

According To **PLAN**

The leaves in Fall change to vibrant colors signaling a transition of seasons, and the beauty of Autumn is the variety of colors the leaves take on. Likewise, as members, our strength as a Clubhouse comes when we embrace each other as the colorful crowd that we are. Just like a tree, our brilliant hues of our character and personality morph to make a beautiful patchwork of uniqueness. Welcome the wonder of each other!

- Liz M., Robin K., Amy H., Jonathan R., Maddy L.

Autumn Colors

ME University: **STRENGTHS**



Join us

Wednesdays at 2pm

for a journey of discovery of the strengths we each uniquely bring to the world.

Action Plan Update

Here's our progress with our Action Plan Goal:



MEMBERSHIP

Increase average daily attendance to 30 members in 9 months.

- ✓ We have updated outreach to implement diverse methods of outreach.
- ✓ We have reorganized outreach books and created facesheets for each member.
- ✓ Each unit is now responsible for outreach to members in that unit.
- ✓ We have created projects to ensure facesheets for each member are updated and addresses are correct for the mailing list.

In Process!

- ☀ Our average daily attendance increased in July to 26 members. We're on track to meet our goal!

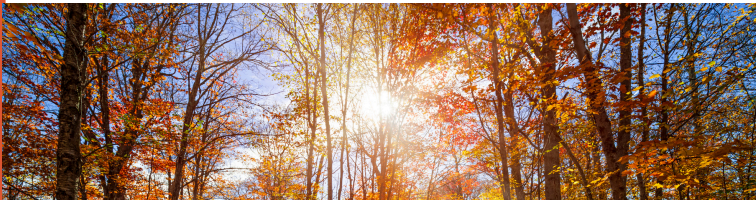


Clubhouse Standards

1. Membership is voluntary and without time limits.
4. The Clubhouse community promotes acceptance and inclusion. All members have access to every Clubhouse opportunity.
7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

Just Gettin' Better: Ya'll Are My Sunshine!

By Jim D.



As the colorful Autumn leaves brighten our world, a new season begins. With each new season a cause for hope comes again! When I think of PLAN and its history, I see so many people who have been helped, so much hope, so many friendships formed! Members who came broken and feeling hopeless as I once did began to team up in the work-ordered day, helping to prepare tasty lunches, learning at ME University, and improving our computer skills with Canva software to brighten these newsletters, we build confidence and improve our lives! At our morning meeting recently when a quote was asked for, I said, "You are my sunshine, each and every one of you!" Someone yelled, "Hey, we're in Texas so 'Ya'll are my sunshine!'" Yup - together, we're *Just Gettin' Better!*

Member Showcase: Thomas S.

By Steve W.

Thomas S. is a welcoming member who has been a part of the Clubhouse for at least two years, but has recently started coming more frequently over the past 3 months. Originally from Racine, Wisconsin, he has lived in Texas for the past 21 years. The Clubhouse has helped Thomas with his mental health mainly in getting out and doing things - just coming to the Clubhouse and seeing people helps him get out of his house and is one of his favorite things about being a PLAN member.

Here at the Clubhouse, Thomas has found his rhythms. He enjoys going for van rides, so loves helping culinary by going to the bank or refueling the van. He has really enjoyed going on some of the outings we've had, including the Dallas World Aquarium, Amazon Biz Buzz, and the Day at the Ballpark seeing the Texas Rangers. Otherwise at PLAN, he is content with the tasks he's found to participate in.

Beyond PLAN, Thomas is a man of many interests. He enjoys coin collecting most of all, which he says his dad started him on. Other hobbies include following the stock market and listening to police scanners. With coin collecting, he has goals of finding a 1909 SVDB penny or a 1928 Peace Dollar.

It is a joy to have you with us, Thomas. It is always good to see your smiling face!





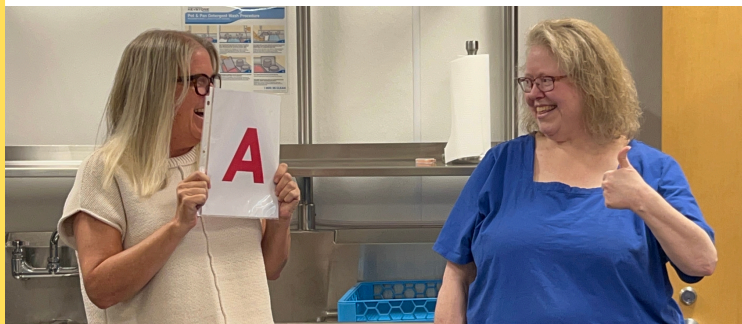
Exemplary Culinary Membership: Rhonda V.



