

better learn how to deal with me, how to help me and what I need from them, the most important people in my life.

Mental illness is not an act, or a game, and it is not for attention.

What is for attention?

THIS POST.

This post is for attention. I hope I get everyone's attention. Just long enough for them to read this, and to try and begin to understand my daily struggle, what I live with, go through daily, and who I am.

Thank you for your attention in reading this.

By Jodie Carroll

### Housing Updates!

We are excited too announce that we have a new resident at Park Avenue Apartments. Lisa Dawkins moved into her new home. Weeks before her move-in date members and staff worked hard to get her apartment ready for her to move in. Prior to her move-in Lisa got to spend a day shopping for her home décor.

Please join us in welcoming Lisa as our newest apartment resident.

By Crystal Byers

### New Members

In the past two months Adventure House has once again had many new members come through our door. Welcome each and everyone of them as they attend the program and become part of the Adventure House family. Our latest new members are: **Teresa Pennington, April McCall, Bobby Moss, Brandon Parnell, Sonja Dellinger, Linda Farmer, Caleb Idol, Tiara Camp, Kiara Camp and Bianca McCluney.**

As they are becoming acquainted with the Clubhouse continue to encourage them to become active in their chosen units and make them feel welcome to all of the social activities .

It is exciting to see so many new faces that bring many new gifts and talents to share with the Clubhouse.

By Diana Boswell



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## Adventure House

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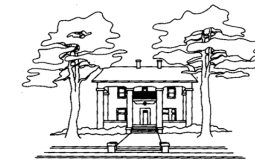
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# Adventure House News

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### Conrad N. Hilton Humanitarian Prize Awarded to Global Community Mental Health Organization

For the first time in its history, the Conrad N. Hilton Foundation awarded its prestigious Hilton Humanitarian Prize to Fountain House/Clubhouse International of which Adventure House is a member. Each year, the Conrad N. Hilton Foundation presents the award, the world's largest humanitarian prize, to an organization that is doing extraordinary work to alleviate human suffering. An independent international jury selected the worldwide innovative Clubhouse program for its success in helping people living with mental illness lead productive lives.

"It is with enormous gratitude that Fountain House/Clubhouse International accepts the Hilton Humanitarian Prize," said Kenneth Dudek, Executive Director of Fountain House. "The prize belongs to the courageous and hardworking people connected to Clubhouses everywhere. With this award, the Hilton Foundation and its international jurors recognize mental illness as a global humanitarian crisis and acknowledge Fountain House/Clubhouse International's evidenced-based approach to empowering people living with mental illness throughout the world."

About 450 million people

worldwide suffer from mental and behavioral disorders, according to the World Health Organization. The National Alliance on Mental Illness reports that one in four people in the United States develop some kind of mental illness during their lives, most often during younger years. Mental disorders are a factor in 90 percent of the nearly one million global suicides each year.

"The problem is staggering in its global impact and scale with significant repercussions that adversely affect millions of families and society as a whole," said Steven M. Hilton, Chairman, President and CEO of the Conrad N. Hilton Foundation. "Mental illness is an issue that touches significant areas the Hilton Foundation has been working on for many years, such as chronic homelessness and substance use. The Fountain House/Clubhouse International program of social relationships and meaningful "work ordered day" has literally saved thousands of lives over the past 66 years. Its program is a beacon of hope for those living with mental illness who are too often consigned to lives of homelessness, imprisonment, social stigma and isolation."

Fountain House/Clubhouse International directly affects the lives of more than 100,000 people who participate in 340 clubhouses in 32 countries. The concept of membership underpins every aspect of the community. Clubhouse members have shared ownership and shared responsibility for their community upon a unique program of the work-ordered day" that provides structure for their lives by assigning them

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duties to work side-by-side with staff to run the clubhouse and aiding them to re-enter the work force.

“I have been moved by the fact that Fountain House purposefully depends on people with mental illness for its daily operation and future from answering phones to designing and running programs and serving on the board of directors,” said actress Glenn Close, who has been a volunteer at Fountain House, New York and previously nominated the organization for the Hilton Prize. “Shared responsibility builds self esteem and alleviates the stigma and isolation that so often haunt people with mental disorders.”

Adventure House members and staff are very proud to be a member of Clubhouse International and are proud to be able to display our award that Fountain House graciously shared with all Clubhouses around the world on the wall of our Clubhouse.



### Adventure House Players News

On February 25th, the Adventure House Players will perform our original play, FAMOUS PEOPLE WHO HAVE DEALT SUCCESSFULLY WITH MENTAL ILLNESS, for a monthly ministerium meeting at Carolinas Healthcare in Shelby. Len Byers, chaplain at Carolinas Healthcare asked Pastor Christina Auch of Ascension Lutheran Church to ask us if we would perform. Of course we said YES!! I had spoken with Pastor Auch weeks before about Adventure House. In fact, our organization was brought to her attention by one of her congregation members, Ludy Wilkie. We discussed the Clubhouse's purpose, and what it provides for individuals who are dealing with various degrees of mental illness.

