

Clubhouse Member Testimonials
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Thank you for the opportunity to submit this written testimony in part with the Kansas Clubhouse Coalition. Clubhouses are more than just physical spaces; they are communities of hope, empowerment, and transformation for individuals living with mental illness. Clubhouses provide a place where members can rebuild their lives, find meaningful work, and connect with others who understand and uplift them. Each statement included with this testimony shares a unique perspective on how Clubhouses have positively influenced a person's life and contributed to their personal growth. Increasing funding for Clubhouses means making an investment in the future of our state, where mental health support is accessible, compassionate, and effective. Additionally, Clubhouses play a crucial role in increasing the number of employable adults in Kansas by equipping members with the skills needed for the workforce by fostering healthy relationship-building skills, creating responsible citizens, tenants, neighbors, and employees. We urge you to support this vital initiative to expand Clubhouses and enhance the lives of countless individuals who depend on these life-changing resources.



"My name is Danny Hedges; I am a member of The Lotus Clubhouse. I consider myself to be seasoned member in good standing. My diagnosis is Bi-polar 1 with depression and PTSD. I am happy to share a small part of my experience with Lotus Clubhouse, here we go! I came into the clubhouse today to do some research concerning my mental and physical health in the Personal Development Unit. Now I am able to talk to my doctor so I can be the best version of myself. As I am here at the Clubhouse, I am overcome with grateful gratitude because I did not have to sit in my pain (feelings of hopelessness and self-loathing) because I have safe place to come; a place I can be proud to be a part of. From the well-kept property to the warm friendly welcoming calling me by my name "Danny!" However, this is just the beginning of what you will find at the Lotus House. We are a community, like a family; we work together, learn together, and yes, we argue together. We understand that individually we are not always going to get what we want but collectively we will all together get what we need. If you are living with a mental health diagnosis or have a loved one that does, we are here for you and invite you to come be with us and discover the best version of you." With love and gratitude in my heart, Danny Hedges.



"Hello, my name is Stanley Hestand and I am currently a member of The Lotus House in Topeka, Kansas. I joined The Lotus House to increase my ability to socialize, thus making new friends who would be dependable and trustworthy when I had trouble or various questions which needed to be answered. I feel that ever since I became a member at The Lotus House, the members as well as the leaders have been courteous and polite, whenever they have spoken to me or even asked me to do something. I feel that I am lucky to be a member of The Lotus House and have created many friends; both members, like me, and staff, who show they are willing to do an excellent job; making sure I am taking care of myself everything turns out right." Thank you, Stanley



"The Clubhouse has been very helpful to me for many reasons. One of my main reasons is because it helps with my social anxiety and getting me out of my apartment and being social. Another reason I enjoy the Clubhouse is because I get to expand my cooking skills in the wellness unit and learning about healthy eating. I also enjoy that I can go to any unit I want to go, I can learn different skills that help for various things in life. Overall, I love coming and meeting new people and doing something with my day, so I don't let my mental health slip and take control of me." Thank you, Patricia Pickering



"The food is great and it's a cool meeting place for networking with the community. It's a safe place where I can be with friend and family. The Clubhouse has provided a crowd of companions for me to share my interests in technology." Thank you, Bernard Rosey



"Clubhouse has given me a sense of purpose, and a place to go during the day to get away from my problems for a little while and do something productive. I'm allowed to work on several different projects, including our weekly web-series on YouTube called "The Lotus Lowdown" as well as put my writing skills to good use with the Newsletter and Daily Digest and other skills.

Thanks to Lotus House I was able to get the help I needed to get my case looked at via Shawnee County as they got me hooked up with Kansas Disability Rights as I was stick in the nursing home with no way to continue my case. Now I have a lawyer, a psych evaluation coming up, and a court date. With a very good chance of finally getting out of the nursing home into a group home so I can put this court stuff behind me and move on with my life." Thank you, Tom Jobe



"The Clubhouse has given me skill building and somewhere go when I did not have anywhere else to go. They have taken me bowling and other activities such as backyard barbeques. They have also helped me with managing my finances". Sincerely, Michael Robinson



"I started out coming to the Clubhouse in May of 1988 through the years the Clubhouse has given me the skills I needed to go to work. I have been an active participant of the Clubhouse; I have gained management skills. The Clubhouse has given me the skills I need to be a productive person in society." Thank you, John David Lawyer



"The Clubhouse has helped me learn that there is a chance of recovery and that there are people out there that has mental health issues, and I am not alone in recovery and that if it wasn't for the Clubhouse I wouldn't be here. They helped me get sober and also helped me realize there is more to life than drugs and alcohol like friendships and trust and socialization in the right way. The Clubhouse means to me family." Thank you, Wendy Simpson