

race against time.  
 Still dying inside; Hummingbird! Question,  
 Why does the shy shine after nightfall?  
 Humming in a whisper,  
 To find unpredictable emotions;  
 Fly! To grasp hold to life;  
 Fly! To endure struggles;  
 To embark a recollecting impression;  
 Fly! To always walk assertive;  
 Hum! Sing! Shout!  
 Hidden behind the cross,  
 Better days have arrived.  
 Follow! Jehovah Jireh, Sole Provider.  
 Speaking victory over adversity;  
 When The Wind Blows!

By Kristian Mason

**FIRESIDE CHAT**

Our Clubhouse Director, Mr. Tommy Gunn, came up with an idea to have a Wednesday afternoon house meeting each week which he would facilitate with a member for everyone at Adventure House. All staff and members have the opportunity to bring topics up for discussion.

These topics are written on the white board in the dining room, throughout the week, in order to be designated for discussion at that particular meeting. So far, since we started our meetings, results have been shown in those areas discussed. Tommy referred to those meetings as Fireside Chats.

Some Wednesdays, we just talk about the history of our Clubhouse which gives members and staff the option to share their stories about Adventure House. One of the best results, especially as a goal in these meetings, is to become a better and stronger Clubhouse. How that is obtained is to discuss issues that are on our minds at the time and offer solutions that would benefit everyone at the Clubhouse

The result is allowing every member and staff to feel as if they are really wanted and needed at Adventure House and that their opinions matter. That is very important for Adventure House to grow.

By Crystal Byers



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# Adventure House News

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 Fireside Chat

**WORKING AT FATZ**



My name is April McCall and I am a member of Adventure House. I have been attending for 6 months now. I have been attending daily and started asking about Transitional Employment. Bryan Eaker allowed me to be on the waiting list to get a job. During the time I waited for a job opportunity, I started to watch for working skills throughout the day. Bryan told me about a job coming open at Fatz, a local restaurant. I told him it would be perfect for me as I have experience in restaurants waiting on tables and other duties. Bryan took me to Fatz after completing my paperwork. He showed me around and told me everything I would be responsible for completing. Once I began working, he was very excited about how well I was doing. On average, I roll 300 sets of silverware a day. I work 10 hours a week which really has helped me so much! Before I came to Adventure House, I was homeless and had no income. This opportunity has turned my life around. Adventure House has now helped me get all my paperwork done so that I can move into an Adventure House apartment at the end of May. Life is GOOD!!! PS: These are my other friends who are members of the Clubhouse who are working at Fatz....Peaches and Robert. Congratulations to them. They are doing a great job!! Also thank you to Fatz for

hiring us and participating in the Transitional Employment program.

By April McCall

**THREAD TRAIL**

A group of Adventure House members and staff decided to venture out to the new Thread Trail, in our hometown of Shelby, N.C. The trail is about 1.5 miles, as of now. Eventually it's supposed to join the Broad River Greenway which should make the trail approximately 19 miles. For now, it features a suspended bridge that crosses over the Broad River. Six bridges cross the creeks and offer awesome views of waterfalls and the First Broad River. It is definitely a nice option to get some exercise and it's only about a mile from Adventure House! We think it's safe to say that a great time was had by all that went. We're talking about going on a weekly basis.

By Drew Stallings and James Linder



**SPRING FLING**

Adventure House had its SPRING FLING on April 22. We had cotton candy, snow cones, popcorn, candy apples, hamburgers and hot dogs. Members and Staff got to create art on chalkboards and all who participated did a fantastic job. They also got to draw on the windows with markers. Some drew pictures and others left messages. The highlight of the day was getting to hear

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William Pearson's band, the VOODOO DRIFTERS, play a set. Drew Stallings, a staff member, helped out on the drums while Fred Mead, played his harmonica.



Good food and music made every person happy. A big thanks to them for coming down and giving us a nice show. Also give thanks to New Buffalo Baptist Church for lending us the snow cone and popcorn machines. And a huge thanks to Genia Robinson for her part in planning and putting this event together. She made it all happen.

**By Patrick Walker and Genia Robinson**  
**CLUBHOUSE INTERNATIONAL**

Tommy Gunn and Crystal Byers, on April 4th and 5th, had the opportunity to travel to New York City to serve on the Advisory Council of Clubhouse International. This Advisory Council meets each year in the Big Apple where Clubhouse International is located. This was the second year that Tommy and Crystal have served on this council. The Council received an update on Clubhouse International activities including information on Accreditations around the world. The Council was asked to discuss a number of topics including building support for Clubhouses and the Accreditation processes. The Council spent significant time dissecting what Clubhouse International can do to help Clubhouses build support with their governments. In the United States it was suggested that Clubhouse International build relationships with all state mental health systems. It is these state mental health systems where decisions to support programs such as the Clubhouse model are made. The Clubhouse Model has the advantage of having its own quality assurance system through the Accreditation process. Two states have recently adopted a Medicaid service definition system for Accredited Clubhouses. This is something the North Carolina Coalition is advocating for in this state.

