

NEWS LETTER

ISSUE 11 | NOVEMBER 2024



OCTOBER EDITION



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.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

MEMBER OF THE MONTH

PAGE # 2

Diane Wright had been a Member when we were the East New York Clubhouse and located at 2697 Atlantic Avenue but like many Members got lost in the transition to our new location. Fortunately for us, she reconnected here at Greater Heights at the beginning of 2024. She first sought us out because she was having issues with her housing that were hard to navigate on her own. She needed the type of support that the Clubhouse specializes in and received some excellent support that greatly improved her housing situation.

However, Diane is not the type of person who came here just to receive support. She is a really special person and generously gives of herself in whatever ways she can. Her return here was a real blessing for our Clubhouse Community. She has helped organize our Clubhouse areas more efficiently, is always contributing to the beautification of the space, has an amazing decorative eye, is extremely kind and is well liked by just about every single person here.

She is always willing to help others and is the type of person any good Clubhouse needs to be successful. For these reasons and so much more we want to have Diane Wright be our Member of the Month for October 2024.



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 3

OUTREACH EVENTS

IDCC WB CONNECT PRESENTS

Community HEALTH FAIR

Tuesday, September 17th

790 Broadway
Brooklyn NY 11206
11:00am - 2:00pm

Join us & find out information regarding your health state.

Get Free Screenings & Information

- Health Monitoring
- Health Care Agency
- Medication Management
- Comprehensive Case Management Services
- Shower Bus







PLEASE JOIN US FOR

BACK TO SCHOOL EVENT

30TH AUGUST, 2024

WHAT TO EXPECT

- ★ SCHOOL SUPPLIES & BACKPACK GIVEAWAY - ON A FIRST COME, FIRST SERVED BASIS
- ★ CHILDREN NEED TO BE PRESENT AT THE EVENT.
- ★ PARTICIPATE & LEARN ABOUT THE RESOURCES WE ALL HAVE TO OFFER
- ★ AND MORE.

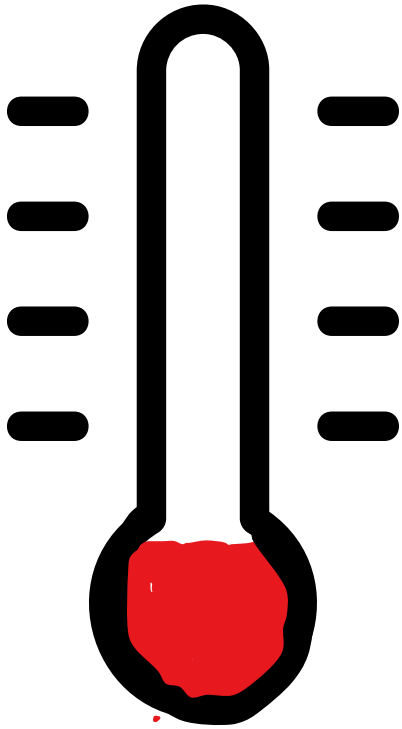
ADDRESS

262 LEXINGTON AVE, BROOKLYN, NY 11216

NEWS LETTER

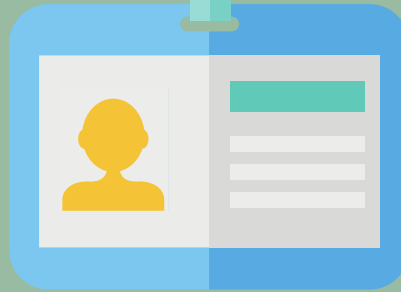
ISSUE 10 | OCTOBER 2024

PAGE # 4



MEMBER ENROLLMENT

ASU GOALS/FUNCTIONS/HIRING COMMITTEE



We need member participation in creating *MEMBER ID's* -

ARE YOU INTERESTED?

Member Enrollment Goals - Goal of 600 Members

Thank you to all the work of the Hiring Committee!!



BCS Greater Heights Clubhouse

718-235-5780

greaterheightsclubhouse2697@gmail.com

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 5



OCTOBER BIRTHDAYS



10/1- JAMES
10/1- BEN
10/1- TANYA
10/1- ERICA
10/2- ALBERT
10/2- TREVOR
10/8- WILBERT
10/9- LISA
10/9- ANDREW
10/9- TOBARIS
10/6- TIMOTHY
10/15- PATRICK
10/16- ALEX
10/20- JOSHUA
10/25- MALAZIA
10/27- DIEUNELEY
10/22- ADAM
10/23- JEFFREY
10/28- LISETTE
10/29- RAYVEN
10/30- FUNYA
10/31- ANIKA

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 6



NOVEMBER BIRTHDAYS



11/6- PAMELA

11/7- THOMAS

11/7- CLIFF

11/7- THOMAS

11/7- ROSS

11/10- JOSHUA

11/12- DAVID

11/12- MAURICE

11/16- FRANKY

11/18- ELIAS

11/20- RONALD

11/20- RIFATH

11/22- LINDA

11/29- RIFAT

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 7

MY SECOND CRUISE THIS YEAR- ADAM FULLEN

IN APRIL I BECAME DEPRESSED ABOUT PERSONAL ISSUES AND CURRENT EVENTS ISSUES. I WAS FEELING BUMMED OUT AT THAT TIME. I HAD GONE ON MY FIRST CRUISE WITH MY FAMILY IN APRIL. I HAD A NICE TIME. SO ON JUNE 17 MY MOTHER CALLED ME TO INFORM ME THAT SHE MADE RESERVATIONS FOR ME TO GO ON A SECOND CRUISE. WHEN SHE TOLD ME THE NEWS I BECAME VERY EXCITED AND THAT CHEERED ME UP. SO I WENT ON 2 CRUISES THIS YEAR. I LEFT ON OCTOBER 6 AND RETURNED ON OCTOBER 13. I SAILED OUT OF RED HOOK BROOKLYN AND WE WERE SUPPOSED TO DOCK IN CAPE CANAVERAL FLORIDA AND VISIT THE CAPE CANAVERAL SPACE CENTER BUT BECAUSE OF HURRICANE MILTON WE COULD NOT DOCK THERE OR IN THE BAHAMAS AT OCEANS CAY LIGHT HOUSE. BUT WE DID DOCK IN NASSAU THE BAHAMAS AND I STEPPED OFF THE SHIP AND BROWSED AROUND THE AREA. ON THE SHIP I DID MEET PEOPLE FROM MANY DIFFERENT COUNTRIES. I MET PEOPLE FROM CANADA, GERMANY, CHINA, AND FROM ISRAEL. I DID PLAY RUMMY CUBE ON THE SHIP AND I TAUGHT PEOPLE HOW TO PLAY. I DID EAT LUNCH AND DINNER WITH PEOPLE I MET IN THE BUFFET AND IN THE RESTAURANTS ON THE SHIP.

