

Mariposa Clubhouse's *Inspiration*

CLUBHOUSE AND COMMUNITY: THE IMPACT THAT BOTH HAVE

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At Mariposa Clubhouse, "community" means having a sense of belonging, mutual support, and collaboration. The clubhouse breaks the stigma of people with mental health challenges. It instills confidence, purpose and value in each individual. Richard H says "It's not a bad thing to have a mental illness or to be taking meds. It's a condition where learning skills and connecting with other people can change lives." Clubhouse members represent what can happen when people are given the opportunity to have a meaningful place in society. Carolyn O. states "I'm proud to be a part of the Mariposa community. It gives me a good feeling. Every time I get knocked down, I'll get back up and go to the clubhouse."



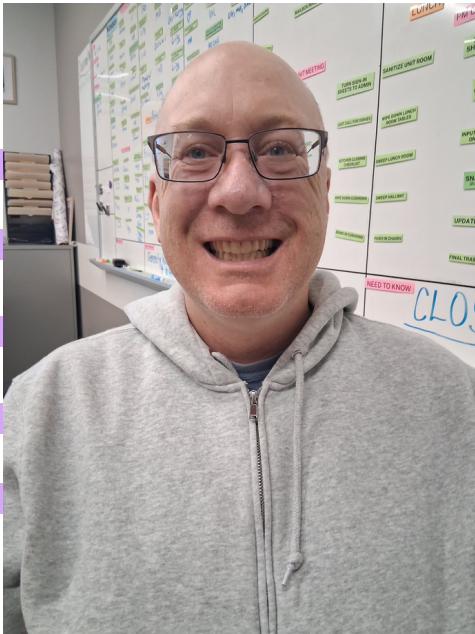
Carolyn O. shares about
her experiences at the
clubhouse

Studies have shown that members are more likely to report close friendships at the clubhouse compared to those receiving traditional services. Carolyn O. says, "I can reach out for support and come in to connect with others." People help by interacting with me. This allows me to feel peace, knowing that I am not being turned away." - Carolyn O.

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Richard H remarks "The clubhouse helps me to build healthy relationships. People see me for me. They understand when I am just being myself. I've built positive friendships which carry over to outside the clubhouse. The skills I practice at Mariposa help me at home with my wife, my family and in the community."

The Mariposa Clubhouse helps build skills and supports people as we live our lives combating negative perceptions and discrimination in society. It connects our people to employment and education, while focusing on meaningful work that builds confidence. The clubhouse gives us a place where we feel like we can accomplish anything. We strive to engage and connect with employers in the area. Increased employment actualizes an overall sense of capability and competency among members. At the same time, our engagement in the community helps fight stigma associated with mental illness. "We have strong people at Mariposa. They are positive, warm, helpful and allow me to be myself in every way" comments Carolyn O.



Richard H. talks about relationships



Richard's dogs: Chewbacca & Lamba

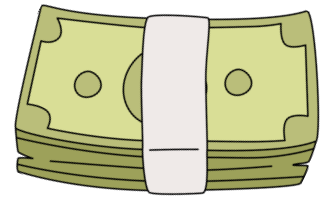
Opportunities to improve the understanding of mental health exist all around us. Having a mental illness is not our only identity. Members don't feel like we are just mentally ill. We have confidence in knowing that we are just as good as the next guy. Because of the Mariposa, we are independent and really shine when we interact with people. We strive to reach out in our many relationships without feeling less than or comparing ourselves to others. We show the community that we're just as capable as anyone else in fulfilling our hopes, our dreams, our aspirations and our goals. We're just as important. We need support, responsibility and a sense of purpose just like everyone else.

THE SATISFACTION OF EARNING A PAYCHECK



Marcos V.

Marcos V. has been working for Brother Benno for four months passing out food to those in our community who need some assistance. He provides groceries for about 30 people a day. He enjoys going to work everyday. "I like serving the community and giving back to the community. I enjoy having a fellowship with my co-workers and doing something meaningful. I have learned to be patient with other people through my work and to be loving and forgiving to them. Praying for other people is important to me." Marcos found out about the opening through Lexus and the clubhouse. He feels that he has stable employment and that he will be able to take care of his future family with spiritual guidance. Keep up the good work, Marcos!



