



# Communicator

Winter  
2024

## Director's Chair

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Greetings colleagues!  
As with every new year, we look ahead to new opportunities to strengthen and grow Spirit Crossing programs. The Clubhouse experienced a wonderful increase of 24% in participation, and I anticipate this will continue. We served 180 individuals in 2022, 224 people in 2023, and the average daily attendance

increased from 14 to 19 people per day. The addition of new staff and increases in employment and education opportunities were most likely the contributor to more folks seeking to become engaged in all areas of the Clubhouse.

I am happy to report our teams growth on both the Clubhouse and IPS Supported Employment teams increased our contract with the Division of Vocational Rehabilitation to support more people desiring to gain competitive employment and connect to the supportive Clubhouse community.

The IPS team and Clubhouse team are in the process of identifying strategic goals for this new year. This strategic planning includes expanding our Advisory Council to include oversight of the IPS Fidelity review and

recruitment of more stakeholders to monitor the program to achieve and maintain good fidelity. Our last fidelity review met a fair rating, which we immediately addressed by improving documentation procedures and job development structure.

The IPS advising work group, known as the IPS steering committee, will include Clubhouse advisory council members, and SummitStone Health Partners administrators and providers. The Clubhouse advisory council will also establish a working group to focus on fundraising and community involvement. The council needs an additional four community volunteers to support connecting the Clubhouse with the Larimer County community, so this will be the focus for the new year.

The Clubhouse team begins strategic planning in February to strengthen the work units' responsibilities, including how to best onboard new members through the orientation process in the Street Level Unit, enhance supports within the employment and education team in the Garden Level Unit, tighten up procedures for planning our social program and food services teamwork, and identify new ways to implement technology to advance our media team's creativity. This edition of the Communicator will share a variety of stories of recovery and a historical celebration of our milestone anniversary. I hope you will enjoy this edition of the newsletter, and take the time to consider how you can become engaged in the Clubhouse community in 2024.

~ Be well, Nat Brown

# Colorado Gives Day Exceeds Fundraising Goal

By Trinity O. and Schuyler B.

We want to extend a thank you to those who donated this last December to Colorado Gives Day. This year, we raised \$8,745.93, exceeding our goal of \$7,500, thanks to the generous donations of our community. Your generosity will continue to help us support our members to achieve their personal goals, build upon transferable work skills, and provide emergency support if needed.

With the partnership of SummitStone Health Partners, our Clubhouse is an empowering community that supports one another to work through their personal, social, financial, and vocational goals.

Clubhouse member, Schuyler B. explains how this project impacted him:

“I helped to spearhead the advertising and research for this campaign. Through this project, I found an admiration for the dedication of other members in working towards their goals. For example, I often see Max at the Clubhouse studying for his high school diploma. After reading Terry H.’s story on Paula, I learned how far she has come in terms of increasing her reading and writing ability. I admire her openness and willingness to learn. Terry’s story thrilled me because I could witness someone’s personal transformation in building a community for herself and socializing within it. She is also furthering her education, while sitting beside other students who are not in her age group. Through the progress I have seen my peers make at the Clubhouse, I am inspired to continue working on my goals of finding employment in technical writing or a nonprofit organization.”

We extend our heartfelt appreciation and look forward to staying in touch in 2024!

## Street Level Retreat Highlights

The following decisions were made at the Street Level unit retreat:

- 1) Shorten the morning meeting.
- 2) We plan to re-energize our work groups scheduled for Wednesdays at 2:30 pm.
- 3) Serve lunch at noon.

## Garden Level Retreat Highlights

The following decisions were made at the Garden Level unit retreat:

- 1) Produce a new video for Clubhouse tours. This project has the highest priority.
- 2) Create YouTube Shorts and Instagram Reels on Clubhouse and social activities.
- 3) Use LinkedIn as a media channel.
- 4) Investigate Discord as an additional media channel.
- 5) Create a whiteboard calendar of employment meetings.
- 6) On Thursdays, we will plan job development for the following Tuesday.

## Congratulations Clubhouse Members!

The following Clubhouse members have recently gained employment: Terry H., Jasmine D., Gabe B., Ben D., Monica H., Caroline F., Dan H., John D., Ron B., Anna Z., Patrick J., and Luis Z.



