

# EMPOWERMENT CLUBHOUSE

*Fellowship ~ Hope ~ Opportunity ~ Recovery.*

Proudly Serving Marin City and Marin County Since 2017



**SPRING SUMMER 2024 NEWSLETTER  
SPECIAL EDITION**

*Marin City, California*

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*A Proud Accredited Member of Clubhouse International  
Creating Community. Changing the World of Mental Health.*

Greetings!

On behalf of Marin City Community Development Corporation, auspice agency, our Members, and Staff, and supporters, we are overjoyed to share our Empowerment Clubhouse Spring Summer 2024 Newsletter Special Edition with you.

Since 2017, the Empowerment Clubhouse (EC) has provided a safe and welcoming place where adults with mental health are in charge of their own recovery. As part of an evidenced-based, community oriented mental health service, Members benefit from enriched social functioning, gain access to employment opportunities, education, housing, increased self-esteem, improved physical health and quality of life while experiencing reduced hospitalizations and social stigma.

We are honored to be part of 359 Clubhouses around the world now in 33 countries. We know that the Clubhouse Model Works and we are committed to help as many people with mental health as possible. This includes our Empowerment Clubhouse's continued accelerated growth. With your support and working side-by-side, together we are creating positive change and transforming lives.

With appreciation and gratitude,



Christina S. Junker  
Executive Director  
Marin City Community Development Corporation  
Empowerment Clubhouse



***The Empowerment Clubhouse is a program supported by the County of Marin Behavioral Health and Recovery Services (BHRS) using Mental Health Services Act (MHSA) funding."***

***www.marinbhros.org and Generous Donors***

***Like YOU!***

***Please consider donating today!***



The Marin City Community Development Corporation (Marin City CDC) is 501(c)(3) nonprofit EIN #94-2657360 is the auspice agency for the Empowerment Clubhouse Program. Marin City CDC is [CARF.org](http://CARF.org) Accredited and Clubhouse International Accredited. For more information please contact the clubhouse at (415) 339-2843 or visit [www.marincitycdc.org/empowerment-clubhouse](http://www.marincitycdc.org/empowerment-clubhouse)



## Clubhouse International CELEBRATING 30 YEARS OF CHANGE

NEWS CREDITS ARE FROM CLUBHOUSE INTERNATIONAL.  
PLEASE VISIT [CLUBHOUSE-INTL.ORG](http://CLUBHOUSE-INTL.ORG)

Prince William Announces the Launch of a New Initiative Involving Mosaic Clubhouse, Lambeth

CLICK ON PHOTOS OR SCAN QR TO LEARN MORE!



Photo Credit: Clubhouse International



Photo Credit: Clubhouse International  
Read Press Release



Representative Ritchie Torres (NY-15) has announced a new congressional caucus, The Clubhouse Caucus, to serve as a platform through which members of the U.S. Congress can advocate for enhanced mental health care by promoting the development and support of Clubhouses.

"The Clubhouse Model has shown great success in empowering individuals and reintegrating them into society. Through this caucus, we will advocate for the expansion of Clubhouses across the country, ensuring that more Americans have access to the support they need."

- Rep. Ritchie Torres

### CLUBHOUSE GIVING DAY June 4, 2024

Thank you Clubhouse International for uniting with clubhouses around the world to raise funds and awareness for our remarkable, collective, and impactful work of transforming lives. Please Donate Today to the Empowerment Clubhouse and give the gift of opportunity.



*The Empowerment Clubhouse is part of over 350 Clubhouses across 32 countries reaching more than 100,000 members annually. If you know someone living with mental illness the Clubhouse can help!*



# In the NEWS!



## The Director of the Centers for Disease Control and Prevention, Dr. Mandy Cohen, visits clubhouse in NYC!

*“The program has drawn the attention of federal and local public health officials, who visited the Fountain House this week to understand strategies for addressing the rising U.S. suicide rate...”*, Cuevas, E. (2024, May 16). *What can prevent suicide? A place to call home, a person to reach out to.* USA Today. <https://www.usatoday.com/story/news/health/2024/05/16/suicide-deaths-cdc-treatment-prevention/73674550007/>

Click [HERE](#) to read article or Scan Above. Photo and News Credits USA Today-Listed Above.



