



THE COMMON THREAD

Official Newsletter of Community House



Upcoming Events

Aquarium

January 6th

Chihuly Glass Garden

January 13th

Birthday Lunch

January 20th

New Years

Music Fest

January 27th

"Thank you, everyone for this fantastic year, it has been so much fun and we look forward to this years new adventure"

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Ask Christina: New Years Resolutions

New Years' Resolutions are ways to experience freedom from the habits that make individuals feel "stuck", and resolutions increase self-esteem to love the self. Focusing on the self is the most important aspect to maintain recovery and freedom from "hang-ups" (unhealthy habits) that can hinder a person's quality of life. Individuals can focus on their strengths and improvements to maintain long-term recovery. The recovery process of mental health can improve within months or years of managing behaviors or habits, and recovery means something different for everyone to make New Years' Resolutions.

The personal change of lifestyle(s) can affect individuals when the New Year is approaching, and the question becomes: how can New Years' Resolutions bring positive change for them to adapt to a new beginning? The first step is writing a specific goal they are willing to change, and it can be broken into small steps into a complete goal. For example, if someone wants to become physically fit, he or she can walk five to ten to fifteen minutes. It's important to start small, so the goal is more attainable to achieve, which makes it manageable in long-term or short-term goals.

What happens if a person falls short of reaching a goal in recovery? Alcoholics Anonymous or other recovery meetings stress the importance of "Progress not perfection" (Adult Children of Alcoholic/Dysfunctional Families, p. 52). People are not perfect when changing and it requires practice changing a habit to produce results in recovery. It takes thirty days to change behaviors while reaping positive consequences, such as mental, emotional, or physical health. The important part is to get back on your feet and try again, which is to not give up when challenges arise.

New Years' Resolutions can produce anxiety with many people adapting to change. It's important to start small when reaching a goal and taking "baby steps" when applying the skills needed to change a habit. For example, a person with anxiety can start breathing techniques to calm anxiety, and then, he or she can use meditation while using deep-breathing skills. It is achieving small outcomes that will lead to success, which will achieve better results than achieving a huge goal and reaching a stress level that is overwhelming.

Recovery of New Years' Resolutions can happen within months or years of changing a specific habit, and the process of recovery is different for everyone maintaining the new habits at a moderate pace. The challenge is to change for the self rather than for others to achieve breaking an unhealthy habit, and self-love is a concept that is important for growth to become mature. It involves focusing on strengths and weaknesses in recovery and using experience to achieve these goals.



I realize that there is not perfection, but progress, as an adult in recovery for mental health and addictions. In my recovery, it has lasted years of recovering from mental illness and addictions that is a process of healing through negative experiences from the past. It helped to receive a healthy support system to surround myself with loving professionals and personal friendships. Unhealthy friendships or relationships are the key that held me back from recovery, which affected self-esteem, confidence, and self-love. Self-destructive behaviors are allowing people in my life that would emotionally harm me. I have learned to keep my peace and set boundaries with others that would hold me back from growth. It is important to develop assertive skills and demand respect as an individual from others, which teaches people how to treat me.

My recovery has grown in “baby steps” to break free from addiction, and I have not completely overcome addictions, but I improve daily by peeling back the onion like removing layers of the root of the problem. For example, I can have an accountability partner to “check in” daily when I feel tempted to give into an addiction. The important part of recovery is being willing to work towards goals of personal growth, honesty, and forgiveness of yourself. Even when I have learned from mistakes, I forgive and love myself by speaking encouraging words, such as positive self-talk. I have realized that I am human, and it’s okay to learn lessons from previous experiences without judging myself, but give love to the self.

Reference:

Adult Children of Alcoholics and Dysfunctional Families. (2006). World Service Organization, Inc., United States. ISBN- 13: 978-0-9789797-0-6.

Resources (Websites):

AA, Adult Children of Alcoholics and Dysfunctional Families, NA, Codependency meetings, etc.

<https://www.intherooms.com/home/>

ACA

<https://adultchildren.org/quick-search/?onlinebt=Click+Here>

CODA

<https://coda.org/>

Love Addicts

<https://slaafws.org/onlinemeetings/>

Recent Memories

Champions of The Commons

CHESS CHAMPION



Launuch

EMPLOYEE OF THE MONTH



Dereck S

Trips

Pumpkin Patch

Museum of Pop Culture

Halloween Party

Friendsgiving Dinner

Burke Museum

Holiday Party



Client Interview: Grace



To my friends and peers at our day treatment center I am having a major back surgery and I will be gone for I don't know how long but just know I miss all of you and can't wait until I can return

-Grace B

When we come to Community House, we're often greeted with an infectious grin, a twinkle in the eye, and an enthusiastic demeanor. These belong to Grace Bevel. Now you may think you know all about Grace, but today's interview will reveal many interesting facets to her life. Let's learn about Grace!

