

Apartment Move-Ins

We have had two move-ins in the last several months. Lisa Hopper and Julia Pease have moved into their Adventure House apartments.

With the help of members and staff the moving process went smoothly. While cleaning the apartments and getting ready for the new residents, Elizabeth Ross took both ladies shopping for their special purchases that made their houses a home for them. By the end of their first night in their apartments, everything was in its rightful place. Both Lisa and Julia declared that they loved having their own places. They love their new apartments and are excited to make new friends at their apartment complexes. Congratulations Lisa and Julia!

By Brian Scott and Crystal Byers

What Adventure House Means to Me

To my sister Cheryl Ann Richard, the person I admire the most and to everyone at Adventure House.

The Clubhouse means I have a place to relearn things I have done before. It pushes me out of my comfort zone. Yes I am scared, did I make mistakes? Yes! Did I Fail? NO! As long as I have tried, I can never fail.

Adventure House, is to me, the perfect place to push myself to be a better person and push myself to new limits and beyond. I get to meet new friends while at the Clubhouse. The staff have already passed the hardest test of all Neal 101 - God help them all!

By Neal Richard



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18th Clubhouse International Seminar

We were lucky enough to be chosen to go to the Clubhouse International Seminar in Denver, Colorado this year. Our group included Fred Mead, James Linder, Diana Boswell, Debra Kirkland, Donna Miller, Crystal Byers and our Executive Director, Tommy Gunn.

For those who don't know a lot about how Clubhouse's work we include members of the Clubhouse in all the aspects of running the Clubhouse. This includes participating in International Seminars. This is a wonderful way to build relationships away from the Clubhouse by attending workshops together to learn new and innovative ideas from colleges from other Clubhouses from around the world. Clubhouses were present from China, Australia, Denmark, Sweden, England and many other countries. Twenty-two countries were represented this year in Denver.

Our group tried to cover as many of the workshops as possible. Each day we attended two plenaries as a group and then broke out to attend different workshops or institutes. Some new ideas were discussed and made note of to bring back to our

Clubhouse while some things that were covered are things that we are already doing at Adventure House, since we have been at this for almost thirty years. The Clubhouse model works on the basic principle of not seeing others as different.

We need people that attend the Clubhouse to help us to help others. This is, simply, done by developing relationships while members and staff work side by side to accomplish the daily functions of Adventure House. To see this basic principle that we use daily in our clubhouse being used by many other Clubhouses around the world is inspiring and definitely validates that we are doing it right.

Our trip was a lot of fun and we look forward to our next opportunity to represent our Clubhouse.

By Diana Boswell and Fred Mead



My Seminar Experience

I was so excited that my Clubhouse picked me as one of the seven staff and members to attend the Clubhouse International World Seminar 2015. We were there to represent

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What The Adventure House Means to Me

Adventure House among Clubhouses from all around the world.

The seminar was filled with so much information as well as amazing testimonials from colleagues from around the world on the impact that Clubhouse has had on their lives. My heart saddened when I heard the stories of recent lives lost due to suicide. It was in one of these moments I realized that there are still people in the world that need to hear more about Clubhouse and all the benefits that it has to offer people who are dealing with mental health issues. Despite having a mental illness, life can still be great, especially with the support of a strong Clubhouse community.

I attended a session *Clubhouse Space: A Place of Dignity*. During that workshop, I thought about how I can do more to make my Clubhouse more welcoming and a place that new members want to return on a daily basis. Cultivating a space with a calming atmosphere tends to keep people coming back. After leaving that session, I decided that I am going to take more ownership at my Clubhouse.

My favorite workshop was *The Heart of the Matter: Clubhouse Members Tell Their Stories*. It was the quickest hour and a half. Anna Sackett allowed anyone willing, a chance to share their story. It was a true bonding session. As usual, we partied four nights including the final evening Gala Banquet. It will be years before CIW15 clears my mind. I had a great time.

