

2023

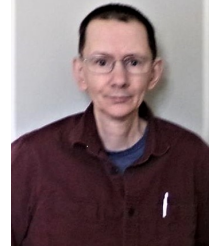
10 Year Celebration

INTRODUCING OUR NEW DIRECTOR AND ASSISTANT DIRECTOR



Chris Gepford

We couldn't have done this without them.
They both help make a stressful day a lot easier.



Keith Jalbert

Bio's cont. on page 10

WHERE THE FUTURE IS OUR FOCUS

LOOKING AHEAD TIMES 10th ANNIVERSARY EDITION

In the Clubhouse world we like to say that the process to complete something is more important than the speed in which something is completed. When planning a Clubhouse event, it is all hands-on deck and here at Looking Ahead Clubhouse we spent roughly 2 months planning our 10th Anniversary Open House. We did menu planning, created a banner, created an invitation, planned decorations, reviewed 10 years of pictures for a slide show and so much more. It was very important to our whole group to show how we have built an entire program from the ground up. The energy was high the day of our Open House and we had over 50 colleagues in attendance getting all the final touches completed throughout the Clubhouse. With two hours to go until our Open House, we lost power due to high winds and driving rain. In typical Clubhouse fashion we met as a group to discuss if we should continue with our

event or not. Consensus spoke loud and clear with a resounding "YES"! We had almost 150 visitors come to LAC during our Open House. Most did not even notice that the lights were off and even though the driving rain outside caused leaks in the building, the event went off without a hitch. This event strengthened our relationship not only with the community as a whole, but as a Clubhouse team that can persevere through anything. We all agreed after the fact that our Open House was more memorable due to the unforeseen obstacles that we face. We want to thank everyone that has supported Looking Ahead Clubhouse for the past 10 years. We cannot wait to see what the next 10 years bring!



We also would like to celebrate and congratulate Diana for 10 years of service at LAC.



CLUBHOUSE INTERNATIONAL SEMINAR

Nothing prepares you for a World Seminar except showing up for one. This has been a goal of mine for years, a goal put on hold thanks to the pandemic keeping us all apart save for televideo conferencing, which just never feels the same as being able to shake the hand of someone you admire, someone you may not have seen since colleague training, or being able to meet one of your Clubhouse idols. For me, this was a goal 8 years in the making. To be fair, getting to go to Baltimore, have crab cakes, and spend time with Trisha added a bit to the mix. Why travel if you cannot have fun?

Robbi Vorspan is one of those people I admire with all my heart. I was introduced to her through her writings as part of Colleague Training, and as I read her words, I felt, possibly surer than I have ever felt professionally, I was in the right place and this was what I was meant to do with my life. Skip ahead to the fall of 2022 and I'm an Assistant Director at my first World Seminar having the opportunity to talk with Robbi one to one. This is not an easy feat as the lady attracts a crowd. This made my week. Sometimes it's cool to meet your heroes!

In a week where so many amazing things happened, it is hard to pin them all down.

Well, besides Robbi. I traveled with Trisha, we went to the Hard Rock with new friends from Pennsylvania, and learned how to have a housing program without owning an apartment building. Project for 2023! We spent time talking with Lee Kellogg (the man is as brilliant as he is kind), had breakfast with Jack Yatsko, hung out with Jeremy from Aim Center, saw old friends from Gateway. We talked with Andy Wilson about how the model has changed and the differences he sees in his community as Clubhouses become more prominent, joked with people from Mosaic House in London that we all need a group trip to the UK, and we were invited to spend time in Hawaii (Aloha!). This last one may sound weird, but roll with me: we were able to spend time with peers from the other Clubhouses in Maine. Words cannot express how much fun we had working with and connecting with Unlimited Solutions, or being side by side with Capitol, High Hopes, and Village.

So, to borrow a line from a peer at Genesis, "Clubhouses are like a big family tree. Not all the branches are the same size or even look the same, but no matter where you go, if there's a Clubhouse, you are not alone."

Keith Jalbert



Keith & Trisha on the flight to the seminar



COLLEAGUE TRAINING

"I had a great time at Gateway Clubhouse. I learned a lot and found everyone to be very nice." Kayla

"Colleague Training at Gateway Clubhouse showed how much of a community Clubhouses across the world truly are. I appreciated meeting new people and enjoyed gathering new ideas to bring back to LAC." Chris

"I enjoyed the training at Gateway, especially their hospitality. They show a true community of people who love each other and have each others back. I met many new people and learned a lot. The best part was the food. I am glad I was able to bring something back to our clubhouse!" Germaine



Kayla, Chris and Germaine at Gateway Clubhouse, SC

CARF CERTIFICATION

It has been three years since LAC went through CARF accreditation, and this year was done over Zoom. We provided a virtual tour of LAC and explained the function of each unit while also talking about accessibility to services. The outside grounds were toured, and LAC was complimented on the quality landscaping work members have been doing as part of keeping the grounds functional and pleasant to the eye. LAC was given another 3 year accreditation with no recommendations.

