



## JANUARY 2025 THE COURAGE OF COMMITMENT

### The Value of Commitment

### PLAN CORPS Values

**C – Commitment, Communication**

**O – Openness**

**R – Respect**

**P – Purpose, Passion, Presence**

**S – Service, Solution-Focused**

Our community at PLAN has what we call our “CORPS Values” – nine values that drive who we are and what we do as a Clubhouse. Throughout 2025, we’re going to make each of the CORPS values a focus of our forthcoming newsletters. And what better place to start than with Commitment?

There are several aspects of Commitment we’ll explore: Commitment to Self (one’s own health and recovery), Commitment to the Clubhouse, and Commitment to Community. Part of why this is our FIRST value is because it feeds into all the others – if you’re participating at PLAN, commitment is the first step to accessing all that this community has to offer. Join us as we commit to exploring brand new horizons together in 2025!

### Clubhouse Swap!

**PLAN @ 1121 ROCK**  
People Living Active Now

**San Antonio Clubhouse**  
a form community

For the first time in our history and through a special grant, we have a wonderful and unique opportunity to do a “Clubhouse Swap”. In mid-January, San Antonio Clubhouse and PLAN will be sending delegates from our respective Clubhouses to visit each other’s communities and learn from one another! Two staff and two members will be going to San Antonio from January 13<sup>th</sup> to 16<sup>th</sup> while two staff and two members from SA Clubhouse will come to our Clubhouse and join in our Work-Ordered Day!

Let’s make sure to give them a warm and heartfelt welcome and show them what PLAN is all about! Come join us the week of January 13<sup>th</sup> to meet our guests and help them feel a part of our community as we work to expand each others’ horizons!

### PLANning Day 2025

Mark it on your calendars!  
**Wednesday, January 22<sup>nd</sup>**  
we’ll have our annual  
**PLANning Day for 2025!**

Come be a part of our all day event to plan out the year, review our protocols, and determine what new and exciting directions we can go together! Lunch will be included.





## Clubhouse Standards: Commitment

9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

11. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.

## Member Showcase

### Meet: Todd W.



Admirable, purposeful, determined and unwavering are adjectives of resolution, and they fit to describe a number of members here at PLAN – like Todd W.!

Todd is from Dallas, TX and has been here most of his life. He graduated from Richland College in 1997.

Todd has been a member of PLAN for about four years now and enjoys coming to the Clubhouse because “it calms my mind so that I don’t hear voices so much.” He’s also realized that others here at the Clubhouse have some the same struggles with mental illness he does, and finds that having such a community around him has helped him improve a lot.

One of Todd’s favorite things to do at the Clubhouse is “Composition 4 Wellness.” We are delighted that he has already written two plays for the PLAN community – *The Kleptochromatic Cowboy Calamity*, our fifth whodunnit, and our most recent Christmas play, *A Casual Christmas Carol*, both of which everyone enjoyed seeing and being a part of! On writing those, Todd says, “it was very rewarding hearing my words turn into reality!” He also writes in his free time and is an avid pool player.

Of the people in his life, he admires his niece the most in the world, and historically, he admires Jesus. His current goals that he’s committed to finding a job and even getting his own car. We look forward to helping you in your endeavors, Todd, and are grateful to have you as part of our community!

- by Shelita W.

## Welcome Our New Case Manager

We’re thrilled to welcome Dani S. as the new Case Manager on the PLAN Connections Team! She’d like to introduce herself to you:



Hi there! I’m just this girl trying to do the next right thing—helping others and making a difference as we navigate this wild journey called ‘life.’

I graduated with my Master’s in Social Work from UTA in May, and it was a big month for me because I also married the love of my life! (Well... the second love of my life. The first is my dog, Mylo, who has been my greatest teacher in unconditional love, self-acceptance, and loyalty).

I’m super close to my family, especially my mom, who has been my rock through it all. Fun fact: I have a major sweet tooth—cheesecake (Adam’s Cheesecake from The Cheesecake Factory with extra whipped cream, please!), Crumbl cookies, Nothing Bundt Cakes, and cinnamon rolls are my love languages. Consider this your official hint! 😊

As your teammate, I promise to bring transparency, honesty, and an open mind. I may not always agree, but I deeply respect others’ perspectives. My short-term goal at PLAN is to meet all of you, learn your stories, and build trust together.

Looking ahead, my five-year plan includes (hopefully), continuing with PLAN and becoming certified in Accelerated Resolution Therapy (ART), a trauma-focused treatment that helps individuals heal from trauma. I also aim to specialize in addressing secondary trauma, compassion fatigue, and burnout, working with employees, employers, and communities to educate the importance of self care, mental health days and using time off.