By Crystal Byers

2015 Walk for Hope



As a Saturday social, Adventure House participated with the 2015 Walk for Hope this year in honor of our Executive Director Tommy Gunn and member Tufue Neely who have been taking treatments for cancer this year. If you

missed the walk, here is what happened. We met at the Earl Scruggs Museum and started the walk at 9:15 A.M.. Everyone completed the three mile walk through Shelby. Those that participated were Patrick Walker, Genia Robinson, Jodie Carroll, Johnny Walker, Jonathon Hopper, Danny Kiser, Lewis Acree, Debra Kirkland, Ann King, Lisa Hopper, Patricia Wiggs, Betty Barnhart, Gypsy Pease, Sharon Haynes, Diana Boswell, Elizabeth Ross, Beverly Dawkins, Reva Eagle, Donna Miller, Lynn Roseboro, Athena Smith, Garrett Patterson, Anna Claire Robinson, Kristy and Kaylee Maynor.

Following the walk, we gathered at Newt's Pub and Grill where we had lunch together. We had hamburgers and milkshakes. It was a fun way to spend the Saturday morning and it was for a great cause.

By Patrick Walker

Adventure House Players News



The Adventure House Players have many things happening during the holidays and after the new year. On November 19th, we will be performing at the Annual Banquet and Awards Dinner 2015 for the Mental Health America of the South Mountains at the Don Gibson Theater in Shelby, North Carolina. Our performance is of Famous People Who Have Dealt Successfully with Mental Illness. Our show is in a game format with contestants trying to match famous people with their diagnosis. The game is complete when all of the people and diagnosis are matched correctly. The purpose of this play is to show everyone that people who are dealing with mental illness can still accomplish great things in their lives. Breaking the stigma people dealing with mental illness face is our goal for the Adventure House Players.

On December 17th, the Players will be

performing their original comedy entitled, "The Christmas Choir Mutiny", during the Christmas party for the Clubhouse. This is an original play written by one of our members, Jodie Carroll, who joined our troupe a year ago. It is always exciting for someone to use their talent in other areas besides acting.

In March, we will perform our "Murder Mystery Love Boat Cruise." This was postponed from November due to scheduling conflicts and will be open to the public! Watch for more information about the exact time and date. You will not want to miss this one!

As you can tell we have a lot going on. Come enjoy the fun and be entertained! Hope to see you in the audience.

By Stan Logan

Mental Health America of the South Mountains Annual Banquet and Awards



It was a big night for Adventure House at the yearly awards banquet for the Mental Health America of the South Mountains for exceptional service in mental health in Cleveland and Lincoln counties.

The evening started at the Don Gibson Theater in Shelby, North Carolina with a delicious dinner which was catered by Ni Fen Bistro. Following the meal the awards for exceptional service in mental health were presented to the recipients.

Crystal Byers who nominated Tommy Gunn Executive Director of Adventure House was honored to present him the **Lifetime Achievement in Mental Health Award**. This

award goes to individuals who have made outstanding contributions to the mental health community in Cleveland County.

Adventure House was honored as the Agency in the Spotlight for the banquet. We received a certificate which has already been hung on the wall at the Clubhouse. and a dish garden which is in the reception area for everyone's enjoyment.

Following the awards the Adventure House Players performed their original play "**Famous People Who Have Dealt Successfully With Mental Illness**". The performance was received very well and had some wonderful audience participation as part of the performance. The Adventure House Players completed their performance by sharing "**Truth**" with the audience. This is when members and staff have the opportunity to share their diagnosis with the audience. It is an important statement to let everyone know that we deal with our mental illness and are not always defined by it. Georgiana Wright sang a melody of songs to finish the evening's entertainment. It was an enjoyable way to wrap up a very special and important evening for Adventure House.

By Diana Boswell

Welcome New Members

Since our last news letter, we again have had many new members come to Adventure House. We would like to welcome them with open arms. As they come into the Clubhouse and make their own mark on our community, we hope that they will become active in unit activities and experience all of the social opportunities the Clubhouse has to offer them. Welcome to **Carla Humphries, Trenton Chandler, Bardeau Lathers, Brittany White, Betty Johnson, Donna Green, Yvonne Toms, Patricia Wilson and Shonta Bingley**.

When you encounter someone new at the Clubhouse introduce yourself to them and help them feel welcomed into our Adventure House family.

Welcome to all of the new members. We are glad you are here.

By Leslie Ramey