Do you remember the first time you came to Community House?

“I do. It was in March of 2019, and I was welcomed and everybody was super friendly and nice, and I fit right in immediately.”

Excellent! What is your position with Community House?

“My position is not only the receptionist job, I also am a board member on the Board of Directors.”

Cool! I didn't know that! What impact do you believe Community House Mental Health Agency has had on your life?

“It has changed my life completely for the better. I have a support system, I have a good team, day treatment is amazing, and my peers are really sweet, too. It is the best mental health agency that I've been in. This is only the second one I've been in, but the last one didn't fit my needs well enough, as well as Community House does.”

What do you think makes Community House different from other organizations that you've been involved with?

“The day treatment center is different, I like how the staff isn't so stuffy, they're down to earth and can relate to you but also that line that 'this is staff.' But everyone is friendly and I get along with everybody here and that's a really important quality that every mental health agency needs.”

Can you tell me about a specific person who has had a positive impact on you?

“Lara, because she is very blunt, but also funny, and I can talk to her about anything, and she has a lot of experience at being at Community House, and I've learned a lot from her, and she's always given me sound advice. She's very on point and on brand with a lot of stuff. She knows her stuff and she's always a friendly face to see! It's a bummer when Laura's not here.”

Cont. Client Interview

What is something you have learned while at Community House?

“Maybe not learned so much as just reinforced that everyone has a different baseline and everyone’s mental health issues are different from each other, but we’re still a community and we get along well. It also helps me be patient with the people that are just different. I’m very patient with everybody, and I think that’s a good quality to have when being here, and especially as the receptionist. I know how to handle people.”

Is there a particular moment or memory that stands out for you?

“Probably my first camping trip in 2019 when I went to Camano Island. It was a lot of fun, just sitting around smoking cigarettes and listening to music and relating to each other. It was a really fun time, and I got to know my peers a bit more.”

What inspires you?

“My family and my loved ones inspire me to be the best me I can possibly be. My loved ones include my friends too, and everybody here at Community House. It’s a bummer when certain faces don’t come in on a certain day - like Luann - I’m like ‘Where’s Luann? It’s Monday!’” (laughs)

Is there an achievement or contribution that you are most proud of?

“I can’t decide - either being between on the board or the receptionist honestly, because they’re both pretty gratifying. With the receptionist job, I get to interact with a lot more people and I’m here more often, and I get to know people more and share my story with them, or just to help them out and have a good day.”

What would you say to someone considering joining Community House?

“I would say it’s a great organization if you want a good community. It’s in the name - we’re a great community, we’re all together.”

Is there anything else you’d like to share with me?

“I just really love Community House! I really appreciate the people that I’ve met, the growth that I’ve undergone, and I’m more independent because of Community House, and I think I want to stay with the organization as long as I need them. I’m just really happy here and to be with my peers.”

I think that’s a good note to end on. Thank you for sharing with us, Grace!

Staff Interview: Alejandra



Alejandra Saucedo, Case Manager, shares her experience at Community House. She gave clear insight on the goals she has attained as a Case Manager and her background that has demonstrated the skills attained. Alejandra gives a clear understanding of her role and contribution to Community House. It is obvious that she has adapted to the role in an effective way that demonstrates resilience, honesty, and unity.

Alejandra expresses how her leadership skills have made her effective in her career and has great attributes to offer Community House. I asked, “How has being at Community House developed your leadership skills?” She states, “You have to be organized. You also have to take initiative sometimes.” These skills make her a valuable Case Manager, that help her stand out from other Case Managers.

She expresses her empathy for her clients at community house and is now gaining that experience in just a few months. I asked, “What have you learned in your position as a Case Manager?” Alejandra states, “I like it because you guys make your own decisions about what you want your own treatment.” Empathy is a great skill she possesses for clients at Community House that makes her a special Case Manager. The Case Manager has gained experience working with adults in the last few months, and has grown as in many aspects in her career.

