

illness face today, in hopes that together they can fight the stigma. The skit promises to be very entertaining for both the members and the audience alike.

Michelangelo, Beethoven, Vincent Van Gogh, Abraham Lincoln, Leo Tolstoy, Patty Duke, Linda Hamilton, Charles Dickens, Virginia Wolfe, Macy Gray, John Nash.... Are just a few of the well-known people who have experienced some form of mental illness, such as Schizophrenia, Manic Depression, and /or Major Depression. A plaque with these facts hangs on the wall at Adventure House. With that plaque as an inspiration the Adventure House Players and I got the idea to create a script based on these famous people. The actors will portray the various characters and have them talk about their place in history and how they dealt with their illness and how they had the courage to move forward with their lives. One purpose of this play is to show that mental illness can strike anyone, even people we consider famous. Everything that we do with the

Adventure House Players is about breaking the stigma that surrounds mental illness in our community. We are excited that by presenting these two scripts we are moving forward in that direction. We have started a Playwriting Club that meets every other Monday at 1:30pm in the T.E. room. The purpose of the club is for members and staff who are interested in learning how to perfect the craft of playwriting. It will also allow the Adventure House Players to have a continual source of original materials to choose from when performing their plays. The Playwriting Club is being lead by Georgiana Wright, a volunteer at Adventure House, who has written plays for the Adventure House Players before. Georgiana has also been a director with the Greater Shelby Community Theater.

Again, we wish everyone a great start to their new year. Take care... From all the Adventure House Players and myself.

By Stan Logan

4



Adventure House

924 N. Lafayette St.
Shelby, NC 28150
(704) 482-3370

RETURN ADDRESS REQUESTED

Non-Profit
U.S. Postage
PAID
Shelby, NC
Permit #164

Adventure House News

December-January 2010
Volume 23 Issue 4



Table of Contents

A Decade in Review

At the beginning of each new year, almost everyone looks back over the past year. The stories that most impact our lives are the stories of successes, happiness, tragedy and personal triumphs. The Members and Staff of Adventure House are no different. With this new year we have the chance to look back on not only the past year ,but the events of the past decade.

In the year 2001, Adventure House opened it's third supported living apartment complex at Charles Road Apartments I, and by 2002 we were proudly opening Charles Road Apartments II.

On May 8th, 2001 Adventure House charter member Carolyn Taylor graduated from Cleveland Community College with her C.N.A.(Certified Nursing Assistant) II certificate. Also in the year 2001 Adventure House gained a new TE employer at UA Thrift. We still currently have TE placements there thanks to the support from CVI and the employees at UA Thrift.

In 2002, Adventure House had the opportunity to participate in a documentary filmed by PBS about the affect of Mental illness on the lives of people and their families. Adventure House members and staff were interviewed and the documentary aired later that fall.

In 2003 the Member Services Unit was opened which featured the Members Bank, Transitional Employment (TE) and Education as services for members. The bank gave members meaningful work , by

engaging them in the daily tasks of the banking transactions. The Members Bank also provided members the chance to have their own accounts, which gives members a safe place for them to keep their money without having to pay any banking fees.

On March 3rd of 2003 the Adventure House Players group was born after Tammy Gunn and Loretta Casario went to Connecticut to visit with the Second Step Players group. The Adventure House Players mission statement has always been to abolish the stigma that surrounds people with severe mental illness.

In February of 2004, the Adventure House guesthouse burned down. Now, when we have colleagues come for training, they have to stay at a local hotel and drive back and forth rather than being right on site for the training.

The year 2008 was an eventful year for Adventure House. In this year the Park Avenue Apartments received a major facelift and Unique Living Care Facility closed that year affecting many of the members of Adventure House who had to find new places to live. Adventure House received the Lilly Reintegration Award based on the Clubhouse based housing program and the Clubhouse received it's national accreditation with CARF, a non-for-profit organization that accredits human service providers.

In the past decade there have been five International Seminars held. Adventure House members and staff were present at each one.

11th IS in Chattanooga, TN in 2001
12th IS in Minneapolis, MN in 2003
13th IS in Helsinki, Finland in 2005

Page 1

- **A Decade in Review**

Page 2

- **A Decade in Review continued**
- **Adventure House Annual Christmas Party**
- **Antwon Wilkie Working TE at Pleasant City Wood Fired Grille**
- **What The Clubhouse Means To Me**

Page 3

- **Family and Clubhouse**
- **Adventure House Welcomes New Member Martha Hargett**
- **Adventure House Players News**

Page 4

- **Adventure House Players News continued**

14th IS in Milwaukee, WI in 2007
15th IS in St. Petersburg, FL in 2009

Throughout the past decade we have lost many cherished members of the Adventure House family. Each friend we have lost still holds a special place in our hearts and on the pages of Adventure House history. In 2003 Henry Mabry and Robert Shelton. In 2005 Dennis White, Pricilla Davenport and Troy Brittan. In 2006 Jessie McSwain and Floria Costner. In 2007 Tom Summerow and in 2008 Loretta Casario and Henry Petty. In 2009 we lost Arneshia Blackmon, Bertha Stone, Dolly Lockhart, Faye McGinnis, Gwen Jackson and Wanda Burson. Also some of those that died during the decade were Danny Chapman, Lorraine Davis, Louie Ramsaur and Norra Norris.

