



therapeutic alternatives, inc.

Empowering *Times*

2018 EMPLOYEE OF THE YEAR



In late February, Freda Kletsch, COO (above/middle), made a visit to Club Insight to make a very special presentation. She came to present the award for the Employee of the Year. The recipient, Liz Ware (above/left), was caught totally by surprise as she thought the award was going to someone else.

Liz has been my right hand for the past 9 years as we have worked for Therapeutic Alternatives. During this past year she took on double duty for four months as we were understaffed, absorbing both her missing co-worker's responsibilities as well as some of mine. She was an incredible support to me and instrumental in finding the new staff person we have now. She promoted our program and agency in the community, searching for good people to come work with us. She was successful in finding our newest staff member. She has been instrumental in teaching this new person about the program, the agency and our members, again taking some of the strain off of me.

Liz also made a community connection and brokered a volunteer position at our local thrift store. She has been coaching two members at the store each week, assisting them with strengthening work skills so they can work part-time in the community in the future.

Liz is constantly listening to members as they share information about their needs and, whenever she can, finds ways to supply what they are looking for. This includes surfing the web for low cost items, shopping for bargains, arranging for donations from her family and friends, and purchasing items for members herself. The members at Club Insight hold a special place in her heart, and she always looks out for them.

Liz is quiet and does not like or seek attention. She gives more than 100% of herself to the program, me and the members. I believe she exemplifies the goodness that is Therapeutic Alternatives and is most deserving to be Therapeutic Alternatives' 2018 Employee of the Year. ~ Kathleen Cole, MSW/LCSW

THERE'S NO PLACE LIKE HOME

Eight years ago, Michelle L. was homeless and without income. She had been living in the Women's Shelter in Sanford, North Carolina and working in the sheltered workshop program. She met her mentor, Ms. Faythe Carlson who brought her back to Chatham County to help her find a place to live. Michelle was experiencing depression and feeling lost.



One of the things Ms. Faythe did was link Michelle to mental health services. While she was at the agency, she noticed a poster for

Club Insight, a Therapeutic Alternatives rehabilitation program. She was interested in the program and worked with her therapist and Ms. Faythe to complete a referral.

Michelle's life began to get better. She started attending the program, and the PSR staff joined Ms. Faythe in helping Michelle find a new home. This meant that Michelle lived in two different emergency homes and then moved in with her grandmother. Club Insight staff traveled to each of her homes to provide transportation to the program so she would have some stability and regain her independent living skills. Ms. Faythe worked with Club Insight staff and helped Michelle apply for and obtain disability assistance which enabled her to find a home. (Continued on page two)

EMPLOYEES OF THE MONTH

JANUARY: MacKenzie Lohr, Human Resources

FEBRUARY: David Fuller, QP/MCM

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SELF-ADVOCACY NEWS



Abigail Thompson knows the importance of advocating for herself. It is how she found Club Insight, one of Therapeutic Alternatives' PSR programs. She was new in the area and while at her mental health appointment, talked to them about the program she was involved in at her former home. She wanted to know if there was anything like that in this area. She had her therapist contact the club-

house and had them complete a referral for her. She also is advocating for the program, inviting people she meets to come check it out. She is a firm believer in the good the program has done for her and wants others to benefit in the same way.

Abigail also advocates for herself with her doctors. Recently, Abigail has had difficulty with some major health issues. She has been vocal at all her appointments, asking questions about medications, discussing options when she knows the medicines are not working for her, and trying different methods of treatment to be sure she is using the best one for her. Abigail also puts medical providers on her speaker phone to have other people she trusts hear what the person is saying to be sure she is understanding the information she is given. This way she has all the information she needs to make informed decisions about her care.



For example, Eric K. is a well-informed and strong self-advocate. He lives in his mother's home. She passed away several years ago. Eric receives assistance and support as needed for his family members/natural supports.

Last year, Eric decided he wanted to get out and socialize with peers, and he wanted to volunteer in his community. He and his therapist discussed attending Club Creative Psychosocial Rehabilitation Program (PSR). The referral was made, and I met with Eric and his cousin to discuss what we offer. Eric led his meeting and spoke of his interests and needs. He said he was very interested in our volunteering with Meals on Wheels, which he now leads and helps organize.

Eric solved a problem with transportation by contacting PATS Transportation to arrange the days he needed to be dropped off and picked up to attend PSR. He called and followed up with me and his therapist to ensure all paperwork was scheduled and completed.

Eric chooses to attend PSR three days a week to increase his socialization and on Thursdays be able to participate in Meals on Wheels. He schedules all his appointments and pays his bills. We assist him in keeping his scheduled hair cut appointments and dropping/picking up prescriptions.

Eric will come to me and to his cousin to help him if he runs into any problems, but he tries first to handle things on his own. Eric is a remarkable man who is an inspiration to others.

~ Amy Landreville, BS/QP/Director of Club Creative PSR



Two members from Club Insight practice advocacy in a different way. Mrs. Daniel Hadley (above, left) and Victoria Bourgeois (above, right) are active members of Therapeutic Alternatives' Human Rights Committee. Mrs. Daniel joined the committee in May 2016 and Victoria followed the next year in August. As members of this committee, Mrs. D. and Victoria review policies and procedures that effect people that attend TA's programs and/or use the services they offer to be sure their rights are being protected. They also review incident reports and behavior plans to be sure people's rights are protected. It is their responsibility, along with the other committee members, to ensure that the people who need extra attention are still able to live as independently as possible. Through their involvement in these decisions, Mrs. D. and Victoria advocate for others.

