

The Club Gazette

December 2022

Blue Earth County Adult Mental Health Community Support Program Second Step Clubhouse Mission:
 Second Step believes that persons with mental illness have the right to reach their full potential and to have fulfilling and productive lives in the community.

INSIDE THIS ISSUE	Page
<u>Calendar</u>	2
<u>New at Second Step</u>	3
<u>Precautionary measures</u>	4
<u>Interested in Working?</u>	5
<u>Book Release by Jodi D</u>	6



NEVER GIVE UP. 2022 EXPO FOR MENTAL WELLNESS

WELLNESS RESOURCES AND SUPPORT FOR MENTAL HEALTH AWARENESS AND SUICIDE PREVENTION

FREE OPEN TO THE GENERAL PUBLIC

December 13, 2022

MCHS EVENT CENTER GRAND HALL
 1 Civic Center Plaza, Mankato MN 56001

ADDRESS:

421 E Hickory St. Suite 404
 Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

1:00 to 5:00
 Monday - Saturday
 Closed Sundays & Holidays

WEBSITES:

www.sccbi.info
www.blueearthcountymn.gov
www.namimankato.org



Kevin Hines
 #BeHereTomorrow

Kevin Hines is a storyteller. He is a best selling author, global public speaker, and award winning documentary filmmaker. In the Year 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. Many factors contributed to his miraculous survival including a sea lion which kept him afloat until the Coast Guard arrived. Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience.

6:00 - 7:00 pm
Mental Wellness Resource Fair

Visit with mental health providers and vendors. Learn about various mental health services and resources. Receive self-care & other take home items.

7:00 pm
Keynote Speaker







Kevin Hines, American Suicide Prevention Speaker and Survivor
 #Be Here Tomorrow

www.blueearthcountymn.gov/mentalwellness

The Never Give Up 2022 Expo for Mental Wellness is sponsored by Blue Earth County Human Services through grant funds provided by the South Central Community Based Initiative and the Minnesota Department of Human Services.



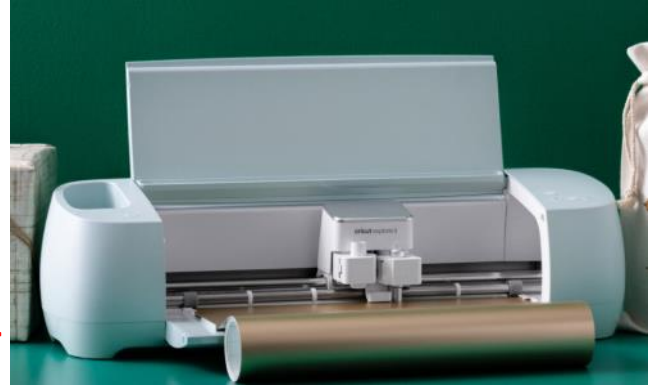
DECEMBER 2022

Sunday Closed	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 1:00 - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00
Holiday Lights?			Sign-up required for activities listed in BOLD	1 11 - 2 <u>Ten County Club Activity @ Wow Zone</u> Club Open 1 - 4 2:00 <u>Creative Expressions:</u> "Plans for 2023"	2 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Junk Journals</u>	3 1:30 
4 CLUB CLOSED	5 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Support Group:</u> "How to do Laundry When You're Depressed"	6 Zoom 2 - 4:30 1:00 <u>Work Units</u> 2:00 <u>Club Meeting</u> 3:00 <u>Cricut Maker</u> 3 - 5 <u>Social Rec</u>	7 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2:00 <u>Employment Discussion</u> 2 - 5 <u>Social Rec</u>	8 Zoom 2 - 5 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> "Window Painting"	9 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Junk Journals</u>	10 11:00 - 12:30 <u>Volunteer Training for New & Current</u> 1:30 <u>Pfeffer</u> 
11 CLUB CLOSED	12 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Support Group:</u> "How to Get Stuff Done When You Are Depressed"	13 Club Open 1 - 4 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	14 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2:00 <u>Relaxation</u> 2 - 5 <u>Social Rec</u>	15 Zoom 2 - 5 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> "Window Painting"	16 11:00 <u>OUT TO EAT:</u> <u>Noodles & Company</u> 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Junk Journals</u>	17 1:30 
18 CLUB CLOSED	19 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Support Group:</u> "Coping with Depression & Anxiety"	20 Zoom 2 - 3 1:00 <u>Work Units</u> 2:00 <u>Club Meeting</u> 3:00 <u>Cricut Maker</u> 3 - 5 <u>Social Rec</u>	21 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 4:00 <u>Volunteers Mtg.</u>	22 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> "Color and Chat"	23 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Play the game:</u> 4:30 <u>Holiday Lights</u>	24 CLUB CLOSED <i>Christmas Eve</i>
25 CLUB CLOSED <i>Christmas Day</i>	26 Club Open 1 - 4 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u>	7 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	28 Zoom 1:30 - 3 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2:00 <u>Relaxation</u> 2 - 5 <u>Social Rec</u>	29 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> 	30 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Play the game:</u> 	31 Second Step Holiday Pizza Party and 