### What can prevent suicide? A place to call home, a person to reach out to



**Eduardo Cuevas**  
USA TODAY

Published 5:23 a.m. ET May 16, 2024 | Updated 10:00 a.m. ET May 16, 2024



Fountain House member Jonathan Geller gets advice from a staff member while Dr. Mandy Cohen, director of the Centers for Disease Control and Prevention, left, and New York City Health Commissioner Dr. Ashwin Vasan, center, observe on May 14, 2024, in New York City. Robert Deutsch For USA TODAY

The U.S. recorded more than 49,000 suicides in 2021 and 2022, a [historic high](#). Provisional data from 2023 appears to show the number of deaths by suicide, the majority being gun fatalities, has not declined.

The Biden administration has set an ambitious goal to break the cycle. The U.S. will aim to reduce [the suicide rate by 20% by 2025](#), as part of a [National Strategy for Suicide Prevention](#) to address gaps and identify at-risk populations. The plan focuses on local, community-based suicide prevention programs that can assist in early interventions and offer direct interactions with people with lived experience to discuss risks and solutions. Another key goal is to reduce access to lethal means, such as firearms.

## Our Epidemic of Loneliness and Isolation- U.S. Surgeon General

The U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community Report 2023. “People began to tell me they felt isolated, invisible, and insignificant. Even when they couldn’t put their finger on the word “lonely”, time and time again, people of all ages and socioeconomic backgrounds, from every corner of the country, would tell me, “I have to shoulder all of life’s burdens by myself”, or “if I disappear tomorrow, no one will even notice.”-Dr. Vivek H. Murthy, 19th and 21st Surgeon General of the United States. to read report, click below, scan QR Code or stop by the clubhouse for a copy.



<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>



## Clubhouses are the Solution and Transforming Lives!

“What the clubhouse means to me; love, community, and family that keeps growing.”-Dee

“This program means a lot to me. It gives me structure and helps me to grow and heal while working. I am in the TE and Culinary and it makes me feel good. After many years and now with the clubhouse, I am ready to go back to work.”-David

“Having groups and tasks that keeps my energy high and joyful. It is kind that they have a golf cart to help us on the property.”-Kathy

“I have no family, they all died years ago. I was all alone. The clubhouse is my family. I take care of the plants, help feed the fish, clean, assist with Member pick-up’s and drop-off’s. The clubhouse helped me get my replacement CA ID and SSN Card and taught me how to use public transportation. I’d be lost without them.”-Jesus

“I had no one in my support group until the clubhouse found me. I now have support to get a good job, housing, and career.”-Johnathan



“Clubhouse brings ALL people together. It is a place where we meet new friends, receive and give support, and find happiness.”-Portia, Demetrius, Esther, and John



“Mental illness does not define us, WE define ourselves.”-Sylvia



“I am a different person, I am changed. The trauma and craziness that I went through to know myself to love myself. I started to have value, to know myself. I had people that believed in me. Empowerment Clubhouse says it all, I am more than lucky to know about this place and be here.”-Wendy



“Clubhouse has given me purpose. I get excited to go to the clubhouse and work. I get to see people that really care about me and this helps my mental illness. All the things I learned there working in the programs helped me get a job. The shelves I put together are in one of the offices and makes me feel proud. My wife is also a Member and got a new job because of the clubhouse.”-Thomas



[Visit the Empowerment Clubhouse Today to become a Member! Membership is no cost! Click to learn more.](#)



# Clubhouse Units



Members choose the best programs to support their mental health.  
Recovery through Work!