I SAW A SHOW ON THE SHIP ABOUT MUSIC FROM THE 1970S. THERE WAS MUSIC OF THE BEE GEES, EARTH WIND AND FIRE, BARRY WHITE AND OTHERS. I WENT TO A NAME THAT TUNE EVENT AND I WAS ABLE TO NAME ALL THE TUNES OF MICHAEL JACKSON AND FRANK SINATRA AND TV TUNES I PLAYED BINGO ON THE SHIP AND I ALSO PLAYED DARTS, A MEMORY GAME, A RING TOSS GAME AND I PLAYED A GAME WHERE YOU HAD TO THROW BEAN BAGS INTO A HOLE ON A BOARD. I WON SEVERAL PRIZES PLAYING THE GAMES. I HAD A VERY NICE TIME ON THE CRUISE. I ENJOYED MY SECOND CRUISE AND GIVEN THE OPPORTUNITY I WOULD GO AGAIN.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 8

**MY SECOND CRUISE THIS YEAR-
ADAM FULLEN**



Alpha  A... No un subditore in immersione.	Bravo  B... trasporti merci pericolose.	Charlie  C... si affermano.	Delta  D... In difficoltà di manovre (mantenere lontano).	Echo  E... accosta a dritta.	Foxtrot  F... sono in avaria comunicate con me.	Golf  G... chiedo il pilota.	Hotel  H... ho il pilota a bordo.	India  I... accosta a sinistra.	Juliett  J... ho un licenziato a bordo.	Kilo  K... chiedo di comunicare con voi.	Lima  L... fermate la vostra nave.	Mike  M... la mia nave è ferma e senza attività.
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MSC MERAVIGLIA
October 7, 2024



November  N... no risposta.	Oscar  O... Siamo in vista.	Papa  P... mi parlo, parlo in mare, le mie reti sono avvelenate.	Quebec  Q... la mia nave è in balneazione (chiedo libertà pratica).	Romeo  R... risponde al procedure.	Sierra  S... si non risponde, rinvio procedure.	Tango  T... allungare verso il pericolo.	Uniform  U... stato designato verso un pericolo.	Victor  V... chiedo assistenza medica.	Whiskey  W... chiedo assistenza.	X-Ray  X... sospettisco quello che state facendo.	Yankee  Y... la mia ancora sta andando.	Zulu  Z... chiedo informazioni perché sto colando le
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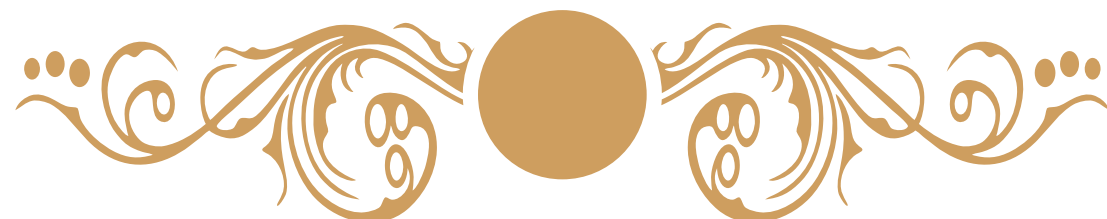
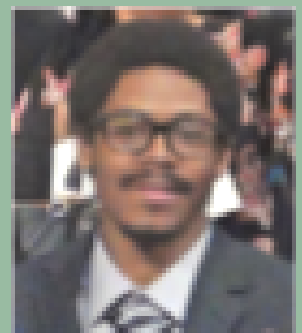
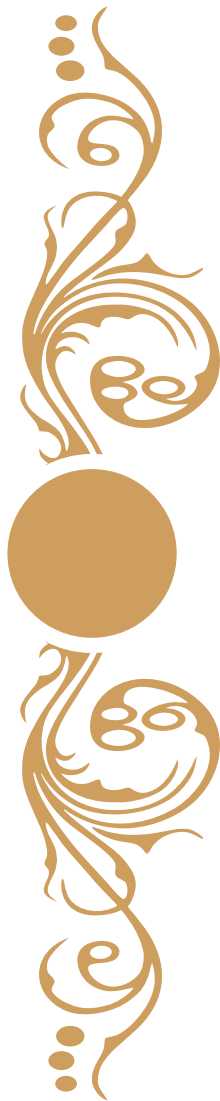
NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 9

**MAGIC OF THE UNIVERSE - LAVELLE
LOCKETT**

**IT WENT LIKE A STORM IN SPACE THAT'S THE MAGIC
OF THE UNIVERSE
OPEN LIKE A CASE IT TURNED TO A QUEST TO BE
SOLVED
IN THE DEEPNESS OF THE NIGHT IT BECAME A
DIAMOND IN THE ROUGH
OPEN MY LIGHT FOR THE MAGIC OF THE UNIVERSE TO
SHINE BRIGHT
REACHING FOR HOPE A VISION OPENED A PATH IN
LIGHTNING FORM
GUIDE ME TO THE MAGIC OF THE UNIVERSE SO IT CAN
LEAD ME TO GREATER HEIGHTS
JOLTED BY THE ENERGY OF THE RIFT IT SHOOK THE
SPACE OF TIME IT SELF
GAINING NOTHING BUT A DREAM TO WAKE UP FROM
IN REALITY
THE SPIRIT SAW THE REAL MAGIC OF THE UNIVERSE
LIFE**



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 10

MY FAVORITES- CALVIN FRANKLIN

I ENJOYED GOING TO THE MOVIES SEEING THE BLACK PANTHER WITH MY STEPFATHER AND MOTHER. MY FAVORITE PART OF THE MOVIES IS THE FUNNY PART. I WANT TO GO TO THE BAHAMAS THIS SUMMER TO MEET MY COUSINS. I WANT TO SEE MY AUNTS AND UNCLES THAT I HAVE LEFT. MY FAVORITE MOVIE IS THE GREATEST STORY EVER TOLD. MY FAVORITE BOOK IS THE BIBLE. MY FAVORITE MUSIC IS GOSPEL MUSIC. MY FAVORITE GOSPEL SINGERS ARE TASHA COBB LEONARD, KIERRA SHEARD, AND BEVERLY CRAWFORD



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 11

**“ITS NOT GOOD-BYE, ITS SEE YOU
LATER”**

Katrina Grant a True Clubhouse Hero Thank you for your dedication...

BACK IN 2008, SHORTLY AFTER GRADUATING FROM LINCOLN COLLEGE, KATRINA GRANT WAS HIRED TO WORK AT THE EAST NEW YORK CLUBHOUSE AT 2697 ATLANTIC AVENUE. IT WAS HER FIRST EXPERIENCE WORKING IN THE CLUBHOUSE WORLD AND UNDER THE EXPERT TUTELAGE OF, THEN, CLUBHOUSE DIRECTOR BLAISE SACKETT SHE EMBRACED THE MODEL AND MADE AN IMMEDIATE IMPACT ON THE EAST NEW YORK CLUBHOUSE COMMUNITY.