# Highlights From the USA Clubhouse Conference

By Schuyler B, Caleb H., Wirt W., and Stephanie M.-P.

Member-colleagues Schuyler B., Max H., and Wirt W., staff-colleagues Caleb H. and Natalie B., and SummitStone administrator Stephanie M.-P. attended the recent USA Clubhouse Conference in Salt Lake City, UT. The following narrative is a summary of the workshops that were attended and the participants' overall view of the conference.

## **The Journey to Membership: Referrals, Membership, and Retention (attended and written by Schuyler)**

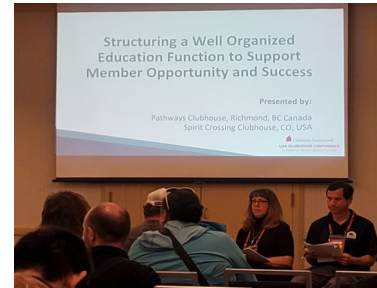
In the membership workshop, the following ideas have been implemented by other Clubhouses.

- Three to four members are included in Clubhouse tours.
- Older visitors are accompanied by older Clubhouse members on a tour. Conversely, younger Clubhouse members join the tour when younger visitors come to the Clubhouse.
- The interests of Clubhouse members on a tour are matched with the interests of visitors on a tour.
- For new Clubhouse members, the first two lunches are free, and the first social event is free.

## **Schuyler's impression of the Conference**

Natalie and I presented at a workshop on the education component of the Clubhouse. Members and staff from Pathways Clubhouse in British Columbia, Canada and Grand Avenue Clubhouse in Wisconsin also presented at this workshop. During a question and answer session, some people in the audience talked about the issues with the education component at their Clubhouse. I was amazed to hear other people in the audience present workable solutions to the issues presented by other Clubhouse colleagues.

In my past experience, I have attended conferences that were much larger in scale



Natalie B. and Schuyler B. wait their turn to speak at a workshop on Supported Education

than the USA Clubhouse Conference. I liked the USA Clubhouse Conference because this conference was smaller and easier to navigate than a large conference. A small number of Clubhouses and vendors set up their tables outside the conference rooms, and they were easily accessible. I have attended large conferences that have reserved an entire ballroom for the vendors alone. Attending a large conference can be overwhelming for many people.

Conferences provide an opportunity to get acquainted with people you have known in the past and meet new people. I was thrilled to see Pete, Marco, and Tracy from Independence Center in St. Louis, MO. I met these people a year ago when I went to Clubhouse training. In addition, I met a program manager who works at a nonprofit organization in Southern California. She is working with Fountain House in New York City to establish a new Clubhouse in Hollywood, California. I suggested that she visit some Clubhouses in Southern California to experience Clubhouse culture firsthand. We found some Clubhouses in the Clubhouse International website she may want to visit.

## **Wellness Works When We Work Together (attended and written by Wirt)**

Members and staff who participated in the wellness workshop presented the big picture ideas for starting a wellness program. Clubhouses need to start a wellness program by designating a staff member as a wellness coordinator. The wellness committee should do the following:

- Choose specific activities for each dimension of wellness with examples
  - ◆ Physical – make healthy snacks, produce a morning stretches video, find a gym with a low cost membership
  - ◆ Intellectual – teach public speaking through Toastmasters Int.
  - ◆ Emotional – creative writing, journaling, book club
  - ◆ Social – cooking for a community event
  - ◆ Spiritual – volunteer in other organizations
  - ◆ Occupational – share job goals and celebrate job milestones
  - ◆ Financial – budgeting workshop
  - ◆ Environmental – gardening, food service will serve meals with less meat
- Coordinate with partner organizations to give workshops.
- Continuously evaluate the effectiveness of the activities and make adjustments as needed.
- Create and manage partnerships with community agencies.
- Plan and track wellness goals.