## Hospitality Unit

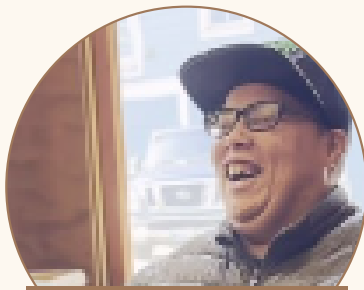


Culinary Program



Garden Program

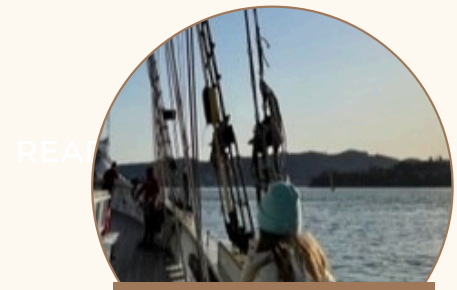
## T.H.R.I.V.E. Unit



Transitional Employment



Health & Wellness



Recreation



Inspire & Create



Volunteer in Community



Enrollment and Business Administration

**Transportation Program | Housing | Community Events**  
**Fundraisers | Peer to Peer Support | Special Event Planning**  
**Social Events and New Store Coming Soon!**

From budgeting, shopping, outreach, data entry, to marketing, job preparation, education, and community engagements; Members are taking charge of their mental health!



## Culinary Program

Monthly Menu planning is due by the 20th of each month. Sharpen your culinary skills while learning how to budget, cook and save money, and eat healthy meals for your mental health.

Food Handler's Certificates are now filed in Culinary Program Binder. Call to reserve your seat for Preparation Mondays shopping trip; seats are limited.

Please call to RSVP so that there can be food for all! Bon Appetit!



## Garden Program

Calling all Garden Members! Thank you for helping us make progress with our statue and pond clean-up. We are excited to announce the EC and Cypress gardens were awarded funding from the Marin County Parks FARE Measure 8 Grant! Planning is underway. Updates coming soon!

Special thanks to our Construction Trades Program Participants and to Northern California Laborer's Training Center for building our wooden planter boxes they were indeed built to last!



**Unit/Program Meetings are every Monday and Friday. Call clubhouse if you need a ride up the hill or from the bus station.**





# EMPLOYMENT

**MEMBER JOBS!**  
15 Hired and Working  
6 In Training Programs  
1 Enrolled in TE  
4 are working towards a job

**42% EMPLOYMENT RATE!** The employment rate at Accredited Clubhouses annually – double the rate for people in the public mental health system

Time Period  
7/1/23-5/31/24



“Thanks to the Empowerment Clubhouse, I was able to get hired. It feels good to have my very own job.”-Thomas



“TE helped me build my skills and confidence. I was then able to get my very first job at a cafe!”-Samantha



David, TE Program, is helping research Employment Partners to support his career and fellow Members!

## Construction Trades and Mental Health

EC Members and Marin City CDC Clients are taking care of their mental health! Did you know that the Construction Trades Industry is one of the TOP and lasting Careers? According to U.S. NEWS-Jobs of 2024 includes roles that have a huge part in creating the structures in our cities and towns. Laborers, plumbers, electricians, carpenters, painters and construction managers are needed to build new structures and update existing buildings The career, retirement, and fringe benefits are priceless. *Our Construction Trades Clubhouse Members are taking care of their mental health!*



The Empowerment Clubhouse warmly welcomes new Members from the Marin City Community Development Corp’s Construction Trades Program (CTP). To learn more about this no cost program, please contact Marin City CDC at (415) 339-2837 or email [info@marincitycdc.org](mailto:info@marincitycdc.org)

### WE ARE TALKING ABOUT MENTAL HEALTH.

#### Mental Health in Construction Stats That Might Surprise You

According to the Centers for Disease Control, construction has the highest suicide rate of all industries, at 53.2 suicides per 100,000 workers. That’s about four times greater than the national average (17.3/100,000) and five times greater than all other construction fatalities combined (10.1/100,000).

**Clubhouses around the world provide essential support, social engagement, and resources to members in the construction trades industry.**

# Transitional Employment and Job Support

## TE Partners, Supportive, and Direct Employment

We are grateful to grow our Transitional Employment (TE) Partners. Please visit our webpage to learn more and print out your very own TE flyers! Join us every Friday for Business Outreach. We are happy to connect with any special businesses who would be interested in becoming a TE Partner!



*In our Employment program we seek out, secure and provide job opportunities that help members transition back into the world of competitive employment, with individual support and at their own pace.*



Marin City CDC (clubhouse auspice agency) is an approved vendor for the State of California Department of Rehabilitation. Contact the clubhouse today to learn more about this valuable resource.