KATRINA STARTED IN THE FOOD SERVICE UNIT (FSU) AND SAID THAT EXPERIENCE IMBEDDED THE IMPORTANCE OF RELATIONSHIPS THAT MATTER, THAT ARE DEVELOPED THROUGH SIDE BY SIDE WORK. SHE LATER MOVED ON TO WORK IN THE ADMINISTRATIVE SERVICE UNIT (ASU) AND CONTINUED TO WORK SIDE BY SIDE WITH CLUBHOUSE MEMBERS AND CREATE LASTING AND IMPACTFUL BONDS. KATRINA DID CLUBHOUSE MODEL TRAINING AND ADDED TO HER KNOWLEDGE OF THE CLUBHOUSE MODEL. IN 2012, DURING HURRICANE STORM SANDY KATRINA GAVE BIRTH TO HER FIRST CHILD KYLEE-ANN. IN 2014 BLAISE SACKETT LEFT THE CLUBHOUSE AND KATRINA AND MANY OTHERS APPLIED TO BE THE NEXT DIRECTOR. SHE ULTIMATELY EMERGED AS THE BEST CANDIDATE AMONG A CROWDED FIELD OF CONTENDERS AND WAS HIRED TO BECOME THE EAST NEW YORK CLUBHOUSE PROGRAM DIRECTOR.

OVER THE NEXT TEN YEARS KATRINA'S LED THE PROGRAM THROUGH MANY TWISTS AND TURNS. SHE GOT MARRIED IN 2017 TO HER LONGTIME PARTNER EL RODRIGUEZ. THEIR FAMILY HAS GROWN TO THREE WITH THE ADDITIONS OF HER SON LUPERCIO BORN IN 2014 AND RAPHAEL BORN IN 2018.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 12

Katrina Grant a True Clubhouse Hero (cnt.)

AS PROGRAM DIRECTOR KATRINA ALWAYS REMAINED POSITIVE AND MENTORED ALL OF US HERE, IN THE CLUBHOUSE, WITH HER VISION, KINDNESS, COMPASSION AND WISDOM. IT IS FAIR TO SAY THAT KATRINA HAS THE UNIQUE ABILITY TO MEET PEOPLE WHERE THEY ARE AT, NOT TO PREJUDGE PEOPLE AND TO APPLY THE PRINCIPLES OF HUMANITY TO EACH AND EVERY INTERACTION SHE HAS. DESPITE BUILDING CLOSURES, SUPPLY ISSUES, BUDGET STRUGGLES, FOOD SHORTAGES, STAFFING TRANSITIONS, LACK OF RESOURCES, A TWO-YEAR PANDEMIC AND AN EXTREMELY DELAYED BUILDING TRANSITION KATRINA ALWAYS HAS MADE LEMONS FROM LEMONADE AND SHOWED US THE WAY.

IN JULY OF 2021 WE MOVED TO 980 HALSEY STREET AND USHERED IN THE GREATER HEIGHTS CLUBHOUSE ERA. DESPITE DIFFICULTIES, SHE HAS KEPT THE PROGRAM STABLE AND THRIVING. THROUGHOUT THE CITY THE GREATER HEIGHTS CLUBHOUSE IS VERY RESPECTED AND HAS A REPUTATION FOR A STANDARD OF EXTREMELY HIGH EXCELLENCE. THIS WAS REFLECTED IN OUR MOST RECENT THREE-YEAR UNCONDITIONAL CLUBHOUSE ACCREDITATION FROM CLUBHOUSE INTERNATIONAL. WHEN THE CITY CAME UP WITH A CONTROVERSIAL RFP IN 2023, SHE PARTNERED WITH BCS LEADERSHIP TO LAND A NEW TEN-YEAR CONTRACT FOR THE GREATER HEIGHTS CLUBHOUSE TO BRING US THROUGH AND INTO THE NEXT DECADE.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 13

Katrina Grant a True Clubhouse Hero (cnt.)

HER LEADERSHIP AND MENTORSHIP HAS BEEN A TRUE BLESSING FOR ALL OF US HERE AT GREATER HEIGHTS CLUBHOUSE. WITHOUT THAT WE SURELY WOULD HAVE FALLEN.

HOWEVER, LIKE MANY WONDERFUL THINGS, KATRINA'S TIME AT THE GREATER HEIGHTS CLUBHOUSE IS COMING TO AN END. THE BLESSING IS THAT SHE WILL STILL BE IN THE CLUBHOUSE WORLD AND WILL STILL BE A COLLEAGUE AND WILL PARTNER WITH US. ADDITIONALLY, SHE HAS LEFT US IN A FAR BETTER PLACE THAN WE WOULD HAVE EVER BEEN WITHOUT HER EXEMPLARY LEADERSHIP. WE WILL TRY OUR BEST TO HONOR HER WORK AND INFLUENCE BY CONTINUING TO GROW AND THRIVE HERE AT THE GREATER HEIGHTS CLUBHOUSE. THANKS SO MUCH KATRINA, YOUR IMPACT FROM YOUR TIME HERE, WILL LIVE ON FOR MANY DECADES.

ALL THE BEST!!!



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 14



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 15



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 16

A Farewell

DEAR COMMUNITY,

AS I PREPARE TO SAY FAREWELL, I WANT TO TAKE A MOMENT TO REFLECT ON THE INCREDIBLE JOURNEY WE'VE SHARED SINCE 2008. IT HAS BEEN AN HONOR TO SERVE AS A STAFF GENERALIST FROM 2008 TO 2015 AND THEN AS THE PROGRAM DIRECTOR FROM 2015 TO 2024 AT OUR BELOVED CLUBHOUSE.

TOGETHER, WE HAVE NAVIGATED CHALLENGES, CELEBRATED SUCCESSES, AND BUILT A SUPPORTIVE AND VIBRANT COMMUNITY. I AM GRATEFUL FOR THE FRIENDSHIPS FORGED, THE LIVES WE'VE TOUCHED, AND THE GROWTH WE'VE EXPERIENCED AS A TEAM.

I WILL CHERISH THE MEMORIES OF OUR COLLABORATIONS AND THE DEDICATION EACH OF YOU BRINGS TO OUR MISSION. ALTHOUGH I AM MOVING ON TO NEW ADVENTURES, THE IMPACT OF THIS COMMUNITY WILL REMAIN WITH ME ALWAYS, FOR YOU ARE MY FIRST HOME AWAY FROM HOME.

THANK YOU FOR YOUR SUPPORT, LAUGHTER, AND THE COUNTLESS MOMENTS WE'VE SHARED. I LOOK FORWARD TO SEEING ALL THE WONDERFUL THINGS YOU WILL CONTINUE TO ACHIEVE.

