

## Isaiah's Story

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for his own independence. Isaiah has been at the Clubhouse less than a year, and he is well on his way to achieving his goal of having his own apartment. Part of his plan is to obtain his high school diploma, so he can get a better-paying job. Isaiah says he has enrolled in a high school equivalency course at Blue Ridge Community College to work toward that goal, and he is doing well in that class. Isaiah says he is also learning skills at the Clubhouse each day like cooking, cleaning, and budgeting as a part of his long-term plan. So far, his favorite thing to cook is a pepperoni pizza quesadilla. Isaiah says learning how to make a budget has been really helpful because now he understands how to make a list of expenses and plan for future saving, too. Isaiah says that living independently is so important to him because he wants to have the freedom to travel and to see family as often as he wants. Isaiah also says that he wants to be an example for other people with disabilities, "I want to pave the way for others like me and be a good representative. I want people to have more opportunities." While Isaiah has some big goals, he says he knows it will be hard, but not impossible. When Isaiah talks about the Clubhouse, he has nothing but positive things to say. He says when he first came to the program, he signed up for as many daily tasks as possible, but he was shy around other members. Now, his favorite aspect of the Clubhouse Day Program is the connections he has made with other people. "They are not just my friends, they're my family," he explains. Isaiah says his best friend at the Clubhouse is important because they really look out for each other. If there is anyone else out there who is considering coming to the Clubhouse, Isaiah wants them to, "Imagine what the Clubhouse could do for you." We are so proud of the strides that Isaiah has made this year at the Clubhouse. We can't wait to see what he can do next!

## Meet Gracie

### Thrive Staff



**Q:** What did you do before Thrive?

**A:** I graduated from UNCA in July 2022 with my BA in Sociology and I worked as a BHT for Pyramid Healthcare at Women's Sober Living before coming to Thrive.

**Q:** Why did you want to work at Thrive?

**A:** I'm a people person by nature and a helper at heart. I've always seen myself doing what I can to help them however they need me, and I get to do that every day here at Thrive.

**Q:** What is your favorite thing about your job here at Thrive?

**A:** I get to meet people "where they are" in life and help them meet their goals, and it's always a good day for me when I get to make hard days just a little bit easier for others.

**Q:** What do you like to do in your free time?

**A:** I'm married and have a dog and two cats, so I spend most of my free time at home with them. But my partner and I love to go camping, so we try to do that for a weekend here and there when we get the chance!



October 16 2023  
Point Lookout Vineyard

12<sup>TH</sup> ANNUAL BIDS & BLUES

# thrive

moving people from surviving to thriving

May June July  
Quarterly Newsletter  
2023

## What a blessing!

**The Community Foundation of Henderson County**

**The Cannon Foundation**

Maybe you heard that Thrive received grant funds from The Cannon Foundation and The Community Foundation of Henderson County to buy a new vehicle for our Housing Program. We were so grateful to receive \$32,000 to buy a new car for our staff.

planning to buy a new car sometime soon, head over to Hunter Hyundai. If you mention Thrive when you buy your new vehicle, Peter Scontras will donate \$100 to Thrive!

Thrive also wants to say a big thank you to Peter Scontras at Hunter Hyundai where we bought our new vehicle. Thanks so much to Peter for making our car buying experience so wonderful. And get this – if you're

### Items Needed!

Thrive's Housing Staff have been busy getting our clients into permanent housing, and we are all out of some necessities. We need cleaning supplies! Would you be able to donate some? Here is what we need right now:

- Paper towels • Toilet paper
- All purpose cleaner • Glass cleaner
- Toilet brush • Bathroom Cleanser
- Mop and bucket • Broom and dustpan



# GOOD NEWS FROM

# thrive

Isaiah's Story



Isaiah is a Clubhouse member born with epilepsy and frontal lobe dysexecutive syndrome in addition to a mental health diagnosis, but he says he has always felt like he is so much more than his disabilities. Raised by his grandparents and now living in an alternative family living (AFL) home, Isaiah says that most people have told him that he won't ever be able to live on his own because of his disabilities. With the help of Thrive staff, Isaiah is working on a plan

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## MAY IS MENTAL HEALTH MONTH

DOWNLOAD THE TOOLKIT: [MHANATIONAL.ORG/MAY](http://mhanational.org/may)



May is Mental Health Month and Mental Health America wants you to “Look Around, Look Within” this month to see what your surroundings say about our mental health. They invite you to look at your world and consider how different factors can affect your mental health.

Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections, are part of what is called “social determinants of health” (SDOH). The more these factors work in your favor means you are more likely to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

While many parts of your environment can be out of your control, there are steps you can take

to change your space and protect your well-being.

**Work toward securing safe and stable housing:** This can be challenging due to finances, age, and other reasons, but there are a few things you can try, such as reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a community center or friend's home) where you can get the comfort you are missing at home.

**Focus on your home:** Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.

**Create bonds with your neighborhood and community:** Get to know the people living around

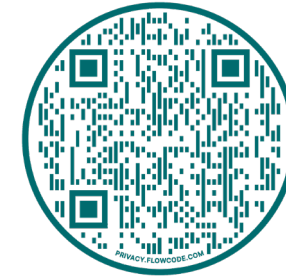
you, join or start neighbors-helping-neighbors groups, and support local businesses to challenge gentrification.

**Connect with nature:** Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

If you're taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. Take a free, private screening at [mhascreening.org](http://mhascreening.org) to help you figure out what is going on and determine next steps.

The world around us can be both positive and negative – bringing joy and sadness, hope and anxiety. Go to [mhanational.org/may](http://mhanational.org/may) to learn more.

Support  
Thrive Today



Thrive also provides food and water to all of our clients who are on the waitlist for housing. We have a constant need for protein shakes/bars (not the weight-loss variety) and bottled water. If you would like to donate some of these items, we would really appreciate your help!

## Head to D9 to Support Thrive

During the month of May, you can “round up for Thrive” at D9 Brewing on Main Street. Each time you make a purchase at D9 in May, you can choose to round up your purchase to the next dollar and that amount will be donated to Thrive at the end of the month. Please make a point to stop into D9 this month and round up for Thrive, and don't forget to say thank you to the folks at D9 – we really appreciate them supporting our programs!



## WORKSHEET:

### OPENING YOUR MIND TO THE OUTDOORS

Sometimes it's hard to do the things we want to do – and it's especially hard to do the things we don't want to do but know are good for us. You can boost your motivation by thinking about how to connect your goal to positive feelings.



#### PLANNING

What is one thing you can do in the next week or two to spend time outdoors for your mental health? *In MHA's Connection Survey, 68% of people answered “taking a walk” – that's often the first activity that comes to mind, but you have other options too! Anything that gets you outside counts as a starting point. (Examples: reading in the backyard, exercising in the park, a camping trip, etc.)*

#### BUILDING MOTIVATION

Motivation is tied to pleasure or the avoidance of pain or fear. We feel motivation from things we say or feel inside our minds or from things we get from others or outside ourselves. What gets you motivated? What helps you feel accomplished, appreciated, or loved? *(Examples: checking off a to-do list, hearing verbal praise, spending time with others, doing things that relate to my values, etc.)*

#### PLANNING INTO ACTION

Now that you've done some reflecting, it's time to start preparing for action. How can you make your answers to “Planning” and “Building Motivation” work together? Or, when working toward your goal, what can you do to keep your mind on the positive it brings to your life? *(Examples: When I take a walk, I'll check it off my list; I'll share goals and wins with friends for praise; etc.)*