LAC OUT IN THE COMMUNITY

ANNUAL BOARD MEETING SENATOR INN



Chris Gepford, Judy Binette and Rose Charest represented LAC at our Auspice Agency Kennebec Behavioral Health's Annual Board meeting in Augusta, September 15, 2022 at the Senator Inn.

We were able to see awards presented and just how much Kennebec Behavior Health is involved in helping improve lives in the communities throughout the state of Maine.

We are proud to see just how much our Auspice Agency KBH supports and respects LAC and the other Clubhouses.



NAMI WALK

In September colleagues from LAC attended the annual NAMI MAINE Walk held in Augusta.

This was held for the second time at Capitol Park which is across the street from the State Capitol.

Along the path many signs were displayed promoting mental health awareness. We were able to meet & greet members from the other KBH Clubhouses; Village, High Hopes, as well as the host Capitol Clubhouse.



CIT TRAINING PROGRAM

LAC was honored to have a team of CIT Training Officers sponsored by NAMI MAINE Crisis Intervention Team, visit us as part of their training. NAMI, law enforcement and Clubhouses worked together to understand the real fears and anxieties people feel when they see a police officer. This training has helped build a mutual trust between our local police departments and our members.

Over the years I have personally witnessed how LAC colleagues have gone from extreme severe anxiety with the very first CIT group, to them looking forward to them visiting and wanting to make cookies for them before they arrive. Rose Marie

Thank you to the following Police Departments.

Lisbon Police Department, Lewiston Maine Police Department, Androscoggin County Sheriff's Office, Brunswick Police Department, Topsham Police Department, Lincoln County Sheriff's Office and the Norway Police Department.



LAC'S TRANSITIONAL & SUPPORTED EMPLOYMENT

TE's

Transitional Employment placements are part-time and time-limited, generally 15 to 20 hours per week and from six to nine months in duration.

KBH Nick landscaping TE Wanda and Linda Sanitizing TE's

Margaritas Kevin Pre-work/rolled silverware TE Mike Pre-work/rolled silverware TE David Pre-Work/rolled silverware TE

Pat Pre-work/rolled silverware TE Cheryl Lafave Pre-work/rolled silverware TE

Hilton Gardens Hailey housekeeping TE Benjamin Gabriel housekeeping TE



SE's

An SE job is an employment opportunity that is not time-limited. The position belongs to the member. There is a competitive element to the interview process. In SE the Clubhouse develops and maintains a relationship with the employer and assist with job site development and sometimes training. SE jobs may be full or part-time. The Clubhouse does not provide absence coverage.

Geiger Brothers'

David Okin SE

Hilton Gardens

Ben Gabriel SE

Hampton Inn

Travis SE

Mary Rose SE

Go Calendar Store

Josh McFetridge SE

Walgreens

Wanda Morissette

Ace Safety & Flagging

Robert Sherwood

Petco

Kaylee Bilodeau

CMCC Book Store

David Lowe

Nouria

Kayla Beesley



IE's

Independent Employment positions may be full or part-time and belong to the member, who has participated in a fully competitive interview process. The Clubhouse does not commit to a formal relationship with the employer or provide absence coverage. The Clubhouse assists with career development, job search and job choice should the member wish it

Hannafords

Emily Wright

Kevin Brodeur

Support Solutions

Lisa Rodriguez

Goodwill

Celeste Wagner

Jacob Beck-Poland

Lewiston Animal Hospital

Rebecca Johnson

Shaws

Philip Mason

1820 Spirits

Krystal McFetridge



DESPITE THE PANDEMIC TE'S , SE'S & IE STILL EARNED

Despite all the restrictions and confinements caused by the pandemic from 2021 through 2022, LAC had 10 Transitional Employment placements, 20 members working in Support Employment and 14 with Independent Employment earners. LAC TE, SE & IE members earned a little over **\$240,000.00** from 2021 to 2022.

LAC'S COLLEGE COLLABORATIONS

UNE STUDENTS



Through our relationship with our Advisory Board member Carol Lambdin-Pattavina, who is a licensed and registered occupational therapist professor at UNE, introduced her students to LAC, and assisted with unit work every Friday during the fall semester.