## Peer Support Specialist

Peer Support Specialists draw on their own life experience to provide hope and encouragement, as well as advocacy and assistance to clients and their families in achieving long-term recovery.



If you would like to learn more about what it takes to become a Peer Support Specialist, please contact the clubhouse for a referral to Mark Parker, Marin County BHRS Peer Support Program. Or visit <https://prevention.marinbhers.org/peer> and/or Mark Parker at [Mark.Parker@marincounty.gov](mailto:Mark.Parker@marincounty.gov)

**Computer Lab, Digital Literacy, Job Search**  
**Open Daily**



**Need help with interview prep and wardrobe?**  
**Empowerment Clubhouse can help!**



Congratulations Katie on being accepted into the Fire Foundry Program!



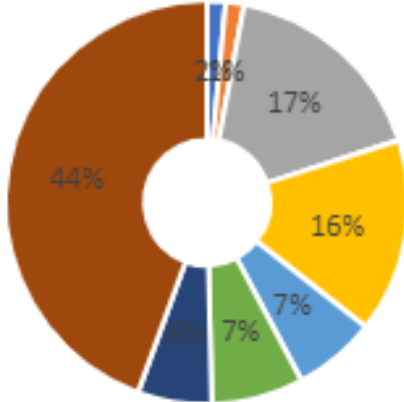
"I am excited to learn new skills and get my very own job!"-Katrina

"Clubhouse is such a special place!"-Jaz



# Enrollment & Business Administration

## EC Membership by Race/Ethnicity



- American Indian or Alaskan Native
- Asian
- Black or African American
- Declined
- Latino
- Other
- Unknown
- White

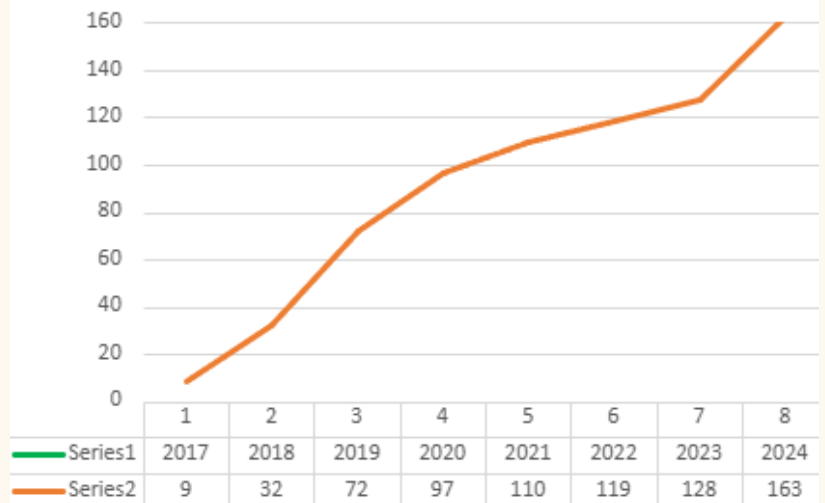
## Clubhouse Members

**163**

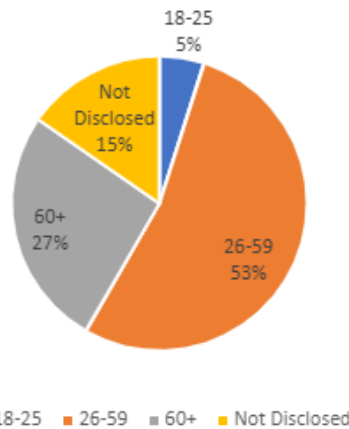
as of 5/31/2024



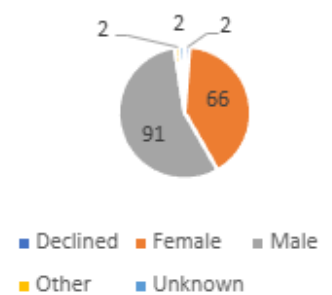
## Member Growth Opening 2017 thru May 2024



