

LETTER OF INTENT SUMMARY REPORT



ORGANIZATION INFORMATION

Kadima Jewish Support Services for
Adults with Mental Illness
15999 W. Twelve Mile Rd.
Southfield, MI 48076

<http://kadimacenter.org>

Year Founded: 1984

PERCENTAGE OF WOMEN ON BOARD: 38

PERCENTAGE OF WOMEN ON STAFF: 74

PERCENTAGE OF WOMEN ON PROJECT: 100

ORGANIZATION CONTACT

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REQUEST CONTACT

Ms. Melinda Clynes
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(248) 423-9309

PROJECT INFORMATION

TITLE: Kadima Clubhouse Horticulture & Culinary Unit **TYPE OF GRANT:** First Time

TOTAL PROJECT COST: \$129,128

TOTAL REQUESTED AMOUNT: \$20,000

PURPOSE

Kadima is requesting a \$20,000 Jewish Women's Foundation grant to help develop a new Horticulture & Culinary Unit of its Clubhouse. Kadima is transitioning from operating the Zussman Activity Center (ZAC) to hosting a members-led Clubhouse to better serve and empower people with mental illness in southeast Michigan.

ZAC has been in existence for 14 years and currently focuses on social programming. Kadima is transitioning the ZAC into a Clubhouse model that will offer more robust activities that provide a work-ordered day, while maintaining the social aspects of the program. Kadima leadership and ZAC staff attended a new Clubhouse development training in April of 2019 and have toured other Clubhouses in order to make this transition.

Clubhouse is a membership community for individuals living with serious mental illnesses, including schizophrenia, schizoaffective disorder, bipolar disorder, major depression, PTSD, and anxiety disorders. As a result of participating in a Clubhouse, members have opportunities to rejoin the spheres of friendship, family, employment and education and to access the services and support they may individually need to continue their recovery. It provides a restorative environment for people whose lives have been severely disrupted because of their mental illness.

Clubhouse is an-evidenced based program that focuses on providing members with a work-ordered day. Kadima Clubhouse members will work as peers with staff, actively engaged daily

with specific roles and tasks they sign up for in one of many “units,” including the Horticulture & Culinary Unit and the Business & Communications Unit.

Involvement of members in every aspect of Clubhouse is a key value of the program model and a focus of the Clubhouse International accreditation standards Kadima will work to meet. In short, there is no decision made about the operation of the Clubhouse that does not involve members. Within the Clubhouse, there is no hierarchy; members and staff serve as co-equals, with members also serving on a community Clubhouse Advisory Board. Because of that, Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives.

The Clubhouse Horticulture & Culinary Unit will be designed to assist members in gaining the skills involved in gardening, menu planning, shopping, food preparation, following recipes, food service sanitation, and maintenance of a working kitchen. The Clubhouse kitchen will provide healthy daily lunches to Clubhouse members and food and snacks for other Clubhouse events.

As Kadima moves toward a Clubhouse model, it will transition the activity center into a Clubhouse. However, the organization eventually will create a new space for the Clubhouse, as the current location is not ideal for the model. Kadima will launch a Capital Campaign for a new building, and momentum is growing. A recent \$20,000 match grant from Legacy Heritage Foundation will support a participatory and conceptual design process for an independent Clubhouse building. Kadima will work with the University of Detroit Mercy School of Architecture’s Detroit Collaborative Design Center on this planning and design process.

ORGANIZATION DESCRIPTION

The mission of Kadima is to provide comprehensive residential, therapeutic and social services to people with mental health needs as they move forward in their lives. Inspired by Jewish values, Kadima also provides outreach/education to the broader community.

Kadima programs:

Community Housing provides supports people with mental illness in 25 community houses, condos and apartments, ranging from 24-hour care for people unable to attend to many daily living activities to independent living environments for high-functioning adults, many of whom work and/or volunteer. Kadima also supports people who are living in their own homes, either independently or in another residential setting.

Integrated Care Program provides coordinated medical care, screening for illnesses, health/wellness education, and advocacy in a medical setting for individuals living with chronic mental illness.

Enrichment Programs at the Zussman Activity Center offer social, arts and cultural activities; vocational support; an active volunteer program; and culinary experiences. Programming at ZAC is moving toward a Clubhouse-based model that involves the members in leadership, planning and service roles.

