



Newsletter

June 2025



Tyler's Blurb

I've always thought Clubhouse is like the old television show Cheers; "you want to go where everybody knows your name." A clubhouse is a place where you can feel welcomed, wanted, and needed. We do want you here and need your help. Without each of your help, Clubhouse wouldn't run. Not only do you make the Clubhouse run, but in the process of helping out at the clubhouse, you also help yourself. Scientific research has repeatedly shown that getting involved in the Clubhouse work ordered day will help reduce your mental health symptoms. Just getting out of bed and out of the house is a simple but powerful win. When you come to Clubhouse you reduce your isolation. Isolation and not having a feeling of accomplishment contribute to mental illness symptoms. Simply being at the clubhouse is a win. All we ask is that when you come here you help out by completing tasks in the unit of your choice.

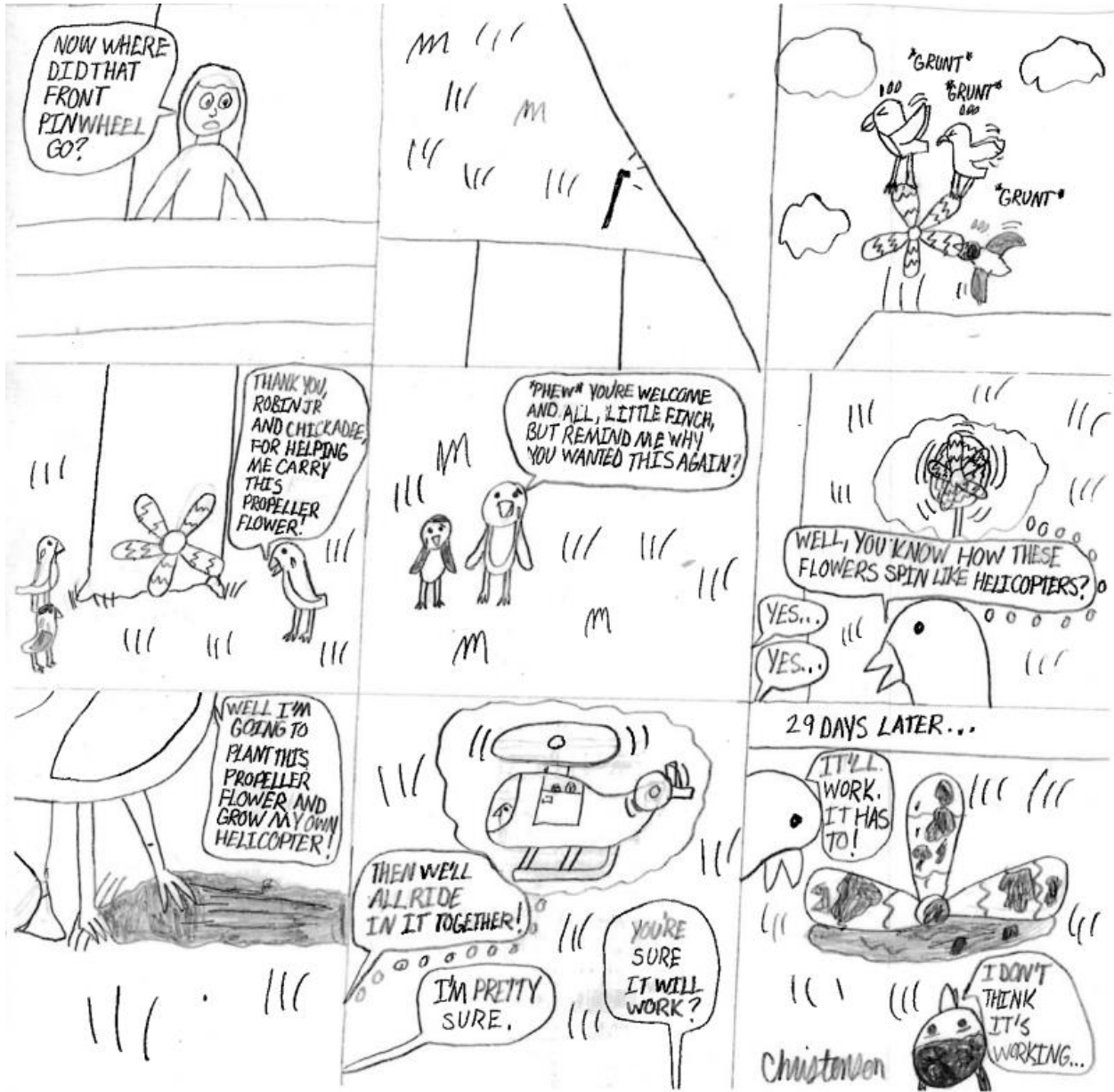
We have been doing some exciting things since our last newsletter. We've hired 2 replacement staff. We've had the Disability Law Center come and help people register to vote. We had the Utah County immunization clinic, and UVU Dental clinic come and spoke about dental hygiene, and gave us coupons for \$25 dental care. We had the 2024 Clubhouse Utah conference here in Provo on October 25th, 2024. We've had Utah County come and teach the staff on how to use Narcan, a life-saving drug for someone experiencing an overdose. We had Crisis Intervention Training (CIT) in November 2024 and June 2025. On April 22nd, we had our yard work spring cleaning and had Little Caesar's pizza for lunch. In May we had some occupational therapy interns start helping out on Wednesday each week until June 18th.

