

# News Flash!

Seacoast Pathways Newsletter

March 2024

## The Newsletter is back!

Notes from the Director

By Ann Strachan

Welcome to Seacoast Pathways Spring newsletter – we are so close to winter waning! Much has been happening at our clubhouse and we are excited to share our news with you!



First and foremost, Seacoast Pathways is now offering clubhouse model services to individuals with an acquired/traumatic brain injury. Through a contract with NH DHHS, Seacoast Pathways is starting a pilot for two years to serve both those recovering from mental illness and those with brain injuries. The clubhouse model is used in other parts of the country for both groups so we are excited to be able to provide similar in NH! And we will be

opening a site in Manchester in the summer of 2024!

As many of you know, Seacoast Pathways has been dependent on our fantastic community for donations and grants, as well as our parent company Granite Pathways, to support our operations as we develop our sustainability and capacity. Our December annual appeal was a success and we are grateful to our many supporters who contributed to the total of \$25,000 raised - thank you so very much! Upcoming, we have exciting fundraising events planned including our annual Groovin' for Good event on Saturday, May 11th. Please mark your calendars to join us for a fun evening of lively dancing to the amazing Rockingham Groove band. And this year we have the added bonus of Miss Continental NH, Maggie Lemay, as our event host whose humor and flair will be extra special!

In July, our online auction will be happening with lots of interesting and entertaining options for bidding. All of these activities contribute to our programming and to our support of member services, so thank you so much for being part of our giving community!

Our clubhouse members have been working hard on all these ventures and many are getting jobs or returning to school while gaining confidence to reach their goals and take steps to be well and stay well.

In this newsletter, you will meet our two new staff, Patten and Alex. We are so fortunate to have their talent and expertise!

We are so proud of our clubhouse community, and we appreciate all that our broader Seacoast community does to help our program survive and thrive!

Happy reading!

Ann Strachan, Director

## In This Issue

- ◆ The annual Groovin' for Good gala is almost upon us!
- ◆ Seacoast Pathways is now the first mental health and brain injury Clubhouse in the world!
- ◆ Our annual Online fundraising auction will happen in July!
- ◆ We have two new(ish) team members to introduce!
- ◆ Fun Socials!
- ◆ Members Highlights!
- ◆ Get to know our Staff!
- ◆ Trivia and crossword!

## Contact us:

- ◆ Visit us at 155 Brewery Lane, Suite 102, Portsmouth NH 03801
- ◆ Check us out on Facebook at Seacoast Pathways: A Clubhouse
- ◆ Give us a call at 1-603-812-9031
- ◆ Send us an email at [seacoastpathways@gmail.com](mailto:seacoastpathways@gmail.com)



**SAVE THE  
DATE!**

**05/11/24  
Groovin' for  
Good Dance**

**07/14/24 —  
07/28/24  
Online Summer  
Auction**

## **Fundraising Highlights**

### ***Groovin' for Good!***

Come one and all, bring your family and friends and put on your dancin' shoes and show us your dancin' moves! This May, come help us dance the night away while supporting Seacoast Pathways! It will be time for our 4th annual Groovin' for Good event in support of Seacoast Pathways. We are graciously joined by the musical talent of the funk-soul-rock band: The Rockingham Groove! This is a unique, high energy event that combines the love of music, dance, and supporting local non-profit. Seacoast Pathways invites you to join in on this fun night of groovy music, wonderful dancing, food and drinks all while helping end stigma and improve the lives of those with mental illness and/or brain injuries.

### ***Online Summer Auction!***

We are beginning to prepare for our exciting annual Online Auction we will have this summer! We are currently looking for donations to auction off from businesses in the community. Restaurant gift cards are very popular. We have already received several great donations from local retailers. If you or your business would like to make a donation to our auction, please send us an email at [seacoastpathways@gmail.com](mailto:seacoastpathways@gmail.com)!



# Peyton Heart Project



Ann, Justin and Emily with the finished hearts

## Seacoast Pathway Guest of the day by Justin Chamrin

I was a former member of Granite Pathways in Manchester NH. This project was so important to be aware of suicide awareness to our community of the United States with very important resources of 988 and a quote. International Center for Clubhouse Development loves quotes of the day.

I felt like this was an excellent opportunity for Seacoast Pathways to learn and promote suicide awareness of the nation. A lot of bad things happen in the world. I felt like I wanna give back to the world with this opportunity that would help people with self care to beware of their surroundings.