## **Wirt's Impression of the Conference**

This was my first time attending a Clubhouse conference. Wow! Meeting new colleagues was comfortable even though we were from all over the US (plus a few other countries). I learned new skills and perspectives from others during meals or between sessions. Everyone was excited to share workshop topics and how things work at their Clubhouse. Each house and colleague had a unique history and culture, but we all shared values and experiences, especially how Clubhouse standards transform lives. I met people from big cities and small

towns, from brand new houses and ones decades old — like Fountain House that started in 1948!

During workshops, other Clubhouses taught us practical wisdom based on areas they excel in, such as wellness, education, housing, building community partnerships, serving young adults, and so much more. In plenary sessions, colleagues and community partner leaders taught us about challenges, successes and opportunities to reach more people needing Clubhouse services. Member stories were inspiring and built a sense of belonging based on our shared experiences.

Several of us from our Clubhouse drove to the conference. I felt pride that I was able to use my driving skills to get us safely through some bad winter conditions. During our van ride and time off while exploring Salt Lake City, we got to know one another better. We also discussed how to apply what we learned when we got home. We've managed to put some of it into practice and also identified areas where we can improve in the long run. I'm grateful I got to attend and hope I can be part of more conferences and visit more Clubhouses in the future.

## **Attracting Young People to the Clubhouse (attended and written by Caleb)**

In the workshop, one of the main ideas the presenters discussed was patience, both for the timing and interests of younger people. It takes time and effort to build a young adult program,



Wirt W., Max H., Natalie B., Schuyler B., and Caleb H. at the 2023 Clubhouse USA Conference in Salt Lake City, UT

and young folks in the Clubhouse are not always interested in the work ordered day. Rather, allow young adults to build their program as they go, and give them the agency to determine the agenda (for example, in young adult-focused meetings). It is just as important to give young folks the opportunity to build their social network as it is to provide them with meaningful work to do. It is also important for any young adult staff members to be invested in the program to create a more welcoming environment.

A young adult Clubhouse program also needs to have robust connections to community organizations. The presenters in the workshop emphasized making connections with local high schools and colleges, so young adults transitioning out of high school and pursuing their path in higher education have access to a more robust support system. Other organizations working with young adults, such as the YMCA, should also be contacted. Organizing joint events with community organizations further builds a community. All in all, I had an awesome time at the conference, learned a ton, and would totally go back next year if I could!

### **Caleb's Impressions of the Conference**

I attended several plenary sessions and workshops at the Conference, but the one that stayed with me the most, as we made our way back to Colorado, was the workshop concerning young folks in the Clubhouse, presented by members and staff from Genesis Club in Massachusetts, Village Clubhouse in Maine, and Connections House in California.

As a fresh college graduate with a bachelor's degree in psychology, I am very conscious of the potential effects that the Clubhouse can have on people of my generation, who are working through their own mental health journeys. Folks my age need help and guidance as they mature emotionally, cognitively, and physically. Young adults are also more likely to fall through the cracks in the mental health system than other age groups,

as we go through periods of transition, but the Clubhouse can act as a cement to fill those cracks, and a community to help young people move forward healthily in their growth.

### **Stephanie's Impression of the Conference**

There was a lot of camaraderie at this conference, which is different than other conferences I have attended. Everyone was together and everyone attended together. The best part was members and staff present together. My ears perked up with member stories. The staff were good, but the members were more impactful. SummitStone Health Partners staff should hear those stories about our CH members' successes. I was reminded how the holidays spent at the Clubhouse are so important.



Schuyler B., Stephanie M.-P., and Max H. standing outside of Alliance House after the Clubhouse tour.



The Rocky Mountain Clubhouse Coalition: members and staff of Spirit Crossing, Frontier House, Iris House, and Robbie's House

# The History of our First Clubhouse: A Conversation with MaryBeth

By Natalie B., DeDe V., and Schuyler B.

Recently, we sat down with MaryBeth to talk about her experience at the first Clubhouse. MaryBeth has been a Clubhouse staff member since September of 1998 and celebrated her 25th anniversary with the Clubhouse last year.

## About MaryBeth



MaryBeth earned her B.A. in psychology in 1989 from Rutgers University in New Jersey. She got married in 1997, and subsequently moved with her husband to Fort Collins. She answered a newspaper ad posted by the Larimer County Mental Health Center (LCMHC) about an opening for a staff position at Spirit Crossing Clubhouse. MaryBeth was hired in September of 1998. She and Rebecca were the first two staff members at the Jefferson St. location.