On one occasion about 20 students were here for a group project for OT assessments. Before the assessments several LAC members took the students on a tour. After the tour students completed OT assessments with members and were able to give



recommendations.

Some UNE students were so impressed with LAC they wished to come back on their own time during our extended day program. They spent time with our members, and hosted a painting instruction event. Our members really enjoyed spending more time with them and have asked for more events with UNE.



CMCC Presentation with Keith and Cheyenne

One of the things I missed during the pandemic was the opportunity to visit and engage with students at the colleges and universities in our area. The Clubhouse Model is something many are still learning about, especially when their academic journey is just starting. Having the chance to talk with

Anne St. Pierre's Human Services class at CMCC was a wonderful opportunity to get back to something LAC has taken pride in over the past 10 years. Cheyenne shared her story and her journey to LAC as well as how she has been supported by peers. The hour

passed quickly, and the next day, LAC was emailed to say students has spoken about LAC with glowing praise. requested LAC be asked to speak with other classes in the future.



USM

KYLIE BROWN



We were so fortunate to meet with Robina O'Rourke from the University of Southern Maine Lewiston Auburn Campus Community Clinic. This was the beginning of a wonderful relationship between the two LAC's!



In August Kylie reached out to LAC regarding an internship placement through CMCC. Kylie has been here since September and will be here until May. She is a Human Services student at CMCC.

Kylie said since she has been at LAC, "I have grown great relationships with members and Clubhouse has helped me grow my own confidence."

LAC COLLEAGUES IN EDUCATION

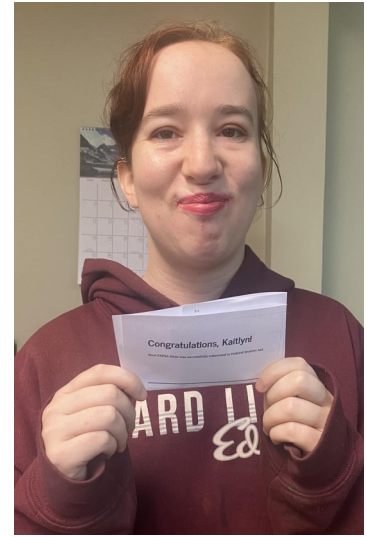
CENTRAL MAINE COMMUNITY COLLEGE



Congratulations David on earning President's Honors at CMCC.



Kenny independently enrolled in the Basic Life Support class at CMCC and is now certified in first aid and CPR.



We are so proud of Kaitlyn. Her FAFSA has been accepted and she is enrolled for Spring Semester at CMCC.

Driver's ED

Looking Ahead Clubhouse supports your wish to drive and in that spirit one of our colleagues, Chad Cornish, holds Driver's Ed meetings every Wednesday 11am-12pm, LAC helps colleagues who are going for a permit or a license to be able to read and understand the Maine Drivers manuals and pass their tests.



Colleagues Sharing

LAC is so very lucky to have unique and diverse individuals who are more than willing share the skills they have with colleagues wanting to to learn similar skills.

Without realizing it, they are tutoring each other while doing side by side work. The most amazing thing some times is when a colleague is showing a staff member how to do something they had never done before: Excel, calendars, etc.

For those of you who think learning something new is boring, well, come here and work side by side with us, laugh with us, and learn something here with us at LAC!



A SPECIAL GOODBYE



Bernie



Jason



Jesse

You may not physically be with us but your lives have touch us and will stay with us forever. The memories we have shared, happy, sad, frustrating, exciting, good or bad are still here in this Clubhouse, so in a sense you will live on as long as you are remembered. You are in our hearts and minds forever. You are and always will be our LAC colleagues.



WHAT IS WELLNESS?

Defining Wellness

The Global Wellness Institute defines wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.

I have been at Looking Ahead Clubhouse 10 years now and wellness for me is LAC. Why you say? It is a safe place for me, a place where I don't have to worry about who I am.

LAC is a positive environment that allows you to move at your own pace, to reach your goals. If you are not sure what

goals you want there are plenty of mentors willing to work beside you until you are sure.

LAC has a work ordered day, so I have a purpose when go in and that is extremely fulfilling for me. I need structure, I know this and going to Clubhouse gives this to me, and when I can't make it in due to appointments, there is ZOOM.

During my cancer treatments and the pandemic, my anxiety was so bad I was afraid to leave the house and ZOOM was my only link to my LAC colleagues and the lifeline I believe that kept me from being hospitalized.