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Counseling Services include individual therapy; group therapy around topics such as mindfulness or emotional regulation; and a monthly support group for friends/family of people with mental illness.

ORGANIZATION ANNUAL BUDGET: \$4,552,688

RATIONALE (NEED)

Serious mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder that results in serious functional impairment. People with severe mental illness often have difficulty completing everyday activities, including work; mental health disorders cause more disability among Americans than any other illness group.

When people lack treatment and proper care, the fallout is immense. That's where Kadima steps in - to help address the needs of people with severe mental illness with compassion. The Kadima Clubhouse, specifically, will create a community of caring and respect in which people with mental illness are no longer society's outcasts, but are genuinely wanted and needed.

Proven Clubhouse outcomes include:

- Better employment rates: 42% vs. the 12% average in Michigan for people in public health system (Clubhouse International)
- Cost-effective: one-year of Clubhouse services costs the same as a two-week stay at a psychiatric hospital (Clubhouse International)
- Significant decrease in hospitalizations as a result of membership in a Clubhouse (De Masso, Avi-Itzak and Obler, 2001)
- Improved well-being compared with individuals receiving psychiatric services who are not Clubhouse members; members are more likely to report they have close friendships and someone they can rely on when they need help (Warner, Huxley and Berg, 1999)
- Better physical and mental health; ongoing social supports enhance mental and physical health by reducing disconnectedness (Leff and colleagues, 2004)

Additionally, research shows that group cooking interventions have psychosocial benefits that include improved confidence, self-esteem, socialization, and psychological well-being.

POPULATION SERVED

The total number of Jewish people the project will serve:

Women	Age 0-12	0	Men	Age 0-12	0
Women	Age 13-18	0	Men	Age 13-18	0
Women	Age 19-25	0	Men	Age 19-25	0
Women	Age 26-45	1	Men	Age 26-45	1
Women	Age 46-69	8	Men	Age 46-69	5

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Women	Age 70+	$\frac{0}{9}$	Men	Age 70+	$\frac{0}{6}$
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TOTAL JEWISH PEOPLE SERVED: 15

TOTAL WOMEN: 9

TOTAL MEN: 6

TOTAL NUMBER OF NON-JEWISH PEOPLE SERVED:

WOMEN: 6 Men: 9

ACTIVITIES AND OUTCOMES

Most Clubhouses have a culinary unit that acts as the largest unit and central hub for work, meetings and social gatherings. The Kadima Horticulture & Culinary Unit will operate the Clubhouse kitchen which will provide healthy daily lunches to Clubhouse members and food and snacks for other Clubhouse events. Members of this unit also will learn how to grow organic crops through an outdoor community garden and indoor hydroponic garden. The harvested vegetables will then be used to prepare lunches, with excess produce going to Kadima-supported residences for use in healthy meals.

Kadima members will be involved in a host of activities and accountable for a number of responsibilities all working toward the outcome of the program: to create a robust, work-ordered day that provides opportunity for leadership and skill building for people with mental illness so that they can lead satisfying, productive lives and move toward greater independence. Activities will include:

- Planting, maintaining and harvesting the outdoor garden and year-round indoor hydroponics garden
- Planning menus for daily lunch, other meals and events
- Ordering supplies and shopping for groceries
- Developing relationships with local food providers and vendors
- Sorting and filing receipts
- Managing an inventory system
- Following recipes
- Cooking and serving food
- Assisting as needed with special events
- Managing the cleaning of food service and dining areas
- Maintaining food service equipment

- Working off-site on cooking- or gardening-related projects, such as the Cookie Project with two local synagogues and gardening with a food pantry
- Providing tours to visitors
- Other general Kadima Clubhouse member responsibilities will be to:
- Participate in the Horticulture & Culinary Unit's outreach program to inactive members
- Advocate for the protection of members' rights and services

Members will also have opportunity to join culinary art therapy groups with a LMSW-credentialed counselor.

SOCIAL IMPACT

The Clubhouse model will improve lives by providing a participatory environment for learning, working, volunteering, sharing and leading. Specifically, the Horticulture & Culinary Unit will mirror a typical workday, with additional evening and weekend activities. Members and staff will work side by side as colleagues to manage the kitchen, outdoor garden and indoor hydroponic garden.

