Virtual Clubhouse: Combating the pandemic meant taking services to virtual platforms.

We were all so excited when Elevation House physically re-opened in May. Practicing social distancing, wearing masks and using hand sanitizer, were parts isolated caused by the pandemic. While it is awesome to be at the Clubhouse now, we are continuing some Virtual Clubhouse services for those who are not ready to participate in person. Virtual Clubhouse has been in operation since mid-March when the coronavirus forced businesses to close their doors. Elevation House decided we would continue offering services online as our members are already prone to isolation.

Elevation House, with the help of Regwell Food Pantry, provided food and supplies to its members. These supplies were delivered by the Floyd County Sheriff’s Office RomeGA Cares Initiative. We want to thank both organizations for their willingness to help our members. We also thank those who have contributed funds that made our Virtual Clubhouse engaging and fun. Special thanks goes out to the Community Foundation for Greater Rome who invested $1,000 of emergency funding to help us combat the funding constraints imposed by COVID-19. We may be physically isolated, but we are in this together. Together we will cope and move forward in recovery.

Wellness in Work: Lending talents builds confidence.

While Elevation House assists members who are diagnosed with serious mental illness, it is not in a clinical environment. Our members find wellness in work. The following is our 15th standard, and briefly describes our commitment to ending social and economic isolation for those who live with serious mental illness:

The work-ordered day engages members who live with serious mental illness: the culinary unit or the clerical unit.

The work-ordered day is organized to help members develop self-esteem, confidence and friendships, which make up the foundation of the recovery process.

- The work-ordered day engages members and staff together side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.

Depending on strengths, willingness and interests, members begin offering work to the Clubhouse and, in exchange, gain confidence. Then, when ready or interested, members can choose to participate in one of four employment programs to earn a wage.

It is important for members that our workplaces of employment partners are stigma free and can accommodate individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse.

The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.

The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unions meetings are held to foster relationships as well as to organize and plan the work of the day.

All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job specific training.

We offer opportunities for skill development that satisfy the need to be needed.
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, our member spotlight for this volume of the Updraft: Mary Miny is from Rome, Georgia. She was born and raised here and grew up with an identical twin sister and a younger brother.

What is your favorite quote?

I already am, I always was, and I still have time to be.

How has Elevation House impacted your life?

Elevation House has impacted my life in many ways. It has given me a sense of community, friendships, support, and total understanding of my struggles with zero judgement. It is hard to find those things in day to day life.

The R.O.O.T. Program has also been a huge blessing for me. I am a person in long term recovery and struggle with mental illness. For me, the two go hand in hand. My depression, anxiety, and life circumstances led me down a road that was dark. For a few years, I could not find the light. I had no idea anyone in this area offered a program offering support and compassion for people with co-occurring disorders. I am learning that there is a way for a different and better lifestyle. I am an educator myself and appreciate all the wellness education I receive through both programs. It is so nice to connect with others in my community who not only share some common struggles, but also working hard to overcome obstacles.

What led you to become a member?

I started looking into becoming a member of the Elevation House several months ago. I have a close friend who was a member there for a long time. He told me how much better it provided and I started researching on my own. I also had friends who were involved in Living Recovery Mentoring and my interest developed from there.

What is your dream?

My dream is to become a new and better version of myself. I know God has a plan for my life and I am ready now to accept trusting Him to lead me wherever it is I am meant to belong. I am starting a new career this week and am excited about the opportunity. I want to be healthy, adjusted, and well enough to create MY story. I want to be happy with who I am.

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

I would tell others thinking of becoming members not to be afraid to reach out and ask for help. That does not make you weak. It actually takes a great deal of strength, courage, and a huge sense of will to realize you are truly not alone. Once you take the first step to talk with someone in the program and accept the opportunities available, it will benefit your life and will give you a purpose.

Supported Employment

Matt shares his experience.

In February 2020, Elevation House placed me in a Supported Employment position at Hi-Tech Signs. Philip Gaines, the owner of Hi-Tech Signs, is a great man to work for. He gave me a chance to work when no one else would. When I started the job back in February, it was a bit overwhelming; however, I would come over to the shop a couple of times a week to check in with me so she would know I was going and make sure that I was getting the support that I need. Elevation House found the job for their Supported Employment Program. The Supported Employment Program is when Elevation House finds members’ jobs and works with the employer and the member to give the support the member needs to be able to do the work. This is important because it helps the member build the confidence that is needed to work, and it helps the employer learn about employing people living with mental illness so they better understand their needs.

At Hi-Tech Signs, I work in the department that prints political signs and other high-volume signs. We print two different sizes of signs. We screen print our signs in the department I work in, and print them from one press to another and act as quality control on the signs. I make sure that the print on the sign is high-quality and that the ink is covering the signs properly. Sometimes I print signs, but my main job is to wash the screens to get them ready for the next print job. I have to be sure to get all the ink out of the screens so it doesn’t interfere with the next print job. I have to be careful with the screens to make sure that they don’t tear or I clean them. (cont. pg. 3)

Supported Employment (cont.)

This job has helped me financially, and it has also improved my mental health. Before I got this job, I was financially in ruins. This job has helped me get back on my feet. Mentally, it has given me a sense of self-worth and helped me get out of a depression. Having the structure of getting up every day to go to work and having something meaningful to do with my time and energy has helped me so much. The people that I work with are great and we treat each other like family. I am very thankful to Elevation House and their continued support and for getting me the job.

Creative Corner

An opportunity for members to share.

The Truth Behind Beauty

By: Stephanie Bradford

The definition of Beauty according to Webster is the, “qualities in a person or a thing that give pleasure to the senses or the mind”. When I searched beauty in Bing, they gave me this definition, “a combination of qualities, such as shape, color, or form, that pleases the aesthetic senses, especially the sight.” A combination of qualities that pleases the intellect or moral sense. 3) desiring something intended to make a woman more attractive. 4) A beautiful woman.

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The Truth Behind Beauty

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