



# The Updraft

*Elevating the lives of adults living with serious mental illness.*

## The Culinary Unit on Wellness (cont.)

procuring those ingredients; and prepping the kitchen and dining area.

Hunter: How is what we prepare in our Culinary Unit different from what we might eat at a restaurant or fix at home?

Don: The biggest way we remain different is the way we prepare healthy food. We generally try to avoid things that may not have health benefits. So we try to avoid things like gluten, peanuts, sugar, wheat, and dairy which all of these people either have allergies, or they carry unhealthy things like fat. By finding alternatives like coconut cheese, almond milk, gluten free grains, we have a healthier diet. Which can help members maintain a healthy weight, possible healthy diet outside of elevation house. Which contributes to the members overall physical wellness on the mental health side of things a healthier diet usually results in more energy, you feel better, and it boost your mood. We hope our members may also adapt this kind of lifestyle outside of elevation house.



Don: Well, there's a few upcoming projects such as our garden. It provides two things needed for successful Clubhouse. The first one is the obvious: a farm to table food experience as we will grow our own produce that's organic without pesticides. And, another benefit is gardening becomes an ongoing life skill.

**I'M VERY EXCITED ABOUT WHAT WE WILL DO, IT'S ABOUT MORE THAN FOOD, IT'S ABOUT UNITY AND CARING FOR EACH OTHER.**

Another project is our snack bar which teaches healthy snacking habits and follows the same guidelines as our meals.

Hunter: Is there anything else you'd want people to know about our Culinary Unit or wellness at Elevation House?

Don: Just that I'm very excited about what we will do, it's about more than food, it's about unity and caring for each other. And, to have myself and members care for each other, and develop friendships is very gratifying to me.



Hunter: How will future projects such as the upcoming garden benefit the Culinary Unit and wellness initiative?

## House to Home

Time to make this house a home- a call to the community.

What makes a house a home? A home is more than just four walls that provide protection from the elements. A home, according to our members is:

"...a place where you can go to find what you need- peace, love, joy."

"...a place of comfort where we are understood and can seek advice."



Our home is a place where everyone has a role and all are needed. These descriptions of a home are exactly what Elevation House has grown to be in the twenty impactful days since our opening.

During the months of May and June, we organized a campaign to to invite the community to experience Elevation House and be a part of making our house a home. As a part of the House to Home Campaign, we welcomed our friends in with open arms. We proudly showed off our new home by providing tours and having lunch with key community partners. In turn, we were blessed with over 50 hours of volunteer service.

Additionally, individuals and companies blessed us with much needed supplies and equipment. These generous donations provide the Clubhouse with the resources needed to operate. Since membership at Elevation House is free to all members, in the years to come, we will depend heavily on support from the community to ensure we can provide services to those who need us most. Donations of supplies, especially consumables, help to elevate some of the pressure.

We will continue to open our doors on welcome hinges offering opportunities for the community to be a part of making our house a home. If you would like to experience Elevation House, please contact us by email at [elevationhouserome@gmail.com](mailto:elevationhouserome@gmail.com) to schedule a tour or luncheon. You can also be a part by donating supplies and equipment to the Clubhouse. We have a list of items that we are still in need of and an Amazon Wishlist that makes giving a meaningful gift easy.



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### MISSION

End social and economic isolation for people living with mental illness in Rome, Georgia by operating a high-quality Clubhouse which enables successful recovery.

### COMMUNITY

We build a supportive community through friendships and mentorships.

### COMPETENCE

We offer opportunities for skill development that satisfy the need to be needed.

### CONFIDENCE

We encourage self-belief through coaching, empowering members to thrive.

Join Elevation House's mailing list!

Just send your email address by text message:

Text **ELEVATELIVES** to **22828** to get started.



Message and data rates may apply.

KEEP IN TOUCH WITH ELEVATION HOUSE



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## A Focus on Wellness

Maintaining wellness of the mind and body.

Wellness is a major focus for Elevation House. This article is a broad breakdown of how Elevation House helps members maintain the wellness of the mind and body.



Every one of our members live with a mental illness, so mental wellness is extremely important. It starts with lifestyle changes. Many members isolate. Having a supportive social environment helps members come out of their shell and open up to others who understand what they may be going through. Many people who live with a mental illness put up metaphorical walls as a protection. Social interaction is like a sledge hammer to break through those walls.