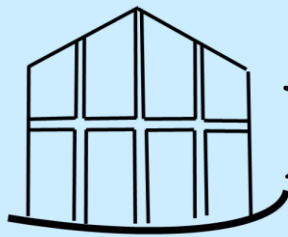
Not only do we work hard, but we play hard too. We have had some fantastic activities. Utah State Fair, Cinemark Movie, chocolate making, ceramics, the aquarium, Hogle Zoo, and This is the Place on June 21st.

Wasatch House is a great place to be where you can learn, grow, make friends, develop job skills, and get well. As it says on the wall in the hall Recovery Happens Here!

Thanks for all you do.

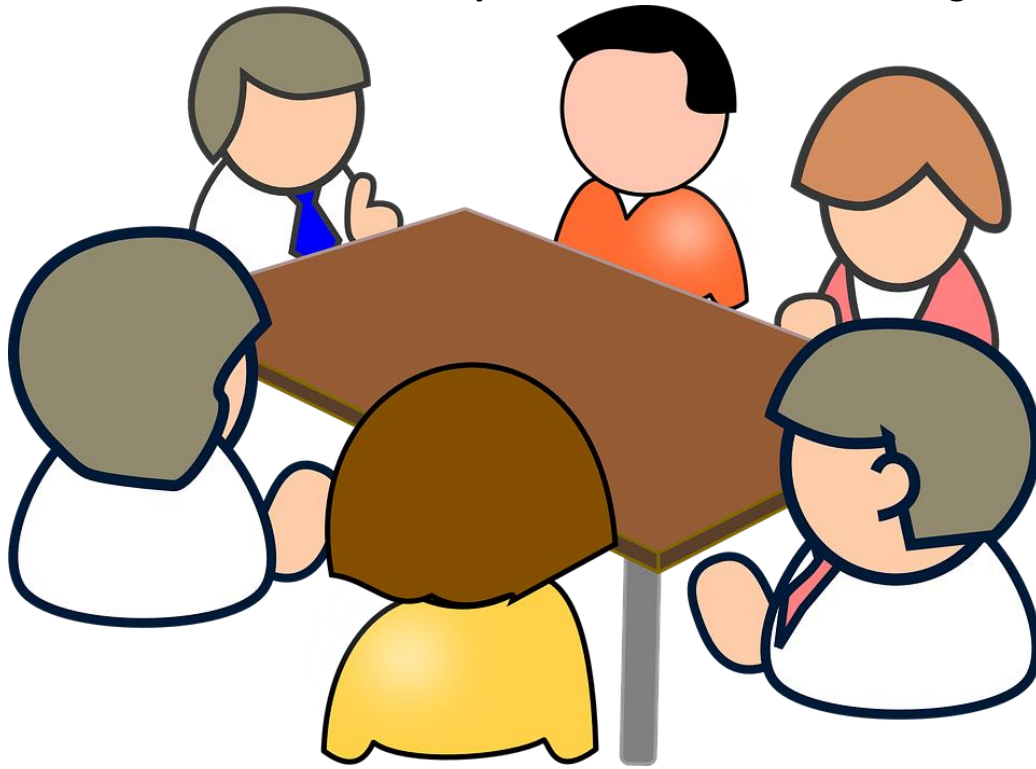
Member Stories





Business Unit

This year in the Business Unit, we have been working on a hydroponic planting system, and teaching the Business unit members to water and take care of the garden. We have also been busy making member files for the member who want to print personal items such as the stories they've been working on, but don't want to carry them around all day. We developed a file A-Z so the members in the unit can place their work in the file with their name labeled on it. Also, every season we create a garland to hang across the window. So far it has been eggs for Easter, and flowers for Spring. We even got thirty-five pedometers so we can count the steps we take and we labeled every one of them "B.U." 1 through 35.



Career Unit

We have been working on some great Stigma Busters for the daily PowerPoints, studying people like Princess Diana, Jay Uso, Dwayne “The Rock” Johnson, and Vincent Van Gogh and their struggles with Mental Illness!

