



The BCS Greater Heights Clubhouse is a community-based rehab program for Brooklynites living with mental illness. While all members in the program have a history of mental illness, many of our members also face barriers like chemical dependency, illiteracy, housing and job insecurity. Members work through these challenges in our program, gaining greater self-esteem and fighting the stigma and social isolation associated with psychiatric illness. Our unique, collaborative model allows members and staff to work side by side to run the daily operations of the Clubhouse, gaining essential life-skills that help participants in all areas of life. This clubhouse is accredited by Clubhouse International, which works to help people with mental illness achieve their social, financial, educational, and vocational goals.

MEMBER OF THE MONTH



Chris is a new member here in the Clubhouse. He has come in with a positive spirit despite what is happening around him in his life. He is always eager to participate and work along side any Member and Staff to complete tasks throughout the Work Ordered Day. We are excited to have Chris here a part of our Clubhouse because adds a brilliance and brightness when he is here. We are appreciative of Member Leaders emerging in the Community. Chris continues to inspire members alike to be involved and make a difference.



DECEMBER BIRTHDAYS



12/5 PHILLIP J.

12/7 CARLINE D.

12/8 DIANE W.

12/9 MILLICENT H.

12/13 EDWARD L.

12/13 RUDY L.

12/18 ANDRE R.

12/18 SUSAN L.

12/18 STEVE M.

12/19 STEPHANIE B.

12/19 BERNICE J.

12/19 KEITH C.

12/19 HENRY J.

12/19 CALVIN F.

12/19 RONNELL L.

12/22 SHREECE B.

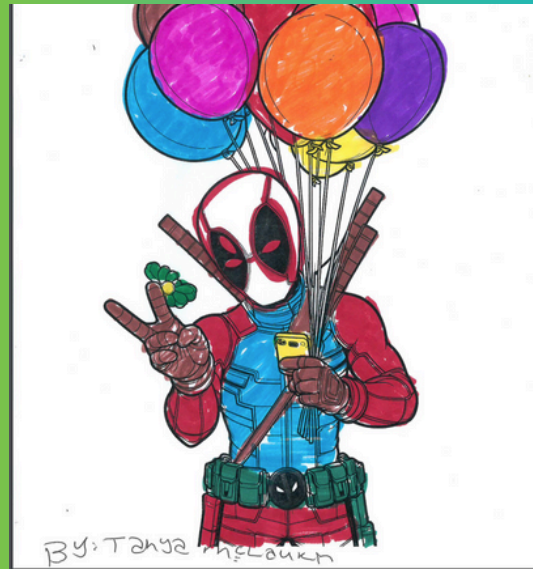
12/25 ANDREW F.

12/27 TINEKA J.

