



Neponset River News

A Publication of Neponset River House
A Service of Riverside Community Care

Winter 2008 Volume 1, Issue 2

A Letter From the Director

By: Dannielle Ford-Allen

Great News...

Neponset River House receives 3 Year Certification from the International Center for Clubhouse Development (ICCD). This is the highest level of certification a Clubhouse can be awarded and this one makes the fourth consecutive one we have received.

The highlights of our program, as cited in the report, were our unit organization, well-developed work-ordered day and balanced social program, our space and our Employment and Education opportunities.

The greatest concern in the report is in relation to our lack of sufficient funding. There is not enough staff to adequately engage the membership to their fullest ability. While they noted we are doing the best we can, an additional two staff could be doing more for the members in the peripheral of the work units and those in the community who are isolating.

The certification process is grueling and humbling, yet it is an incredible process that revitalizes the community and validates all our hard work. A huge kudos goes out to all the members, staff, friends and family of our Clubhouse.

Overshadowed by Some Bad News...

Due to the State budget crisis, one million dollars has been cut from Clubhouse budgets across Massachusetts. NRH will lose close to \$27,000 from our budget effective January 1, 2009. This stings very hard, especially since we have had no budget increase since 1991. Yes, I am grateful that we still are here, but these cuts are hard news to swallow.

Individuals with mental illness in Massachusetts took a significant percentage of the cuts from the Executive Office of Health and Human Services (EOHHS) and from the overall cuts to the State budget. Not only were Clubhouse budgets reduced, but also Supported Employment and Education (SEE) programs and day rehab programs were eliminated. This will dramatically increase the number of members Clubhouses will now need to support.

It is very tiring to always be fighting. We felt great about getting Senate Bill 2764 passed, which over four years, would get human services up to adequate funding in relation to the cost of living. There was a small celebration in Question 1 not passing. Now we have been making calls trying to get the Clubhouse monies restored, but it is not looking good. We continue to struggle to get the NRH budget back to where it was 17 years ago and, working with our parent organization, Riverside, we hope to eventually prevail.

We are still finalizing how we will make these cuts, desperately awaiting an eleventh hour reprieve. However, it appears we will be cutting staffing and the hours of operation. At this time, we will most likely eliminate the Assistant Director's position (which is currently vacant) and replace it with a part-time Unit Coordinator position. Our social programming will take the hardest hit, as we eliminate our Thursday evening program and reduce the number of hours we are open on the two Saturdays we remain open. In addition, we will no longer be providing transportation home after social programming and will need to stay a little closer to the Clubhouse when we do go out.

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But We Will Survive and Persevere...

Neponset River House is an exceptional program and our number one priority, as always, is meeting the 'needs' of the membership. We will maintain the integrity of our Clubhouse philosophy and practices. We are committed to all the initiatives we have started including a healthier lifestyle for our membership (Health & Wellness) and environment (Team Green), and the Transitional Aged Youth (TAY) supports. If nothing, we are creative, innovative, and there is no time to waste worrying. We know we are an essential, core and valuable service to our community and we will not allow our voices to fall on deaf ears as we brace for the future.

We are Neponset River House!

Stay up to date on 'what's happening' and get involved with us by attending:

Friends & Family Night
December 4, 2008
5:00 pm-7:00 pm

Open Advisory Board Meeting
January 13, 2009
5:30 pm -7:00 pm

NAMI Meeting @ NRH
February 5, 2009
6:15 pm Dinner
Meeting starts at 7:00 pm
Topic: State Level Advocacy with a guest speaker

Employment Celebration
February 24, 2009
5:00 pm- 7:00 pm

Spotlight on Ann A

Interviewed by: Kerri Kief

Ann is a longtime member of Neponset River House.

How were you doing before you found the club?

I was going to day treatment, I had trouble making friends. I was experiencing lots of symptoms and was stagnant, not goal oriented or focused.

How has the Clubhouse helped you most?

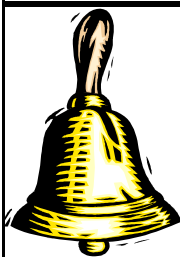
I feel like I can be successful in my next job. The jobs I've had through the club helped me have confidence in myself. I just finished a Transitional Employment placement at Riverside Administration in Dedham and I feel like I did a good job and really persevered.

How have you stayed physically fit and lost weight?

People ask me all the time how I do it. It's a lifestyle change. If I go to McDonalds I just buy and eat small portions. I exercise an average of 30 minutes a day- I walk on the treadmill at the Clubhouse a lot.

Future Plans, Goals?

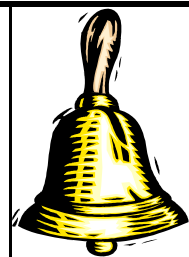
My goals right now are to be more independent and change my living situation. I hope to try and get a job or another continuing education class.



