

Union Station Clubhouse

Newsletter



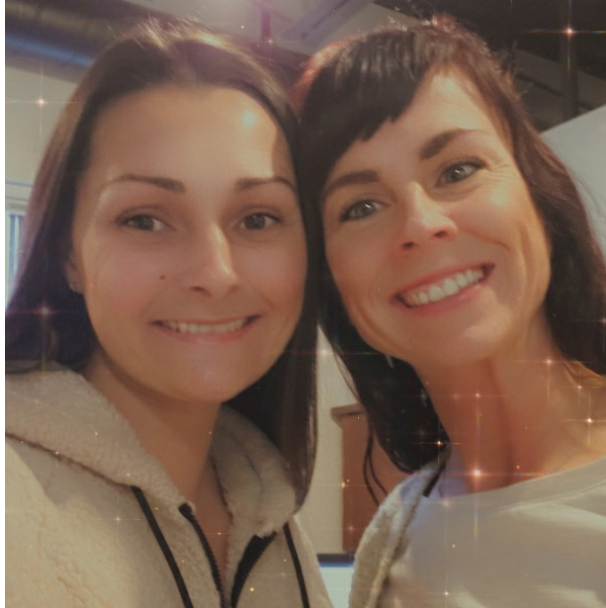
Clubhouse Staff Additions

By: Dustin M.

Ashley began working at the Union Station Clubhouse in July 2018. She likes that her work days are different. Since being employed she has learned multiple tasks in both units of the Clubhouse and wants to continue to learn as much as she possibly can.

Ashley said that documentation can be a struggle, but she never gives up learning. She continues to ask questions along with suppressing negative thoughts. In the future, Ashley would like to become a certified psychiatric rehabilitation practitioner.

Jenna started in December 2019 and likes how everyone participates in getting the work of the Clubhouse completed. She has



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Member Spotlight: Donald M.

By: George H.

Donald M. has been attending the Clubhouse program since September 11, 2019. He enjoys the program due to the relationship building component it offers. Since the day he became a member, he has learned how to cook and clean, which helps one to be independent.

This in turn will enable him to pursue his goal of acquiring his own apartment. This is because home- or apartment-owning can be extremely difficult, both financially and physically, not to mention mentally, but that is where the supportive part comes in.

If he learns how to solve those problems that are not so easy to fix by himself at first, he will be ready to conquer the world! Well, at least on the housing front, anyway.



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seen how the members and staff work together to ensure the functionality of the Clubhouse, while learning how everyone plays an important role in making the Clubhouse run smoothly. While Jenna is here at the Clubhouse, she would like to play an active role in helping members achieve their goals.

Earl started this past fall as a part-time van driver and Union Station Clubhouse is proud to welcome him to the team. Earl is very kind-hearted, funny and quite helpful. Over the past several months he has shown how dedicated and reliable he is. We are very thankful to have him.

Always On My Mind

By: Krysta C.

The day my family members left me behind and passed from this world brought about tears rolling down my eyes. I was broken, hurt, and, had pain inside and out. They are always on my mind. A part of me went with them, and a part of them stays with me.

I cry for each of them every day and every night because I know I struggle to live my life without them. I remember everything they did with me while they were living. I know they are here with me every step of the way. Therefore, they will forever be on my mind and in my heart.

Crisis Intervention Team

Adapted with permission from the Fayette County Family Council

In 2011, Fayette County Behavioral Health Administration, local law enforcement, advocacy groups and families came into partnership to create Fayette County's first Crisis Intervention Team (CIT). In the mid-1980's Memphis, Tennessee mental health advocacy groups pushed for law enforcement to be trained to work with the mental health population. In 1988, CIT was created.



There are 50 sworn CIT officers in Fayette County. These officers have received 40-hours of training to assist the officer to identify, respond and safely handle a crisis involving an individual who lives with a mental health disorder. CIT officers are able to handle a complex array of mental health diagnosis and possible situations, through role-play, classroom training and on-site visits to mental health facilities to become familiar with the population.

The "Memphis Model" has helped reduce the stigma surrounding mental health, prevent officer injury and has allowed individuals access to medical treatment instead of being arrested for a mental health issue.

During a crisis situation share all the information you can with a 911 operator. Clearly state to the operator "This is a mental health crisis." You can request a CIT officer.

A crisis is not only stressful for the individual but their family as well. What a relief to know that we have a team in Fayette County that is dedicated to help us in troubling times.

Learn more at www.citinternational.org

New Year 2020

By: Krysta C.