**WITH HEARTFELT APPRECIATION,
KATRINA GRANT-RODRIGUEZ**



NEWS LETTER

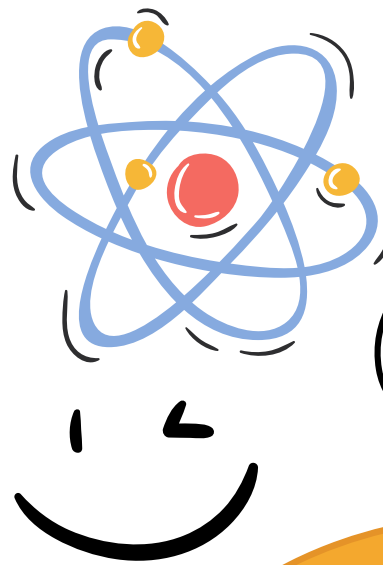
ISSUE 10 | OCTOBER 2024

PAGE # 17

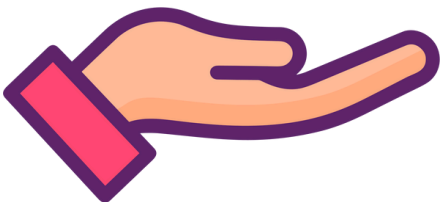
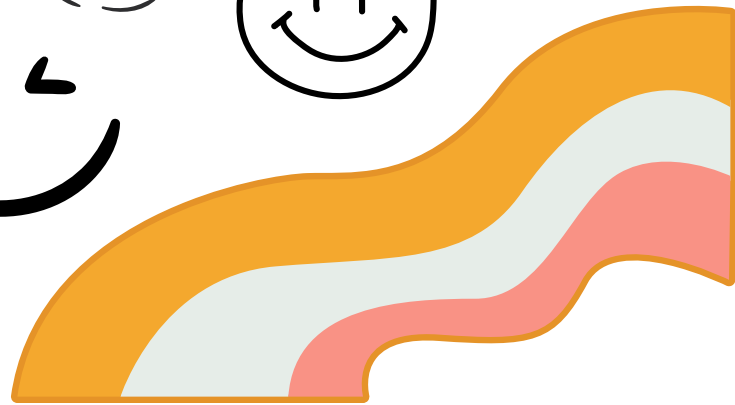
WELCOME NEW STAFF !



Kristian Capers



WELCOME ✨
to the TEAM



Andrea Parsons

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 18

INTERVIEW WITH THOMAS TORRES- BY ISABELLA TAYLOR

**GREATER HEIGHTS CLUBHOUSE MEMBER SPOTLIGHT: INTERVIEW WITH THOMAS TORRES
INTERVIEWED BY ISABELLA CHRISTINA TAYLOR FOR THE GREATER HEIGHTS CLUBHOUSE NEWSLETTER
OCTOBER 2024**

ISABELLA: TELL US ABOUT YOUR CLUBHOUSE EXPERIENCE.

THOMAS: MY CLUBHOUSE EXPERIENCE HAS BEEN A LONG JOURNEY. I CAME HERE AT A TIME WHEN I WASN'T DOING MUCH FOR MYSELF AND NEEDED SUPPORT. THE CLUBHOUSE OPENED A DOOR FOR ME, PROVIDING THE SUPPORT AND MOTIVATION I NEEDED. WITH THAT HELP, I EARNED MY GED, STARTED WORKING, AND FOUND A SENSE OF FAMILY. EVEN TODAY, I COME BACK FOR THAT SAME SUPPORT, NOT JUST TO RECEIVE BUT TO GIVE BACK TO OTHERS WHO HELPED ME.

ISABELLA: CAN YOU TELL US ABOUT YOUR JOB AT BCS PROS?

THOMAS: ABSOLUTELY. I WORK AS A CERTIFIED PEER SPECIALIST. MY ROLE INVOLVES FACILITATING GROUPS, COUNSELING INDIVIDUALS, AND WORKING ALONGSIDE STAFF. I'VE BEEN WITH BCS PROS FOR ABOUT EIGHT YEARS NOW. IT DOESN'T FEEL LIKE WORK BECAUSE OF THE POSITIVE ENERGY THERE, JUST LIKE AT THE CLUBHOUSE. THAT KIND OF ATMOSPHERE PUSHES YOU TO DO MORE THAN YOU MIGHT HAVE THOUGHT POSSIBLE.

ISABELLA: HOW DID YOU FIRST GET INVOLVED IN PEER WORK?

THOMAS: I WAS INTRODUCED TO IT BY MY PSYCHIATRIST AT THE CLINIC WHERE I WAS RECEIVING COUNSELING. SHE SUGGESTED I LOOK INTO PEER ADVOCACY, SO I ATTENDED TRAINING AT THE URBAN JUSTICE CENTER. THROUGH THEIR PROGRAM AND ANOTHER CALLED HOWIE THE HARP, I DISCOVERED HOW IMPACTFUL PEER WORK COULD BE. THE CLUBHOUSE SUPPORTED ME IN THIS JOURNEY, PROVIDING OPPORTUNITIES TO DEVELOP SKILLS I NEVER IMAGINED I WOULD, LIKE PUBLIC SPEAKING AND NAVIGATING NEW CHALLENGES. EVENTUALLY, I GOT A POSITION AT BCS PROS AS AN OFFICIAL PEER SPECIALIST IN 2016, AND I'VE BEEN THERE EVER SINCE.

ISABELLA: WHAT ADVICE WOULD YOU GIVE TO AN ASPIRING PEER?

THOMAS: JUST BE YOURSELF. THAT'S THE MAGIC. AS LONG AS YOU'RE GENUINE, THINGS WORK OUT, AND YOU CAN KEEP THINGS PROFESSIONAL WHILE BEING TRUE TO YOURSELF. ALSO, REMEMBER THE RESPONSIBILITY INVOLVED; THERE ARE PEOPLE WHO RELY ON YOU FOR HOPE.

ISABELLA: WHAT WOULD YOU LIKE TO SHARE WITH THE COMMUNITY?

THOMAS: PEER ADVOCACY IS CRUCIAL—NOT ONLY FOR THE COMMUNITY BUT ALSO FOR MENTAL HEALTH AS A WHOLE. IT SHOWS THAT INDIVIDUALS WITH MENTAL ILLNESS CAN ACHIEVE SUCCESS AND THAT LABELS DON'T DEFINE OUR ABILITIES. SOCIETY OFTEN FOCUSES ON THE NEGATIVES, BUT WHEN YOU'RE IN THIS WORLD, YOU SEE WHAT PEOPLE ARE CAPABLE OF. I SEE SO MANY TALENTED INDIVIDUALS AT MY JOB, AND THEY'RE MORE THAN THEIR DIAGNOSES. IT'S ALL ABOUT THE SUPPORT SYSTEM AND FINDING PEOPLE WHO MOTIVATE YOU.

ISABELLA: ANY OTHER THOUGHTS?