I am slowly gaining my energy back from

chemo, I wish I could attend 5 days a week 7 hours a days, as I did before, but, it is what it is, I am just happy to be back doing side by side work with my colleagues again.

To me, this is wellness. Rose



MY WELLNESS ADVENTURE by Rose Charest

Last December I bet that I got a call every week that my brother was in the hospital once again. He suffered from kidney disease, he was diabetic and his weight was 450+, and was passing out at the kidney center. It was taking a terrible toll on my father.

I just saw my PCP and she said I was pre-diabetic, had high blood pressure, high cholesterol and she wanted me to be put on all kinds of meds to lower each of those and I said no, I wanted to do it naturally. My doctor wasn't too happy with me but I am a determined person.

Just four years ago my father helped me through chemo and I could see how bad that was on his health. My little brother and my dad had this bond, and I could see my father's mental health deteriorating, and I certainly didn't want to add to it.

January 4, 2022, I joined a weight loss program. In April I lost my little brother, and this added to my determination. May 9th when I saw my PCP again I had loss 43lbs, was no longer pre-diabetic, lowered my blood pressure and cholesterol. Before I started losing weight, I had to use an emergency inhaler every day just going to bring my trash to the dumpster. I have not used it in months.

I have loss 93lbs. so far and I just found out my bone density test was better than two years ago. I guess the reason I started this adventure (I never called it a diet or weight loss program I called it an adventure to getting healthy, I knew I wouldn't stick to it otherwise) was I couldn't put my father through any more misery than he had already been through.

I had to get healthy for my own mental and physical well being and for my dad to see him smile every time I told him I had lost a pound.

In Memory of My Little Brother



QUITTING SMOKING & BEING HEALTHY

Susan Morawski stated "I stopped smoking November 1st, 2022, because I couldn't stop coughing. I feel great about quitting and hope I can keep up the great work. What has helped me is people in my life that don't smoke. I have enjoyed saving money from not buying cigarettes.

Josh McFetridge quit smoking for 14

days until a family tragedy unraveled him but he is trying again and every time he wants a cigarette he is putting money in his savings account. He is also celebrating 5 years sobriety.

Cheryl LaFave is celebrating 6 years sobriety.

Some of our colleagues have got in the

routine of either walking after lunch or working out in the gym for daily wellness. We announce it daily on our Hospitality Unit Power Point to join us in a wellness walk at 12:15 outside or in the gym.



LAC YOUR FUTURE IS OUR FOCUS

LAC INCLUSIVITY & DIVERSITY

The Looking Ahead Clubhouse is very welcoming to all who come in the door. When attending LAC, we strive to make sure your physical and mental well-being are made a priority. LAC celebrates every person's spirituality, culture, race, religion and orientation. When coming to clubhouse we focus on who you are, not "what" you are. A diverse and inclusive workplace earns deeper trust and more commitment among colleagues. Having a mental health diagnosis and

identifying as a member of the LGBTQ+ community can be overwhelming and can create feelings of being alone, but here at LAC you have supports that make your individual journey a little easier.

Diversity is important because diversity makes life enjoyable. Diversity makes experiences possible. Equity is the quality of being fair and impartial. It is

necessary to create a just society. Inclusion is necessary to create acceptance and tolerance in society; a workplace culture in which colleagues feel valued, respected and accepted.



Troy's Thoughts



The Clubhouse is a safe place for everyone. This makes inclusion not only a necessary part, but a vital part to the clubhouse experience. With all of the stigma attached to mental health, it is important for people to have a place where they are welcomed and not judged. This is true regardless of their gender, ethnicity, religion or sexual orientation. Inclusion is about proving

equal access and opportunities to all member of the clubhouse who might otherwise be excluded due to physical limitations, mental limitations, and/or being a part of other minority groups. Inclusion is about making people feel valued, respected and supported.



Ted Cyr's Story



I feel like I'm entering a fantasy world, because once I'm here I can go to the store to get things I need and want. I have more independence when I attend. I love going to the bread store to get needed items for the day's meal at LAC. I get a lot of praise from LAC for the things I have done inside and

outside of the Clubhouse. I have been able to learn new tasks that I'm still learning to complete, such as, working at the greeter station, where I love greeting people. Even though I have a physical disability and use an electric wheelchair to get around LAC, they have shown me that I am not restricted and they have helped me pursue my dreams of becoming an ED TECH 3 thanks

to the VR program. My colleagues at the Clubhouse don't treat me any different because of my barriers and have always been kind and supportive.