"Working in the kitchen makes me feel close to my Mom. Working in the kitchen is one of my favorite things at PLAN, along with Newsletter. So I'm writing a Newsletter article about working in the kitchen! Best of both worlds! Working in the kitchen puts smiles on my face, makes me feel important, and makes me feel like I accomplished something. I am very thankful for PLAN and all my coworkers here. I love to bring brownies or cookies to bake for everyone in the Clubhouse to enjoy. Yummy!"

We Got an A!

By: Thomas S., Nathan M., TJ T., Lauren C.



Last month we had our first visit from Addison's Environmental Health Department (Health Inspector). The outcome of this visit determines whether or not we can continue to cook and serve food here at the Clubhouse. Due to the hard work, diligence, and research done by our culinary team, we received the highest rating of A. Thanks to the culinary team and thanks to all members and staff for continuing procedures in cleanliness and safety in the future. This is a great example of the Clubhouse model of members and staff working together to accomplish important goals to make PLAN the best Clubhouse it can be.

CONGRATULATIONS!!!

Grade: A



FLOWER ROOM STEPS

Fill tubs with water	
Collect flower vases	
Toss old flowers from vases	
Wash flower vases	
Bring in flowers	
Put flowers in water	
Make arrangements	
Put out arrangements	
Clean tables	
Clean floors	
Empty water tubs in sink	
Flower trash to dumpster	



Flower Power: Better Together!

Our flower area has been getting some loving attention, including:

- a bigger room
- new visuals for flower
- steps (see on left)
- updated protocols:
 - Flower bouquets are available to PLAN Ambassadors that are marketing for PLAN.
 - Flower bouquets are available for members to take home on Thursday or Friday.



Mark H.: I find it so interesting doing flowers - the color - one color here, one color there - it's neat to make arrangements and I enjoy it. I've always been creative - at least with my mind. I enjoy having others help me out and being supported by each other.

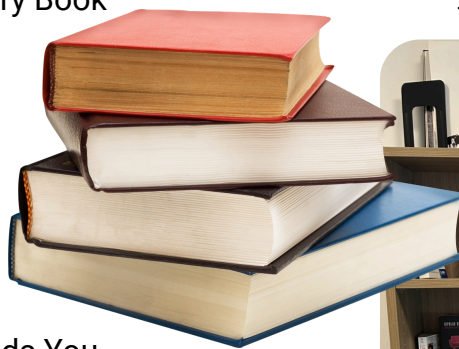




Library Catalog

We have been expanding our library over the past several months, now including over 100 titles! Here is our favorite 50 of the books you can explore:

1. You Are Not Alone - The NAMI Guide to Navigating Mental Health
2. The Clubhouse Model
3. Fountain House
4. Together Everyone Achieves ClubHouse (T.E.A.C.H.)
5. Unwinding Anxiety
6. Boundaries
7. Bipolar Depression and Me: from Both Sides of the Couch
8. Rock Steady: Brilliant Advice from My Bipolar Life
9. The Bipolar Disorder Survival Guide
10. Owning Bipolar
11. Unlocking Personal and Professional Growth with Emotional Intelligence
12. The Collected Schizophrenias Essays
13. From Survival to Recovery
14. The Dual Disorders Recovery Book
15. Seriously, Happy
16. The Friendship Factor
17. The Five Love Languages
18. Atomic Habits
19. Write This for Inspiration
20. Atlas of the Heart
21. Tiny, Beautiful Things
22. Healing the Shame that Finds You
23. Unmasking Autism
24. The Starry Night
25. The Seven Habits of Highly Effective People
26. How to Stop Worrying and Start Living
27. The Stress Solution
28. Feel the Fear and Do it Anyway
29. Freedom from Obsessive Compulsive Disorder
30. Just Like Someone Without Mental Illness Only More So



31. The Gifts of Imperfection
32. I Thought It Was Just Me But it Isn't
33. The Upward Spiral
34. Emotionally Healthy Spirituality
35. I Don't Have to Make Everything All Better
36. How Emotions are Made
37. Set Boundaries Find Peace
38. Upstream
39. Daring Greatly
40. I Am Not Sick I Don't Need Help
41. Unstoppable
42. The Art of Showing Up
43. Inspired by Life
44. The Book of Joy
45. The Complete Family Guide to Schizophrenia
46. Mind over Mood
47. Ethics Primer
48. How to Keep House While Drowning
49. The Art of Fear
50. Everything I Need to Know I Learned from a Little Golden Book





ME University: Finals

By: Liz M.