THOMAS: I'M JUST GRATEFUL FOR THE CHANCE TO SHARE MY STORY. EVEN THOUGH I DON'T COME TO THE CLUBHOUSE AS OFTEN, I KNOW THE LOVE AND SUPPORT ARE ALWAYS THERE FOR ME. THANK YOU, THOMAS, FOR SHARING YOUR JOURNEY WITH US! THIS CONVERSATION REMINDS US OF THE STRENGTH FOUND WITHIN THE CLUBHOUSE COMMUNITY AND THE POWERFUL ROLE OF PEER ADVOCACY IN CREATING MEANINGFUL CONNECTIONS AND INSPIRING PERSONAL GROWTH.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 19

INTERVIEW WITH THOMAS TORRES -
BY ISABELLA TAYLOR



NEWS LETTER

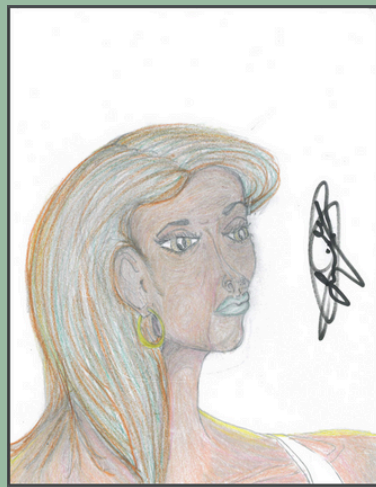
ISSUE 10 | OCTOBER 2024

PAGE # 20

MEMBER ART WALL



ART



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 21

HIGH POINT FARM

ON MONDAY JULY 21ST A GROUP OF SIX PEOPLE WENT TO THE HIGH POINT FARM COURTESY OF FOUNTAIN HOUSE. A.J. MIRANDA, LISA AYTCHÉ, SUSAN LEE, KAMAL WALKER, MIGUEL SEMENDUYEV AND TIMOTHY DABRIEL FROM THE GREATER HEIGHTS CLUBHOUSE ALL ATTENDED THE FARM. THE EXPERIENCE WAS VERY POSITIVE FOR ALL AND IN ADDITION TO WORKING THE FARM, THE GROUP WAS ABLE TO DIVERT FROM WORK AND TAKE A TRIP TO HIGH POINT STATE PARK TO SEE THE BEAUTIFUL VIEWS AND VISTAS. IT WAS A BEAUTIFUL DAY WEATHERWISE AND EVERYONE WAS APPRECIATIVE OF THE TRANSPORTATION PROVIDED BY FOUNTAIN HOUSE MEMBER LISA. THE HOPE IS TO GO BACK TO THE FARM AGAIN SOON AND SPEND A LONGER TIME ON THE VISIT.

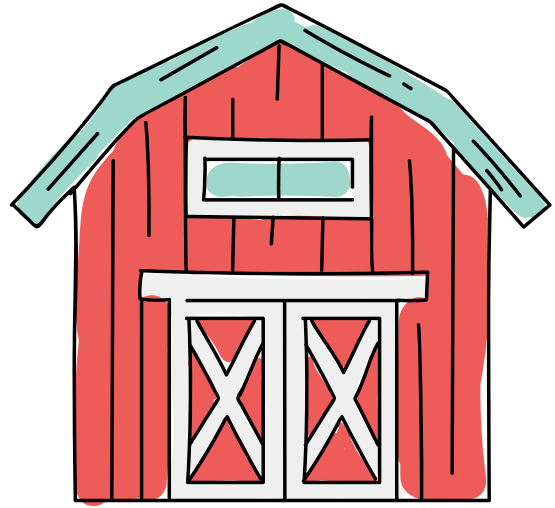


NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 22

HIGH POINT FARM

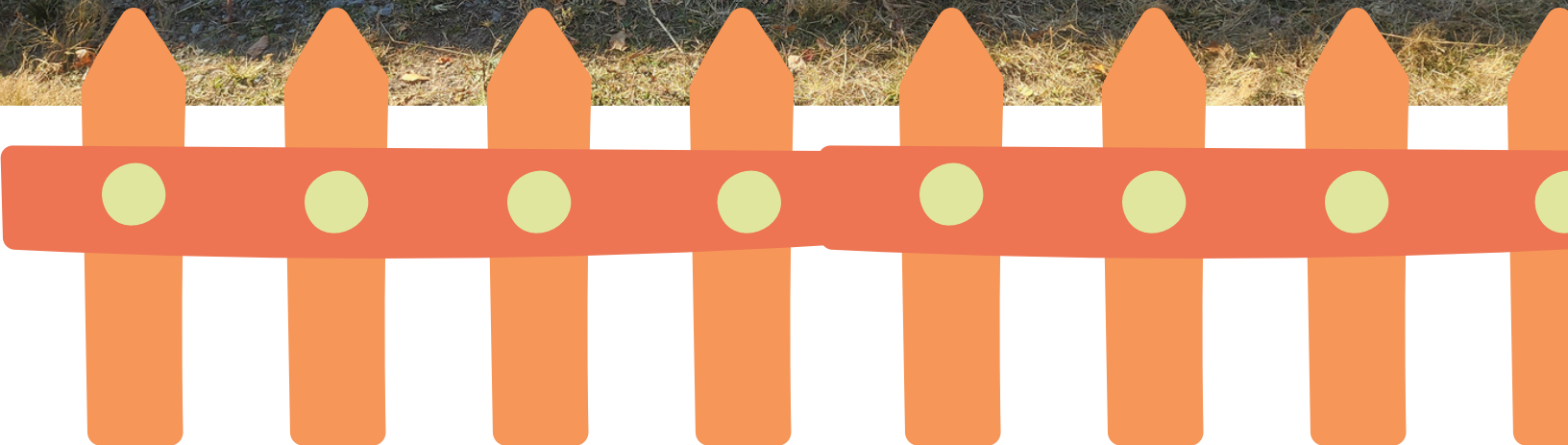


NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 23

HIGH POINT FARM



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 24

29th Anniversary Party

BCS GREATER HEIGHTS
CLUBHOUSE PRESENTS:

THE 29TH ANNIVERSARY PARTY

JOIN US IN CELEBRATION OF 29
YEARS OF SERVICE AND MEMBER
MILESTONES!

Where? 980 HALSEY STREET
BROOKLYN NY 11207
10 AM - 3 PM

WONDERFUL FOOD, DANCE PARTY,
OPEN ENROLLMENT, OPEN MIC, LIVE
DJ AND MC., GAMES AND MORE...

