

February 2025



The Value of Communication

PLAN CORPS Values

C – Commitment, Communication

O – Openness

R – Respect

P – Purpose, Passion, Presence

S – Service, Solution-Focused

Welcome to our second issue on our “CORPS Values” – nine values that drive who we are and what we do as a Clubhouse community. . Our second “C” is Communication. Why communication? We’re glad you asked!

At PLAN, the Work-Ordered Day is one key part of the recovery piece and connection is another key part. Both of these require communication to be effective. So in a lot of ways, communication acts as a foundation to recovery from mental illness, providing the means of both cooperation and connection. People will only know what help you need, what joys you celebrate, and what care you feel for others if you share it with them. Enjoy reading about many of the ways communication helps us achieve the meaningful work and meaningful connection necessary to find the recovery we seek here at PLAN.

Clubhouse Texas Rally at The Capitol



Join us **March 4th** for an event on the Capitol Steps!

Monday, March 3rd – Tuesday, March 4th

Rally Time:

1:00 – 3:30pm

Join In Advocating For Clubhouse Funding And Educating About The Benefits Of Clubhouse!

We are very excited to report that Clubhouse Texas has secured a valued advocacy spot for a rally on the steps of our Texas Capitol on Tuesday, March 4th.

This will be an overnight trip with limited availability. We will be leaving Monday morning to go to the Austin Clubhouse to prepare for the Rally at the Capitol on Tuesday.

Tuesday morning we plan to meet with our local representatives:

- **Congresswoman Julie Johnson, District 32**
- **Representative Angie Chen Button, Distr. 112**
- **Senator Bob Hall, District 112**

We are eager to have members make signs for the event and share their stories as part of this privileged opportunity. **If you are interested in sharing or attending, sign up on the Big Board at Reception!**



“Loving all people, letting them in,
Sharing and caring, let life begin.” – Robin K.

Clubhouse Standards: Communication

- 7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.
- 37. The Clubhouse holds open forums and has procedures which enable members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.

Member Showcase

Meet Melanie P.!



Melanie has been a member of PLAN since 2022. She first learned of us through one of our partner's, **A Better Way**.

Originally from Anchorage, Alaska, Melanie moved to Texas when she was only 10 years old and has been here ever since.

Melanie found a lot of help in her mental health journey at A Better Way. “I was pretty helpless and hopeless when I first started going but I discovered tools, and that other people had similar problems. It’s a miracle that we ended up in the same group so that we can all get help together. There’s a neat unity in that. It joins you together and gives you meaningful connection as a result.”

In then discovering PLAN, “I found people with similar problems and it helps me accept my own – everybody has problems. Nobody’s got it all together. Everybody’s struggling in some way, and it’s good to be around others who can support me and who I can identify with.” She says her mental health has improved at the Clubhouse mainly through self-acceptance: “once I accept myself, I start blooming and growing! I’m making progress!” Her favorite thing to do at the Clubhouse is “Eat! They have good food here--and it’s only two dollars for lunch!”

On her own time, Melanie loves to play with her cat, Marmalade, a playful orange tabby. She admires her parents the most, because “they’re faithful in their Catholic beliefs, good Southern people, and they’ve instilled their love of God and others in me.”

Her current goals include getting a job: “I would like to make money and use it to continue growing, learning and getting to know others. It helps when you have a job because it gets your mind off of your problems and gives you hope in a better life. It’s neat when good things start happening.” ➔



Sharing a Great Resource: **A Better Way**

“The butterfly is our motif as it represents that thru change and growth, recovery is possible.”



A Better Way has been meeting for almost 13 years on Saturday afternoons from 12:30 - 3:00p at All Saints Catholic Church on Meadowcreek Dr. in Richardson. **Justine T.**, also a PLAN member, is Co-founder of **A Better Way** for mental health. **Evelyn T.**, her mom, is the Founder, who prepares, sets up & hosts the meetings. **Ron T.**, Justine’s dad, is also actively involved in its running.

