



The Seattle Clubhouse gives people whose lives have been disrupted by mental illness the opportunity to recover meaning, purpose and dignity through community and work.

Fall Newsletter, 2018



Feature on King-5 News

On Friday, October 12th, 2018 Emmy award-winning video journalist Ted Land with King-5 news covered Seattle Clubhouse in a 1 minute, 42 second story. Members and staff were interviewed and recorded as we went about our morning routine, drank coffee, chatted, and prepared lunch. Member Amity shared the life-saving power of this organization, which reduces incarceration and homelessness by providing a social outlet for individuals suffering from mental illness in a clubhouse setting. I got a word in edgewise too! And I just joined. Given the newness of our HERO House NW Seattle branch, this story will hopefully work to get the word out and spread our message as we continue to grow. It can be found on king5.com under the heading "A Clubhouse for Individuals with Mental Illness."

--Calvin Clark



The clubhouse model is an internationally recognized, evidence-based program that recently demonstrated a 14:1 social return on investments.

Testimonials

“The Seattle Clubhouse is super awesome. They have meaningful activities and good food. [...] I would highly recommend it to anyone because this place rocks.” —Kenny

“The Clubhouse has saved my life in a lot of ways. It has given me an escape from isolation and resources to help me in the real world.” —D.

“I like the support I get from Clubhouse. [...] It is good for relationships. [...] It is good for my brain to be around people like me.” —Kaid



Finally Getting Better

At 19 years old I was diagnosed with bipolar disorder. I was told me that if I stayed on meds and stayed off drugs that I had a *chance* at a normal life. A chance. Well, I didn't want an ordinary life, I wanted an extraordinary life. So what did I do but of course go off the psych meds and do some stuff that I probably shouldn't have been doing.

Over the last 3 years in struggling with my illness I have endured 13 psychiatric hospitalizations, 4 arrests, and survived 1 suicide attempt. I have risen to the highest plains of ecstasy and fallen to the lowest pits of hell. I have encountered Divinity, met God, philosophized deeply, spun out in an existential tailspin, pulled myself out of said existential tailspin, and somehow, by some series of miracles, managed to set the trajectory for a great life with a beautiful, bright and shiny future.

Today I am living on my own in supported housing on Capitol Hill, just outside of downtown Seattle. I am stable on a proper medication regimen, have a helpful PACT treatment team, and am embodying numerous healthy life style changes including quitting smoking, proper diet, and regular exercise (I swim on the Master's team at the YMCA). It is my sincere hope that folks living with mental illness find not just respite from symptoms but come into a fuller, happier, more prosperous life.

--Calvin Clark

1265 South Main Street, Suite 101, Seattle WA 98144

Monday—Friday 9am—5pm

Lunch served at noon

info@seattleclubhouse.org

206.501.3730