On October 29, 2024

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 25

29th Anniversary

Party



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 26

29th Anniversary

Party



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 27

Employment Dinner Ms. Della Murray

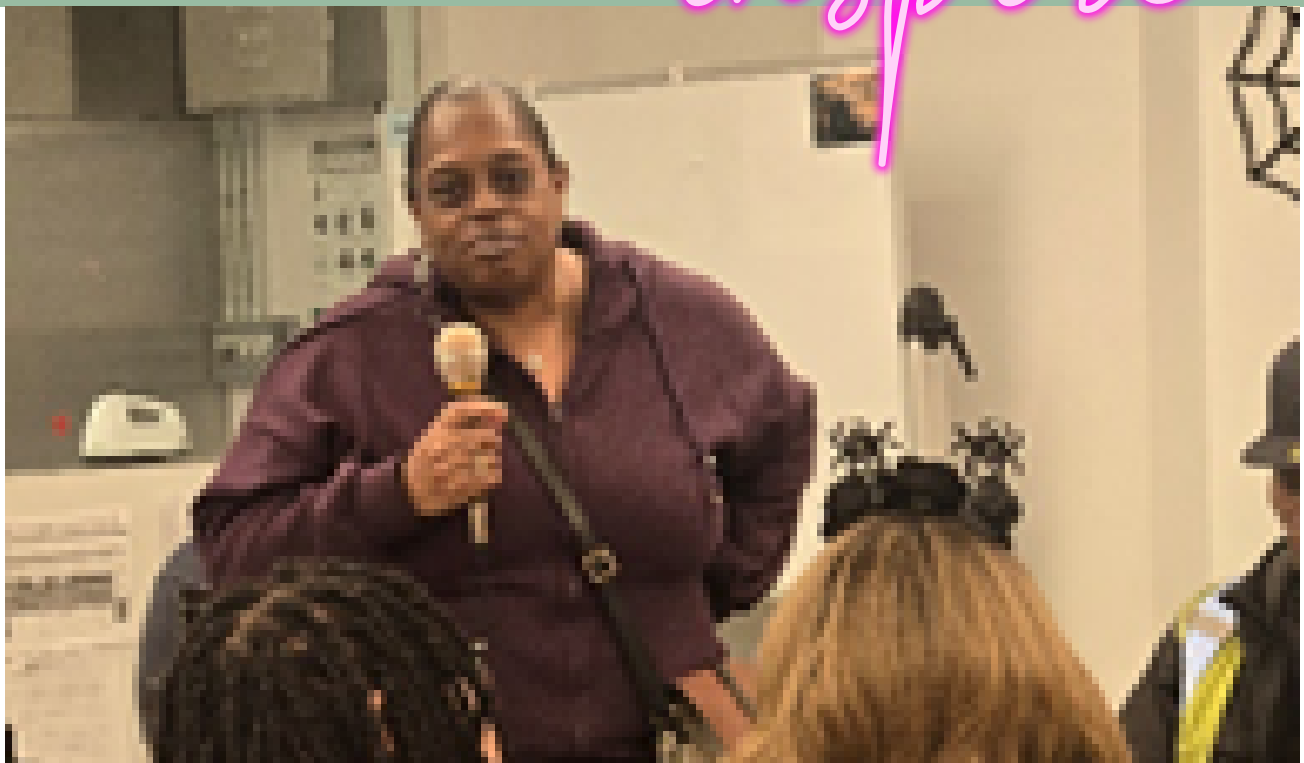
MS. DELLA INSPIRES AT CLUBHOUSE EMPLOYMENT MEETING

AT A RECENT EMPLOYMENT MEETING, MS. DELLA CAPTIVATED CLUBHOUSE MEMBERS BY SHARING HER PERSONAL JOURNEY FROM HER FIRST JOB TO WHERE SHE IS NOW. HER STORY BEGAN ON ATLANTIC AVENUE, WHERE SHE WORKED IN A KITCHEN. THROUGH HARD WORK AND PERSISTENCE, SHE EVENTUALLY CONNECTED WITH SOMEONE WHO HELPED HER FIND NEW EMPLOYMENT OPPORTUNITIES, DEMONSTRATING THE POWER OF RESILIENCE AND THE IMPORTANCE OF BUILDING SUPPORTIVE RELATIONSHIPS IN THE WORKPLACE.

MS. DELLA EMPHASIZED THAT, REGARDLESS OF MENTAL HEALTH CHALLENGES, ANYONE CAN ACHIEVE THEIR CAREER GOALS WITH DETERMINATION. HER MESSAGE TO THE MEMBERS WAS POWERFUL: "DON'T LET ANY CHALLENGES HOLD YOU DOWN. TELL YOURSELF, 'I CAN DO IT,' AND YOU WILL."

HER WORDS STRUCK A CHORD WITH ATTENDEES, WHO WERE INSPIRED BY HER TENACITY AND PRACTICAL ADVICE ON BUILDING A CAREER. THE CLUBHOUSE EXTENDS ITS GRATITUDE TO MS. DELLA FOR SHARING HER STORY AND ENCOURAGING MEMBERS TO PURSUE THEIR PROFESSIONAL ASPIRATIONS CONFIDENTLY.

inspire



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 28

Employment Dinner
Paul



PAUL WATSON'S JOURNEY: A PASSION FOR BIKES AND ENTREPRENEURSHIP

AT A RECENT EMPLOYMENT MEETING, PAUL WATSON SHARED HIS STORY OF HARD WORK AND HIS DREAM OF OPENING HIS OWN BIKE REPAIR BUSINESS. CURRENTLY WORKING WITH HIS COUSIN IN FURNITURE MOVING, PAUL IS MOTIVATED TO CARVE HIS OWN PATH BY STARTING A BIKE REPAIR CHANNEL ON YOUTUBE. HE'S STEADILY COLLECTING TOOLS AND PREPARING TO LAUNCH A SHOP FOCUSED ON ELECTRIC BIKE REPAIRS—A PASSION ROOTED IN HIS LIFELONG LOVE OF BICYCLES.

PAUL REFLECTED ON PAST JOB EXPERIENCES, INCLUDING A MEMORABLE ROLE DELIVERING TO SCHOOLS AND APARTMENTS WITH AN ELECTRIC BIKE, WHICH WAS HIGHLIGHTED IN AN ARTICLE IN THE NEW YORK TIMES. "THAT JOB WAS EXCITING BECAUSE I GOT TO RIDE AN ELECTRIC BIKE," HE SHARED WITH A SMILE. THE CLUBHOUSE COMMUNITY APPLAUDED PAUL'S DEDICATION TO HIS CRAFT, RECOGNIZING HIS AMBITION TO LEARN MORE ABOUT BIKE REPAIRS, ESPECIALLY WITH NEW TECHNOLOGIES LIKE ELECTRIC BATTERIES.

WITH THE SUPPORT OF GREATER HEIGHTS CLUBHOUSE, PAUL IS EAGER TO GAIN THE KNOWLEDGE AND SKILLS NEEDED TO MAKE HIS ENTREPRENEURIAL DREAM A REALITY. THE CLUBHOUSE COMMENDS PAUL'S VISION AND LOOKS FORWARD TO SUPPORTING HIM ON HIS JOURNEY TO OWNING HIS OWN BUSINESS.