A Better Way is like a support group, a safe place, open to all adults with an SMI who are in recovery. Meetings include RoundTable discussions, speakers like DART Paratransit, Yoga, Karate, Art activities, Game Day, March Movie Madness and special Holiday gatherings. They have taken field trips to Mockingbird Station and a local farmer’s market. Their focus is on **friendship, health, wellness & socialization** as well as offering mental health resources. A light lunch is available, free of charge, though they encourage folks to bring something to share.

All Saints Church is hospitable in allowing **A Better Way** to host meetings there, as they provide services to many. They have featured **WRAP** (Wellness Recovery Action Plans) and in the new year they plan on meeting virtually with **Recovery International**.

This is a place where you will find a warm welcome!



When asked about the role of communication in our mental health, Melanie said, “When you communicate, you’re opening yourself up. If you communicate truthfully, it helps you get the help you need. Sometimes when you come across new ideas, you can communicate to yourself and affirm thoughts you need to get better. So even internal communication is valuable in healing and growing on your journey. I’m an introvert, and it can be very hard to take that first step to step out. Communication can free you from a lot of prisons – from fear, from isolation, from dread, from helplessness. The freedom came in showing up, reaching out, and expressing my needs. If you just show up, things start to click, and good things just start to happen. Sometimes those clouds of doubt and depression lift. Keep on trying, never give up. It definitely takes guts to open up, but it’s worth it. Be courageous, be determined, and see a better way open up before you.”

For any new members, she encourages you: “You can uncover hope, maybe a path that wasn’t there before. You can meet people who you can relate to – sometimes it’s surprising who you relate to. You make friends and it broadens your horizons, and you find that you gradually accept people who are different than you and that gives you confidence and happiness as your world expands.”

- By Daniel M.



Report On Our Clubhouse Swap

How Our Swap With San Antonio Clubhouse brought Communication and Unity

By Shelita W.

Everyday while working here at PLAN, someone will ask me how my mom is. Everyday! It has united me with the members and to be honest, it is a pleasure. You see, my mother has dementia and I discuss it quite openly with most people I come in contact with because it's therapeutic. I can share my experiences about my mom and sometimes they'll share some experiences of their own. Communication promotes unity; whether it's bad news or good news, it unites us. We can't go to lunch, a birthday celebration, a funeral or a graduation or even a Clubhouse Swap without communicating.



Pictured: San Antonio Clubhouse with our PLAN Swaps

We had a Clubhouse Swap with the San Antonio Clubhouse last month. Lauren C., Deanna A., Kim K., and Lennie C. all went to San Antonio, and we had the great pleasure to have Lizzie, Elissa, Julie and Cameron from San Antonio join us at PLAN. At our House Meeting, the ladies shared a great deal of information about their Clubhouse, and we shared with them!



Pictured: Cameron, Julie, Lizzie & Elissa

I had the pleasure of working in the Culinary Unit with Lizzie and Elissa, and the experience as a whole united us all. Lizzie and I shared some life experiences while she cooked on both days. I called it the "San Antonio Takeover!" Our members raved about her fresh made guacamole!

We talked with our new friends about how we do our PLAN TV Newscast and Clubhouse Employment. We even took them to visit Darla and our members at The Popcorn Shack!

Meanwhile, the PLAN team that came back from San Antonio Clubhouse did a presentation at our House Meeting about some great tips they picked up for improving our Snack Shack and our Wellness Activities, to name a few.

By communicating and exchanging ideas, we're all growing! And that's how communication promotes unity!

Just Gettin' Better: The Ten Thousand Dollar Gift A Column by Jim D.

The theme of this month's newsletter is communication.