We interviewed Nanci T about her job with Job Options and the support that has helped her stay successful.

"Lexus, our Employment Specialist, has been gentle and patient with me. She understands that I have challenges and encourages me to stay employed," Nanci shared. She also spoke about the support she has received from others at the Clubhouse, including help getting work clothes and ongoing encouragement. Nanci described how focusing on her daily routine has made a difference. "I take care of myself by eating, sleeping, taking my medication, going to therapy, and working. These things help increase my self-esteem, which helps me at my job." Her efforts have already been recognized. Nanci was named Employee of the Month for going the extra mile and received praise from her supervisor for her hard work. She also shared that encouragement from her family continues to be meaningful. Her experience shows how support, routine, and encouragement can come together to help members build confidence and succeed in employment.



Nanci T.

REACHING FOR A HIGHER EDUCATION

Michael B interviewed Kenny P about his education and class schedule. Here are a few of the important topics discussed.

Q. What made you decide to work towards your education?

A. I want to make a difference, I want to have an impact on someones life doing something I enjoy.

Q. Is there something you feel proud of accomplishing so far?

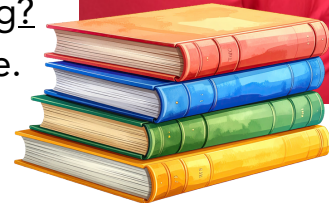
A. I feel proud of accomplishing my first semester an to receive the proper resources that I need.

Q. What helps you keep going when things feel challenging?

A. The help from the school and members of the clubhouse. They have been a good support system.



Kenny P.



Michael B.



CREATING ROUTINE AND STABILITY IN THE CLUBHOUSE

The Mariposa clubhouse is a vital source for many members of our community. It provides help with finding education and employment opportunities but is also a resource for stability.

Michael B was quoted as saying, "I have a daily routine within the clubhouse. I have a place where I belong and can be myself. Just knowing that for the past eight years this place has existed is important. It is a second home. I am a person with worth when I am here.

We all see each other as valuable and we care greatly about each other. My opinions and conversations matter; I have a family here. " Throughout this interview I was in awe of how much of a purpose the clubhouse has in the lives of it's members. It is truly more than just four walls. It is a place that is a sacred resource for those in our community.

BUILDING THE FUTURE OF THE CLUBHOUSE TOGETHER

As with all accredited Clubhouses such as Mariposa, our hope is to provide opportunities to members in education, employment, and personal growth while meeting each member wherever they are at in their recovery process. Supporting the many different paths members can and do take allows them not only to define success, but to find it for themselves. This approach makes it clear that recovery and forward momentum cannot be forced into one path. Members are not expected to fit into a single way of progressing, because each person's journey is different. Instead, the Clubhouse creates space for that individuality. At Mariposa, this is possible because of the range of supports available, which allow for journeys that are as unique as each member.



Michael F.



Vicki W., Nicole R., Laura M., Jasper B.

As these goals support members within the Clubhouse, they also extend outward, shaping how the Clubhouse connects with and contributes to the wider community. The Mariposa Clubhouse partners with local businesses to develop strong Transitional Employment opportunities. These partnerships give members the chance to gain real work experience while also helping shift how the community views mental health. They show that exclusion and stigma do not benefit anyone and that people in recovery have valuable contributions to offer. By building these connections, the Clubhouse helps lower barriers for members and for others in the community who may begin to explore their own recovery through increased awareness and outreach. Being visible as a reliable source of support and resources strengthens this role. Over time, this presence builds trust with local employers, making them more confident in working with Clubhouse members. That trust is what allows Transitional Employment opportunities to continue and grow into the future.