In the past ten years we have had twenty members and staff from Adventure House to travel to Gateway House, in Greenville South Carolina and to Fountain House in New York City for three week Colleague training. In turn, Adventure House has had 1195 colleagues from North Carolina come for one-week training sessions in the past ten years. Adventure House has had 159 new members to become involved in our program over the past decade.

As we look through the past ten years of triumphs and tragedies, we also are able to look forward to the next decade and eagerly anticipate what the next ten years has in store for us.

By Candie Bell

Adventure House Annual Christmas Party

Once again we held our annual Christmas Party at Adventure House. It was a wonderful time of sharing, caring, and coming together as one during the holiday season. It is always good to have all of the members and staff come together under one roof. We also want to remember everyone that wasn't able to attend and issue an invitation to those members who haven't attended Adventure House in a while to come back and enjoy the benefits the Clubhouse has to offer with its psychosocial rehabilitation day program. People need to come together at the Clubhouse on a regular basis to have fun and enjoy each others' company instead of sitting at home alone all day worrying about their problems.

It was hard this holiday season with the deaths of so many close members this year. They were sorely missed and we especially missed

Arneshia Blackmon reciting the Christmas Story like she has done from memory every year in the past.

Thanks to everyone who was involved in the preparation and serving of the wonderful meal. Everyone was grateful for the wonderful gift of the fleece coats with Adventure House embroidered right over the heart on the coat where it truly belongs, because that where it came from, the heart.

We also want to thank our Executive Director, Tommy Gunn, for without all of his hard work we wouldn't have the program we have today. We have come a long way since we were in the little mill house on Gardner Street.

I am hoping everyone had a wonderful holiday and has a very healthy, happy and prosperous New Year in 2010. Also in the new year, I want to encourage all members to make 2010 the year that you to make a difference for yourself and others by attending the Clubhouse on a regular basis and to become more involved in your unit and the work-ordered day activities.

By Eddie Wellmon

Antwon Wilkie Working TE at Pleasant City Wood Fired Grille

This has been a big year for Antwon. In November, Antwon moved into an Adventure House supported apartment and in December he started his placement at Pleasant City Wood Fired Grille. Antwon works from 10-15 hrs per week doing housekeeping and up keep in the restaurant prior to opening each day. Antwon says he really is enjoying his job and feels very comfortable completing the tasks he is assigned each day. He is excited for this TE placement and intends to complete his six month placement.

By Christopher George

What The Clubhouse Means to Me

My name is Carolyn Taylor and I am a charter member of Adventure House. I have been a member of the Clubhouse for twenty-three years. I was there when we met in the basement of Shiloh Baptist Church to the little mill house on Gardner Street and then when we made the big move to our present location at 924 North Lafayette Street. As a group, we collectively chose to name ourselves the

2

Adventurers Club which later was changed to

Adventure House.

I have observed, as well as have been a part of the growth of our day rehabilitation program from the start. Two of our most important guaranteed rights is a place to return to and once a member always a member. I have at times exercised that right taking time when I was dealing with issues at home and wasn't able to attend the Clubhouse on a regular basis. But I always knew that when I returned, I would be welcomed back by members and staff. The program works for me because I gain self confidence every day by participating in my unit and working along side of members and staff to complete the work in our unit. Working side by side with members and staff helps me believe that I am a stronger person because of Adventure House and what coming here has done for me. I feel that my attending the program has kept me from being hospitalized for many years.

I feel that the most important aspect of the Clubhouse is to learn to respect each other and to use empathy with people instead of sympathy. I don't want people feeling sorry for me. I just want to know that someone understands where I am coming from.

Thanks to everyone in the Adventure House family for being there for me.

By Carolyn Taylor

Family and Clubhouse

At Adventure House we promote members and staff working together. This helps build strong and lasting relationships. We also are able to grow through getting to know each other by attending socials and having fun around each other.

Many of us have strong ties with our families, while for others, the Clubhouse members and staff are all the family they know. It is in everyone's best interest and mental health to encourage a strong sense of togetherness by serving the daily needs of each other and treating each person as if we all are family. Lets continue to support each other and continue to strengthen our bonds with each other here at Adventure House.

By Paul Pouchak

3

Adventure House Welcomes New Member Martha Hargett

Everyone at Adventure House would like to give a big welcome to Martha Hargett. She recently became a member of the Clubhouse and says that she really likes the program. She likes the fact that she is able to take things at her own pace. Martha is happy that her daughter Melinda, is also a member here at the Clubhouse which is how she found out about our program.

Martha is excited about our social program and she is looking forward to attending her first one. She really enjoys Bingo so she can't wait for that social to come around.

The Snack Bar is the unit Martha has chosen to participate in. She loves making coffee and serving drinks to members. She says coming to the Clubhouse makes her feel good about herself and she is enjoying meeting people and making new friends.

By Carolyn Taylor

Adventure House Players News



Welcome to 2010!!! It is hard to believe that a new year has begun already. The Adventure House Players are celebrating the new year by creating two original scripts. The first script involves a fictitious Clubhouse that is trying to raise money to replenish their emergency fund to help members who are in need, by having a talent show. It will be hosted by two characters that everyone in the Clubhouse knows and will showcase the talents of the members like singing, playing musical instruments, dramatic readings, comedy routines, and even a womanless beauty pageant that promises to stop the show. Many people from the town are invited to help with their fundraising event and also to raise awareness in their community about the stigma that people with mental