Want to be better at communicating? Focus on the person you are wanting to communicate with. First, get their name and remember it! Think of someone else who has the same first name, a friend or a celebrity. Listen to their ideas before you give your own. God gave you two ears, two eyes, and only one mouth. Listen and look four times as often as you speak! After you hear the other person's ideas, see the situation from their perspective first before stating yours. Never get into an argument. There is no way to win an argument. You will only lose a friend. These and many other ideas come from a book which has increased my income \$10,000 over my lifetime! It is **How to Win Friends and Influence People** by Dale Carnegie. It's available in book and audio formats at the library. I believe it can help you, also. - **Jim D.**



Express Feelings Clearly with "I" Statements:

Describe your own feelings to avoid putting others on the defensive. "I" statements, such as "I feel anxious when—" are direct, and they make an impression. When upset feelings are involved, "I" statements work better than blaming "you" statements.

Speak for Yourself and Not Others:

People often speak for others because they think they know what the other person is feeling. These habits naturally lead to misunderstandings, since each person is truly an expert only on his or her feelings. Such problems can be avoided if everyone is responsible for expressing only their own feelings--nobody else's. This may seem hard at first, but in the long run, it can be helpful to everyone.

Focus on Behaviors Rather Than on Traits:

When you are upset with someone's actions, focus your communication on behavior rather than on traits, making it clear what you are upset about. Make it a complete statement, linked to behavior. - Geneva (2021)



**“If you have to fight,
It’s better to love.”**

- Todd W.

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Communication as the Expression of Friendship

In order to put our finger on the pulse of how we think of communication and relationships as a Clubhouse, we interviewed a selection of members and staff to gather thoughts on how to live an optimal life through connection.

1. What does communication mean to you?

Lisa W.: Open honest talking from the heart.

Katie S.: Someone listening to you and adding on to what you’re saying.

Blake H.: I like to communicate so there are not any misperceptions.

Christy W.: It’s a critical component of getting along with people. Listening to people helps me be a more understanding person.

Daniel M.: I’ve heard recently that the goal of communication is connection, so I see communication as the road we take to get to a deeper sense of connection with one another.

Robin K.: Communication is talking as well as listening. We must really hear someone with the heart-part of our minds and then follow-through with communication as we grow. It can involve confrontation, body language, encouragement, and bravery.

2. In your experience, how has communication played a role in connecting to others?

Katie S.: Helps me work on my problems. Sharing helps the other person too.

Blake H.: I don’t always communicate what I’m feeling, but I’m trying to work on it more.

Lisa W.: Since I’m shy, I’ve worked on communication skills and learned how to talk to others.

Daniel M.: Some of my favorite moments are when my kids have opened up to me. There is something really special about a moment of vulnerability when they share their fears, concerns or frustrations, because as we communicate we’re able to see into one another better.

Christy W.: I grew up with a whole lot of different-minded family, and iron sharpens iron. I have to learn to work through different difficulties through communication.

Robin K.: It helps us see things in a different light and take a chance on opportunities that arise. It creates compassion, empathy, laughter, love, fun, comfort, good company, hope, and support anytime 24-7.

Ruth J.: Communication is crucial to connection, especially at the Clubhouse. A Clubhouse is run by its members and staff. Input is welcomed, indeed, necessary in ensuring that the Clubhouse reflects the values and goals of its participants.

3. What part does trust play in communication?

Katie S.: You have to trust the other person in order to take them seriously.

Lisa W.: It plays a huge part!

Blake H.: Trust is important when trying to talk with someone. It’s a two way street.

Christy W.: Communication is the beginning of trust because it’s based in kindness and openness.

Daniel M.: I think it’s possible to communicate without trust, because we talk to lots of people and there are different levels of trust. But I think communication that achieves its goal of connection has to start with trust. If trust is not there, communication gets a lot harder. Vulnerable communication is a courageous exercise of trust.

DON’T MISS!

