



The Updraft

Elevating the lives of adults living with serious mental illness.

Member Spotlight

The 411 on our members.

Our members are our reason for being! Members of Elevation House bring their unique talents and personalities to our community making it full of life and diversity. We wanted to share our most valuable asset with you, so our member spotlight for this volume of the Updraft is Tim. Tim, a native of Rome, Georgia, attended Rome High School. He is a father of three sons and his hobbies are listening to music, reading, and spending time with his kids. Tim is a huge fan of the Dallas Cowboys.



What is your favorite quote?

It's not about how hard you get hit; it's about how hard you can get hit and keep moving forward.

How has Elevation House impacted your life?

It has totally changed my outlook on life. It has helped me become more sociable. I feel like I'm important in life again, and I feel like I'm part of a family.

What led you to become a member?

I became a member because I kept seeing posts from Elevation House on Facebook called "elevated Thoughts". I did a little research and reached out to a team member to find out about the program, and my journey started there.

What do you like to do in your spare time?

I like to volunteer when I can. I also like to hang with my girlfriend and friends.

After 13 weeks of therapy for a hip replacement, I have been looking forward to getting in the gym to get in shape. I have been living a really healthy lifestyle since starting at Elevation House. I am so proud that I have lost 69lbs.

What is your dream?

I dream of working full-time and being a productive member of society. I want to give back to the community. I would like to speak on suicide prevention and be able to help people know about where they can get help.

What would you say to encourage others to become a member?

Elevation House is the perfect place for any person struggling with mental illness. They provide you with an opportunity to grow and learn skills. There are a number of services like education, transportation, employment and housing. When you join Elevation House, you become apart of a community that helps you survive and succeed in life.

Where Do We Go from Here

What can we expect in 2020?

There is so much in store for Elevation House in 2020. We are excited about our 2020 Goals and thought we would share them, so here are the fabulous five:

1. Launch Supported Employment-Clubhouse maintains a relationship with the working member and the employer. Members and staff determine the type, frequency and location of desired supports
2. Hire a second part-time Generalist, and increase the current Generalist to a full-time roll.
3. Launch Transitional Employment-opportunities for members to work on job placements in the labor market with guaranteed coverage, by the Clubhouse, on all placements during member absences.
4. Increase membership to 40 and average daily attendance by 35%.
5. Increase community awareness of services through a strategic marketing and communication plan.

2019 Accomplishments

So much to be thankful for.

2019 was a year of firsts for Elevation House. Since opening our doors in June 2019, we truly have accomplished many things, none of which were achievable without you. We are grateful to share some of our most notable outcomes in this volume of the Updraft:

- * Thanks to funding from the Community Foundation for Greater Rome, we completed Clubhouse Comprehensive Training in February 2019 at Gateway in Greenville, SC.
- * We opened our Clubhouse on June 3, 2019 in the Kelsey-Aycock-Burrell Center- a city owned building occupied by nine civic or fraternal organizations. We have access to approximately 2,500-sqft. Monday through Friday from 8AM- 5PM.
- * We established a referral process with local hospitals and Highland Rivers.
- * In six months, we enrolled 27 members.
- * After our first seven months of operations, we had an average daily attendance of 4 members with 571 recovery support opportunities.
- * Our Wellness Program helped members lose more than 120-lbs. in seven months.



You helped us accomplish so many amazing **FIRSTS** in 2019.



* 7% of our members were independently employed at our six months mark. To date, we have helped 18% of our members secure jobs through Independent and Supported Employment. Members began working at our first Supported Employment site, Hi-Tech Signs & Design, in February 2020.

- * We provided free tutoring in math, literacy and G.E.D. preparation to 11% of out membership.
- * Emergency housing was secured for 15% of our members to prevent homelessness.
- * We raised nearly \$90,000 in unrestricted funds from the community.

* We partnered with several local nonprofits to forge valuable partnerships, including the HOPE Alliance to eradicate homelessness.



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ROME, GA 30161

MISSION

End social and economic isolation for people living with mental illness in Rome, Georgia by operating a high-quality Clubhouse which enables successful recovery.

COMMUNITY

We build a supportive community through friendships and mentorships.

COMPETENCE

We offer opportunities for skill development that satisfy the need to be needed.

CONFIDENCE

We encourage self-belief through coaching, empowering members to thrive.

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CLUBHOUSE INTERNATIONAL QUALITY STANDARDS

RELATIONSHIPS

This standard describes the unique collegial relationship between Clubhouse staff and members.

- All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.
- Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.
- Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.