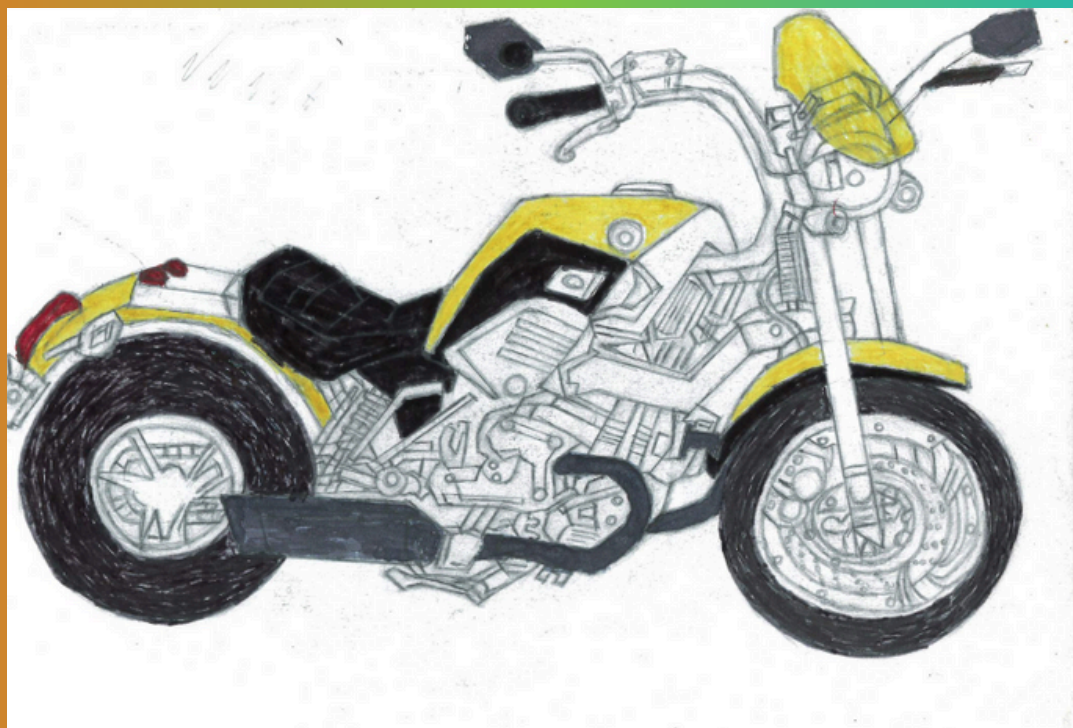
12/27 JAMAL W.

12/27 RODNEY K.

MEMBER ARTWORK



ART





A TRIP TO THE MUSEUM - ADAM FULLAN

My visit to the Museum of Natural History with Shreece and Sam On Saturday November 30 I went to the Museum of Natural History with Shreece and Sam. The Museum of Natural history is in New York City. Across the street from the Museum is Central Park it is up on the upper West side. The B and the C subway trains stop at 81st street. and the Museum is there. There are many exhibits in the Museum and there is a Café. There is the Dinosaur exhibit a Butterfly exhibit an elephant exhibit there are gift shops there and there is the Imax theater and the planetarium. We first saw the Imax film A Turtle Odyssey narrated by Russell Crowe. The Screen is 40 feet high by 66 feet wide. A Turtle Odyssey is about Bungee a sea turtle who is born on an island in Australia and she makes her way into the water and has to survive. she has to be careful of great white sharks and other predators who can injure her or kill her and she has to face many obstacles along the way. Shreece Sam and I really enjoyed this show. Then we went to the planetarium and saw the space show Worlds Beyond Earth. the planetarium is a space theater, you sit in a seat that reclines back and look into a dome. The planetarium can seat 429 guests. you sit in a circle in the sky theater. I had seen earlier on this past summer a special presentation of the planetarium shows Passport to the Universe narrated by Tom Hanks after hours one night and I enjoyed that as well. I have a membership to the museum which admits me and up to 4 people into the Museum for free to the planetarium the Imax and the exhibits which you would have to pay for. After the planetarium show we saw the Big Bang show in a theater where you stand by a railing and there is a dome in the floor. This 5-minute show is narrated by Liam Nelson. This brief show took us back to the beginning of the universe. that was interesting Then after that we saw the elephant exhibit and enjoyed that also. I am happy to have Shreece and Sam as friends and I had a nice time with them. Before I met Shreece I felt lonely. but now that I have her and Sam as friends it keeps me from feeling depressed. And a nice thing is that Shreece and I became friends on my birthday which was October 22. So that made me feel happy that day.



A TRIP TO THE MUSEUM - ADAM FULLAN





EEU NEWS

NOVEMBER
2024

STRENGTHENING TRANSITIONAL EMPLOYMENT

A GAME CHANGER

TE JOBS ARE A GAME-CHANGER

- Transitional employment provides structure and routine, critical for rebuilding stability.
- Members gain real-world skills that can be applied to long-term careers.
- Successful TE's instill confidence and purpose, reminding every member of their incredible value.
- Employer partners benefit too! They gain access to reliable, motivated workers who are supported every step of the way by GHCH. It's a win-win!