I knew that ICCD loves to work on goals and this would be fixable leaving their diagnoses at the door setting. So again please take a heart. They will link to the warmline and also help Seacoast Pathways on their goals for meaningful work towards their potential of the Clubhouse International towards their goals of everyday life towards quality of life.





# Clubhouse International

Creating Community: Changing the World of Mental Health



# IBICA

International Brain Injury Clubhouse Alliance

## Seacoast Pathways is growing!

By Gina and Josh

***Have you heard? Membership at Seacoast Pathways is now available to those with a mental illness and/or brain injury!***

Seacoast Pathways was awarded a contract from the Department of Health and Human Services to establish a Clubhouse Model for brain injury survivors. This is an exciting time for us at Seacoast Pathways as we expand our programming to supplement the service array within the brain injury continuum of care in the state of New Hampshire. Yet, this has also been a time of great learning for us to best serve all individuals who walk into our doors. This has led us to connect with great partners in the State to guide us. Also, we have become a member of The International Brain Injury Clubhouse Alliance (IBICA) whom “support and advance an international collaborative network of standards-based Brain Injury Clubhouses for people impacted by brain injury. The vision of IBICA is that people impacted by brain injury worldwide will have access to life-long support and the highest quality of life through Brain Injury Clubhouses.”

We believe the work-ordered-day structure of the Clubhouse model is a meaningful intervention to assist Clubhouse members on their paths to recovery. By participating in everyday work tasks here at Seacoast Pathways, members gain practical skills, develop meaningful relationships and build self-esteem, while contributing to a meaningful community at large. Within this structure, members support other members in reaching their goals of employment, education, obtaining needed resources, and developing friendships. Regardless of diagnosis, all Seacoast Pathways’ members support one another in the pursuit of forward motion in each others’ lives.

**Clubhouse and IBICA International Standards - Note standard 19 is the same for both clubhouses.**

Work-Ordered Day describes the structure of the day-to-day activity within a Clubhouse, organized to help members develop self-esteem, confidence and friendships, which make up the foundation of the recovery process.

19: All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training.

**Click to view Clubhouse Standards!**

[ICCD Standards](#)

[IBICA Standards](#)



**“We are better, together”**

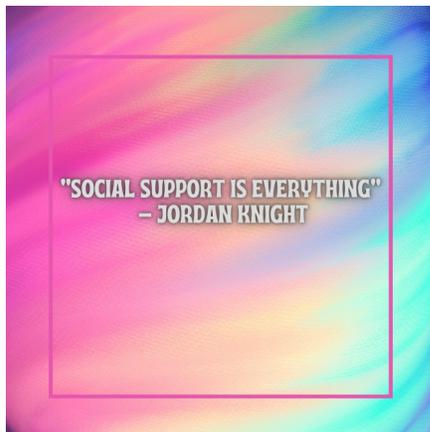




# Fun Socials by Emily C.

Once a week Members at the clubhouse have a chance to attend weekly social activities inside and outside the Clubhouse. This gives Clubhouse members a chance to socialize outside the work ordered day activities. Some of the social activities include, bowling, pottery painting and board games in the clubhouse. Members of the clubhouse choose the activities based on ideas and consensus voting.

Our first social this month was board games. We played Telestrations, a game that combined Pictionary and telephone! We had to guess what the person drew based on a card they picked, then kept passing the drawings around with each other - it was a blast!



Another fun social we did this month was we went to Firefly Pottery in Portsmouth, NH! I enjoyed this social event so much, I used to go there a lot growing up. During our social I made a beautiful bowl with a tile coaster to match! My friends and I are looking forward to enjoying spending time at FireFly in the future!



# Seacoast Pathways Member Interviews

**Questions-** What is your favorite hobby? What is your favorite thing about Seacoast Pathways?

**Rebekah-** She loves to work out on her video game. She loves to work on the Daily Scoop at the Seacoast Pathways Clubhouse.



**Adam T.-** He loves dumpster diving and video games. His favorite thing about the Seacoast Pathways Clubhouse is all of the friends that he has made here!



**Emily C.-** Her favorite hobby is painting pottery. Her favorite things about the Seacoast Pathways Clubhouse are the socialization and working on the daily scoop!



**Lauren H.-** Some of her favorite hobbies are photography and swimming like Nemo. Her favorite thing about the Seacoast Pathways Clubhouse is the staff because they are so helpful.