Ending Social Isolation

Recreation strengthens connections.

The stated mission of Elevation House is to end both social and economic isolation. Evenings, weekends, and holidays are often difficult for members because social isolation has been such an issue for them. Research shows that social connection improves our quality of life, boosts mental health, helps people live longer, and decreases the risk of suicide. Being socially connected provides a sense of purpose, belonging, increased confidence and self worth, reduces stress, and increases levels of happiness.

This is why, at Elevation House, we follow Clubhouse International's quality standard #32: "The Clubhouse has recreational and social programs during evenings and on

weekends. Holidays are celebrated on the actual day they are observed."

Clubhouse membership has many positive benefits. The relationships we build among members and within our community as a whole is one of the most beneficial aspects of membership. Meeting on evenings, weekends, and holidays provides opportunities for social engagement and prevents feelings of loneliness and isolation and often prevents relapses and consequent hospitalizations.

Elevation House is always creating community awareness, and so it is an important conduit for interacting within the community. Thus the Clubhouse works to tear down the stigma that so often is the reason for social isolation to begin with.



R.O.O.T. Program

Partnering to make a difference.

Elevation House and Living Proof, are partnering to provide R.O.O.T.: Recovery Obliterates Obstacles Triumphant- a program provided through funding secured from the Community Foundation for Greater Rome. The mission of R.O.O.T is to encourage long-term recovery for adults living with co-occurring disorder utilizing a holistic peer support model. This program will serve adults living with co-occurring disorder (also known as dual diagnosis). Co-occurring refers to the condition in which an individual lives with a co-existing mental illness and substance misuse.

Addiction and mental illness impact more than just the individual. The ripple effects of living with co-occurring have a direct consequence on every system of our community. The National Institute of Mental Health identifies that an annual cost of more than \$300billion is associated with mental illness. Not included in that figure is the cost of:

- * Homelessness,
- * Incarceration,
- * Legal System, and
- * Family expenses



Similarly, the annual cost associated with the abuse of drugs, alcohol, and opioids is over \$500billion according to the National Institute on Drug Abuse. These costs include:

- * Crime related expenses,
- * Lost work productivity, and
- * Healthcare

These statistics prove the significant toll co-occurring disorders have on our community. This impact gives credence to the necessity to implement long-term recovery programs. While our community looks to battle homelessness and allocates tax dollars to build a multi-million dollar medical mental health wing at the Floyd County Jail, Elevation House and LivingProof Recovery are partnering with for- and non-profits to eliminate the root cause. This collaborative effort targets two of the core contributors to homelessness and incarceration: mental illness and addiction.

Recovery programs differ greatly. However, the most effective programs focus on the

multi-layered and individualized needs of the person. Utilizing a holistic peer support model, R.O.O.T. will consider the intricacies of the co-morbidities while addressing social, occupational, familial, legal or financial problems. In short, treatment for co-occurring disorder must address all aspects of the person's life in order to be effective. The R.O.O.T. Program will ensure that participants develop the competencies and skills necessary to live a

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fuller, more productive life.

R.O.O.T. will accomplish its mission by offering access to the regularly scheduled programs offered by both Elevation House and LivingProof Recovery. Additionally, R.O.O.T. member peers will have exclusive access to the following program specific components:

- * weekly peer led RootED Support Meetings
- * daily wellness journal activities to connect member peers to the spiritual aspect of their life
- * quarterly community-based volunteer opportunities
- * development and implementation of 30 Voices in 30 Days awareness campaign during the Month of September to bring light to co-occurring and successful recovery
- * prescription medication assistance
- * completion of Financial Peace University
- * a graduation celebrating member peer accomplishments

These components reflect the holistic recovery approach of the R.O.O.T. Program taking into account the whole person. R.O.O.T. does not solely focus on the symptoms, but also addresses mental and social needs. Mental wellness, or long-term recovery, is achieved by fulfilling needs in several connected systems: medical, psychological, social, behavioral, lifestyle, spiritual, etc. The program connects these systems for member peers and sets out to accomplish the following objectives:

- * Connect member peers with an accountable community
- * Empower employable skills by offering a myriad of trainings and certifications
- * Provide wellness education and prevention as associated with nutrition and fitness while stressing the importance of adherence to medication therapy.
- * Teach personal management and relationships skill to ensure a healthy lifestyle

If you or a loved one could benefit from the R.O.O.T. Program, please visit our website at www.elevationhouse.org and click the "Apply Now" button on our homepage. Complete the form and a member of our team will contact you about next steps.