Alejandra shares how she set foot into Community House through the process of attaining the job. One question I explored, “How did you obtain your position at Community House?” The Case Manager says with enthusiasm, “I am from Arizona, and I was in the process of moving to Seattle and a month before I decided to apply to any case management job.” Her determination helped to receive the job at Community House and has remained successful. Alejandra expresses the values that need to be obtained to become a Case Manager. “I would say honesty and with yourself and your clients. You have to be united with clients.” She clearly knows the values that make her successful and the ability to be resilient while determined.

Cont. Staff Interview:

She shares her longevity in Community House and previous Case Management role(s). I asked, “How long have you been working as a Case Manager?” Alejandra shares honestly, “For Community House, since July, so only like three or four months, but as a Case Manager at my other jobs, a year, a year and a half.” Although she has been a Case Manager for a short time, she clearly knows how to help clients individually and give them the skills they need to succeed. I asked, “Who has been a major influence in your life?” She states, “For sure my mom. She persevered and was very resilient.” Her mom is a role model that made who Alejandra is today.

It is expressed in the interview that Alejandra wants to stay at Community House for a long time. The important question, “How long do you plan to stay at Community House?” Alejandra states, “For as long as I can.” It shows she is ambitious that cares about her clients and is inspired and motivated to help her clients at Community House while having many skills. Alejandra explains, “Being able to adapt. Being able to organize and prioritize what is important.” She has to multitask at her job and help multiple clients.

She gives good advice, which makes her an amazing person and Case Manager. I asked, “If someone wanted to be a Case Manager at Community House, what advice would you give him or her?” She gives simple advice in a few words, “I would say come with an open mind. Take time to learn about your clients.” Alejandra clearly has had experience and it has inspired her to be a role model at Community House. She shares the reason she has chosen to be a Case Manager and is inspired to learn different areas of her job. The Case Manager received feedback, “I got the advice that being a Case Manager you get to see a lot of sides of things.” She explains how it is working with a therapist, psychiatrist, or provider, and working with the clients like taking clients on trips to different outings.

Alejandra Saucedo has played a major contribution to Community House in less than a year, which makes her an effective Case Manager. The energy Alejandra displays inspires clients to work on themselves everyday develop the skills every day. The goals that are possessed as a Case Manager shows she is resilient, honest and has unity while respecting clients’ decisions. I believe Alejandra is a role model inspiring clients to develop their independent living skills of them managing their own lives.

Riddle of the Month

What spends all the time on the floor but never gets dirty?

Joke of the Month

Two muffins were sitting in an oven.

One turned to the other and said, “Wow, it’s pretty hot in here.” The other one shouted, “Wow, a talking muffin!”

Recommendations

Music

"Demon high" by Lil Uzivert

Reading

"She's Come Undone" by Wally Lamb

Video Game

Borderlands

Movie

"Wish Dragon" on Netflix

Recipe

Creamy Cucumber Salad

Creamy Cucumber Salad

serves up to 4

Ingredients

- 2 cucumbers
- 1/2 medium purple or yellow onion, thinly sliced
- 1 Tablespoon chopped fresh or dried dill
- 3/4 cup sour cream,
- 1/2 teaspoon sea salt and pinch black pepper, or to taste
- 1 Tablespoon white vinegar

Instructions

1. In a small bowl, combine 3/4 cup sour cream, 1 Tablespoon dill, 1/2 teaspoon salt or to taste and a pinch of pepper. Mix well and set aside while prepping salad.
2. Slice cucumbers into thin rounds or half rounds. Place in a large mixing bowl. Add thinly sliced onion. Add sauce to cucumbers and mix to coat. Enjoy!

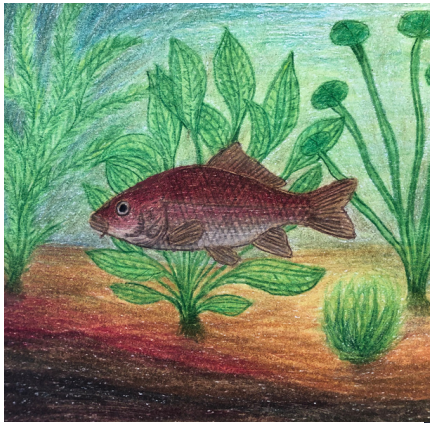


UN-COMMON ART

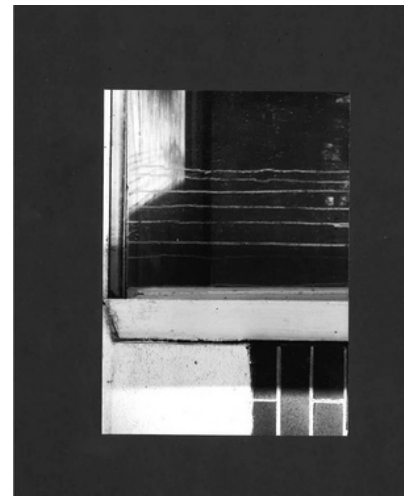
**SUBMIT YOUR UN-COMMON ART TO
STAFF OR EMAIL
CHMHANEWSLETTER@GMAIL.COM**



Art by Eletha



Art by Jonathon



By Oneika

Photograph Us

DA,

it's too bad

that you and I

had to part as

jets fighter catapulted from

the deck of a Porte D'avion.