I’m thrilled to join this amazing team and can’t wait to connect with all of you. What an honor it is to have been chosen to be a part of your journey in and this “family”.

Just remember laughter can heal most things!

My door is always open to you!

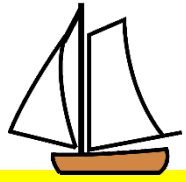
Luv, Dani

Welcome, Dani! We’re happy to have you join our community!

## Movie & a Meal

Join us **Wednesday, January 15<sup>th</sup> @ 4p** for **The Greatest Showman**, a beautiful musical film about the power of inspiration, acceptance, and community.





## Celebrating Employment *An Example of Commitment*

### 10 Years at *Walgreens*



Shout out to Roberto C., who hit his **10 year Anniversary** at his job at Walgreens this past November. He began in 2014, and as of November 24<sup>th</sup>, he has been faithfully working for a decade!

Roberto is a loyal employee, focusing on manning the cashier and stocking. What he hopes to share with others is encouragement that sticking with something brings its own reward, so that others might be inspired and want to work as well. When asked what his goal is moving forward, he simply said, “to keep going!”

Roberto is exemplary in his dedication and perseverance, and we wanted to make sure and delight in his accomplishment with him. He wants everyone to know: “Being committed can be difficult, but in the long run it’s worth it. It takes time to learn commitment, but sticking with something feels really good to celebrate.”

-by Daniel M.



## Just Gettin' Better: Resourceful Commitment A Column by Jim D.

The commitment of Jewish Family Service of Dallas, our Director, Ruth J., along with all of our hard-working staff and members are helping so many as we finished another successful year with pride and begin a new one with optimism. Many of us bring skills we had in our careers to PLAN, and these varied experiences make PLAN even better. I am using my experience as a librarian to help our library become better suited to improving the mental health of members. Currently we have a hodge-podge of donated materials, mostly fiction books which are rarely used. Of the few mental health books some were checked out but never returned.

To address this issue, at the November Supper Club, Wendy’s offered 30% of the food sales to go back to PLAN’s library for our collection. Wendy’s donated \$77.63, others donated cash of \$98.00, and 56 used books and pamphlets on mental health and self-help issues have been donated. If you have books which you would like to donate, kindly bring them to PLAN. I am so thankful for this wonderful response so far to building a better PLAN library, because it is another resource PLAN has to help us as we are

**Just Gettin’ Better.**

## Commitment is Not Just A Word. It’s an Action.

Being a part of a Clubhouse, commitment is central to fulfilling the structure and the function of the organization. Here at PLAN, we are counting on you to help with specific things. Without members, we can’t get things done (see standard 9). If we don’t have the people, it becomes hard to get to everything and our capacity decreases. Commitment shows up everywhere – participating in the Work-Ordered Day, following through on tasks, keeping a meeting with your peer-support specialist, or staying with the unit you signed up for during the unit work.

It also involves a willingness to jump in when something urgent arises. A good example of this is our Audio/Visual endeavors. Steve, Brian, Tyler, Jamie and others are committed to making our A/V newscast, but we need lots of people to start jumping in to increase our opportunities with it.

An additional part of commitment to the Clubhouse is, if you find out you can’t follow-through, it helps to let people know so that someone else can fill in. Commitment is not just fulfilling your responsibility but making

sure it can be fulfilled even if you aren’t able to do it.

And finally, commitment involves some of the other aspects of our CORPS values – it helps to know what you’re passionate about so you can purposefully join your recovery with the needs of the Clubhouse, and we can commit to each other through respect, communication, openness, presence, and service! Ultimately, if we’re committed to being solution-focused together, there’s no telling what we can do.

-by Ann G. & Elijah G.



## Commitment to Health and Recovery



Commitment to anything takes dedication, such as school, work, personal relationships, and even committing to your favorite sports team – I know that very well because I (Shelita) am a New Orleans Saints Fan!

But a commitment to one's own health and recovery is by far the most rewarding. Often, you cannot commit to any of the above mentioned until you focus on your own self. Everyone

is quite different, naturally, but here's a few ideas to jump start 2025 committed to your health and your recovery:

First, **drinking water** keeps you hydrated and it's great for your skin. It flushes waste out of your body, just as taking a bath or shower. You use water to clean your body on the outside and water does the same on the inside. If you're anything like me, drinking water is a challenge, but try drinking a little intentionally every hour and gradually you will crave more!

Next, **exercise**. That's right! Exercising improves sleep, increases energy, decreases stress, improves strength, and increases confidence! There's so many benefits to committing to exercising; just choose what works for you. Walking, running, swimming – anything that keeps your body moving and active is a benefit.