**Brandon-** His favorite hobby is exercising. His favorite thing about the Seacoast Pathways Clubhouse is being able to be around other people.



**Rob J.-** He loves to run. His favorite thing about the Seacoast Pathways Clubhouse is the people he met.



**Gina M.-** Some of her favorite hobbies are photography and being active. Her favorite thing about the Seacoast Pathways Clubhouse is being on the board so she is able to make a difference in people's lives.



**Maureen H.-** She loves cross stitching and making her own patterns. Her favorite thing about the Seacoast Pathways Clubhouse is it's inviting, safe, and a nurturing atmosphere.

**Zakk W.-** His favorite hobby is skateboarding. His favorite thing about the Seacoast Pathways Clubhouse is the relationships he's made.

# Staff Member Interviews

## ***Staff Member: Josh Routhier***

**Where do you get your amazing sweaters?**

I am a Kohl's guy.

**How close are you to Daniel the Dog and Larry the Llama?**

Larry the Llama and I are friends.

**What is your favorite part of working at Seacoast Pathways?**

My favorite part of working at Seacoast Pathways is being able to operate the clubhouse with all the members, to learn from each other and have fun while doing it.

**What has drawn you to Seacoast Pathways?**

It's a really enjoyable place to be and I leave feeling fulfilled at the end of the day.

**What is your favorite inspirational quote?**

"What you nourish will grow."

## ***Staff Member: Alex Kelley***

**Why does Josh Call you Alexandra the Great ?**

I think probably cause he thinks I am so amazing.

**Why don't you work on Mondays at the clubhouse?**

I would love to work on Mondays but there is another staff member who can take my place.

**What made you want to work here at Seacoast Pathways?**

My mom found the job first online, and I loved how the job sounded and loved what the Seacoast Pathways Mission is. I took a chance on the job and got an interview and here I am still in love .

**What do you like most about your role?**

I love how much everyone treats me like a family, because we are a family.

## ***Staff Member: Ann Strachan***

**What made you a program director of the clubhouse?**

I started out as a founder member on the board and as we grew , we were in need of a director, and at that time, there were a few of us from the board who was volunteering as staff. I was the logical person to take on the leadership role.

**Where do you get her awesome scarves?**

I have picked them up at different venues throughout the years. Thank you for the compliment.

**If you would let the members give you a nickname, like the other staff members have, what would it be?**

Her name is onnie from her husband's Scottish accent.

**What's your favorite social we do at the clubhouse?**

I love the whale watch and going out on community outings with several clubhouse members while enjoying the experience together.

## ***Staff Member: Joe Hill***

**Why do people call you Yoda?**

Particular member who we all know thought it would be funny staff members nicknames. I just happened to get Yoda of my age, my wisdom.

**What made you want to work at Seacoast Pathways?**

I wanted the opportunity to finish my working career helping those who deserve to be helped.

**What do you want to say to new members who are looking for a place to help with their recovery?**

Come to the Clubhouse. You will find instant friends, you will say goodbye to isolation, you will find purpose and people will benefit from you.

**What is your favorite Hobby?**

Video making.

**What is your Favorite Inspirational Quote?**

## ***Staff Member: Patten***

**What made you want to work at Seacoast Pathways?**

I like the business, I like to help people when I can.

**Why does everyone call you General?**

I am a generalist.

**Why do you always say Bah Humbug?**

That's how I feel on the inside.