~ Kathleen Cole, MSW/LCSW/Club Insight Director

THERE'S NO PLACE LIKE HOME (CONTINUED)

Five years ago, Michelle moved into her apartment in Pittsboro and is very happy to have a place of her own. She cooks and cleans and has relationships with some of her neighbors. She often talks about going shopping or out to eat with them. She became involved with a local church and started attending their Bible study group. Michelle started attending Club Insight 5 days a week and was active in learning new skills, improving her education and assisting with the daily routines for maintaining the house. She especially enjoyed going to class and liked to be helpful.

Michelle has faced some challenges in 2018. Ms. Faythe moved away and her payee changed so an agency is now paying her bills. This means that a portion of her budget now pays their fee, reducing what she has to spend on her needs. In addition, her landlady insisted that she use their propane gas tanks to heat her home during the winter. This increased her utility bills so much that her payee could no longer give her a weekly allowance.

Michelle had a difficult decision to make: remain where she is at and have no spending money or move to a place that would better fit her budget and enable her to do more things. She chose to remain in her home even though it put financial stress on her. She survived on limited funds all last year. Due to an increase in her benefit check, she now receives a small monthly allowance to spend on herself. She continues to want to live in her home as she feels safe there and is willing to make the necessary sacrifices.

**"A HOME IS A KINGDOM OF ITS OWN IN THE MIDST
OF THE WORLD, A STRONGHOLD AMID LIFE'S STORMS
AND STRESSES, A REFUGE, EVEN A SANCTUARY."**

~ DIETRICH BONHOEFFER

She continues to attend Club Insight 5 days a week, is involved in her bible study group whenever they can provide transportation for her and is still involved in The Beloved Community project. She has also become a member of Therapeutic Alternatives' CFAC committee, attending the quarterly meetings. Michelle shared, "I love coming here (Pittsboro PSR) because I can learn a lot and meet new people. I love when we go shopping, play games, and have fun. I like coming here so I don't stay at home and get depressed."

Michelle said that the PSR staff do an excellent job "helping us with our problems. We work as a team, and they are always there for us. Club Insight helped me through the hard times, and you still stand by me."

~ Kathleen Cole, MSW/LCSW/Club Insight Director

**"To the world you may be just one person,
but to one person you may be the world."**

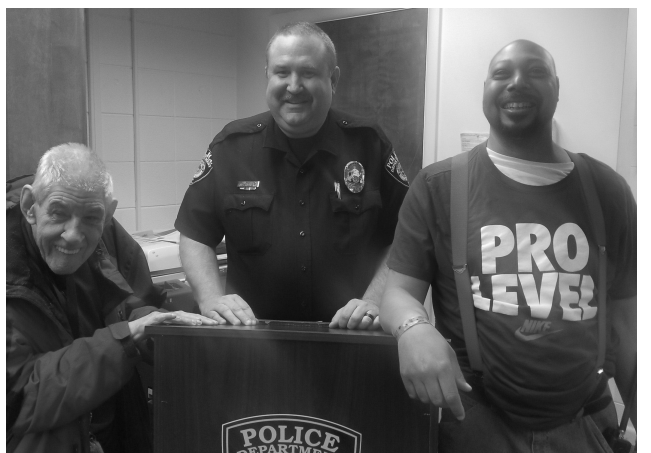
~ Brandi Snyder

"In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit." ~ Albert Schweitzer

HAVING FUN BEING MYSELF

MIKE AND BOBBY VISIT FIRE AND POLICE DEPARTMENTS

Mike and Bobby recently enjoyed visiting the Randolph County Fire Department and Police Department. They had so much fun. Look at the smiles on their faces!



ART CLASS

Paraprofessional Kim Thomas held an art class for members of the Randleman Day Program. The members had lots of fun and were proud of their paintings. See below.



"There is nothing on this earth more to be prized than true friendship."
~Thomas Aquinas

VALENTINE'S DAY

Members of Randleman Day Program enjoyed strawberries dipped in chocolate for Valentine's Day.

"There is nothing better than a friend,
unless it is a friend with chocolate!"
~ Linda Grayson



"Friendship improves happiness and abates misery
by doubling our joys and dividing our grief."
~ Marcus Tullius Cicero

FUR BABIES

"There are two means
of refuge from the miseries
of life: music and cats."
~ Albert Schweitzer

"I had been told that the
training procedure with
cats was difficult. It's not.
Mine had me trained in
two days." ~ Bill Dana



Mike volunteering at the
Randolph Animal Shelter

OUR MISSION IS TO DELIVER COMPREHENSIVE HUMAN SERVICES THAT EMPOWER PEOPLE TO ACHIEVE THEIR GOALS IN LIFE.

WE NOW HAVE A BLOG: Take a look at our blog and bookmark it so you can visit us frequently at: <http://mytahome.wordpress.com/>



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