

Issue 41



HERO House



**HERO**House**Everett**  
**NEWSLETTER**

# Clubhouse International World Seminar

St. Pete Beach, Florida, USA  
Fri. May 9 - Wed. May 14, 2025

Last year's World Seminar had been cancelled due to unfortunate weather conditions. However, we are pleased to announce that HERO House Everett will be able to attend the rescheduled 2025 conference.

HERO House Everett will be sending one member [Cheryl Princz] and staff [Keenan Solomon] to attend the conference. Travel and food expenses will be covered for both participants as they interact and learn from the other visiting clubhouses and the overarching Clubhouse International.

The Clubhouse International World Seminar is an event available to the over 370 clubhouses across 33 countries. The planned days contain plenary sessions, workshops, roundtables, interactive forums, and other opportunities for innovative learning.

## Updated Weather Policy

Due to the freezing temperatures, HERO House Everett may be opening 2 hours late (11 AM) or may be closed for the day.

We will call members at approximately 7 AM notifying them of the delay or closure and posting the notice on Slack as well. If you did not receive a call or did not see the notice on Slack, please call us to be added to the call list or Slack:

**(425) 389-9510**

We apologize for any inconvenience this may cause.  
Stay safe and warm!

# Standards of the Clubhouse

## Standard #1

*Membership is voluntary and without time limits.*

The Clubhouse runs on the Work-Ordered Day (WOD) model; Every task that must be completed to keep a functioning Clubhouse is available to members for volunteering.

There is no minimum requirement or number of hours to be completed at the Clubhouse.

## Standard #2

*The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.*

The Clubhouse's community finds itself in those currently, or previously, afflicted with mental illness.

The Clubhouse welcomes everyone, regardless of "level of functioning". However, instances of insulting, disrespecting, hostility towards others, etc. are not acceptable as the Clubhouse is a shared place.

*Every two years the worldwide Clubhouse community reviews these Standards and amends them as necessary. The process is coordinated by the Clubhouse International Standards Review Committee, made up of members and staff from Accredited Clubhouses around the world. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.*



## MEMBER STORY

# BRENT FORT

I left on Friday night and came back Sunday night. We had gone to Wenatchee to pick up a Ford part for my uncle and got to take a picture of the sunrise there. During our time there, we talked with one of the owners of the shop, who told us about their trip hunting in Africa.

Afterwards, we stopped at a store to buy fruits and some snacks for the road trip. Finally, driving all the way to Grand Coulee Dam, we got to see how water was used to create energy. The downside: It was only 27 degrees Fahrenheit! The upside: one item on the bucket list completed!

My cousin and I fell asleep on the way to Leavenworth. We spent Saturday night to Sunday morning there, allowing us to visit a Turkish delight store and had some fun drawing on a dollar bill: the classic mustache on George Washington. It still there on the wall of a restaurant.

At the end of it all, I got a new necklace, and my cousin got a new sled. After which, I took a nice picture of my cousin. We drove a long way home.

# NEXT MONTH BIRTHDAYS

March 28th

Rowan Duran



*The full HERO House Everett Calendar and Social event information can be found here*



HEROHouseEverett

FOUNTAIN  
HOUSE  
UNITED

## CLUBHOUSE STATS

This would be equivalent to one person staying at the clubhouse for just over 25 days straight.

Total Time Spent at the Clubhouse: 36,135 mins.

Average Daily Attendance: 8

Unique Members This Month: 27

Lunches Served This Month: 103



# Research



## Mental Health Literacy Guide for Autism

Written by the Autism Mental Health Literacy  
Project (AM-HeLP) Group



### **Mental Health Literacy Guide for Autism**

Written by the Autism Mental Health Literacy Project (AM-HeLP), this pdf article contains a full analysis and explanations of the autism spectrum and how those living with this mental illness experience the world.