While these efforts build strong relationships locally, the impact of the Clubhouse continues to expand through connections at the state level. An important role of any Clubhouse is to stay connected not only locally, but also with others across the state and throughout the larger Clubhouse network. Through statewide collaboration, we are able to support our members by helping ensure their voices are included in broader mental health conversations and decision-making. Clubhouses around the world work alongside local, state, and federal systems to advocate for stronger mental health support, increased funding, and policies that focus on recovery and community inclusion. These efforts include working with government agencies, contributing to research, and helping lawmakers understand the value of community-based models of care. By sharing knowledge and resources, these collaborations can help identify and reduce gaps in services that might otherwise go unmet. When this shared knowledge reaches the broader community, it increases awareness of available support and contributes to stronger overall community health.

“Working together helps to make life blossom.”

-Michael B.



The Mariposa Clubhouse is part of something larger than just one location. Clubhouses around the world are connected through Clubhouse International, a global network of over 300 Clubhouses across more than 30 countries working toward the same goal of supporting people in recovery through community. A key goal within this network is to uphold the shared standards that define what a Clubhouse is. These standards guide how Clubhouses operate and ensure that members are consistently offered respect, opportunity, and choice. They also serve as a way to maintain quality and accountability across all locations. Through accreditation and ongoing connection with other Clubhouses, programs continue to learn from one another and improve over time. This shared approach allows Mariposa to grow while staying aligned with the values that make the Clubhouse model effective, helping ensure strong and consistent support for members and communities both locally and worldwide.

All of these goals work together to support the long term strength and sustainability of the Clubhouse. They help ensure that Clubhouses continue to create lasting outcomes that support members and their communities across mental, social, and physical health. By setting clear goals and making intentional decisions about the future, the Clubhouse is able to grow in a way that stays true to its purpose. This approach allows it to remain consistent, responsive, and effective for both current members and those who will rely on it in the years ahead.



JOY AT THE CLUBHOUSE



There are a variety of things that members can do at Mariposa which create a feeling of joy. They are important parts of recovery for each of our mental health journeys. Recovery can be a different experience for everyone, personalized, vast and varied. We asked members what is one unique thing you can get at the Mariposa Clubhouse that you can't get anywhere else. Here are just a sampling of those responses.

"A special kind of freedom" -Dennis S.

"Resources for getting back on your feet" -Carolyn V.

"Being Included" - Michael B.

"Diversity" - Junko M.

"Friends" - Lupe M.

"Friendliness" -Sally F.

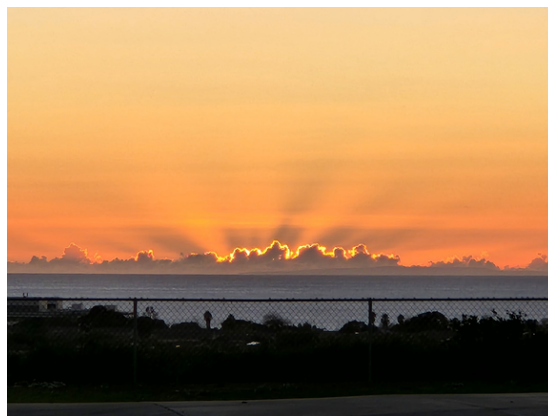
"Good cooking experience" -Michael F.

"Be able to try new things in a non-judgemental space" - Lily



Photo by Rebecah L.

These are just some responses that exhibit the importance of the Mariposa Clubhouse and the joy it brings to those who participate. It is a loving community of peers who genuinely care about one another and support each other through good and bad times. Large and small successes are celebrated here and recognized for their significance. This is because when one member of this community succeeds we all succeed in some way. It reminds all of us of our ability to find joy in everyday life.



Photos by Rebecah L.



QUARTERLY IMPACT

MEMBERS EMPLOYED:

27

CONTINUING EDUCATIONAL GOALS:

6

ACTIVE MEMBERS:

156

AVERAGE DAILY ATTENDANCE:

36

ORIENTATIONS:

26

TOURS:

37

REACH OUTS:

102

LUNCHES SERVED:

549

COMMUNITY EVENTS/IMPACT:

46

PASTA APES

by Jamie H.



I automatically want to
Transfer to oblivion
Nation,
When the voices hit
What more is there to get
Except
No matter what
The voices say
No snitching quiet as kept



Jamie H.

THANK YOU TO OUR PARTNERS



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