Debbie's Story



Hi, my name is Debbie and I come to the Clubhouse a couple a times a week. The Clubhouse helped me when I was going through my stroke. Throughout my time here I have built many different relationships. After I had my stroke, my friend here at the

Clubhouse became aware of different signs that I was not feeling like myself. My colleagues and staff here have pushed me to get out of my wheelchair and walk when I can. If I did not have my people here at the Clubhouse, I would not be taking care of myself like I do here. I feel safe at the Clubhouse and I am thankful for

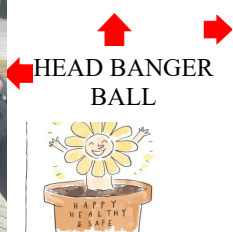
my friends in Membership for pushing me to be my best self.



CELEBRATING COMMUNITY



KBH APPRECIATION DAY BBQ



TURKEY GIVEAWAY



HOLIDAY PARTY



We had 22 colleagues participate in Secret Holiday Friend, who would of guessed? We had 16 participants in the Yankee Swap.



We had a few colleagues gather together at LAC's Christmas Day Brunch for good food, lots of laughs, and awesome company.

HOPE FOR A NEW YEAR! by Kevin Reed
The holiday season was upon us– now we can look to the future.

We had a great Christmas Party here at LAC. There was a Yankee Swap, Secret Holiday Friend, and we played games. For our meal we had Chinese lots of cookies and other goodies.

Alright everyone have a HAPPY NEW YEAR

Lets make 2023 great!

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Where the Future is Our Focus

WHERE WE WORK



WELCOME NEW STAFFING UPDATES AT LAC

Cont. Page 1—Chris's Bio

As a 25 year old in 2011, I was not sure exactly what I wanted my career path to be and since I had been working since age 14 I figured it was time to figure it out. I was graduating that spring from the University of Maine at Farmington with a degree in psychology and began to apply for jobs I felt like I could qualify for. I got my first job in the field as a Residential Support Worker for Kennebec Behavioral Health. After one year I continued at KBH as a Case Manager. A couple of years later I worked as a Program Manager in the Community Living Services Department. I then transitioned into a Program Manager role in the Supported Housing Department. After a few years I was promoted to the Assisted Director role within that department. Career growth has always been important to me as long as I enjoy the work I am doing and still feel like I have a connection to those I serve. Fast forward to February of 2022. I interviewed for the Director Position at Looking Ahead Clubhouse. Through

my knowledge supporting individuals that I worked with to attend the Clubhouse in the past I knew this could be a good opportunity to grow my skill set as a leader while continuing to work with individuals attending the Clubhouse. I was fortunate to get selected for this position and have been in the role almost a year now. All my previous roles through KBH have helped me grow what I see as a very well-rounded skill set. I pride myself in having a calm demeanor in potential high stress situations, working with groups of people to make decisions and to support everyone to be the best version of themselves whether they work for a program I supervise or utilize the service it is providing. The most important thing to me is treating everyone as equal and making sure those we serve drive the bus when it comes to goal planning, decision making and navigating their lives. Voice and choice are of the utmost importance to me. Everyone has the right to succeed and the right to fail. I believe my job as a professional is to

always be willing to meet an individual where they are at and to help them plan and problem solve as many times as necessary until they reach their goals. In my personal life I enjoy spending time with friends and family, hiking, camping, snowboarding and playing all sorts of sports. The Clubhouse is a fast paced environment and I wouldn't have it any other way.

Cont. Page 1— Keith's Bio

I started at LAC as an intern from CMCC in the fall of 2014. I wanted to be part of LAC to find a better way to do things and empower people. I was hoping everyone I worked with could and would achieve their dreams with the right supports. LAC hired me March 2, 2015 even though I was still a student. Balancing academics and a caseload was trying at times. I thought this was the greatest honor I could be given until May 1, 2022 when I became the Assistant Director. Each day is a new challenge and opportunity to show how much LAC means to me.

NEW UNIT COORDINATOR



First of all I would like to thank all my colleagues for allowing me to have the opportunity to work side by side with them. I was born and raised in Maine (I don't like the cold but it's better than having alligators around). I started my career working at a daycare, because when I was younger, I wanted to be a teacher. After a few years of that I realized I would prefer to work and support adults with mental health diagnosis because I felt like I would have more of an impact on those around me. So after 10 years working in that field I came to Looking Ahead Clubhouse. It has been an amazing experience so far! I appreciate the support colleagues give to one another and the kindness to all those who walk in the door no matter what their background is.

Jessica Gauthier