NEW AT SECOND STEP CLUBHOUSE

Cricut Machine

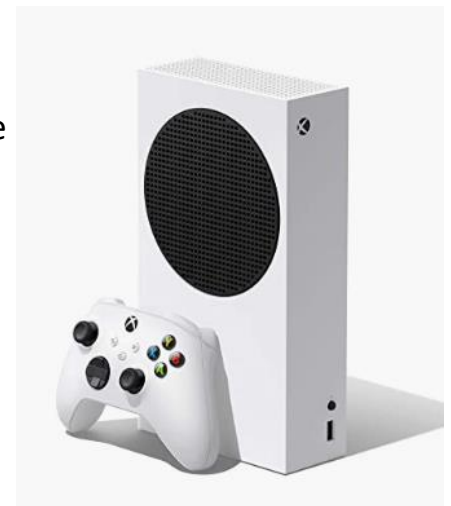
A Cricut is an digital die-cutting machine that is able to cut many different materials for you to use in a plethora of craft projects. You can cut materials such as paper, vinyl and with the correct cutting blades some Cricut machines can also cut balsa wood, fabrics, leather and cork. **(Members will need to be trained on how to use this machine. Bailey will be doing training December 6th and the 20th.)**



Xbox Series S

Introducing the Xbox Series S, the smallest, sleekest Xbox console ever. Experience the speed and performance of a next-gen all-digital console at an accessible price point. Go all-digital and enjoy disc-free, next-gen gaming with the smallest Xbox console ever made.

We have purchased 5 games to start with: HALO INFINITE, MINECRAFT, MINTY LEGENDS, TIGER WOODS 2K23 GOLF, and GOTHAM KNIGHTS.



Karaoke Machine with Wireless Microphones

Moukey Karaoke Machine, PA System Subwoofer, Portable Bluetooth Speaker w/ 2 Wireless Microphones, Lyrics Display Holder, Party Lights & Echo/Treble/Bass Adjustment.

Come enjoy some Karaoke on Saturday, December 31st.



Second Step Clubhouse will continue with precautionary measures to help minimize the risk of COVID-19 transmission. These measures will be subject to extension or change as needed.

Please help to keep the Clubhouse a safe environment for everyone.

Clubhouse Program protocols will be reviewed on a month-by-month basis:

- **December Schedule:**
 - * Monday through Saturday 1:00 to 5:00.
 - * Closed on Sundays and Holidays.
- **Health Screening** – Please review the health screening questions when attending in-person and then check the box next to your name when signing in to indicate that you have reviewed them.
- **Masks** - Are recommended and **required ONLY** if you have been exposed in the last 10 days.
- **Transportation** – For the month of December, we will provide rides to Clubhouse activities in the community.
- **Snack Bar** – The snack bar will remain open for the times posted.
- **Food & Beverage** - We will allow pre-packaged food items to be brought into the Clubhouse. You can bring in your own beverage. No eating food items while playing games or while using the computers.
- **Cleaning, Handwashing & Sanitizing Protocols** – Members and staff together will continue to keep the Clubhouse environment clean and sanitized.
- **Games** – Members may continue to play games and follow cleaning protocols when any games are played.
- **Zoom Options** – The Clubhouse will continue to offer **limited Zoom** options for specific activities such as; Clubhouse Meetings / Employment Discussions / Creative Expressions / Support Group / Relaxation Group / and Stretching Group.

(check calendar for details)

May 2022

Are you interested in working?



What is IPS? Individual Placement and Support (IPS) is an evidence-based model of supported employment for people with a mental health diagnosis. IPS helps people find competitive, integrated jobs that match their interests and offers an individualized level of support throughout the employment process.