As a staff generalist, MaryBeth conducted Clubhouse tours and orientations, prepared lunch, and organized a monthly newsletter. She also handwrote daily notes every afternoon. MaryBeth said the most meaningful changes she experienced working at Clubhouse was seeing members and staff grow, improve, and get better and stronger. She said that change is hard, but it is good. MaryBeth also talked about maintaining some relationships for the 25 years she has worked at the Clubhouse.

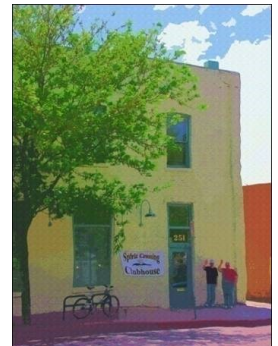
## The First Clubhouse

The Clubhouse was established in 1998 by a group of clients of the LCMHC. The first Clubhouse was located at 251 Jefferson St. in Old Town, from 1998 to 2009. A number of Clubhouse members came from Choice House, a residential program run by LCMHC. A house meeting was held every Friday with take-out pizza to plan program activities along with some work tasks, a small clothing closet, and creative design art classes.

Initially, there was no lunch program. During the first year, MaryBeth connected with Frontier House in Greeley to learn more about running a Clubhouse program. Frontier House colleagues suggested we serve lunch every day in an effort to bring in more people. After the installation of a small bar sink unit, a residential stove, and refrigerator, a lunch program was established and a meal was served four days a week using food from our local food bank.

When the building first opened, it was furnished to reflect a social drop-in program, with some areas set aside for vocational skill building. This changed within the first year. MaryBeth reflected that although couches and comfortable chairs were originally available for members to use, within the second year of operation, this type of furniture was replaced with additional desks, work tables, and chairs to create more *office work-oriented* spaces in order to facilitate a meaningful work-ordered day.

We tried many ways to organize the work. At one time, there was a *unit* for every type of work, e.g., lunch service, creative design, newsletter, cleaning, and reception. One member created a database to manage member information, and a small bank was opened to manage the *cookie fund*, the petty cash used for social activities.



LCMHC transitioned to a private, not for profit organization, and the Clubhouse was able to get a checking account for grocery shopping and other small purchases.

Spirit Crossing continued to receive *mentorship and training* from the Colorado Clubhouse Association (CCA) for many years. The CCA had four Clubhouse programs across the Front Range. The CCA met monthly and rotated locations. Spirit Crossing traveled to Frontier House in Greeley, Summit Center in Wheatridge, Chinook Clubhouse in Boulder, and Star Reach Center in Littleton. Attending these meetings helped Spirit Crossing improve the operations of the Clubhouse.

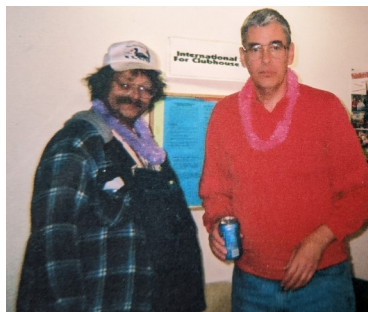
In 2000, Spirit Crossing was officially accepted into the CCA and was invited to co-host the first Clubhouse International (formerly ICCD) Western Regional Conference in 2001. This conference was instrumental in influencing Spirit Crossing to become a member of the worldwide network of Clubhouses. Plans were begun to form an advisory council, raise money to pay membership dues into ICCD, attend Clubhouse three-week training, and hire additional employment staff, all to support achieving Clubhouse Certification, aka Accreditation.

When Spirit Crossing first opened, the supported employment program was based at the LCMHC. In the early years, one Employment Specialist helped people find employment with a DVR program known as Work Adjustment Training and would come to the Clubhouse a few times each week. This program ended with DVR contract changes and sheltered work programs no longer relevant to the needs of the members and mental health clients. By early 2000, the employment program moved to the Spirit Crossing building full-time and became part of the Clubhouse program.