Active involvement in the Horticulture & Culinary Unit will assist members in gaining skills involved in menu planning, shopping, food preparation and serving, following recipes, food service sanitation, and maintenance of a working kitchen. Moreover, it will provide a productive and supportive environment in which to gain confidence and achieve greater independence.

A working community will be at the heart of this unit. By working together, members will regain confidence, make friends, learn new skills, and make progress toward achieving their psychosocial, employment and educational goals. This opportunity to be a part of a successful working community will be restorative and build dignity and self-esteem – along with the skills needed to move toward job readiness and employment.

The Clubhouse model enhances the well-being of individuals with mental illness by:

- providing the needed structure of a work-ordered day
- creating skills and habits needed for future employment
- increasing socialization
- improving confidence and motivation
- enhancing mood
- improving functional ability

Michigan Department of Health & Human Services personnel have stated that there is a need for more Clubhouses in Michigan.

LETTER OF INTENT PROJECT BUDGET FORM

Kadima Clubhouse Horticulture & Culinary Unit

PROJECT EXPENSES:	Total for the Project	Amount Requested from the JWF
Salaries (1 FTE, unit coordinator; .3 FTE Clubhouse director)	66,000	20,000
Payroll Taxes (7.5%)	4,950	
Fringe Benefits (20%)	13,200	
Consultants & Professional Fees		
Insurance (liability insurance \$208/mo.)	2,496	
Travel (100 miles/month x \$.575/mile)	57	
Equipment (small appliances, gardening tools)	500	
Supplies (food @ \$2,300/mo.)	27,600	
Printing & Copying	325	
Postage & Delivery		
Rent (occupancy costs: \$1,000 per month)	12,000	
Utilities		
Maintenance		
Evaluation		
Marketing	2,000	
Other (<i>Specify</i>)		
TOTAL EXPENSES	129,128	20,000

SOURCES OF REVENUE:	(A) Pending Revenue	(B) Committed Revenue
Grants/Contracts/Contributions:		
Jewish Women's Foundation	20,000	
Government		
Foundations (The Jewish Fund; Legacy Heritage)	72,500	20,000
Corporations		
Individuals		
Earned Income (<i>Admissions, Fees, etc</i>)		
In-Kind Support (<i>Indicate Source</i>)		
Other Revenue (Golf classic proceeds)	16,628	
SUBTOTAL REVENUE	109,128	20,000

(C) TOTAL REVENUE (A plus B)

129,128

**BOARD OF DIRECTORS
2019-2020**

Barbara Bressack
Henry Ford Health System

Emil Raab, Treasurer
Tama, Budaj and Raab, PC

Rabbi Yoni Dahlan
Congregation Shaarey Zedek

Barbara Schwartz
Private Practice, Nurse

Harold Dubrowsky, Vice President
Plastipak

Howard Schwartz, Vice President
Howard Schwartz Community Real Estate

Bobbi Gordon, Member-at-Large
Private Practice, Family Counselor

Dan Serlin, Secretary
Serlin, Trivax & Associates

Andrea LaFontaine
Michigan Trails

Charlie Shaw
Cranbrook Educational Community

Evan Leibhan, Immediate Past President
Honigman, Miller, Schwartz, Cohn

Gail Stewart-Berman, Member-at-Large
Community Member (retired social worker)

Jonathan Modiano, President
UBS Financial Services

Chad Techner, Vice President
Ira Kaufman Chapel

Kacee Must
Citizen Yoga

Eric Wizenberg
Reserve Management Company

KADIMA
JEWISH SUPPORT SERVICES FOR ADULTS WITH MENTAL ILLNESS

PREVIOUS JWF GRANTS

YEAR	AMOUNT	PROJECT/PROGRAM
2006	9,000	Women's Project
2009	10,000	Women and Financial Exploitation
2011	15,000	Falling Through the Cracks: Helping Children with Mental Illness by Educating Professionals
2013	15,000	Falling Through the Cracks: Helping Children with Mental Illness by Educating Their Families and by Educating Professionals
2018	20,000	Integrated Care Program
2019	20,000	Integrated Care Program