BUILDING BETTER OPPORTUNITIES



TO MAKE SURE EVERY MEMBER INTERESTED IN TE HAS THE TOOLS AND SUPPORT THEY NEED TO THRIVE, THE EEU HAS BEEN WORKING HARD TO:

IDENTIFY STRONG EMPLOYER PARTNERS:

- We're on the hunt for employers who understand the value of collaboration and are willing to work with us to create supportive, accommodating roles for our members. Maintenance and administrative jobs are high on your wish list, so we're focusing on these industries!

LAUNCH STRATEGIC OUTREACH:

- Our newly updated Transitional Employment Marketing TriFold is ready to hit the streets! This snazzy tool highlights the benefits of partnering with GHCH, from providing reliable, motivated workers to the replacement coverage we offer.

PREPARE MEMBERS FOR SUCCESS:

- Enter our new TE Workshop Series! These workshops are designed to help members build workplace fundamentals, adapt to routines, and shine in their roles.

TRANSITIONAL EMPLOYMENT FLYER

A SIMPLE, EFFECTIVE PROCESS

- **Initial Consultation**
 - Assess employer need
- **Employee Matching**
 - Connect pre-screened member
- **Onboarding**
 - Pre-start Job Specific Training
- **Ongoing Support**
 - Performance monitoring
 - Challenge mitigation
- **Completion**
 - 6-9 Months Cycles



BELIEVE IN THE POWER OF WORK

EMPOWER THE WORKFORCE, EMPOWER COMMUNITY

GREATER HEIGHTS CLUBHOUSE



TRANSITIONAL EMPLOYMENT PROGRAM

RELIABLE PROVEN IMPACTFUL



JOIN A COMMUNITY OF FORWARD-THINKING EMPLOYERS

REDUCE HIRING COST, MAKE BIG IMPACT

GREATER HEIGHTS CLUBHOUSE

980 Halsey Street
Brooklyn, NY 11207

718-235-5780

EMPOWER YOUR WORKFORCE

SCAN HERE



A WELLNESS PROGRAM OF BROOKLYN COMMUNITY SERVICES FUNDED BY NYC DEPARTMENT OF HEALTH & MENTAL HYGIENE
SERVING BROOKLYN SINCE 1886



HOW TO GET INVOLVED

MEMBERS, YOUR VOICE IS THE SPARK THAT KEEPS GHCH RUNNING! IF YOU'RE INTERESTED IN A TE ROLE, JOINING THE WORKSHOP SERIES, OR HAVE IDEAS ABOUT POTENTIAL EMPLOYERS, LET US KNOW. WE WANT TO HEAR FROM YOU!

TRANSITIONAL EMPLOYMENT FLYER



UNIQUE EMPLOYER - MEMBER PARTNERSHIP

At Greater Heights Clubhouse, we believe in the power of work to foster recovery and build stronger communities. Our Transitional Employment Program provides pre-screened, motivated, and reliable workers who are eager to contribute. Discover how partnering with us can meet your staffing needs while making a difference in someone's life.



TRANSITIONAL EMPLOYMENT

WORKPLACE FUNDAMENTALS

- **Structure & Routine** - Regular work schedules provide consistency.
- **Skill Building** - Reinforces essential job skills.
- **Confidence & Purpose** - Positive work experiences build self-esteem, accountability, and a sense of purpose.

EFFECTIVE PARTNERSHIPS

- **Part-Time & Flexible** - 20 hour max week for manageable workload
- **Short-Term** - 6-9 month duration provide tiered approach toward long-term employment
- **Free Employment Assistance Program** - Continuous job coaching and support enhance success

EMPLOYER BENEFITS



PARTNERING BENEFITS BUSINESS

- **Reduce cost of hiring** and maintaining entry level positions
- **No additional benefit cost** for part-time employees
- **Federal tax credits** for eligible employers
- **Reliable, motivated workers**
- **Continuous coverage** with reduced absenteeism

HOW TO GET INVOLVED

COMMUNITY PARTNERS, WE'RE EXCITED TO WORK TOGETHER TO CREATE MEANINGFUL OPPORTUNITIES THAT BENEFIT EVERYONE INVOLVED. THE EEU IS COMMITTED TO CREATING A TE SYSTEM THAT SETS UP BOTH MEMBERS AND EMPLOYERS FOR SUCCESS.