New Member orientations were started in 1999. Originally, the orientation process spanned three days. Over the years, Spirit Crossing has tried a myriad of ways to welcome new members.

MaryBeth completed a three-week colleague training at Gateway House in Greenville, S.C. in the late summer of 2007. By this time, the Clubhouse had achieved accreditation and plans were being made to move the Clubhouse to a new location. MaryBeth, another new staff member, and a Clubhouse member created an action plan to support the growing the employment program and organize the work-ordered day and supported education, in preparation for the relocation.

The first Clubhouse space was unique, and it was great to be located in the heart of downtown Fort Collins. The disadvantages of the first building included a single restroom located off the dining room, limited access to all spaces because the floors levels were separated by stairs, and little space for quiet or private work. Additionally, being located in Old Town, two-hour street parking was a challenge for many. The average daily attendance was reaching 18 people a day, maximizing the 1,700 square foot space for the building. The Clubhouse community was ready for a change!



Through this first decade and subsequent years, MaryBeth has been a constant support to members and an advocate for the Clubhouse in the community. She is truly appreciated and adored by many. Thank you MaryBeth for your 25+ years of service.

## Paula W.'s Recovery

By Terry H.



Paula W. came to tour the Clubhouse with a friend of hers from Larimer County Community Corrections. It was rather overwhelming. Paula was quiet and had that deer in the headlights look about her. But, here she was taking a look at the Clubhouse. Paula's friend was enthralled with the whole idea of the Clubhouse and could see all the possibilities it held for her. Her friend's enthusiasm was like a breath of fresh air. In all of the tours I had been involved in, this one stands out like a beacon of hope and possibility. Paula was a person trapped in a cage, not knowing what to think or how to react to all the new information flooding her senses. Nervous and scared as she was, Paula carried on.

Paula said, "I was afraid of judgment. I was afraid I would run into the usual criticism that I had dealt with all my life." But her friend was so stoked by it all. Paula said, "I was afraid and went along with her friend. I was scared stiff." From observing the situation unfolding in front of my eyes, I was pretty sure we would never see Paula again. Her fear was palpable. "Although I was scared stiff, I joined because my friend joined," Paula said.

"So, you joined against your better judgement," I said.

"Yes, you could say that," Paula said. And she chuckled at the joke.

Her friend was so enthusiastic about the very idea of the Clubhouse, and it was so contagious, I found myself caught up in the whirlwind of it all. So Paula and her friend joined together and decided to make this day their orientation day, rather than waiting to do it. Paula went with her friend, and she gingerly opened up just a little bit.

At the end of the day, it was time to fill out our daily notes. Staff member Jay S. was passing out the forms, making sure that everyone remembered to complete them. He offered one to Paula, and she spoke the first words anyone had heard her utter. "I can't read or write," she said, refusing a daily note form. I took two from Jay, and later when I could get her alone, I offered to complete the daily note with her. "Yes," she said quietly. So, we filled them out together. After it was filled out, and it was time to sign. She signed it in beautiful handwriting.

"See," I said, "You can sign your name. That's wonderful. So, you are not starting from zero." I suppose the teacher training I was working on kicked into gear. "If you would like, I can help you learn to read and write," I said.

"Yes," she said, without losing a beat. She jumped at the chance.

"I slowly got comfortable with everybody at the Clubhouse. And I felt that you talked to me like I'm a human being. A lot of people are judgmental, but I have found acceptance here. So I volunteered and got involved with everything going on here," Paula said.

"What is your favorite thing to do here?" I asked.

"The kitchen," she quickly answered. That elicited one of Paula's great smiles. "I like working in the kitchen. The people I work with are nice and helpful, and most of all nonjudgmental," Paula said.

Paula was thriving in this safe environment. And we started our lessons right away. We started with the alphabet. I wrote it out for her, and she began naming the letters.



"See, you know a lot," I said. Those are the first step towards reading." We ended our first lesson on a positive note.

Paula was eager to learn, which made my task easy. I was assessing her, and Paula was soon reading the simple vocabulary lists I was giving her.

