



Michael Mack Performing May 5 and 6 to Benefit Harbor House

In celebration of "May is Mental Health Month," Harbor House welcomes Michael Mack for performances of his one-man show, "Hearing Voices, Speaking in Tongues," in Providence and Middletown. Performances will benefit Harbor House and help raise awareness to eliminate stigma surrounding mental illness.



Michael Mack

Michael Mack is a widely published poet and playwright and has performed "Hearing Voices, Speaking in Tongues" for more than 10 years at colleges, hospitals, museums, churches, NAMI events, and conferences.

On Thursday, May 5, he will perform at Rhode Island College, Providence, at 7:30 p.m. in Sapin-

sley Hall. On Friday, May 6, he will perform at St. George's School, Middletown, at 8:00 p.m. in Madeira Hall.

This brilliant, creative show is a powerful and unique form of art, an intimate look into the family dynamics around mental illness, complete with difficulties, desperation, love, and hope. It is his story about his childhood as the oldest of four children whose mother had schizophrenia.

"I began to write about her life as a way to revisit events that deeply shaped our family... Its evolution over 10 years of development reflects my coming to terms with a childhood that was sometimes desperate, sometimes magical, but always richly textured... It is a work in progress."

Tickets are \$30 before May 1, \$35 after May 1. Tickets are available at Harbor House, 12 Bassett Street, Providence, or by phone (401) 523-5100, Monday through Friday, between 9:00 a.m. and 3:00 p.m. Visa and MasterCard are accepted. For details about Michael Mack, go to www.michaelmacklive.com. For more information about the performance, contact Julie Toland at (401) 846-9003 or Jenny Merriman (401) 635-8579.

Come to at least one of these performances! You will be entertained and deeply moved.

Gallery Z Harbor House Event Thursday, May 26

Gallery Z in Providence will showcase the work of Harbor House Members and promote the opening of the "New Club in Town," during "May is Mental Health Month."

Gallery Z, a fine art gallery located at 259 Atwells Avenue, works with non-profit organizations to bring awareness to the community via the Gallery's Public Art Window.

Harbor House will promote

the fact that the Clubhouse model of recovery has come to Providence. Through various media, we want to depict the message of hope for all Rhode Islanders who live with serious mental illness. Join us Thursday evening, May 26, 2011, 5:00 – 7:00 p.m., when we welcome our friends to the Gallery Event. There will be an informal program and a celebration of the artwork. Light refreshments will be served.

Help us Furnish Harbor House

See our "Wish List" enclosed. For more information, contact **Ralph Lord, 401-273-5100** or visit our website to donate now: www.harborhouse-ri.org

Special thanks to these contributors:

Butler Hospital-
4 conference tables
15 chairs
D. E. Shaw & Company-
8 Dell laptop computers

From the Executive Director, Ralph Lord



Harbor House

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It has been a year since I was hired by the Providence Clubhouse Development Group, the founding organization for Harbor House, to be the Executive Director.

It's been a very exciting as well as a daunting year. I have gone from sharing an office with Chaz Gross, Executive Director of NAMI-RI, to having more Clubhouse space than I could have hoped for at this stage of our development.

The number of people who have helped along the way is enormous, from the original Development Group to the recently seated Board of Directors. All of the members of the Development Group were readily available to assist me, at meetings with prospective donors, with partners in recovery and, of course, with grants and fund development. I look forward to working with the Board of Directors and with what I hope will become *The Friends of Harbor House*.

A fund raising committee was formed last spring because of their belief in the values of ICCD-certified Clubhouses. The committee's creativity and energy are amazing. Because their 2010 events were so very successful, we are able to open Harbor House. Thank you to all who put the events together. We would not be where we are today if it weren't for their commitment. We look forward to this year's events.

The positive response from potential partners in our community has also been truly overwhelming. Wherever I went this past year, whether it was a meeting at the state level or other conferences, someone wanted to know more, someone wanted to be of assistance, or someone wanted to make a referral to Harbor House.

We will soon open our doors, ready to serve our Members and the community, thanks to all this unwavering support.

New Staff Member Appointed By Adam Alt

Harbor House has hired its new Generalist staff member, Mike Moniz. To quote one Member, "Harbor House is fortunate to have somebody as kind and as caring as Mike." Ralph Lord agrees. Mike has already proven to be an invaluable assistant, helping Harbor House get organized in preparation for opening.



Mike has worked in the human services field for 14 years. He graduated from Rhode Island College with a B.S.W. and worked as a residential supervisor for ten years. Mike holds state certification as a Certified Sup-

portive Employment Specialist. He recently returned to Rhode Island after a stint in California, where he worked closely with adults through all stages of employment preparation, job development, and job retention. Prior to moving to California, he worked at East Bay Center as a case manager and vocational specialist. As a case manager, he broadened his understanding of government agencies and programs, benefits, housing issues, medical needs of clients, assessment, and clinical skills. He says, "I am strongly committed to strength-based practices and believe deeply in this type of work, and the ability of people to recover."

