



# Yahara House 2023 Spring Quarterly Journal



## TEP Story: Patti Baltes

For four weeks now, I have been working a new TEP (Transitional Employment Placement) at Medical Health Pharmacy in Middleton. It is not retail, but they work with nursing homes, hospitals, and larger facilities. It is my job to tear labels off of empty medication bottles and blister packs and recycle them. I place packets with pills in them in a separate bin, where they are properly disposed of. I also organize dividers and put them in a separate bin.

This job is 3 hours per week, on Thursday from 1-4 and is a 2-person team. The time goes by fast and it is enjoyable work.



## YH Gallery Night

Yahara House will be a host site for Madison Museum of Contemporary Arts (MMoCA) annual Art Gallery Night on Friday, May 5th, 2023 from 5-9pm. We are looking forward to hosting again!

See original works from artists in the YH community, available for purchase or for your viewing pleasure. Refreshments will be served by the Cafe department, and proceeds from the sales of available artwork will benefit the artist or Yahara House.

Please check out [www.mmoca.org/](http://www.mmoca.org/) for more information and other host sites around Madison.

**June 1, 2023 is Clubhouse Giving Day! Check out [clubhousegivingday.org](http://clubhousegivingday.org) for more information on how to support Clubhouses.**

# 30 Stories, 30 Days Fundraising Effort

On May 1st, 2023 Yahara House will begin its crowd-funding campaign titled *30 Stories, 30 Days*. We will post a video or written story by Yahara House colleagues or Friends Advisory Council members on social media such Youtube, Facebook, Instagram, and our YH website. The campaign will attempt to expand the Yahara House community, raise funds for various Yahara House needs through crowd-funding site Mightycause (see bottom of letter for address).

Website - [www.yaharahouse.org](http://www.yaharahouse.org)  
Youtube - Friends of Yahara House  
Facebook - [www.facebook.com/yaharahouse/](http://www.facebook.com/yaharahouse/)  
Instagram - @yaharahouseworks



## Member Story: Mark Suchanek

When I was young, I always had problems dealing with reality and would always do what I could to avoid it. This, of course led me to a path of delinquency and drug use. I started using when I was 15. I would try to avoid work at almost any cost and mainly sold drugs for money.

This path led me to a street life in California where I lived for 6 or 7 years after I graduated high school. This got me in a lot of trouble, and I eventually had to move home to Wisconsin

where my mother took me in and got me signed up for food stamps. I worked here and there and eventually got diagnosed with schizoaffective disorder. This was a stroke of luck I thought but later I thought it was probably my problem the whole time.

So, I moved into an apartment where I had a lot of free time. Too much time. Anyway, it wasn't long until I found places to get drugs and hung out doing drugs and sitting around my apartment. This went on for almost 10 years until my mother found Yahara House. I joined Yahara House in 2009 and I started noticing right away that my condition was improving. I started in the Biz department because I knew that I liked math in school. I had a really hard time getting my time in though. We were required to get 3 hours a week to maintain membership. I decided to try, and I struggled to achieve this goal for 5 or 6 years when finally, I started getting 5 or 6 hours a week.

I then worked at this until I could handle working and took a temporary job remotely doing data entry. This was last fall and I'm planning to take another transitional position next month. I have also been working on my sobriety since starting in 2009. I have been clean and stable for 6 years now.

I think that having something constructive to do with my time was really the main influence in my recovery. Also having a community of people to help with my day-to-day problems and issues was nice. They have a AODA group and people constantly give support.

Yahara House has been a major influence in my recovery. I don't know what I would have done without this place. I certainly wouldn't be where I am now.

**Please consider donating to the *30 Stories, 30 Days* fundraiser online at [www.mightycause.com/organization/Yahara-House](http://www.mightycause.com/organization/Yahara-House)**