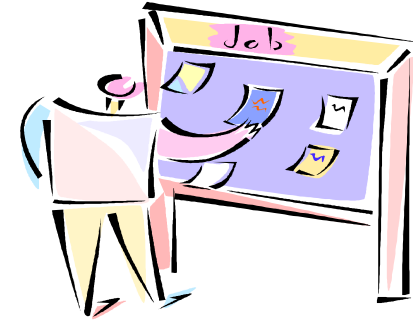


Upcoming Events:
Christmas Party, 6:00 p.m. December 11th 2009
Knightdale Baptist Church
15 Main Street,
Knightdale, NC 27545

Ongoing Training and Education Classes:
Sign Language- Mon at 2 p.m.
Driver's Education - Tues at 2 p.m.
Computer Basics-Tues at 2 p.m.
Dance Therapy- Wed at 2 p.m.
Wellness, Management, and Recovery- Thurs at 2 p.m.



Interested in giving back? Please consider the Club Horizon Board of Directors. We would love to hear from you.

Club Horizon is accepting referral for a Community Support Team and PSR. Contact Bernadette Benas, PSR Program Supervisor at (919) 266-2202 or Kristen Girardi CS Program Manager at 919-266-0585. Club Horizon is an EOE organization

Visit us online at..
www.clubhorizon.org

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Club Horizon Newsletter

Working Together Towards Recovery

Sept-Oct 2009

Club Horizon, Inc Board of Directors

- Ginny Mahaney-President
- Anne Hart-Vice Pres.
- Richard DeButts -Secretary
- Allyson Dickens-Treasurer
- Linda Coleman
- Theodore Hicks
- Louise Jordan
- Rob Myers
- Sheila Singleton
- Alison Rieber
- Alvin Quarles
- Natasha Ben-Kamara

Changes in the NC Mental Health System

Due to NC Session Law 2009-451, there were several changes made to Medicaid funded services.

A big change which affected many of our members was that effective October 12, 2009, members could not get Community Support (CS) services and Psychosocial Rehabilitation (PSR) services at the same time. As a result, we had to ask our members who received both PSR and CS services to pick which service they would like to continue to receive after October 12th. They were then discharged from the other service on October 12th.

For those members who chose to continue CS, this service will also end at the end of the current authorization. If you want to know the exact date of your final CS coverage, please ask your CS Qualified Professional (QP). If you desire to return to PSR, please ask your QP to refer you.

One of the new services we will be providing in the near future is Community Support Team (CST). CST services consists of mental health and substance abuse rehabilitation services and supports necessary to assist adults (age 18 and older) in achieving rehabilitative and recovery goals. This is an intensive community rehabilitation service that provide treatment and restorative interventions to: assist individuals to gain access to necessary services; reduce psychiatric and addiction symptoms; and develop optimal community living skills. This is a more intensive level of service than Community Support and all members will not qualify for this new service. If you want to know if you would qualify, please ask one of the CS QPs.

If you have any questions concerning the above changes, please ask Kristen Girardi, our Community Support Program Manager.

-Vicky B.

Inside Scoop!

- Changes in Mental Health Pg 1
- Vision, Mission Statement Pg 1
- Living Independently Pg 2
- Wellness Pg 2
- Fire and Safety Pg 2
- Education Pg 2
- T.E. Recognition Dinner Pg 2
- Technology Scoop Pg 3
- Wine Party Pg 3
- Adam's Corner Pg 3
- Upcoming Events Pg 4

Vision: People with mental illness will achieve their potential and become respected as friends, neighbors, and coworkers.

Core Values: Excellence— Serving with integrity & focus;

Respect— Appreciating & valuing differences; **Accountability**— Effective use of resources; **Consumer Focused** — Consumer driven services; **Productive**— Facilitating positive change

Mission Statement:
Club Horizon, Inc. is a 501(c)(3) private, non-profit organization whose mission is to increase community acceptance and improve the quality of life for adults with serious mental illness by facilitating meaningful work, education, housing, and social opportunities.

Clubhouse Goals and Lifestyles

Living Independently

My name is Larry W. and I have been living Independently for about 5 months now. I love being on my own because it's the right apartment for me. I am grateful to the staff at the Clubhouse because they take me food shopping and also to get my medicine when I need it. I want to thank them for supplying me furniture for my apartment. I learned to cook on my own and I am glad I am able to do stuff independently without having to rely on somebody else. I learned how to ride the CAT bus and I enjoy that because it right near my apartment. I still enjoy going on socials with the clubhouse and love it.

Wellness

How Does My Plate Rate? This was one of the things we learned from nutrition training, provided by an RN. We were able to see how many servings of fruits and vegetables we consumed daily. We also learned some facts about fat, eating healthy to reduce cholesterol, and sodium. Along with the food pyramid we, learned the health benefits of colorful fruits and vegetables.