Who qualifies for IPS services? To qualify for IPS, individuals need to be referred by County Case Managers in Le Sueur, Nicollet, Blue Earth, Brown, or Sibley counties and must have a documented mental illness.

Every person who wants to work is eligible- People are not excluded for any reasons such as legal history, symptoms of mental illness, decisions about treatment, substance use disorder, cognitive disorders, homelessness or unstable housing, or past problems with employment.

Join a Job Club meeting with an IPS Employment Specialist to learn more.

Second Step Clubhouse (Blue Earth County)

- Wednesday, December 7th at 2:30

Can't make a meeting? Contact Abby directly.

Potential Topics of Discussion:

- You are not able to work at this time. How can you prepare yourself for work in the future?
- When is it appropriate to disclose a personal disability to an employer?
- You are on disability and considering employment but are concerned about losing your benefits.



Contact Information:
 Abby Frantsen
 IPS Employment Specialist
 Phone:
 507-420-1271
 Email:
afrantsen@mymrci.org

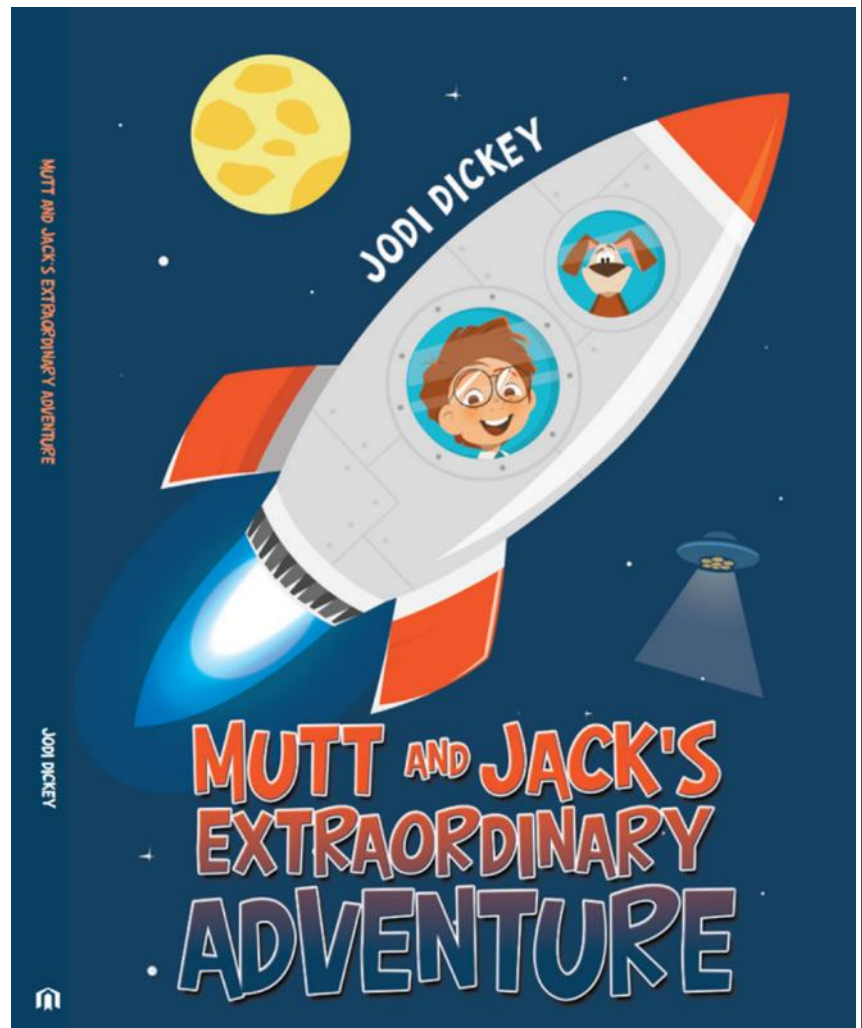


New book being released by Jodi Dickey

My book title is Mutt and Jack's Extraordinary Adventure. The book genres are Sci-Fy/Fantasy/Adventure/Mystery. It appeals to both adults and children.

My book can be ordered from AuthorHouse.com click on Bookstore, and in the search field, enter my name Jodi Dickey, and my book will pop up for selection. This is for the softcover version of my book. If you prefer to order the e-book, it is available on Nook and Kindle.

***Book signing
Saturday,
January 14th
from 2:00 - 3:00
at VINE
Building on 5th
floor.***



Jodi is looking for any Clubhouse Members that could come up and help her set up and clean up.