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 29

Employment Dinner

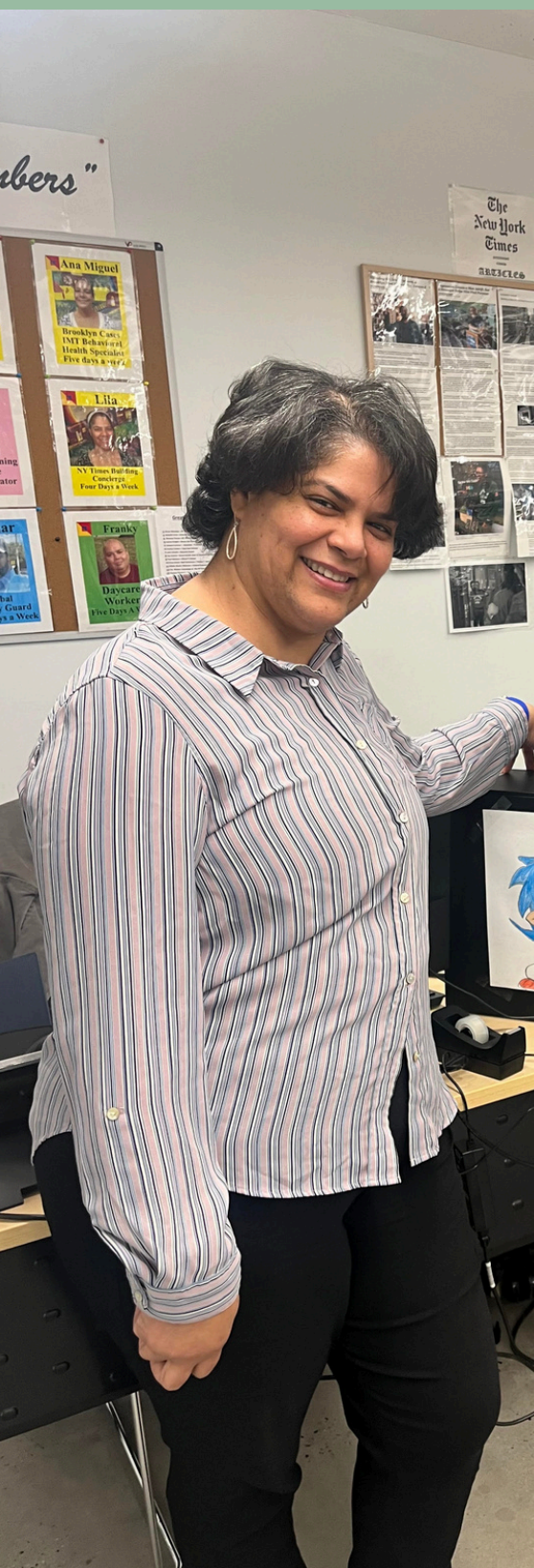
Lila Rivera



WORDS OF ENCOURAGEMENT FROM LILA: FINDING LIGHT AHEAD

IN A HEARTFELT MOMENT AT A RECENT CLUBHOUSE MEETING, LILA SHARED AN INSPIRING MESSAGE OF HOPE AND RESILIENCE. SHE ENCOURAGED MEMBERS TO STAY FOCUSED ON THE FUTURE, REMINDING EVERYONE THAT THERE IS ALWAYS LIGHT AT THE END OF THE TUNNEL. REFLECTING ON HER OWN JOURNEY, LILA SPOKE OF HER EXPERIENCES FROM 14 YEARS AGO WHEN SHE FOUND HERSELF IN A SIMILAR PLACE, FACING CHALLENGES YET DETERMINED TO OVERCOME THEM.

"IF I CAN DO IT, YOU CAN DO IT," LILA ASSURED THE GROUP, EMPHASIZING THAT ANYONE CAN ACHIEVE THEIR GOALS WITH DEDICATION AND BELIEF IN THEMSELVES. HER MESSAGE LEFT A POWERFUL IMPACT ON THE MEMBERS, REMINDING THEM THAT WITH PERSEVERANCE, A BRIGHTER FUTURE IS WITHIN REACH. THE CLUBHOUSE COMMUNITY IS GRATEFUL FOR LILA'S UPLIFTING WORDS AND HER ONGOING SUPPORT FOR ALL MEMBERS ON THEIR JOURNEYS FORWARD.



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 30

Employment Dinner Oscar Morales

OSCAR'S SUCCESS STORY: FINDING FULFILLMENT IN CARGO OPERATIONS

OSCAR, A VALUED MEMBER OF GREATER HEIGHTS CLUBHOUSE, RECENTLY SHARED HIS EXPERIENCES WORKING IN CARGO OPERATIONS AT JFK AIRPORT. HIS ROLE IN SHIPPING AND RECEIVING DEMANDS BOTH PHYSICAL STRENGTH AND ATTENTION TO DETAIL, AS HE HANDLES HEAVY LOADS AND LOGS EVERY ACTIVITY METICULOUSLY IN THE COMPUTER SYSTEM. THOUGH THE JOB REQUIRES EARLY MORNINGS, OSCAR EMBRACES THE ROUTINE, FINDING PRIDE AND SATISFACTION IN HIS WORK. "I LOVE MY JOB," HE SHARED WITH A SMILE. THE POSITION OFFERS HIM STABILITY AND A GOOD INCOME, AND HE TAKES PRIDE IN THE ESSENTIAL ROLE HE PLAYS IN AIRPORT OPERATIONS. OSCAR'S ENTHUSIASM AND COMMITMENT TO HIS WORK ARE INSPIRING, SHOWING THAT WITH THE RIGHT ATTITUDE, EVEN CHALLENGING ROLES CAN BE IMMENSELY REWARDING. THE CLUBHOUSE COMMUNITY IS PROUD OF OSCAR'S ACHIEVEMENTS AND HIS DEDICATION TO EXCELLING IN HIS CAREER.

GO TEAM!



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 31

Education & Employment Unit (Updates)

HELLO GREATER HEIGHTS CLUBHOUSE COMMUNITY! WE'RE THRILLED TO SHARE THE LATEST UPDATES AND PROGRESS HAPPENING WITHIN OUR EDUCATION AND EMPLOYMENT UNIT (EEU). AS YOU MAY KNOW, THE EEU HAS BEEN UNDERGOING A THOUGHTFUL RESTRUCTURING TO BETTER SUPPORT MEMBER GOALS IN EDUCATION, SKILL-BUILDING, AND EMPLOYMENT. WITH A DEDICATED FOCUS ON RECOVERY THROUGH HANDS-ON PARTICIPATION, OUR GOAL IS TO MAKE THE EEU A POWERFUL RESOURCE IN HELPING EACH MEMBER ON THEIR JOURNEY TOWARD SELF-DEFINED SUCCESS.