Finally, **having a place that gives you support**, like PLAN, is a great stride in commitment to self. The Clubhouse offers all of the above and then some! Here at PLAN, you have the benefits of communicating with others that may be going through some of the same mental illnesses and struggles you are. Sometimes when we're going through personal issues in life, we tend to feel like we are the only ones going through it. But here at PLAN, being committed to showing up and participating in the different opportunities that the Clubhouse offers can be a pleasant distraction from (or even aid in) other things we all are dealing with on a daily basis.

Recovery is a return to the quality of life, health, mind and strength that each of us belongs in. Try starting your 2025 with a commitment to what your ideal of "normal" is all about. Being committed is the first step and it's all up to you. Just remember, PLAN is here to support you in whatever steps you take for your recovery, health, and self! How can you commit to what is best for you? - By Tiffany G. and Shelita



**When you make a commitment,  
you create hope.  
When you keep a commitment,  
you create trust.**

- John C. Maxwell

## The Three C's of Commitment



### Contemplating Commitment

Commitment is the backbone of a group or organization. It is what gives a community its strength.

Here are several reasons it is important:

- The more committed people there are, the more effective they are in influencing others. If a whole group acts with determination and commitment, great numbers of people will really pay attention.
- People who are committed are the ones who don't take discouragement seriously -- they don't give up. They set an example for those who don't have the confidence or experience to go through the hard times and hold out for the rewards of success.
- People cooperate at a higher level when they share commitment. Commitment fosters camaraderie, trust, and caring -- the stuff a group needs to keep it going for the long run.
- If people are committed to an effort for a period of time, they will learn what they need to know to be more effective. People need time to try things out, make mistakes, and then figure out a strategy that works.

### Cultivating Commitment

When should we cultivate commitment? All the time, any time. Commitment doesn't usually occur at one moment. It grows within people over time when people:

- Work together
- Feel successful at what they do
- Make decisions together
- Work through conflicts
- Support one another's leadership
- Have fun and play together
- Overcome obstacles
- Hold each other to high principles
- Appreciate and respect one another
- Challenge one another to take the next step
- Build relationships
- Experience a victory together
- Learn from mistakes and setbacks
- See their leaders model commitment

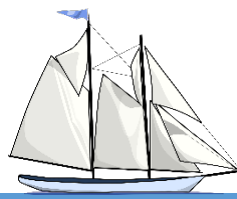
### Celebrating Commitment

Don't forget to celebrate. Any excuse will do: a victory, an anniversary, a time to give out recognition for a job well-done, or a cultural sharing time are all good reasons for people to get together, relax, and enjoy each other's company. When we are committed to community, there is always a reason to celebrate!

- By Geneva B. (2021)

# PLAN @ 1121 ROCK

People Living Active Now



# CALENDAR

## January 2025

**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  
Elijah.....972-703-2152  
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**

**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 1/7, 1/21

**New Member Committee**

Wednesday @ 11a: 1/8

**Sunshine & Shadows Committee**

Thursday @ 2p: 1/16

**Career & Development Committee**

Wednesdays @ 11a: 1/15, 1/29

**Media Arts Committee**

Thursday @ 11a: 1/9, 1/23

**Advocacy Committee**

Thursday @ 2p: 1/23

**Gardening Committee**

Friday @ 11a: 1/10

**Events Committee**

Fridays @ 11a: 1/3, 1/17

## Events This Month

1/7, 1/14, 1/21, 1/28

**Weekly House Meeting @ 1p**

1/1 – Clubhouse Closed

1/6, 1/13, 1/20, 1/27 – Pam's Book Discussion @ 2p

1/8 – Janssen Neuroscience @ 2p

1/9 – Employment Training @ 2p

1/10, 1/24 – JFS Hoops @ 11a

**1/13 – 1/17: Clubhouse Swap with San Antonio Clubhouse**

1/15 – Movie & a Meal: *The Greatest Showman* – 4p

1/18 Coffee House Jam - Folk Night @ 5p

1/20 Martin Luther King Jr. Day

**1/22 – PLANning Day 2025**

1/25 – Supper Club @ Mattito's (5p)

1/28 – Birthday Bash @ 12:30p

1/29 – Cooking with Kim @ 2p



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](mailto:rosenhans@planntx.org) to find out more.

### Case Management

Dani.....469-589-9909

### Peer Support

David.....469-589-9905

Lisa.....469-589-9906

Nadine....469-589-9903

Jalen.....469-589-9904

## NAMI

## Support Group



January 23, 2025

6p @ Iris Place

