


Issue 41



March



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



Clubhouse International has moved Clubhouse Giving Day to May 1st, 2025 to align with the beginning of Mental Health Awareness Month.

Clubhouse Giving Day will allow clubhouse to receive donations and raise awareness on the platform.

New to this year, Clubhouses outside of the U.S. are now allowed to direct deposit their donations.

Clubhouse Giving Day is a great way to promote the Clubhouse approach to recovery around the world. We hope you will join us!

## Weekend Social & Standards

We at HERO House Everett have been implementing a staff-led weekend social once a month. We have decided to promote these events more prominently as they have not been seeing many participants. For now, we shall continue to only do staff-led socials and re-introduce member meetups at a future date.

We have also decided to update our process when changing standards for the afternoon. Before now, the Clubhouse had been changing our standard presented in a picture frame. Unfortunately, our picture frame could not handle the constant usage. Our solution is to change to either a Rolodex or a clipboard for easy standard switching.

# Standards of the Clubhouse

## **Standard #3:**

**Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.**

HERO House Everett recognizes that every member has their own schedule to adhere to. As such, how they choose to utilize their space is up to themselves.

If contracts were to exist at the clubhouse between staff and members, it would not promote the equality that Clubhouse prides itself in.

## **Standard #4:**

**All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.**

A Clubhouse should be a “community”, which implies that no member is excluded (whether it be from decision making or tasks).

The Clubhouse should be a space for equal opportunities.

*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



# Erin Hawkins Luchnesi

Good day, everybody! Spring will begin this month, and the weather is warming up.

For this week of March 3, 2025, the clubhouse standard is as follows:

### **Standard 3: Membership**

Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.

This is to say that all members are free to spend their time at Hero House Everett however they want, so long as it doesn't disrupt the work ordered day.

Though we do have some regularly scheduled activities, like going over the day's business in the morning, clubhouse meetings, and socials, members are under no obligation to participate and free to go about their own business.

Any and all rules regarding how members are expected to behave are only intended to make sure that the clubhouse remains a safe and respectful environment, where everyone is able to go about their business and seek any support they may need from staff.

I hope everyone enjoys their time at the clubhouse and in the warm weather.

# NEXT MONTH BIRTHDAYS

April 18th

Asa Omir

April 19th

Alexander Toyer



*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 19 and a quarter days straight.

Total Time Spent at the Clubhouse: 27,735 min.

Average Daily Attendance: 7

Unique Members in Feb 2025: 30

Lunches Served in Feb 2025: 74



# Research



# THE STATE OF MENTAL HEALTH IN AMERICA



**2024**  
Edition