- A special concert by the Richardson Community Band at the Eisemann, **“Crazy Little Thing Called Love”** on 2/2. Meet at PLAN at 2:30p.
- Clubhouse International **Employment Training** on Zoom on 2/13 at 2p
- Our annual **Friendsaversary Celebration** at our Coffee House Jam Live Music event on 2/15 at 5p
- Supper Club at **Noodle Wave** on Spring Valley on 2/22 at 5p
- **Birthday Bash** celebrating February birthdays at 2/25 for lunch

3. More on the part trust plays in communication?

Robin K.: Trust is hard. Sometimes you must distance yourself from a person to enhance the relationship or maybe just create a better situation for yourself. Leaning into a relationship sometimes means learning when to be quiet and really listen, even if you feel like you have things to share. But knowing you are not alone, and knowing you shine brightly to someone, including yourself—even if you don’t realize it yet—you can learn to trust, little by little, working things out together. Trust, expressed through communication, makes way for deeper friendships.

Ruth J.: When we trust in each other we can operate in integrity and be truly solution-focused in addressing whatever issues come along.

Coming Soon: “Dear Dani”

Dani, our PLAN Connections Case Manager, will soon be starting a new column similar to “Dear Abby”: Keep your eyes open for a little blue mailbox in the Clubhouse where you can write Dani a “Dear Dani” question, and she’ll write back and answer in coming newsletters!





PLAN @ 1121 ROCK
Arapaho Gardens
1121 Rockingham Dr.
Richardson TX 75080
972-379-9904

PLAN @ 1121 ROCK

People Living Active Now

1121 MAIN.....972-379-9904
Daniel.....972-703-2150
Deanna.....469-589-9907
Lauren.....972-703-2151
Ruth.....972-379-9902
Shelita.....469-206-1658

CLUBHOUSE LUNCHES

Monday - Friday

12:30 PM

\$2 Donation

\$3 on Fridays for

Kim/Travis Specials

***If you are running late, please be sure to call by 12:00p. Meals will not be made available after 12:30pm without a call to reserve.**

HOUSE MEETINGS

Tuesdays @

1:00pm

Participate in Clubhouse decision-making!

If you can't make it in person, you can join over Zoom. All we need is your email to get you the link!

Committee Meetings

Newsletter Committee

Tuesdays @ 11a: 2/4, 2/18

New Member Committee

Wednesday @ 11a: 2/5, 2/19

Sunshine & Shadows Committee

Thursday @ 2p: 2/6

Career & Development Committee

Wednesdays @ 11a: 2/12, 2/26

Media Arts Committee

Thursday @ 11a: 2/6, 2/20

Advocacy Committee

Thursday @ 2p: 2/20, 2/27 (Rally Prep)

Events Committee

Friday @ 11a: 2/7



Join us on Facebook at "PLAN of North Texas"

PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or Case Management Services? Contact 1121 Rock at 972-379-9904 or Ruth at 972-379-9902 or email at rosenhans@planntx.org to find out more.

Case Management

Dani.....469-589-9909

Peer Support

David.....469-589-9905

Jalen.....469-589-9904

Lisa.....469-589-9906

Nadine.....469-589-9903

Events This Month

2/4, 2/11, 2/18, 2/25

Weekly House Meeting @ 1p

2/2 – Eisemann Center Concert: A Crazy Little Thing Called Love @ 2:30p at PLAN. Concert starts at 3p

2/3, 2/10, 2/17, 2/24 – Pam's Book Discussion @ 2p

2/5 – Janssen Neuroscience @ 2p

2/13 – Clubhouse Int'l Employment Training @ 2p

2/14, 2/28 – JFS Hoops @ 11a

2/15 – Coffee House Jam – Friendsaversary @ 5p

2/22 – Supper Club: Noodle Wave @ 5p

2/25 – Birthday Bash @ 12:30p

2/26 – Cooking with Kim @ 2p

NAMI

Connections Support Group
(2nd Tuesday of Month)



February 13th, 2025
6p @ Iris Place