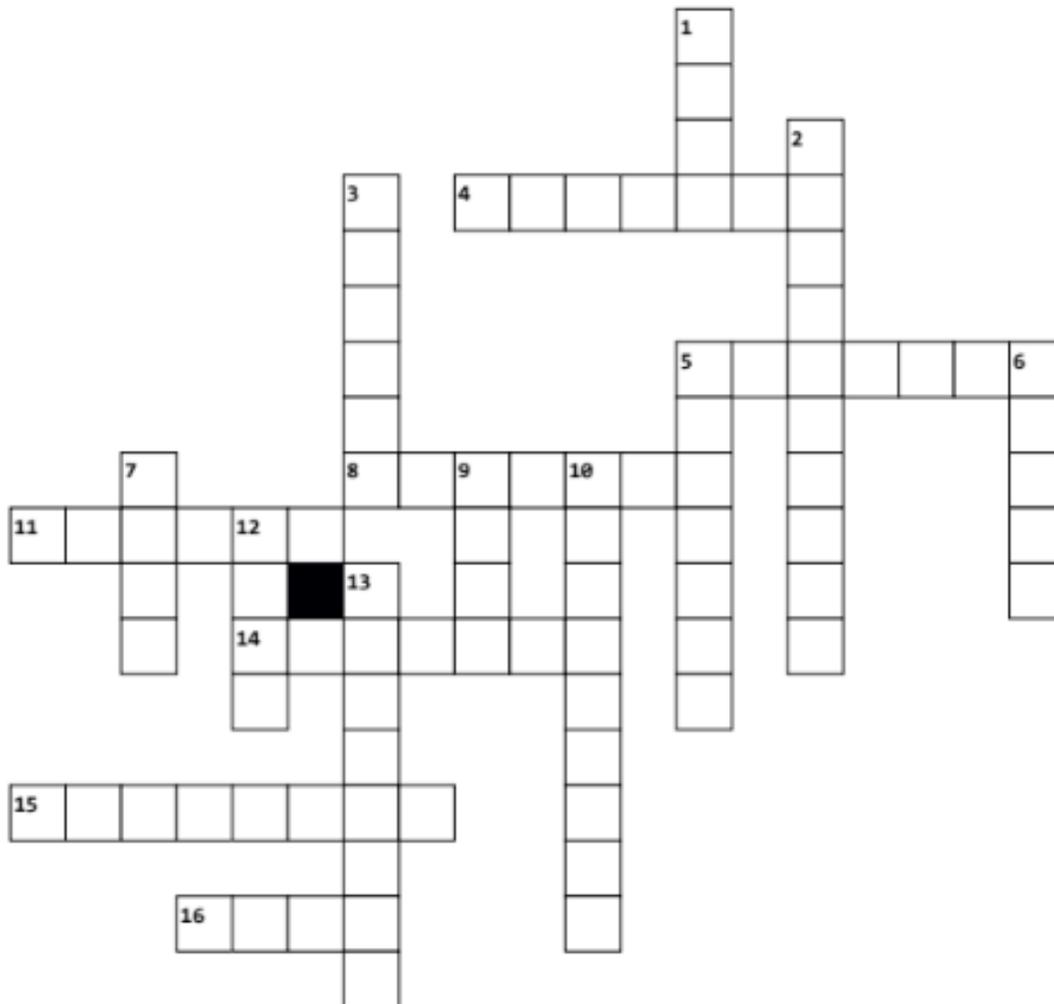
**What do you like most about your role at Seacoast Pathways?**

I like to work with people with their talents and strengths.

**What is your favorite inspirational quote?**

"Don't get beside yourself because if you did, you would be standing alone." - Old Friend

# Think Good Thoughts



## Across

- 4. What you do when you have faith in something
- 5. A good way to be with your peers
- 8. Adam's favorite food
- 11. What your future should be
- 14. Stay in the moment
- 15. A great way to stay
- 16. A great resource

## Down

- 1. It makes the world go 'round
- 2. Ability to bounce back
- 3. Happy
- 5. A great way to be
- 6. The best part of the day
- 7. Being nice
- 9. When it comes before and is followed by "by", it's how we get things done at the Clubhouse
- 10. Thankful for the present moment
- 12. It springs eternal
- 13. Make a comeback

# THANK YOU!



## Shout-out to our community sponsors!

We would like to extend our heartfelt thanks to the businesses in our community that have supported us over the years. Thanks to **Otto Pizza** and the **Pizza Factory** for your yummy donations of pizza, and thanks to **Hannaford** in Portsmouth for supporting a monthly lunch. Thanks also to **Kilwins** in Portsmouth for the donation of ice cream for our Ice Cream Social. These businesses are truly vested in the Portsmouth community, and we can't thank them or recommend them enough!



We are grateful for all of our community support! Are you a local community organization and interested in supporting Seacoast Pathways? Give us a call or send us an email!

# SEACOAST PATHWAYS

## Seacoast Pathways Data

Active Membership: 33

Average Daily Attendance: 10

Members in Education: 1

Members Independently Employed: 15

Members in Supported Employment Program: 2

## Contact Us!

Give us a call, or email, to find out more!

### **Seacoast Pathways**

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Portsmouth, NH 03801

### **Phone:**

(603) 570-9804

### **Email:**

[seacoastpathways@gmail.com](mailto:seacoastpathways@gmail.com)

Click [here](#) to find our website, and see our social media platforms!

**Our mission is to support adults living with mental illness and or brain injury on their paths to recovery while ending social and economic isolation**