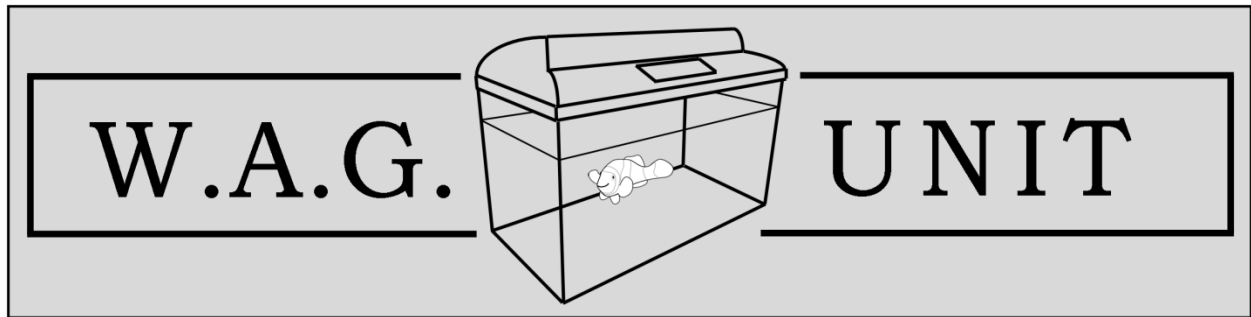


We've been doing a lot of work with Vocational Rehabilitation and our counselor Brinton who is on our Clubhouse Board! If you would like help finding a job, come work with us in the Career Unit!



In the Career Unit we have been tracking the stats for our daily attendance and we are averaging almost 54 members attending Clubhouse every day! That's awesome!



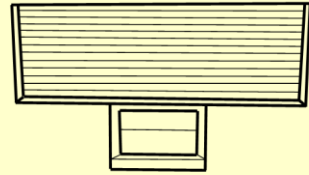


The WAG had their Spring clean up this year in April. The Clubhouse members helped to pull weeds clean up the parking lot using the blowers, they picked up the piles of leaves and weeds to put in the dumpster. The guys from maintenance came over to help weed eat, and trim the bushes. The Clubhouse grounds looked great.

This year the WAG has had donation after donation from the community. Members have been busy sorting and hanging donations. The WAG has been so full of clothing that we have had no hangers at times to hang all the clothing we received. We also have done extensive cleaning in the thrift store we have sorted out the items that were unlikely to sell and donated them to Deseret Industries.



Kitchen Unit



We're excited to share some updates from the kitchen unit. We're kicking off this quarter with some fresh new additions to our menu! We will now offer BLT sandwiches, fish sandwiches, and macaroni salad as a side option. Each quarter, everyone has the opportunity to vote for lunch items they want to see on the menu.