JOINING THE EEU TEAM, WE'RE EXCITED TO WELCOME SABRINA GARCIA AND KRISTIAN CAPERS. SABRINA AND KRISTIAN BRING FRESH PERSPECTIVES AND A WEALTH OF SKILLS THAT ENHANCE OUR UNIT'S DYNAMIC. ALONGSIDE OUR CURRENT TEAM, THEY FORM A WELL-ROUNDED TEAM OF EXPERIENCE AND INNOVATION, DEDICATED TO MAKING THE EEU MORE RESOURCEFUL AND RESPONSIVE TO OUR MEMBERS' NEEDS. THIS COLLABORATIVE TEAM IS ALREADY HARD AT WORK, SHAPING PROGRAMS THAT DIRECTLY SUPPORT MEMBERS' RECOVERY THROUGH EDUCATION AND EMPLOYMENT OPPORTUNITIES.



GO TEAM!



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 32

Education & Employment
Unit (Updates)

Workshops & Programming- Shaped by MEMBER Interest

**WORKSHOP
VIBES**

BASED ON MEMBER FEEDBACK, THE EEU HAS DEVELOPED A VARIETY OF WORKSHOPS DESIGNED TO HELP YOU BUILD ESSENTIAL SKILLS. OUR PROGRAMMING SCHEDULE INCLUDES WORKSHOPS BOTH LIVE AND VIRTUAL, WITH A FULL ROTATION EXPECTED BY EARLY NOVEMBER. MEMBERS CAN NOW PARTICIPATE IN PROGRAMS LIKE RESUME BUILDING, MOCK INTERVIEWS, DIGITAL LITERACY, WORKPLACE ETIQUETTE, AND STRESS MANAGEMENT. WE'VE ALSO ORGANIZED A STUDY GROUP SPECIFICALLY FOR THOSE TAKING COURSES WITH THE ACADEMY OF PEER SERVICES, RECOGNIZING THE NEED FOR MORE TRAINED PEERS IN THE MENTAL HEALTH SPACE.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 33

Education & Employment
Unit (Updates)



Expanding Opportunities and Resources for Employment

THE EEU IS ACTIVELY WORKING WITH BCS TO ESTABLISH TRANSITIONAL EMPLOYMENT (TE) OPPORTUNITIES ACCESSIBLE TO MEMBERS. THIS NEW PARTNERSHIP WILL CREATE PATHWAYS FOR MEMBERS TO GAIN JOB EXPERIENCE IN SUPPORTIVE ENVIRONMENTS. IN ADDITION, THE EEU HAS RECEIVED A GENEROUS DONATION OF WORK-READY MEN'S CLOTHING TO HELP MEMBERS FEEL PREPARED AND CONFIDENT FOR INTERVIEWS AND JOB PLACEMENTS.

BEYOND TRADITIONAL EMPLOYMENT, WE ARE EXPLORING OPTIONS FOR GED PREPARATION, DRIVER'S EDUCATION, AND FOOD HANDLING CERTIFICATION CLASSES—EACH RESPONDING DIRECTLY TO MEMBER INTEREST AND THE SKILLS NEEDED TO SUCCEED. FOR THOSE INTERESTED IN ADMINISTRATIVE, MAINTENANCE, OR FOOD SERVICE ROLES, WE'RE WORKING ON DEVELOPING OPPORTUNITIES IN THESE AREAS TO FURTHER EXPAND YOUR OPTIONS.

NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 34

**Education & Employment
Unit (Updates)**

Building Partnerships for Long-Term Member Support

IN ADDITION TO TE ROLES, THE EEU TEAM IS CULTIVATING RELATIONSHIPS WITH EMPLOYER PARTNERS TO BUILD SUSTAINABLE PATHWAYS INTO EMPLOYMENT FOR OUR MEMBERS. WE HAVE ALSO UPDATED OUR COLLATERAL MATERIALS TO ATTRACT NEW PARTNERS, FOCUSING ON BUILDING AWARENESS OF THE SKILLS, DEDICATION, AND READINESS OF OUR CLUBHOUSE MEMBERS. THIS COLLECTIVE EFFORT WILL MAKE THE EEU AN ESSENTIAL LINK TO MEMBER RESOURCES, TRAINING, AND VALUABLE WORKPLACE EXPERIENCES.



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 35

Education & Employment
Unit (Updates)

Looking Ahead Together

THE EEU TEAM IS EXCITED TO WORK ALONGSIDE YOU, CREATING AN ENVIRONMENT WHERE EACH MEMBER'S EDUCATIONAL AND EMPLOYMENT GOALS ARE SUPPORTED. WE RECOGNIZE THE WORK ORDER DAY AS AN INTEGRAL PART OF THE CLUBHOUSE MODEL—BRINGING MEMBERS AND STAFF TOGETHER IN MEANINGFUL WORK THAT BUILDS CONFIDENCE, SKILLS, AND A SENSE OF COMMUNITY.

WITH MORE PROGRAMMING, NEW PARTNERSHIPS, AND EXPANDING RESOURCES, WE'RE MAKING REAL STRIDES TO SUPPORT EVERY MEMBER'S RECOVERY JOURNEY. THERE'S MUCH MORE TO COME, AND WE CAN'T WAIT TO SHARE THESE NEXT STEPS WITH YOU!



NEWS LETTER

ISSUE 10 | OCTOBER 2024

PAGE # 36

UPDATED CLUBHOUSE FLYER



Greater Heights Clubhouse

BECOME A MEMBER!

- Be at least 18 years of age
- Have a primary psychiatric diagnosis of: schizophrenia, schizoaffective disorder, bipolar disorder, or depression
- Be able to travel independently to the Clubhouse
- Membership is 100% voluntary

To become a member please stop by or call.

WE ASSIST WITH

- Access to resources
- Benefits
- Building skills
- Employment
- Education
- Case management
- Housing
- Recreation
- Networking
- And much much more!

VIRTUAL CLUBHOUSE

We offer in-person and virtual Clubhouse membership. Our hybrid membership allowing our members to stay connected to the Clubhouse where ever they may be.

- Virtual workshops
- Virtual recreation
- Virtual/In-person infusion of Clubhouse engagements

LOCATION

980 Halsey Street
Brooklyn NY, 11207

HOURS

Monday – Friday
9:00 AM – 8:00 PM

Saturday
9:00 AM – 5:00 PM

CONTACT

Katrina Grant
718-235-5780
Kgrant@wearebcs.org

Forward enrollment documents to:
GreaterheightsCHintake@wearebcs.org

NEWS LETTER

ISSUE 9 | SEPTEMBER 2024

INFORMATION PAGE

PAGE # 37

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: kgrant@wearebcs.org Donations can be sent to: BCS Greater Heights Clubhouse C/O Katrina Grant 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/>



BCS Greater Heights Clubhouse

980 Halsey Street

Brooklyn, New York

11207

(718) 235-5780

greaterheightsclubhouse@gmail.com