Other issues discussed included Clubhouse training, Standard Review, Clubhouse Coalitions

and data collection on Accredited Clubhouses. This last topic drew significant discussions because of its importance in documenting the effectiveness of the Clubhouse Model.

Crystal was excited about attending the conference for the second year. She stated that she learned a great deal about Clubhouses and the Clubhouse International organization. She was asked how different it was from last year. She said there were new faces and different topics to discuss. Asked if she and Tommy had any down time, she said they went to see a Broadway show, SCHOOL OF ROCK, and it was an amazing show! They both really enjoyed it.

Overall Crystal stated that she had a great time and that she learned a great deal more about Clubhouse International and looks forward to next year if she is chosen to go.

**By Tommy Gunn and Crystal Byers**  
**A CELEBRATION!!**



On April 19th 2016, I celebrated my 25th anniversary of being at Adventure House. I go back to April, 1991. They hadn't quite finished the main kitchen and we were cooking and serving in the Snack Bar unit. When the kitchen was finally completed many people were invited for the opening of the new part and for the ribbon cutting. James White and I gave speeches and then I cut the red ribbon. Back then I was making 5 gallons of sweet tea every day and we served the tea in red glasses with bowls of ice. Several ladies that were at the gathering complimented me for my speech when they got their tea and I felt HAPPY!! That's how I started my work in the kitchen. I would help cook and a couple of us started the Salad Bar. We would make cakes, puddings from scratch, cheesecakes, jell-o, biscuits, etc. Two of us served tea and we had several waiters. At one point I was a waitress. I had three tables every day with twelve people to serve. It was a job!!! Ha! Ha! A few years later they needed someone to sell meal

tickets. I did that for awhile but then I had a lot of pain in my back and side so I had to quit. All the things I learned to do have helped me greatly. They have helped my self-confidence and my stamina. I made friends and that has kept me from thinking about my problems. For all this I need to thank our director, Tommy Gunn, for having me at Adventure House all these years. Now I am 70 years old and I stay as busy as I possibly can and I hope I'll be able to come to Adventure House for a few more years, or as long as my leg doesn't hurt too much. Many of the people that used to come here have passed away. Some were older and some not so old. Some are not able to come anymore but they are all dear to me. Now we have younger people, a newer generation, but we still have some old timers. I love them all and I hope they enjoy some of the beautiful cake I had for my anniversary!!!

**By Elizabeth Grigg**

**Adventure House Players**



The Adventure House Players performed for the Police Training Academy on Friday, April 29th. We did a skit where we were all in a group therapy session and Stan was the new guy named Ralph who didn't think he had any mental problems. We had to convince him that he did have problems and that group therapy would help him. The Players did this skit in hopes of raising awareness for mental health in the community. We also did individual role play skits with the officers in which 911 was called out to deal with people with various mental illnesses. Some of us played that we were on medication and some off our meds to show the officers how to properly handle people who find themselves in that situation. We also ended the afternoon with a performance of TRUTH. That is where those actors who want to share tell what their diagnosis is and their story. Karen Creech, the coordinator of the program commented on the session. She

said that the Crisis Intervention Team (CIT) training is a program that teaches law enforcement how to respond to people with mental health, substance abuse and intellectual developmental disabilities who are in crisis. The final day of the training includes a role play section where volunteers act out scenarios of individuals with disabilities in crisis. Members of the Adventure House Players volunteered to participate in role play. They did a wonderful job acting out various situations involving people in crisis. Their participation helped law enforcement to become more effective in doing their job. The Adventure House Players also conducted a skit on group therapy for the officers. This helped them to understand that people with disabilities want the same things out of life that anyone else wants. Some of those things include having fun, being gainfully employed and having a home. Special thanks to the Adventure House Players for their help with CIT.

**By Leslie Ramey**



**When The Wind Blows**

Picture something memorable,  
felt in the atmosphere;

Examine your works, as the passing of the day.

Listen Hummingbird Fly!

When The Wind blows Look,

Feet scorch, due to fire traveling rock ground,

Humming in sin. Watch!

Now, Vision everything outside;

Preserved, standing, Positioned, withering away.

Praying to grow in season, as sunflowers

Flourish it's oil-rich seeds.

Somewhere, rainfall is felt

As enemies are transformed into your footstool.

Showering success among children,

Giving a sword, My protection.

Jehovah Jireh, Sole provider!

Sheds a tear in battle.

Might I fall,

As the snow, diminishes into the ground in a