You should be very happy
wherever you land

when you no longer can propel yourself,

and I, poor me.

I shall never be happy

as long as the memories of you linger on.

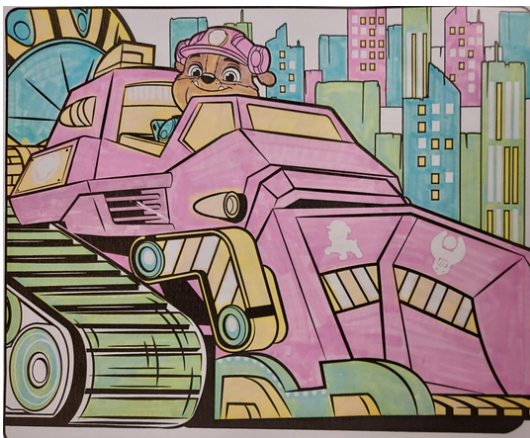
Me, I just keep on gliding like an eagle.



By Dennis C



By Matt J



By Robert K



By Jason Brown

CLEAR(STATED)

DEVOID OF THIS AND YOU CAN LOSE PERSPECTIVE
MEMORIES AND FADED PICTURES NARRATE THE DIRECTIVE
ALMOST LIKE IT CHANGES BY RELATIVE DEFINITION
SOMETIMES YOU DON'T SEE BUT YOU HAVE A VISION
OFT TIMES THIS CAN PUT YOU IN AN AWKWARD POSITION
THIS IS NOT TAILOR MADE NOR A PERFECT SEQUENCE OF EVENTS
EVIDENCE IS UNIQUE LIKE DNA AND FINGER PRINTS
MOST HAVE DEALT IN THE WHAT-IF
BELIEVING THAT SOMETHING BETTER ELSEWHERE MIGHT EXIST
SOMETIMES WE OPERATE OUT OF FEAR OF THE UNKNOWN
ONLY TO REALIZE LATER THE OPPORTUNITY THAT WAS BLOWN
ITS NOT THE SAME ONCE EXPERIENCE IS GAINED
ANALYSIS THE MEANINGLESS TRYING TO REMAIN SANE
ALL TOO OFTEN DECISIONS GET MADE BECAUSE OF OTHER PEOPLE'S TALKING
A PROCLAMATION OF SELF USUALLY GETS MADE
SELF-TALK ABOUT NEVER AGAIN WILL I GET HURT, LIED TOO OR PLAYED
AS CONFUSING AS WE MAKE THINGS IN OUR MIND
LOVE IS SIMPLE BUT WE CONFUSE THIS MOST OF THE TIME



Timeline

by Wendy N

The Sun rises to touch the mountain peaks
it touches the dew and turns it to a simple
rainbow. It warms the sand that touches
the toes. And as it sets it winks on the
great day it created.

Grief

by Grace B

Wrapped in my thoughts
Untie this knot
That is my stomach
My aching heart
Is broken in two
I feel lost
Without you
Yet you live on
In all those
You have touched
Time will soon heal
The hole left behind; It will always
Leave me breathless But I know
I love you so much And I am glad
You're at peace
I love you Dad

Day Treatment Weekly Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	Open Medication 10:15 Breakfast & Coffee	Open Medication 10:15 Breakfast & Coffee		Open Medication 10:15 Breakfast & Coffee	Open Medication 10:15 Breakfast & Coffee
11:00		Art Therapy	Open Medication 11:30 Community Meeting	Outing/Special Events	Game Therapy
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Food & Clothing Bank	Recovery group	Healthy Living Group	Newsletter/Writing Therapy	Music Appreciation
1:45	Medication	Medication	Medication	Medication	Medication
2:00	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ
2:30	Close	Close	Close	Close	Close

@Calendarpedia@ www.calendarpedia.com

Monthly Events:

Last Thursday of the month - Karaoke and Birthday Celebration