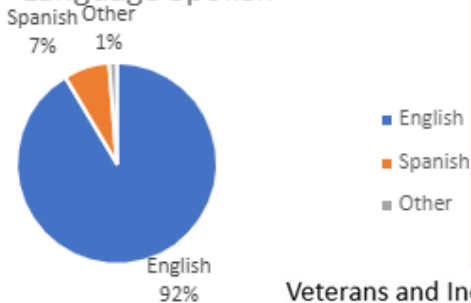
## Members by Age Group As of 5/31/2024



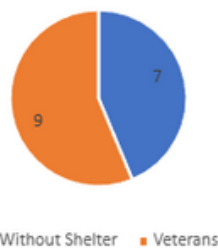
## EC Members - Sex at Birth



## EC Membership - Primary Language Spoken



## Veterans and Individuals without Shelter Served



The Empowerment Clubhouse has helped 7 Members find shelter.



# Health & Wellness and Recreation

## Health & Wellness

Wellness Toolkits and Journals are in! Please pick up yours or leave in your Member file cabinet for easy access.

Members are taking charge of their mental and physical health! Working with each other, plan your health and wellness goals.

Lose weight, plan healthier meals, exercise, meditate, and social activities.

Check out our Kindness and Self Care Tips!

Summer health challenge is coming! Check in with your Unit for details.



## Recreation, Education, and Career Exploration

As part of this program, our Members and Staff continue to go above and beyond expectations! Did You Know? Our Members Supported and helped Coach over 30 Individuals for the Digital Literacy Program as volunteers!



The EC visited the Marine Mammal Center in Sausalito to learn about careers and volunteer opportunities in this important environmental and life saving work!



Members have also worked their way to further education by completing their GED and taking college courses!

Recreation Program includes education, give-back, and career opportunities! Members, please be sure to complete your Prospect and Assignment Worksheets to add your learning partners! We already have horse trainers, dog sitting, trips to College of Marin and attended local community events.



Get help with enrollment support and tours!

Summer recreation includes fishing, nature walks, gardening, and mental health treasure hunts. Don't forget to add your ideas to the 'Recreation Idea Board'.

"I never knew such a place existed. So many times, I was home alone, depressed, and did not think I would ever snap out of it. I now have a place to go and get my life back. I want to get a job and get my own place. The clubhouse has given me hope."-Lorena, Clubhouse Member

# Inspire & Create, Volunteer, and Enrollment & Business Administration

## Inspire & Create

Did you know that people who spend time caring for aquariums have improved mental and physical health? Stop by the clubhouse to learn more and how our clubhouse aquarium can help reduce stress, lower blood pressure, reduce loneliness, and increase social activities! Members have done a fantastic job in taking care of the clubhouse aquarium.



Project Inspiration is underway where Members are using crafts, artwork, mini plants for Member ReachOut Visits (every Wednesday) and Business Outreach Visits (local hospitals, businesses-every Friday).

*Clubhouse store meeting preparation is set for July 22, 2024. Come share your ideas as we move to open up and support our Members Career Education with our new in-person and online store! 100% of proceeds go back into clubhouse programs and services!*

## Volunteer in the Community

Clubhouse is on the MOVE! From Job Fairs and community and beach clean-ups to supporting sailing events and teaching Digital Literacy to seniors at St. Michaels and The Redwoods; our clubhouse is creating a positive change.

Volunteer Events provide Members the opportunity to give-back to their community!



## Enrollment and Business Administration

Staff and Members are reaching out to community partners and sharing the countless benefits of the Empowerment Clubhouse! Planned visits and presentations are completed during the week with Business Outreach.

The Empowerment Clubhouse is actively seeking to become part of our local business Employment Assistance Programs (EAP). Contact the clubhouse to learn more. This year alone, 1/1/24-5/31/24, the EC has enrolled **24** New Members!

New Member Welcome Packets and gifts are now located in the Burgess Room. Monthly Reports are due by the 3rd of every month!



