



Seacoast Pathways is a free and voluntary recovery program for adults living with mental illness. To learn more about us, go to [seacoastpathways.org](http://seacoastpathways.org) or join us on Facebook at Seacoast Pathways, a Clubhouse.

## New Programs at Seacoast Pathways Boost Job Readiness and Opportunities

By Ann

Employment services are the mainstay of the Clubhouse model, and our intensive support structure helps people start work and stay working. During the work-ordered day, members choose a ‘work unit’ — currently either business or hospitality — to perform the daily tasks needed for running the clubhouse. Members gain confidence and skills both for working and getting back in the community — leading to greater independence and recovery.

Seacoast Pathways now offers members a fun and educational program called *GetReady!*

This is an online job-readiness course that addresses issues facing jobseekers. Core values, optimism and a positive self-image are as essential to any job search as communication and problem-solving, which are also addressed in the *Get-*

*Ready!* program.

Another key program in our newly purposed work-ordered Unit consists of three tiers of employment services: Transitional, Supported and Independent. Clubhouse members can choose which option they would like to explore for themselves. In all three cases, Seacoast Pathways offers comprehensive support for getting and keeping a job. Each program offers a different degree of support.

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## Policy Meeting

By Lauren and Darby

DECEMBER 1, 2017 — At today’s Policy Meeting, we discussed ways of addressing the needs of members on those “off days” — especially Tuesdays and Thursdays — when the clubhouse is closed.

## Support Strategies

Those days can be tough for Seacoast Pathways members. It’s hard to replicate a work-ordered day at home, or even to deal with frustrating issues such as employment, housing, or just being alone.

A system of peer support was suggested: a phone tree, for example, of members willing to share their contact info with other members in need of an encouraging word. Another idea was a buddy system, pairing members with other members for emotional support. The idea generating the most excitement was the idea of a “Seacoast Pathways App.” We have a growing number of tech-savvy members and staff. Stay tuned!

## Clubhouse communication guidelines

Respect yourselves, so that you can treat others with respect yourself.

*Listen* to what the other person says.

If you have a point to make, write it down and bring it up *after* the other person is finished.





How sweet it is: Winnicunnet storms the field after beating Pinkerton Academy for a historic High School victory.

**JUBILATION!** A picture tells a thousand words – especially when our own **Photohead** is there to record it!

The Winnicunnet Warriors of Hampton, NH finished the season with 12 wins and 0 losses, which included the State Championship game (left). Pinkerton Academy finished with an impressive 10 wins and 2 losses. The victory gave the Winnicunnet Warriors their first perfect season in school history. Picture by Photohead; text from *The Union-Leader*, November 18, 2017.

### Action Plan – Cool improvements from Worcester Training

Scott, Lauren and Joe came home from two weeks of training at the Genesis Club in Worcester, MA with some exciting tools for improving Seacoast Pathways. Primary among these was drafting an Action Plan, which consisted of the following steps:

- Engage in options for exploring employment
- Expand membership
- Use space more effectively

If you haven't checked out our own **Dancing Elves on Facebook**, give yourself a calorie-free post-Christmas treat. In fact, you'll probably lose weight by watching these energetic elves; who knew Ann, Joe, Scott and Lauren had it in 'em!

An informal poll of one (Rory) was taken, and Ann was voted the cutest dancer. Not sure whether Joe was confused and made a scary Halloween face by mistake. All are great, all is well!



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The Transitional Employment program (**TE**) facilitates a working relationship between a Seacoast area business and two or more members of the Seacoast Pathways clubhouse. After the members are selected, a member of clubhouse staff trains for the position onsite at the business, and then trains the clubhouse member. Any subsequent employee from Seacoast Pathways will not require further training. During this period, the employer pays the Seacoast Pathways member directly. The period of employment is usually six to nine months.

Certain aspects of Transitional Employment are still in development. Training for work responsibilities such as arriving on time, communicating effectively and coping with stress are still in the planning stage.

Supported Employment (**SE**) offers the member and employers comprehensive support needed for getting and keeping a job. Under Independent Employment (**IE**), members secure their own competitive jobs but may receive ongoing support from the clubhouse. Stay tuned; more information to come!



Transitional Employment Program a Hit in Worcester Mass!

# ASK ME HOW I REALLY FEEL!

## The PATHSEEKERS Arts and Literary Supplement

### Superhero Smackdown!

So many superheroes (and villains), so little time! In this group interview, Jim O'C, Morris and Photohead rate the best and the worst and deliver other opinions on superhero-dom.