In ME University we have been continuing to learn so much about executive functioning. It's been fascinating, insightful, and incredibly helpful. So far we've explored these topics: thinking before acting, emotional management, getting started, staying focused, planning, prioritization and organization, time management, and follow through. We've covered so much and learned so many ways to help us be more productive and live the life we want to! It's truly been inspiring! It's also great hearing different people's ideas and contributions.



Dallas World Aquarium

Nine of us enjoyed the Dallas World Aquarium together in August. The animals were surrounded by nature's green foliage, a soothing singing waterfall, and mist that came down from the ceiling. Liz M. and I watched two turtles chasing each other and a fish with its mouth out of the water squirting a fountain of water over and over. We had never seen anything like it before in our lives. We enjoyed ourselves so much that we wanted to camp out right on site for a really long time. The whole day was filled with wonderfully amazing animals and creatures: stingrays, manatees, sharks, sawfish, turtles, octopus, vampire bats in black light, and all kinds of birds. I saw a small alligator sleeping in the window pop its eyes open and look at me. We all had such a fun time and would love to go again to this safe haven for the animals and creatures of the wild. - Robin K.



I wanted to get to know the octopus, but had to wait until there were no longer throngs of people crowded in front of the tank. "Tum" was fascinating: he could transform his thick tentacles into skinny strings. He could also make his whole body blow up into balloons. It was neat to connect with and make eye-contact with my friend, "Tum," my octopus teacher.
- Stacie S.

Lucky Strike Bowling

Bowling was such a favorite outing, all the seats in the van were full! We got acclimated to bowling again for some of us who haven't bowled for a while. The bowling alley had red and blue lights and was very soothing for playing our sport again. There were arcade games and food and soda to drink. The bowling employees baked fresh hot chocolate chip cookies for us and gave them to us for free. It was a very welcoming place and Ricky A. beat us all and Lauren C. was only one point away from Ricky's score. There were many strikes with the pins and we got to get to know our friends from PLAN better in a fun way. The day did not last long enough and I am quite certain that this outing was such a success that we would definitely like to do this again. What a "Sport" that everyone was able to laugh and have fun together. - Robin K.



ME UNIVERSITY

Back on
WEDNESDAYS
at 2pm
STRENGTHS

1. Intro to Strengths
2. Strength Study #1
3. Strength Study #2

Sept. 9th
Sept. 16th
Sept. 23rd

September Closures

September 7th - Labor Day
September 21st - Yom Kippur

CLOSED



Early Closures

September 11th: 3pm
September 25th: 3pm



Music Hall At Fair Park



Sunday,
September 13th
12pm

Sign up to
"Climb
every
mountain!"



Join our text announcement system!

Text PLAN to
866 -655 -9759

followed by your name so we can keep track of
who is getting reminders!

Get up to date info on events and other
Clubhouse updates



Biz Buzz: Sprouts Tour



Wednesday,
September 16th
10:30am

Let's tour
the store!

Employment Dinner and a Movie

Thursday
9/24 at 5pm

Come to connect
with each other.



Feature Film: The Secret Life of Walter Mitty

**ALL MEMBERS
WELCOME**

Supper Club: Chuy's



Saturday, September 26th, 5pm
4440 Belt Line Rd, Addison, TX 75001

The State Fair of Texas



Wednesday,
Sept. 30th
10:30am

Bring 5 canned
goods for \$5
admission!

Sign up to go!

Support your clubhouse



IF YOU'D LIKE TO
DONATE TO PLAN,
SCAN THE QR CODE
WITH YOUR CAMERA
ON YOUR PHONE
AND FOLLOW THE
LINK.
WE APPRECIATE
YOUR GENEROSITY!