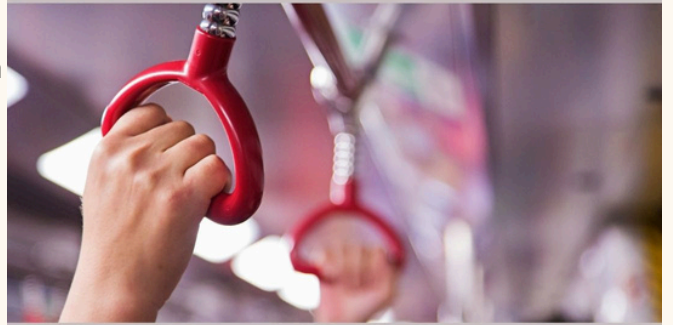
# Transportation, Housing, and Services

## Wheels and Community Engagement!

Clubhouse Members and Staff are experiencing the freedom and benefits of public transportation! Learn how to confidently use public transportation with the help of traveling partners! Get help planning your route to work, play, and shop...and learn about incentive/reward programs in Marin County.

Member rides and pick-ups available daily for Work Ordered Day and events. Please call clubhouse week before and/or day before to get on the Transportation Calendar.

MAKING YOUR TRAVEL EASIER  
WITH EXPERT ADVICE



marin  
transit



**Need a ride up the hill? Call the clubhouse from the bench at the entrance for a smooth and enjoyable ride!**



## Housing and Other Services Available

Clubhouse services include an employment resource center located in the T.H.R.I.V.E. Unit, housing support, and outreach to people without shelter. Marin City Community Development Corp's (auspice agency) provides person-centered, wrap-around services, and collaborative programs include Workforce and Career Development Programs for Youth, Adult, Micro-Enterprise, Construction Trades, State of CA Department of Rehabilitation and partnership with Marin County BHRS Case Management, Marin County Probation, local hospitals, and criminal justice involvement through the Marin County Public Defender Office Clean Slate Program.

From 7/1/2023-5/31/2024 the clubhouse has helped 7 Members find shelter. Five Members recidivated, with two Members returning to the clubhouse; both now have jobs.

# More from Our Members Members

*"The Empowerment Clubhouse gives me a sense of purpose and connection to my community I have not found elsewhere. I often have trouble connecting with others because it is difficult for me to put myself out in the world and make those connections to begin with.*



*The Clubhouse provides a safe place and vital encouragement for forming relationships with people around me and furthers my confidence and motivation in expanding my connections outside of the Clubhouse. I find that a sense of safety and belonging is intrinsic to the Empowerment Clubhouse and helps make the world a little less overwhelming. Even on days when I'm not there, just remembering that the Clubhouse exists reminds me that I am capable and provides a previously missing sense of conviction in my own abilities. I find myself more willing to try new things, moving forward towards a greater depth of independent living, and thriving in circumstances I previously would have avoided or had me buckling under the pressure.*

*The promotion of acceptance and the open-minded nature of the people at the Clubhouse have really helped me come into myself in ways I didn't realize would be so fulfilling. I am eternally grateful to those who introduced me to the Empowerment Clubhouse and welcomed me into their community. I am a better and happier person for it. I hope one day to be the one to introduce others to the Clubhouse and provide that sense of belonging and care to those struggling to come into their own."-Gray, EC Member (Gray just passed his DMV Driving Permit. **Click on Gray's photo to see a special video during Clubhouse Giving Week!***



*"Today is my birthday, one of the happiest days of my life. It has been 5 years since my last Mental Health Crisis and USE since i was in a dark place in my life where not much was going right. Now I am thriving and real excited for my future.*

*As a new member of the clubhouse, I feel that the Members and Staff give me a warm welcome and are supportive in my mental health journey. It's a very nice and pleasant place to work, learn and grow. I know that other new members will find joy as I have in being here."-Lisa Marie, EC Member*

***Share your inspirational story for our next Newsletter! Check with clubhouse Inspire & Create Program for due dates.***

# Member Pet Spotlight.



*"Violet was named for a granddaughter who passed away unfortunately young, of one of the volunteers at the shelter we got her from, and I didn't have the heart to change it. Missy is a dachshund chihuahua mix rescue my sibling adopted in Denver at the start of COVID, she has no teeth so her tongue is perpetually hanging out of her mouth. She is mostly blind, kind of deaf, and probably senile. They both love food, especially Pup Patties from In-N-Out drive through and are the best of friends."*-Gray

**Visit the clubhouse or Click on the Image or Scan to Receive Your Pet Resource Guide/Pet Safety Net. You could receive free pet food and veterinary services!**





# Special Dedication to Mattie Pearl Walker-Striplin



January 30, 1956-April 23, 2024

We will miss you our dearest Mattie. We are forever touched by your laughter, love, and kindness. Your endless dedication to helping others and your beautiful smile.