I had mentioned Paula to one of my teachers at the community college I attend. I am a student in their Teaching English as a Second Language program. She was more than willing to help me with my lessons with Paula, and she began advising me and helped me learn to design lesson plans for Paula. I was encouraged by my teacher, and she also offered books I could borrow to give me ideas for lessons I could develop. She suggested I start out with a simple dictionary to introduce new vocabulary words to start with. So, off to Barnes & Noble in search of inspiration. I found a very suitable dictionary that is simple, yet interesting enough to keep Paula engaged.

The next Wednesday, I gave her the book, and she beamed one of her smiles at me. I told her it was hers and that we would be working with it.

"I never had a book before," she said, with one of her trademark smiles. We immediately started in on it. She brought the book each time she came to the Clubhouse, just like clockwork. Natalie, our Clubhouse Director, stopped by while we were having a lesson and offered Paula a notebook, which was eagerly accepted.

One morning, she came to Clubhouse with great news. Paula was interviewing for a job. She mentioned that she had never had a job before. She had been in a vicious cycle of abuse, alcohol, and addiction. Now she was clean and sober for 11 months. I looked up to her as an example of resilience. She expressed how nervous she was about the interview process, and at the same time, she felt the tingle of excitement at the prospect of having her first job ever. In the weeks that passed, Paula successfully went through all the interviews.



She got the job washing dishes in Durrell Center at Colorado State University. A whole new world was opening up for her. Paula's confidence grew by the week. She was saving money and was hopeful of some day getting custody of her four children.

Paula said, "I now have a job, and I can save money up to start a new life... get an apartment, and be with my kids again. Thank you, Spirit Crossing for letting me join and be a part of your community. I am so excited, and I want to spend money on my kids, and move back to Omaha, to be closer to be closer to them. This is the first time in my life that I have some independence. I finish up with life at the halfway house in May."

Paula is now volunteering in the reception area of Spirit Crossing. She is very proficient with the computer, and she is fielding phone calls like a champ. There is no doubt that Paula is up to the task of taking on life, and she is paving the way for others to follow in her footsteps.



Director Natalie B. was nominated as a finalist for the City of Fort Collins Human Relations Commission annual Humanitarian of the Year Award..



Clubhouse Members socialize with Golden Retrievers at the Golden in Golden event.



Clubhouse Members have a meal after the Golden in Golden event.



Raychel J. at the Poudre River Library social event.

# Service Animals vs. Emotional Support Animals

By Schuyler B.



Service animals are specifically trained to perform a function necessary for a daily or medical need of a person with a disability. Unlike a service animal, an emotional support animal is not trained, but is present to benefit the owner's physical or mental health. In general, service animals are granted more rights under the law than emotional support animals.

## What is a Service Animal?

Title II and III of the Americans with Disabilities Act (ADA) defines a service animal as a dog trained to do work or perform tasks for the benefit of an individual with a disability. The following list of dogs fits the ADA's definition of a service animal:

- A **guide dog** or **seeing eye dog** is trained to assist people who have severe visual impairments or are blind.
- A **hearing** or **signal dog** is trained to alert a person who has a hearing loss when a sound occurs, such as a knock on the door.
- A **psychiatric service dog** is trained to perform routine tasks or detect the onset of psychiatric episodes and lessen their effects for a person with a disability. Examples of tasks performed by psychiatric service animals may include the following:
  - o reminding the handler to take a medicine
  - o providing safety checks or room searches for persons with PTSD
  - o turning on the lights for persons with PTSD
  - o preventing self-mutilation by persons with dissociative identity disorders
  - o keeping individuals who are disoriented out of danger
- A **sensory signal dog** or **social signal dog** is trained to assist a person with autism to perform a variety of social or sensory tasks based on the individual's needs: Examples of these tasks include the following:
  - o alert a person to pay attention to street crossings and crosswalks when walking in the walking in the suburbs
  - o listen for a parent calling a child's name and guide the parent to the child
- A **seizure response dog** is trained to assist a person with a seizure disorder based upon the person's needs. The majority of these dogs are not trained to predict when the handler is about to have a seizure. Only a few of these dogs have been trained to predict a seizure and warn the person in advance to sit down or move to a safe place. Examples of tasks performed by seizure response dogs include the following:
  - o standing guard over the person during a seizure or seeking help
  - o activating a emergency protection system
  - o finding someone to help
  - o retrieving a phone
  - o stimulating a person during a seizure
  - o as a person recovers from a seizure, retrieving medications, food, and acting as a brace to help them up, and providing comfort

Title II and III of the ADA limits service animals to dogs. However, individuals with disabilities may use miniature horses if they have been individually trained to do work or perform tasks for individuals with disabilities.