STAY TUNED FOR MORE UPDATES AND GET READY TO SEIZE THESE EXCITING OPPORTUNITIES.

JOURNEY TO RECOVERY

- LEON SIMS

I have been diagnosed with a mental illness for almost 2 decades. The symptoms started in my late teens slowly, then I really became symptomatic when I was 20 years old. I started being paranoid and depressed at the age of 18. My grandfather's death happened when I was 20 and that's when things really started going downhill. I always wanted to make my family proud by graduating college, so I forced myself to go back to college in South Carolina. When I went to Francis Marion University at the age of 19 I partied way too much. I ended up on academic probation. I took the next year off and moved back to Brooklyn. That's when my illness really started to become a problem. I remember how my thoughts would race, how I was paranoid, and how depressed I was. I had no insight on mental health so I believed certain delusions. I ended up going back to Florence, South Carolina and enrolled back into Francis Marion University. Although I wasn't mentally stable I wanted to make my parents proud of me and I wanted to accomplish my goal of graduating college. I went back to FMU and my paranoia skyrocketed. I thought my friends and family were plotting against me. I tried but my mental illness got the best of me. In 2011 I was living in Brooklyn with my parents and brother and began to work at Macy's. In my heart I knew that something was wrong with me but I didn't know what it was. Every day I worked, it felt like people were reading my thoughts, and I thought my life was like the "Truman Show". It felt like I was the main character of a movie and felt like I was the main character and everyone around me knew it was a movie except for me. I ended up walking out of work and later had a suicide attempt. My delusions were telling me that I was a savior and my family and friends were in danger as long as I was alive, so I jumped from the fifth floor window. My dad grabbed my ankle while I was falling and I kicked away. He actually saved my life because instead of going head first, my body flipped, but I broke my femur bone and had to have a major surgery. I have two pins in my knee, a titanium rod from my knee to my hip and a pin in my hip. Thankfully I can still run and play basketball. I was in some medical and mental hospital months after that. After I was discharged I began to have more symptoms and became violent to other and harmed people. This put me in the system and that's when I started to become symptom free. At first I had a doctor who prescribed me the wrong meds and he ended up getting arrested for medication fraud. When I was in Bellevue Hospital, they assaulted me and broke my arm. I was in Bellevue because I was too unstable. I was scared of medication and didn't want to take them until they took me to court. After that I started recovery and ended up in Kirby, and asked for one more increase and I've been symptom free ever since. The sensation of being symptom free, stable, happy and loved is truly priceless. I don't even use drugs anymore. Everyone's journey to recovery is different and varies when it comes to time, but medication and sobriety are two main factors. My goal now is to prevent people from making my mistakes. Now I'm 100% stable with no symptoms and no longer a danger to myself and others. We must put treatment first, even before friends and family because without treatment we might not be able to see them or even be there for them when they need us. I had to go through this journey not knowing the severity of mental illness. I now took a Psychology class and got an A-, my loved ones are proud, I have a beautiful girlfriend and thankful for everyone who stuck by me at my worst and now see me at my best. Learn from my mistakes, take your meds, don't be afraid of therapy, and no drugs. Mental illness is like a monster in a room with you for life, but will you take control of the room or be taken control of. Remember mental illness is blind but you are stronger than you think! Raise awareness, learn and be open. Thanks for reading.

WHAT IS JOURNALING? - TIMOTHY DABRIEL

What is Journaling?