Marin City CDC, Empowerment Clubhouse Members Friends, and Community.



# Greetings from Clubhaus Schwalbennest, Munich, Germany



Clubhouses Around the World are all part of a global community!

*"Thank you, Vera, Members, and Staff for a warm welcome during our family vacation to Munich, Germany. We were overjoyed to have met you all in -person and tour your beautiful clubhouse. In fact, your clubhouse is 15 minutes away from our family's home!"-Christina Junker, Executive Director, MCCDC/Empowerment Clubhouse.*



# Upcoming Events

EXCLUSIVE INVITATION

## *Empowerment Clubhouse*

# BRING A FRIEND DAY!

**FRIDAY | JUNE 28, 2024 | 11:30AM-2:30PM**

*Join is for an afternoon of great company, meet new friends, exciting outdoor activities, and support mental health at the clubhouse!*

BBQ Lunch  
Games!  
Tic Tac Toe  
Boccee Ball  
Chain Disc Golf  
Music  
Dancing  
Guest Speakers  
Testimonials  
• and More!

PLEASE CALL OR  
RSVP ONLINE BY  
6/24/2024

Enrollments Are Open!



441 Drake Avenue  
Marin City, CA. 94965  
(415) 339-2843



[www.marincitycdc.org/empowerment-clubhouse](http://www.marincitycdc.org/empowerment-clubhouse)

# Upcoming Events



**Marin County Fair Social Date**  
**Members Register for your No Cost Ticket to Marin County Fair Today!**  
**Trip is Wednesday, 7/3/2024**  
**10:30am-2:30pm | MUST RSVP. Limited Tickets.**

**Members Register for Community Volunteer Beach Clean-up and June 21, 2024**  
**Lunch! 11:00am-2:00pm**



**Basement Clean-up and BBQ Dinner**  
**6/24/2024 | 2:00pm-5:00pm**

**Young Adult Program (YAP) Planning**  
**Every Monday and Friday Afternoon**  
**Check with YAP for details!**



**Marin County SSI Advocacy and DOR- Ticket to Work**  
**July 25, 2024, 11:00am-12:30pm (lunch provided)**  
**Visit website for details.**

Check EC webpage and calendar for details and be inspired! Career Support, Group Support, Music, Books, Travel, Recipes, Dance-a-Thon, and More!

**EVENING ENERGY EXCHANGE, FRIDAY FUN NIGHTS. SATURDAY AND SUNDAY SOCIALS**

[Click Below for Important information or visit Clubhouse for information.](#)



Click to take Survey



Scan to take Survey



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[EC Advisory Committee Meeting Dates](#)

# Community Works!



# Help Us Grow!

Thank you for reading through this Special Edition Newsletter. I would like to share that mental illness/mental health does not discriminate. Studies show that many people believe mental health only affects people of o

*Marin City CDC and Empowerment Clubhouse are part of Clubhouse International's California Coalition and growing more clubhouses! Stay Tuned!*



Online  
[marincitycdc.org](http://marincitycdc.org)

**DONATE**



**Thank You for making the Empowerment Clubhouse Program Possible!**



Mail Check To:  
Marin City CDC  
441 Drake Avenue  
Marin City, CA 94965

We are growing and need your help!  
Please donate today and be part of our future expansion and change lives.  
Please share this with your network.  
Stop by for a Tour!

100% of your donations benefit the Empowerment Clubhouse's essential programs and services.



**Contact Us Today to be a Corporate Sponsor!**



The Marin City Community Development Corporation (MCCDC) is 501(c)(3) nonprofit EIN #94-2657360. Our mission is to enhance community development and economic self-sufficiency through employment services, mental health, and financial education. MCCDC has proudly served Marin City and Marin County since 1979.

# Thank You Community Partners



LiUNA!

Feel the Power