She was so impressed that she offered any help that her church could give in promoting the Clubhouse. When I told her about Adventure House Players and the new skit that we were performing for the community she immediately asked us to perform for her congregation after the Easter holidays.

She then stated that she would talk to others in the community to see if they would be interested in our production. Len Byers of Carolinas Healthcare is the first group to express an interest. We hope for more in our future. Of course our goal with our original plays, which are written by both members and staff, is to break the stigma of mental illness that still exists even today. We hope to educate and entertain the public by seeing this production. This show is in game show format and does have audience participation and is fun to watch, but the message is Clear!!! Just because you have a mental illness does not mean you can't accomplish Great Things!!! Many people have done so in the past and are doing so right now. It will amaze you! Anyone interested in the Adventure House Players performing for your organization please contact Stan Logan, Director of the Adventure House Players, at (704)-482-3370 or [logan.stan@yahoo.com](mailto:logan.stan@yahoo.com)

You will not be disappointed!!!!

By Stan Logan

### Mental Illness Is Not For Attention

Being mentally ill, is not fun. It is not a game, or an act, and it is NOT for attention.

I do not see and hear things that no one else can see or hear for attention and it sure is not fun. Seeing something that you know is not there, but yet it is right in front of you and you can not deny its existence is not for attention. In truth, it is quite terrifying and troubling; which becomes a whole new problem in itself. It then lends your mind to fear, paranoia, and confusion. You then begin to wonder what is real and what is not. You even begin to wonder if you can even trust your own mind.

Having a gender identity disorder, while many may think it is for attention and a choice, is no fun either. Looking in the mirror and not liking

what you see on a daily basis is not for attention. Knowing that the person others see and the person that you see in the mirror and in pictures is not you. This is a very difficult thing to cope with. Having others abuse you whether by calling you by the wrong pronoun, or staring, or even making comments about how you look, dress, or act is no fun either and is not for attention. Feeling that you can not be a meaningful part of your family, because they do not fully understand and accept you is a pitiful feeling. Being told by society that you have to conform, and “fit in to “be accepted and respected is not fun or a form of attention that anyone would seek.

Having depression is not for attention, certainly not an act. Feeling worthless, useless, alone, vulnerable, unwanted and unloved is not a cry for attention. When you wake up feeling like you are in a dark cloud, or a dense fog, and wonder around in it for days, weeks, or even months never finding your way out. When you feel so alone that you decide you just want to be alone, you close out everyone close to you. Your family, your best friends. You withdraw into yourself and your own self loathing. It's not pleasurable and it is not for attention. Its is however sad and it does hurt. Not knowing when you will come out of it, or when you will be your “NORMAL” self again.

Having an anxiety disorder is not for show. Being anxious everywhere you go, never knowing when you will be stricken by crippling anxiety, fear and panic is not a ploy for attention. In those moments, attention is the thing you want the very least. You become sweaty, and nervous. You start to shake, and feel short of breath. You wish to become invisible or find a place to hide, but neither present themselves. This is not for attention, this is not enjoyable.

Having a mood disorder that causes you to be up in the clouds one minute, and down in the pits the next is not a game to gain other peoples attention. Never knowing how you feel five minutes from now, not being able to make plans days in advance; because you do not know how you will feel that day. This is not a fun way to live, it is defiantly not for attention.

CDO is not for attention either. What?

You do not know what that is? That is the abbreviation for obsessive compulsive disorder, only the letters are in alphabetical order as they should be. Having to always do things one specific way, be it folding towels all the same way, and placing them on the shelf all facing the same way and lined up, or sorting your M&M's by color, and then still having a systematic way in which you can only consume them. It is not for attention and it is not fun way to live. Going to bed and lying awake for an hour because you know something is out of its specific predetermined place, and then having to get up and fix it before you can sleep, or having your day completely thrown off for the whole day because something in your routine got messed up in the morning as your rushed out the door, in hopes of being on time to work, is not for attention and it is not a pleasant way to live.

Not being able to “oh look out the window what a pretty bird”. I mean not being able to focus your mind, and being easily distracted by the tiniest thought or stimulant is not for attention. Trying to focus on small tasks is a chore when one small distracting thought leads you down a rabbit hole, to eleven other distracting thoughts. Doing a simple task like putting away the dishes or taking a shower becomes a big chore. Big things like setting accomplishing goals seem impossible. Then those around you begin to think you are lazy or that you have no drive. Attention deficit disorder is not for attention.

So why am I telling you all of this? Because each of things I have described above, I struggle with on a daily basis. No, not just one, not only the second one, or just part of the last one. All of them, together and all at once daily.

If you can understand how hard living with one of them would be, imagine my struggle to live with all of them, all at once, on a daily basis, and still try to succeed and be a contribution to society.

Sometimes I wish I had a handbook I could carry with me, that includes all of my mental illnesses, their symptoms, known causes and what may help lessen the stresses of the illness. A handbook I could give to family and friends, and others in my life in hopes that they would read just part of it and gain some insight into why I do the things that I do, and what makes me the way I am.

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