Journaling is when you write and put words together, in a sentence. It's usually written on paper or a computer. Journaling helps you write out your emotions, and helps you understand what you really feel. When I'm journaling it helps me have control over my feelings. It makes me feel safe and sometime when I don't have anyone to talk to, I have my journaling book. Journaling can be about anything. Journaling can be about anything. Journaling is for teen-ager and ages up. I commend it for everyone trying to put there feeling together. At some point everyone should journal, its recommend. All people journal for life and different reason like school and write about there feelings. Overall journaling is fun, just do like it like Nike said.

MEMORIES OF MY WEDDING- DELISSA BYNUM



My best friend Theresa Hidalgo was at my wedding and my other best friend, who was like a sister to me, Nerieda Cortez was my maid of honor. My daughter Frenette Emma Bynum (R.I.P.) was my other bridesmaid. My Nephew Elijah Blount walked me down the aisle. The rest of my family was there at my wedding also. My cousin Menyon Yolanda Greenway (R.I.P.) was my wedding planner and did a great job.

It was a very happy day!!!!



PHOTOGRAPHY - LEORA MILLER

On Thursday November 14, 2024 the Fountain Gallery, located on the corner of Ninth Avenue and West 48th Street in Manhattan, held an opening displaying the works of numerous gallery artists. Among the artists who showed off their work, was Greater Heights Clubhouse Member Leora Miller.

Leora's section of the gallery opening displayed nine of her photos. Her work is diverse, but consistently shows off a unique and exciting perspective in the use of both light and shadows. A gifted painter, Leora has moved into the medium of photography over the last several years and her work is outstanding.

During the opening, one of her nine photographs was purchased by a patron who hailed from England. In the photo below, you can see Leora pictured holding the sold photograph. The patron said she was thrilled with the piece and was looking forward to bringing it home to England and display proudly on her wall.

Congratulations to Leora and know that your work and artistic sensibilities are inspiring to us here at the Greater Heights Clubhouse.



**A TRUE MEMBER:
MILLICENT HUTCHINGS**



**Our Member
Millicent Hutchings
loves being at the
Clubhouse, looks
forward to the
monthly Newsletter
and let us know it is
always great when
she can see her
picture in it.**



MY FIRST THANKSGIVING HOME - LEON SIMS

This was my first thanksgiving home in over a decade. I really enjoyed the time with my family and friends. I can honestly say my mom prepared the best dinner that I ever had. The ham was great, the turkey was fried and everything else was amazing. She even made seafood stuffing with crab meat and shrimp. Just being with my family really was a major stress reliever. As many people may know, I have been in the system for over a decade, so this moment was special. My dad and brother were playing music and competing to see who had the best older and classic R&B songs. I was the judge. We then played spades later on in the night. This will be my last thanksgiving inside of Kingsboro Psychiatric Center. I'm hoping I get to spend Christmas and New Years at home. Just seeing the smile on my family's face and how happy that I could spend the holidays home with them made my heart melt. Now it's up to me to continue with my treatment and sobriety to make sure I don't get hospitalized again.





Happy
Thanksgiving



**From The Greater
Heights Clubhouse**

Thanksgiving Day



BCS Greater Heights Clubhouse (FKA East NY Clubhouse)

The primary goal of BCS Greater Heights Clubhouse is to assist our members in their process of recovery from the effects of persistent mental illness and social barriers. We strive to help people to integrate more fully into their communities and to live more independent lives. Our ability to succeed depends on the generosity of the wider community. If you would like to support our cause, please contact us by email:

greaterheightsclubhouse2697@gmail.com

Donations can be sent to:

**BCS Greater Heights Clubhouse at 980 Halsey Street
Brooklyn, NY 11207.**

FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

BCS Greater Heights is dedicated to the principles of self-help, peer support, employment training and placement, by focusing on our Members individual strengths and talents.

Important Note: *Currently our hours of operation are Monday thru Friday 9AM to 8 PM and every Saturday from 9AM to 5PM. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.*

For more info, Visit us on the web:

<https://wearebcs.org/what-we-do/services-for-people-living-with-disabilities/greater-heights-clubhouse/>



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