.....469-589-9905

