

Clubhouse Happenings

Standard Spotlight

Standard #31

The CH has recreational and social programs during evenings and weekends. Holidays are celebrated on the actual day they are observed.

Discussion

Question: How can social activities enhance relationships at the CH?

October Socials

7th- Bingo 4p-6p @ Clubhouse

17th- Spring mill @ 10am

22nd- Harvest Hayday 4p-6p @ the Wil-lows



Data Scoop

Our total attendance for the month of August 2026 was 536

Average daily attendance: 25.5

Active attendance for the past 90 days: 85

As of this date 9/1/2026 our active membership is 174

The Importance of Mental Health Awareness and Self-Advocacy

By: Mitch N

As a founding member of this branch of Clubhouse International, I believe mental health awareness is important for both employees and members. Education about mental health helps people better understand their experiences, ask questions, and advocate for themselves.

I was diagnosed with bipolar disorder when I was 18 years old. I have never been ashamed to discuss my diagnosis because I have spent many years learning how to manage my symptoms and overcome challenges. When I was first diagnosed, I had many questions about bipolar disorder and what caused it. I often heard that it involved a chemical imbalance in the brain, but I wanted more detailed answers. This motivated me to study psychology in college, where I earned an associate degree.

Through my education and personal experiences, I learned about medications, the DSM, and different aspects of mental health treatment. I also experienced several psychiatric hospitalizations. Over time, I learned that managing my mental health involves more than simply taking medication. Sleep, medication management, and avoiding substances that negatively affect mental health have all been important to my well-being.

I have taken clozapine for approximately five years, and taking my medication as prescribed has become an important part of my routine. I also make an effort to get enough sleep because I have learned that lack of sleep can negatively affect my mental health. In the past, I struggled with stimulant drugs, including methamphetamine and cocaine, which contributed to sleep problems and episodes of mania. These experiences taught me the importance of avoiding substances that can negatively affect my mental health.

Everyone experiences bipolar disorder differently. My own experience has primarily involved mania rather than depression, but I understand that others may face different symptoms and challenges.

World Mental Health Day

By: Monica S

World Mental Health Day is October 10th. It is an international day for global mental health education, awareness, and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization. This organization has members and contacts in more than 150 countries.

History of All Hallow's Eve

by: Hayley S

Every year we celebrate Halloween on October 31st. For decades kids and adults alike dress in costumes, hand out treats, and go door to door filling their bags with goodies. Why do we do it? What is Halloween? Over 2,000 years ago, the Celts, British, and European natives celebrated their new year after a job well done on finishing their harvest. Back then they believed that the spirits of their loved ones would be able to cross the bridge to the land of the living and visit their families on October 31st. People would gather and dance around bonfires wearing animal skins as costumes to confuse and scare away the spirits. Now kids get excited as the day is filled with sugary treats, parades, and parties.



Member Spotlight

Chasady S

Favorite Movie: Girl's Trip

Favorite Music: Any

Favorite TV Show: Grey's Anatomy

What you like about the Clubhouse: I like learning new things.



October Birthdays

Craig M– 10/3	Brandon G– 10/3
Jason S– 10/5	Billy S– 10/5
Dale M– 10/5	Joshua P– 10/6
Martin A– 10/6	Floyd W– 10/7
Mel M– 10/8	Rebecca S– 10/11
Nathan M– 10/14	Amy M– 10/14
Elijah W– 10/17	Chadd K– 10/29
Jeff H– 10/30	

We hope you all have a great birthday! Be on the look out for your birthday card with a free meal ticket inside!



Wabash Valley Friendship Clubhouse

501 S 6th Street

Vincennes Indiana, 47591

Vox: 812-494-9512

Thrift Store

- ♦ **10AM-3:30PM**
- ♦ **CASH/CARD**
- ♦ Find us on Facebook @ Thrift Shop of Wabash Valley Friendship Clubhouse (fb)
- ♦ **501 S 6th St Vincennes, IN**