

Petoskey Club

Clubhouse psychosocial rehabilitation programs are built on collegial relationships between staff and members (mental health clients) who work together side-by-side to run the program and build member's confidence and community living skills; often toward the goal of members attaining competitive employment in their local communities.

The Petoskey Club of North Country Community Mental Health (NCCMH) is such a program. Petoskey Club staff and member colleagues were stunned to receive the directive that the program must close temporarily due to current public health concerns. Clubhouse staff immediately reached-out to members to strategize about how to stay connected during the closure. Even at a distance, the Club is keeping members connected. Making the most of social media, particularly via their Facebook page; group and individual phone calls to provide support; sending cards; publishing a reach-out newsletter; facilitation of virtual group exercise and implementing games are among the activities happening to make sure that no one feels lonely or isolated during this challenging time.

Another important initiative is the provision of meal deliveries to the homes of clubhouse members as well as other CMH clients who may be food insecure. By using their licensed kitchen and agency vans, staff are preparing and delivering meals throughout their service area; Emmet, Cheboygan, Charlevoix counties. In addition to having a tasty meal delivered, CMH clients benefit from the reassurance that they are thought of and cared about, which fosters emotional wellbeing.