Another aspect that people who live with mental illness deal with is negative self-talk. The main way to fight negative self-talk is to put positive against the negative. The problem is that it is often easier said than done. By having others around who may have an understanding of a situation, they can provide a positive viewpoint even if we can't see it ourselves.

We give our members a safe and supportive environment to enjoy everyday. The work we do to keep the Clubhouse running ensures a feeling that we are wanted and needed, and restores purpose.

Wellness also includes the body. When the body is unwell so is the mind. We take care of the body through exercise, healthy eating and positive lifestyle choices. A wellness walk is scheduled every Friday after lunch. In this way, exercise is infused into our work ordered day and many of our monthly socials will incorporate physical activity. Some examples include hiking, kayaking, bowling, and 5k walks or runs.

At Elevation House we believe food is medicine. One of our favorite parts of the day is mealtime. We have made it a priority to eat healthy and avoid common allergens like gluten, peanuts, dairy, etc. We also strive to eat organic meats and vegetables. Adopting a healthy meal plan helps members develop a healthy lifestyle and create new habits.



### CLUBHOUSE INTERNATIONAL QUALITY STANDARDS

#### Functions of the House

Functions of the House addresses the basic requirements for meeting members' needs, with an emphasis on social and healthcare services.

- The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

COMPLETING BASIC EDUCATION AND ADVANCED TRAINING HELPS MEMBERS BECOME ECONOMICALLY STABLE BECAUSE IT LEADS TO MORE EMPLOYMENT OPPORTUNITIES.

## The Culinary Unit on Wellness

Food is medicine.

As mentioned earlier, we believe that food has medicinal value. To discuss what we mean by this, we sat down with our Founder and Board President, and main man in the Kitchen Don Scuvotti. Our interview focused on what our Culinary Unit is and how it works to support and achieve our wellness goals.

Hunter: What should we think of when we hear Culinary Unit at Elevation House?

Don: In our first days we called it the Kitchen Unit, however we didn't think that accurately portrayed what we are trying to do. When you hear culinary it speaks to the food experience. We want the food experience in the Clubhouse to revolve around good quality, healthy food. We consider food as medicine. If our bodies are healthier, our minds are healthier, and we are overall healthier.

Hunter: Ok, you covered a little bit of this but, what is the purpose of the Culinary Unit?

Don: The purpose of the Culinary Unit is to help Elevation House achieve its mission which is to end social and economic isolation for adults living with a mental illness.

How we assist with that is, we ask, "how do we use food to do that?" Well, food brings people together. By virtue of that, we end social isolation. We eat together, talk together, and out of that comes friendship, and a partnership as we work across Elevation House as a whole.



As far as economic isolation goes, if you can learn to cook, it's easier to manage and budget in a healthy and affordable way; as well as be a skill used for employment.

Hunter: So what's it like to be a member of the Culinary Unit?

Don: Participation in the Culinary Unit is different from day to day. Somedays you may be cooking the food, which is what people think is all it is; however, there's much more to it. If you're part of the Culinary Unit you will be involved in planning future meals; as well as cataloguing ingredients; (continued on page 4.)

## Educational Support for Members

For many, education can be the key to ending economic isolation.

Our mission at Elevation House is to end economic and social isolation for those who live with mental illness. Often people who live with mental illness experience an interruption in their plans for education. Elevation House assists members to achieve educational goals in keeping with their abilities and vocational aspirations.



There are many opportunities in Rome to help members achieve these goals. We help members who have not completed their high school education to obtain their GED through programs available in the community.

In addition to GED assistance, Elevation House provides the support necessary to register for post-secondary educational opportunities available at one of our four colleges – Northwest Georgia Technical College, Georgia Highlands College, Berry College, and Shorter University. Elevation House helps members set realistic education goals and provides as much support as necessary. We encourage members to enroll in the educational programs available in the community.

We guide members through the application process. Assistance is provided to help fill out paperwork and choose educational programs in line with member goals, skills, and abilities. We also address needs for financial aid, counseling services, and transportation.

Once a member is enrolled in one of the hundreds of programs available in Rome, Elevation House provides supported education in the form of tutoring and help in meeting attendance requirements. Other members, when available, may offer help to students in the form of tutoring and encouragement.

Completing basic education and advanced training helps members become economically stable and can possibly lead to more employment opportunities. We are excited that three of our nine members are working on their educational goals. We look forward to celebrating their successes!