## How to Prove a dog is an ADA Service Animal

Service animals are allowed in public places according to Titles II and III of the ADA. Even if a business or facility has a *no pets* policy, it may not deny entry to a person with a service animal. Although, business owners have the right to check that an animal is a service dog, they are not allowed to ask about the nature or extent of a person's disability.



Business or facility owners can only ask two questions:

- 1) Is this a service animal?
- 2) What work or task does your animal perform?

They cannot ask for documentation that proves the animal is a service animal.

Business owners also have the right to ask a person to remove their service animal from a public place under the following two circumstances:

- 1) The animal is aggressive or out of control, and the owner is unable to control the animal.
- 2) The animal is not housebroken.

## What is an Emotional Support Animal?



An emotional support animal is often used as a therapy animal as part of a medical treatment plan. These support animals provide companionship, relieve loneliness, and sometimes help with depression, anxiety, and certain phobias, but lack special training to perform tasks that assist people with disabilities. Emotional support animals are not limited to dogs.

## How to prove you Have an Emotional Support Animal

The Fair Housing Act (FHA) is a federal law that prevents discrimination against disabled tenants in their homes. Although a lease states *no pets* or places restrictions on pets, landlords are required to make a *reasonable accommodation* to allow pets that serve as emotional support animals. If you wish to have an emotional support animal that will not be challenged by a landlord, it is important to seek a certification letter from a doctor or licensed mental health professional, such as a licensed professional counselor, psychologist, or psychiatrist.

## Resources

How to Apply for a Service Dog

<https://www.servicedogsforamerica.org/how-to-apply/>

Service and Emotional Support Animals

<https://adata.org/guide/service-animals-and-emotional-support-animals>

What Is the Difference Between a Service Animal and Emotional Support Animal?

<https://lawyers.usnews.com/legal-advice/service-animals/291>

Everything you Need to Know About Emotional Support Animals

<https://www.akc.org/expert-advice/news/everything-about-emotional-support-animals/>

The Ivy League of Seeing Eye Dog Schools

<https://tinyurl.com/seeing-eye-dog-schools>



## Max H. Earns his High School Diploma

By Caleb H.

We are excited to congratulate Clubhouse member Max H. on earning his high school diploma through Penn Foster, an online school. In addition, we look forward to supporting him in his pursuit of higher education in alcohol and drug addiction counseling. Look forward to reading more about Max in our next issue!

## Recipe Spotlight: Butternut Squash Black Bean Quinoa

Prep Time: 10 minutes

Cook time: 30 minutes

Servings: 8

### Ingredients

4 tbsp olive oil

2 tsp cumin

1 tsp paprika

1 tsp chili powder

1/2 tsp onion powder

1/2 tsp garlic powder

2 tsp salt

1 tsp black pepper

2 butternut squash about 2 ½ lbs, peeled and diced

2 cups quinoa, rinsed

4 cups water

4 12 oz cans black beans, drained and rinsed

juice of 1 lime

4 scallions, thinly sliced

2/3 cup cilantro, chopped

### Instructions

1. Preheat the oven to 400 degrees
2. In a large bowl, whisk together the olive oil, cumin, paprika, chili powder, onion powder, garlic powder, salt, and pepper. Stir in the butternut squash, coating in the oil and spices.
3. Spread the squash across a sheet pan. Roast for 25–30 minutes until tender and starting to brown at the edges.



4. Bring the water and quinoa to a boil. Reduce heat, cover and simmer for 12 minutes or until the quinoa is cooked and the water has been absorbed. Remove from heat. Let quinoa sit for five minutes before fluffing with a fork.
5. Combine the roasted squash and black beans in a large bowl. Stir in the lime juice. Then, fold in the quinoa, scallions, and cilantro.