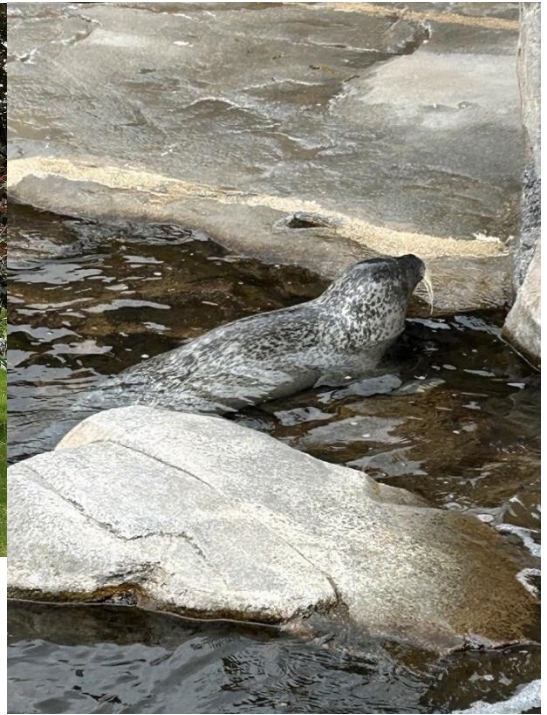
Over the past few months, the kitchen unit has had the privilege of welcoming several new members to the team! We are always looking for new helpers in the kitchen to make lunch happen. Everyone is welcome to learn new skills in the kitchen unit!





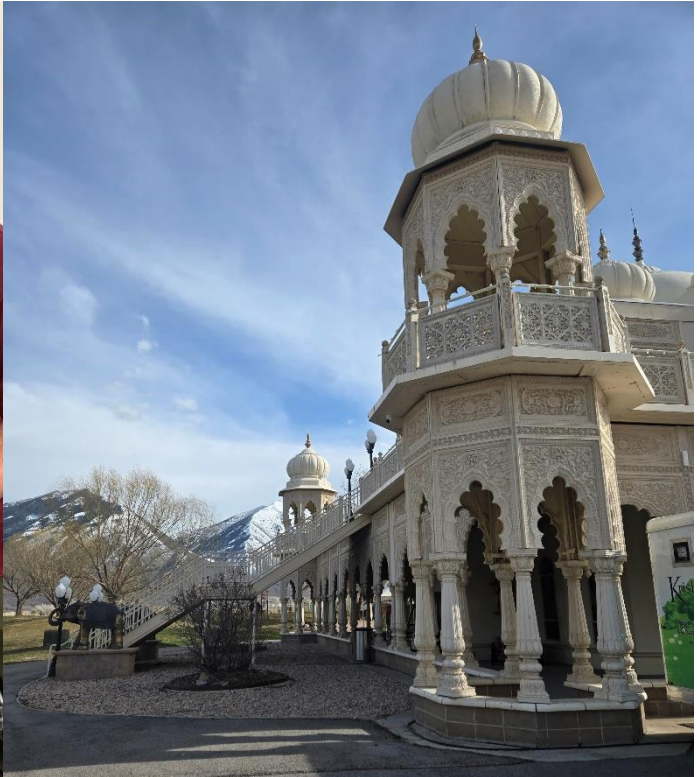
Wasatch House
PRODUCTIONS

Pictures from Our Activities!

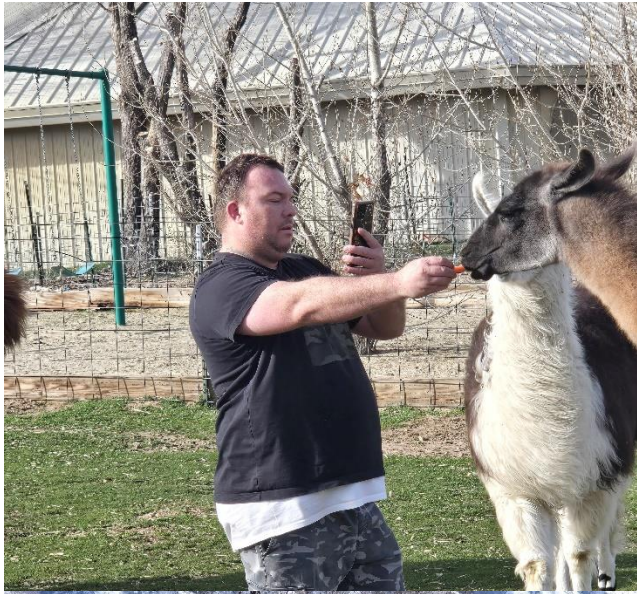


We went
to the
Zoo this
Spring!





We've had some fun activities so far in 2025!



We've had some fun new activities, including going to a new ceramics shop and feeding the llamas at the Krishna Temple!