We also engage in other wellness activities such as daily walks and dance/exercise sessions. We also work on ways to stop smoking.

I attended a two day Wellness Management and Recovery training. I learned about how I can manage my symptoms while recovering. I also want my life to change, to be able to be in control and not have to depend on the help of counselors. - Jean L.

I also attended and learned about recovery. I want to learn how to be more stable with the help of medication. -Amanda H.

Fire and Safety

Fire... It's a dangerous thing. It can be used for help in such purposes as keeping us warm and giving us light, but can also be a deadly threat. Schools, Businesses, and even Clubs like ours, are trained to deal with fire. We have fire drills once a month and our own fire escape plan. We attempt to decrease the amount of time it takes us to vacate the building. In addition, the Knightdale Fire Department came and gave us training on how to use fire extinguishers. We all work to keep our clubhouse safe from fire. - Matthew H.

Education

My name is Kara L. Currently I am attending Wake Technical Community College. I am working towards my Associate's Degree in Medicaid Billing and Coding. This is something I am familiar with because of my day program. I want to thank Club Horizon Staff for encouraging me to go back to school after 6 years. I am almost finished with my first semester and am extremely grateful for all the help that has been provided.

T. E. Recognition Dinner

On September 11th, 2009 Threshold held their Transitional Employee Appreciation Dinner at the Durham Marriott. The dinner was to honor and celebrate the accomplishments of program members. The evening was filled with great food, dancing, and laughter. Seven Threshold members were recognized for their dedication and they shared stories about the challenges they faced in the working world.

It was a great way to recognize members and say thank you for their dedication. - Kara L.

I had such a nice time dining with Threshold Members. I even invited 3 to come visit us. - Carolyn W.

Birthdays

September

Alvin P. 9/3

Tonya M. 9/6

Lydia B. 9/8

Vicky B. 9/9

Johance H. 9/14

David S. 9/16

J. W. 9/16

Belinda J. 9/24

Jack G. 9/25

Antoinette R. 9/25

October

Debra B. 10/1

Vanessa K. 10/1

Jesse W. 10/4

Linda M. 10/18

Bethany S. 10/20

Janice B. 10/21

Andrea F. 10/27



Club Horizon Members T.E. Employment

CASA

Mark Coleman

Jesse Worsley

Marshall's

Kevin Jamison

Carolyn Williams

William Terry

Robert Joyner

Residence Inn

Larry Woods

Technology Scoop

Our focus today is backup storage. Most people don't think about backing up their documents until after they've had a huge mess. By then, it's too late.

This is why Ron and I recommend for everyone to wean yourself from using your flash drive as a primary storage device. If you're a staff member, you have access to Logmein, a remote access program. If you work on a document using Logmein, you can save it directly to the server. We back up our server three times per week. These backups are stored off-site as an additional precaution.

If you still feel the need to use a flash drive, take a few minutes today and back up your important work and personal documents. You never know what may happen and how much of your work or personal memories you may lose.

-Vicky B.

Wine Party

Club Horizon, Inc. held its 3rd annual Tastes and Treasures Event (party and silent auction) on September 25th. The event was sponsored for the third year at the Courtyard at Marriott. We had a great turn out with approximately 200 people in attendance.

The food and wine were great as always. Conversation flowed between old friends and new acquaintances. Everyone appeared to have a great time and we received many compliments on the event.

We would like to recognize and say thanks to The Courtyard by Marriott staff, specifically Rachel, Yvonne, Stacey, and the Chef.

Thanks to George and Sue Kavelak for all their hard work organizing and setting up the silent auction table. Finally, a Big Thanks to Virginia Hill and all her friends who attended the event.

We look forward to seeing you next year.

Adam's Deluxe Edition

What's up Everybody! I'm Adam Christiansen and this is Adam's Corner. Last issue I said that I will be talking about relationships. Well, this might be a sensitive subject for some, but we deal with this every day whether it's a girlfriend, friend, mom or dad. In my opinion, it is very important to have someone you care about to talk to, when something is bothering you or you need to just be comforted. I interviewed Kyle Maas about relationships, and this is what he had to say....

Relationships effect people positively and negatively depending on certain circumstances. Friendly relationships require two people to combine their effort to make something positive in their lives. They require key elements such as caring, giving, supporting, and constructive criticism and respect. Negative relationships consist of two people misunderstanding each others personalities or not wanting to accept who they are. This is the basis for this type of relationship. Strong romantic relationships generally start off as friendship. To have a positive romantic relationship you establish a common ground, which in turn transcends to common interest and emotional attachment. For without emotion you can't have a romantic relationships. They also include cooperation between the two. I believe these are the basic factors which effect a relationship, whether friendly or romantic....

In my next issue, I will be talking about how to enjoy yourself without spending a lot of money!