Mike comes to Harbor House with many talents, especially creative. He is a guitarist and has played in several bands. His culinary talents have impressed all at the Clubhouse.

Mike really shined throughout a lengthy interview process. Harbor House is pleased to have him join the Clubhouse Staff.

New Board Member Named

Josh Rosenthal has joined the Board of Directors of Harbor House. Josh has spent over 25 years working as a clinician and a consulting psychologist for international businesses and non-profit organizations, as well as for individual clients. In addition to his consulting work, he serves on the board of Family Services of RI. His qualifications and experience will be an excellent addition to the Harbor House Board.

Harbor House Team Trains at Genesis Club



Genesis Training Group

For three snowy weeks in late January and early February, Harbor House leaders attended training at Genesis Club, Worcester, MA. Genesis Club is a certified International Center for Clubhouse Development (ICCD) training site. Attendees were Ralph Lord, Executive Director, Mike Moniz, Staff Generalist, and Adam Alt, Member representative.



Transitional Employment Site at UMass Medical Center.

The focus was on understanding the 36 ICCD standards for Clubhouse programs, covering Membership, Relationships, Space, Work-Ordered Day, Employment, Education, Functions, and Funding, Governance and Administration. Each Harbor House representative spent time working intensively within the Units at Genesis Club, learning how the Unit operates. Adam Alt felt that his experience in the Training and Development Unit gave him valuable insight about the importance of this Unit. At Genesis Club, 85% of the

members who pursue continuing education successfully graduate.



Adam Alt working in Education Unit

Partnerships with local educational institutions are key to this Unit's success. Visits were made to local transitional employment sites. The Work-Ordered Day and the important role of the whiteboard in organizing and structuring positive daily member experiences impressed Mike Moniz. Ralph Lord felt that working to engage Members was key to Clubhouse success. "The Clubhouse is Member-driven and Members play the key role in its operation," says Ralph.



Mike Moniz and Peter Toland and the Harbor House whiteboard

A Training Action Plan was a tangible outcome of the three weeks' work. Membership, Work-Ordered Day, Employment, and Education are the four major goals established for Harbor House. Everyone feels that Harbor House is "Member-ready" and, after final local governmental approvals, Harbor House will be open for new Members.

Member Spotlight: Matt Marandola



When I first found out I had a mental illness, it was a shock. I was nineteen, and I had prepared to go to college. The doctors eventually diagnosed me with schizophrenia. They felt that I was under significant stress, and needed to go into the hospital. I was scared and unsure at the time.

For a couple of years I was in and out of the hospital. At times I would become isolated and feel a distance from others. I eventually went back to school at the community college. The courses themselves were not very stressful. However, finding friends was difficult. To build upon my strengths, I went to live and work on a farm in western Massachusetts. Many were there for reasons like mine. It was a great experience.

Another part of my recovery was my artwork. Since I was in a place surrounded by nature, I took time to take

many photos. When I returned home, I volunteered at NAMI-RI to help out in the office. They encouraged me to post my pictures to their webpage. A few months later I was invited to have my photos shown at Peace Love Studios in Pawtucket. The studio is dedicated to helping people with mental illness get better through art classes and a gallery. To be able to work in a field that excites you and to do something creative can definitely help you to move through all the heavy feelings of doubt, sadness, and frustration.

I recently turned twenty-three and am helping to build Harbor House. I have been blessed to have loved ones and friends around me during my recovery. When I look back at my life, there were many mistakes I made that slowed me down; however, there were also many moments that I have grown through to make it to where I am today.



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Members Attend Governor's Inauguration By Lin Collette



Harbor House at the State Capitol

An important aspect of recovery is involvement in the community and taking an interest in the world around you. It was with that intention that members of Harbor House attended the inauguration of Lincoln Chafee as Governor of Rhode Island.

The ceremony was impressive. Making frequent references to Rhode Island's founder, Roger Williams, Chafee spoke of Rhode Island's insistence on independence. He asked that Rhode Islanders shoulder some of the responsibility necessary to change the State's course, saying that the only way Rhode Island can move forward is to move forward together.

This was an important point for me. The only way those of us with mental illness can move toward recovery is by working together with agencies and organizations like Harbor House. We can help each other on our individual journeys towards wholeness. We must take responsibility for our own recovery. We must make use of the resources available to us and advocate for what we need. While it was a speech addressing Rhode Islanders in general, I found much that was relevant to those of us with mental illness.

VISIT HARBOR HOUSE ON THE WEB: www.harborhouse-ri.org