Support NRH and the Salvation Army!

NRH is ringing the bell for the Salvation Army this holiday season at

Stop & Shop - Rt. 1, Norwood
Shaws - Norwood Center
Walmart - Rt. 1, Walpole



Save the Date

Christmas Dinner

December 25, 2008
3:00 pm-7:00 pm

The club will be open for light fare and potluck desserts.
Bring desserts and Christmas cheer to share.

New Years Eve Party!

December 31, 2008
9:00 pm to 1:00 am

The club will be closed on Thursday, January 1st.

Advisory Board Dinner

January 13, 2009
At Neponset River House
5:30 pm-7:00 pm

NAMI Meeting @ NRH

February 5, 2009
6:15 pm Dinner

Meeting starts at 7:00 pm
Topic: State Level Advocacy with a guest speaker

Employment Celebration

February 24, 2009
At Neponset River House
5:00 pm- 7:00 pm

Light fare followed by presentation of certificates.

Help NRH Cut Costs During the Holiday Season

NRH is open all major holidays, and provides traditional meals to the Members, their Friends and their Families. We are asking readers and supporters of the NRH Clubhouse to donate gift cards from local supermarkets to help us make these holiday dinners a success. Thank You!

Dual Recovery Anonymous Meeting Every Thursday 3:00 PM to 4:00 PM.

South Norfolk Alliance for the Mentally Ill

The Alliance for the Mentally Ill will hold its monthly meetings December 4th, 2008 and January 8th, 2009 at 7:00 pm in the cafeteria of Lorusso building at Caritas Norwood Hospital. Mental illness is a label for a variety of diseases of the brain. Often it strikes in late adolescence, devastating the afflicted person and the family. The Alliance is composed of such families who find mutual support and join together to advocate for their loved ones. This month as part of an ongoing project to educate the public about mental illness, the Alliance and sharing and caring. The Alliance welcomes families in the South Norfolk area who are dealing with mental illness and their loved ones.

For further information call (508) 668-2941.

Affordable Consumer Transportation, Inc. (617) 308-7014

ACT provides transportation to consumer to various day treatment programs, appointments and clubhouse events. We currently have openings for NRH transportation. If interested please call the number above.

Parents Support Meetings 2nd & 4th Tuesday of each month

7:00 pm to 8:30 pm

Riverside Community Care
190 Lenox Street, Norwood
(across from train depot)

Leaders: Jill Homer & Kerry Roberts
Case Management (781) 401-9712

Neponset River House, a service of Riverside Community Care, is a clubhouse based on the Fountain House Model. As a clubhouse, we offer our members four guaranteed rights.

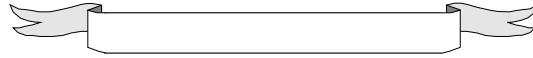
1. The right to a place to belong.
2. The right to meaningful work.
3. The right to meaningful relationships.
4. The right to a place to return.

The purpose of our club is to help us to learn to better cope with our mental illness and gain a sense of accomplishment and empowerment through learning valuable vocational and social skills. Members and staff work side by side as equals to create an atmosphere of mutual respect and dignity. Our Transitional Employment Program is unique in that it offers direct help for members at various job placements to get them started. The Supported Employment Program offers members employment help by giving them a balance of support and independence. We hope that by publishing our newsletter we can help educate the community about mental illnesses and reduce the stigma and fear attached to them.

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Help Support Our Clubhouse

NRH is a program of *Riverside Community Care*, a non-profit organization that helps build healthy communities. NRH is a rehabilitative community offering opportunities and support in employment, education and housing. We emphasize work, participation and choice. NRH provides a range of services to ensure member success in the work place. Individuals receive assistance in job preparation, placement, benefit management and career advancement.

Due to limited funding, both monetary and material donations are graciously accepted. If you are interested in giving to our community please contact Dannielle Ford-Allen, 781-762-7075.

Please enclose this form and monetary donations to the following address:
Neponset River House, 595 Pleasant St., Norwood, MA 02062

Name: _____ Amount: _____

Address: _____

Thank you for your support!

Neponset River House Call for Help!

We need Transitional Employment Placements! Due to the economy, TE opportunities are becoming more difficult to locate. Neponset River House looks for part-time, temporary, entry level positions that pay the prevailing wage rate. NRH will screen and train candidates and guarantees 100% job coverage to the employer. No job is too small!

Some jobs that would be of interest to us include:

Food Preparation	Greeter
Hosting	Fitting Room Attendant
Dishwashers	Custodial/Maintenance
Stocking	Data Entry
Reception	Mail Room Positions
Customer Assistance Desk	

If you, or someone you know, have any employment leads please refer them to the Employment Coordinator, Raymond Prince, at (781) 762-7075.