#### JIM O'C

Jim O'C, do you have a favorite superhero? How about a "favorite" villain?

Superman by far is the best and the strongest. The Joker is by far the worst. By worst, I mean the most hateful, repugnant, detestable, and loathsome villain ever to confront a superhero. And by The Joker, I mean Jack Nicholson. I also love Spiderman, the Flash, and Wonder Woman. Thor is great, and Batman is OK, but he spends a lot of time by himself in *Justice League*.

#### MORRIS

So Morris, what did you think of the latest superhero movie, *Thor: Ragnarok*?

I think I have a new superhero.

You know, *Thor* is very proud of his biceps. Would you like to comment on that?



Yes I would. I work out just as much as Thor. My biceps are bigger. I can bench-press Thor.

What about this year's box-office hit, *Wonder Woman*?

Worst movie ever! I mean, she changes history with a bracelet?!

Any further thoughts, Morris? And this time, don't hold back.

OK. The best villain was Jim Carrey as The Riddler in *Batman Forever*.

What about Heath Ledger in *Batman — The Dark Knight*?

He was the worst! Didn't even finish the picture!

#### PHOTOHEAD

What do you think of the epic struggle between *Batman* and *Superman*? Who is the best superhero?

Anyone but Aquaman. I don't know, they're all bad. Actually, I thought Thor was good. He's a professional. Aquaman is like an intern.



Editor — Thanks, guys. There's no rush; I just need to have your written answers by December 15.



Photohead — Too bad, that's when the new *Star Wars* comes out.



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### White Christmas Astonishes, Delights

By Jim O'C

I don't know where to begin: The performance was nothing short of spectacular! From the costumes, dancing, singing and acting. What a performance. The actors were from Broadway. Sally Struther's was hilarious; she still has her comical touch! At the end, "snow" fell from the ceiling, and the scenery was beautiful. This show is a must see.

Erin Weighs In

I recommend that you see this production of *White Christmas* again and again. I am selective about performances, but this held my attention to the point where I could hardly take my eyes off the stage.

## Art Wellness with Mindy

By Erin

Some people practice healing. Others practice art. Very special people practice both.

Meet Mindy, Art Wellness Teacher and Coach at Seacoast Pathways. Every other Wednesday, she brings the stuff of art therapy — drawing implements, paint brushes, old magazines, glue — to the clubhouse. Choosing a different activity each visit, she explains the process and the idea behind it to the members who sit at the long white table in the back room. Seacoast Pathways volunteer Erin, a regular participant in the Art Wellness workshops, spoke with Mindy about how art came to complement therapy . . . and vice versa.



Mindy grew up in North Hampton, NH, where her creative endeavors were encouraged at an early age. She took up photography when she was 12 and soon began writing poetry. Her mentor and inspiration in these and other artistic endeavors was her Aunt Sally, who guided young Mindy through the crucial decisions of her life. As a teenager, Mindy discovered that helping the sick provided a needed context for her art. Once again, Aunt Sally provided a model for Mindy's choices. Mindy volunteered at Boston Children's Hospital, working with children with cancer. In the meantime, Aunt Sally received her master's in family therapy. Years later, Mindy herself went back to school at Lesley University to pursue a master's degree in expressive art therapy.

Mindy learned about Seacoast Pathways through a shared family connection with Ann, the Executive Director of the organization. The two women got to know each other, ultimately deciding to develop an Art Wellness group.

Here at Seacoast Pathways, we work on all kinds of projects with Mindy which not only inspire and motivate us but also bring us together. In the New Year, the Art Wellness workshop is planning guided visualization, discussion and embodiment of healthy coping skills, and other techniques combining mental health with art.

Mindy has enriched and empowered us through her art projects. What does she get out of it? "What I personally get from art wellness," she says, "is being energized by the group collaboration and creativity."

Aunt Sally would be proud.

*For a compilation of art therapy techniques which you can practice at home, see [https://www.huffingtonpost.com/2014/11/07/art-therapy-techniques\\_n\\_6103092.html](https://www.huffingtonpost.com/2014/11/07/art-therapy-techniques_n_6103092.html)*

## Seacoast Pathways Arts Festival

MWF November 13-15

### Monday

Sounds of Music with Darby and Erin; Art workshop with Mindy; Creative filmmaking with Joe

### Wednesday

The Art of Jackson — Abstracts, Nature, Human-like, oil paintings on canvas; Interactive music with Ginna; Drawings and Sketches by Scott, followed by an interactive drawing demonstration

### Friday

Video biking with Jon — *Abstract, Winter in Portsmouth and Cloud*; needlework by Debbie;