**What recipes from our Food Service unit would you like to see in the next edition of the Communicator? Drop by the Clubhouse and let us know!**

## Pet Spotlight

By Caroline F. and Schuyler B.

Lotus is a female shorthaired tortoiseshell cat owned by Clubhouse member Caroline F. Tortoiseshell is the distinctive patterned coat, consisting of a mix of black and ginger. Cats with a tortoiseshell coat, also known as *torties*, are thought to have *tortitude*. Torties can be high energy, sassy, and slightly aggressive. And Lotus is no exception.

In March 2022, Caroline acquired Lotus at the age of one year from Animal Friends Alliance in Fort Collins. Lotus is an extremely affectionate cat who likes to sleep under the bed covers. She is very vocal about feeding times and loves to play with her feather cat toy, squeaky mouse and catnip fish. Lotus also watches *bird TV* through the back window every day, keeping an eye on the finches, chickadees and blue jays.



*Who among us hasn't envied a cat's ability to ignore the cares of daily life and to relax completely?*  
—Karen Brademeyer, author

**Do you want to feature your pet in a future edition of the Communicator? Drop by the Clubhouse and let us know!**

### 2023 Friends and Family Meal



## 2023 Friends and Family Meal (cont.)



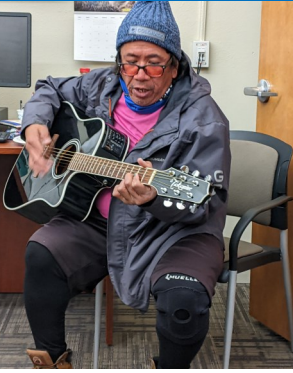
## 2023 Halloween Party



## 2023 Holiday Party



## 2023 Holiday Party (cont.)



1148 E. Elizabeth St.  
Fort Collins, CO 80524  
Office: 970-786-2002  
Cell: 970-222-3533

[spiritcrossing.clubhouse@gmail.com](mailto:spiritcrossing.clubhouse@gmail.com)  
[www.facebook.com/recoverysince1998](http://www.facebook.com/recoverysince1998)

## Check out the new Clubhouse Apparel!



**Short and Long Sleeve T-shirts \$20**

**Dress Polo \$25**

**Trucker Hat \$15, Beanie \$10, Socks \$5**

**Purchase from snack bar**

**Cash, Check, & Credit Cards are accepted**












# March 2024

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spiritcrossing.clubhouse@gmail.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch served at 12:00 pm, Wellness activity at 12:40-1:00 pm, and Unit Meetings at 1:00 pm					1	2
All Events are subject to change. Contact SCC for the most recent Information.						
3	4 	5 House Meeting 9:30 am	6 Workgroup 2:30 pm	7 Social Suggestions Deadline Newsletter Meeting 2:30 pm	8 International Women's Day Dancing & Cartoon Movie Night 4-7 pm	9 
10 Daylight Savings Time	11	12 Social Planning 9:30 am Advisory Counsel Meeting 12:00 pm	13 Workgroup 2:30 pm	14 Newsletter Meeting 2:30 pm	15 Lunch & Learn: Medical Self-Advocacy 12:15 pm CPR Workshop 1-5 pm	16 Denver Pow Wow 10 am
17 St Patrick's Day	18	19 First Day of Spring House Meeting 9:30 am	20 Workgroup 2:30 pm	21 Newsletter Meeting 2:30 pm	22 Supported Ed. Meeting 1:30 pm  Arts & Crafts Night 4-7 pm	23 
24	25 	26 Employment House Meeting 9:30 am	27 Clubhouse Coalition Meeting 10:30 am Workgroup 2:30 pm	28 Newsletter Meeting 2:30 pm	29 Lunch & Learn: Women's History 12:15 pm	30 Old Town Shopping 10-2 pm
31 Easter Sunday	<p>New Member Tours: Tuesdays at 2 pm Mondays, Wednesdays, Thursdays, and Fridays at 11 am</p> <p>New Member Orientations: Daily 9 am- 2 pm</p> <p><b>Zoom Meeting ID: 915 7856 0906</b></p>					