It's a new year for everybody
A new life of new things in life
Be a better person and follow your heart
Be who you are and live a good life
God is watching over you and pray each day
Go by and He is there with you every step of
the way
He is a good Lord; He loves you always
You need to love your family as much you can
They may be the only family you have
They all want to be in your life forever
They always will love you and care about you
And love yourself as well
You have to live your life better
Life is a wonderful thing in the world.

Christmas Eve

By: Dustin M.

Goodwill of Southwestern Pennsylvania observes several holidays annually. As Goodwill has a wide network of programs and services in their territory, as well as retail stores, operations are tailored back on the holidays.

As per Clubhouse International, "holidays are observed on the actual day they are observed". Christmas Eve is no exception and our Clubhouse lives up to the guarantee that members will always have "a place to come".

Clubhouse staff elect to work the day and work to transport members to and from the clubhouse. In addition, the Clubhouse ensures that members in our Transitional and Supported Employment program have the support of the Clubhouse should they be scheduled to work. The scheduling of staff is aligned with membership in attendance so no one is excluded.

This year we had ten Clubhouse members, transported with assistance by Ashley M., and Gary D. The members arrived and planned what clean-up tasks they could cover if needed.

Lunch that day was grilled cheese, beef stew and punch. Additional members asked if they could get a ride to the Clubhouse and we were prepared! The actions of the Clubhouse staff allowed members to attend on a day they might have otherwise been isolated at home.

Clubhouses serve a pivotal role during the holidays, providing a place where members can join together and celebrate.

Traffic-Free Travel

By: Dustin M.

Across Coal Lick Run from the Clubhouse is a walking trail that was known as the Rotary Walk Extension. This is the second phase of the Rotary Walk that extended from Main Street to Pittsburgh Street in the city. The original Rotary Walk extends from across Marshall Plaza from Fayette Street to Lebanon Avenue.

The trail had some damages during the summer floods last year. However, there has been a concerted effort to enhance these trails to include other non-motorized vehicles, like bicycles. The idea is for the Rotary Walk to become the Sheepskin Trail.

There are three completed phases of this trail. The first phase starts at the Great Allegheny Passage near Connellsville along the Youghiogheny River and ends in Dunbar. The Great Allegheny Passage is a motor-free trail between Cumberland, MD and Pittsburgh. There are plans to continue to points west and north from Pittsburgh, down the Allegheny and Ohio Rivers. At Cumberland, the Chesapeake & Ohio Canal Towpath continues the off-road journey to Washington DC.

The second phase of the Sheepskin is south of Uniontown. South Union Township supervisors

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have completed and paved their entire section of trail. In addition, a covered bridge was constructed at Hutchinson Park. Future plans call for connecting the trail to the north and south along with a spur to Fort Gaddis on Morgantown Road. In preparation for the linking to the downtown area, South Union Township has provided labor crews to bring the Rotary Walk up to code, as it is 35 years old in some spots!

The last segment is near Point Marion and connects to the Mon River Trail, which runs to Morgantown, West Virginia and through Monongalia, Marion and Harrison Counties. There are plans to extend to the Great American Trail/North Bend Rail Trail, which reaches to Parkersburg, WV at the Ohio River. There are several off shoots of the Mon River Trail, including one to Preston County, WV. Back in Fayette County, plans call for Brown's Run Trail, that currently extends from Route 21 near Masontown to the Monongahela River, to eventually connect to the Sheepskin. Eventually when all the pieces are connected, most major communities will have access to a bike trail.

The goal of the Sheepskin is to link the Youghiogheny River, Point Marion and points south into West Virginia from Pittsburgh and Washington DC and beyond.

Lastly, in Connellsville, plans are being made for the Morgan Valley Trail to be created from Connellsville to Everson and across Jacobs Creek into Westmoreland County. There it will connect to the Coal & Coke Trail with plans for it to be connected to other networks in that county.

If you live near one of these resources, please take advantage of them, they are indeed a great treasure!

Union Station Clubhouse Receives Donation

By: Dustin M.

Union Station was the proud recipient of a \$1,000 donation from Spherion Staffing Services in Connellsville under the Spherion Cares program.

Founded in 1946, Spherion has been a leader in the staffing and recruiting industry for 70 years. While their name has changed a few times, Spherion has always believed in placing "the right employee with the right business at the right time".

The funds received will be for the member education and recreation fund for outings and events for the members. Thank you, Spherion Staffing Services!



www.goodwillswpa.org
www.unionstationclubhouse.org