

Robbie's House Call



November 2025



From the Director...

The meta mind and you...

Are we- our personalities, choices, beliefs, simply our brains when it's all boiled down? Well, not according to research on the brain. The book, *Atomic Habits*, makes a claim that would surprise many. There is evidence of a "meta mind" or a mind above the mind so to speak. Instead of thinking of the brain as you, think of the brain as the hardware (with code) that *you* operate.

The reason for this is we are able to "rewire" our brains through training and incremental changes in habit. Research and treatment for PTSD has shown that through EMDR sessions patients could reroute the mind's focus

away from trauma to the point that the traumatic event could be discussed by the patient without emotion.

So, concerning our core essence, we are not our brains. The brain is the computer, and we are the software engineers that program that computer.

What a revolutionary concept! We are not slaves to our original programming. Despite all the nature and nurture roadblocks that may have been laid before us, we have autonomy over self. We have choices. We have a fighting chance.

So honor that mysterious meta self and rejoice in the possibilities in recovery and growth they provide!

Oscar Lilley

In this newsletter you can expect:

Event Updates and Schedule

Gala and Charity of the Game Results

Check out the Legion of the 1000Tens!

Member Highlight

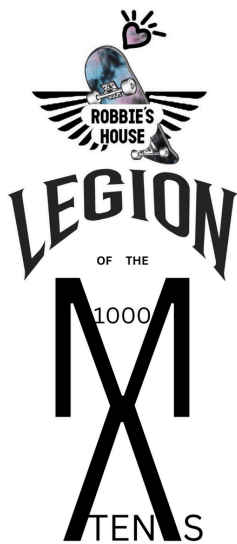
A Little About Clubhouse

Bonus Essay



Game and Gala Update

Word around town is the gala was a smashing success. The steak was great, the music lively, and the program of the night brought a lot of energy. The live auction was a new addition this year and was rousing fun. Aaaaand drumroll please... between the 2025 Gala and the Charity of the Game we held the next day, we raised over 25,000 in just two days! That is nearly two months worth of operations, all because of supporters like you.



WE HAVE A NEW WAY TO GIVE!

Robbie's House has begun a new program for those who want to support us on a recurring basis. With the uncertainty of public spending in the nonprofit sector we are seeking stability through the dedication and kindness of our community and supporters. We are recruiting 1000 people to give Robbie's House at least 10 dollars a month. We will be able to operate indefinitely if we reach our goal. Consider joining the Legion of the 1000Tens! We are 43 strong and growing! (Click the donate button on our website)

Schedule

- Oct 31- Halloween Party
- Nov 11- Veterans Day
- Nov 19- Nov Birthdays Celebration
- Nov 25- Breakfast @ Robbie's
- Nov 27- Thanksgiving (Tentatively @ Robbie's House)

For times and updates please follow us on Facebook or contact us for event confirmation.

Saying Goodbye to Our Indian Summer by Delette Henkle

Yeah, maybe I need my housecoat. It's getting a little cool at night, (which makes it hard to get out of bed in the morning.) I'm laying here thinking of all the projects that I wanted to do this summer that never got started! What a shame. I guess I turned into a slacker. What did I do all summer? Now that I think about it, I stayed busy with everyday household chores. I never will understand how life can pass you by while you're living it! Ah, the mysteries we encounter during our travels.

My goal was to paint the inside of my house, but somewhere along the road I only finished the laundry room. Oops! How about finishing it this fall? That might get me motivated again. (We'll see.) Also, I need to get out the fall decorations and start planning the menu for Thanksgiving. From past experience, I should probably start now.

I may have slept through autumn. Oh, I forgot this is Wyoming. We only have two seasons here, right? Construction season and winter. It has snowed already, not so bad, at least I haven't had to shovel yet. I think I'm OK because I see fallen leaves under the melting snow. I've always liked winter, but our Indian Summer suited me just fine.

Member Highlight

Congratulations Lyn Millman!

We're excited to congratulate Lyn on her first 1,000 hours at Robbie's House. Lyn has been a present and consistent member since she first arrived at Robbie's House in July of 2024.

She walked in smiling big but felt shy and somewhat nervous. She was soon assured that she could participate in any of the work units she was interested in. She gained confidence as she got involved with the kitchen unit where she worked with other members and staff to make and serve lunch. Since then she has been an essential member in the garden and admin units, which have taught her leadership skills and have helped strengthen her mind.

Lyn has made many friendships at Robbie's House that she holds dear, and also met her soulmate, Q-Ball.



In her spare time Lyn likes to collect and watch DVDs. She also considers herself a bookworm and is the lucky Mama of her cat "Silver" who is a Mama and Daddy's cat.

Lyn's desire for personal growth and friendships will keep her coming back to Robbie's House. She knows this community will support her in meeting her personal goals and help her maintain a sense of self worth and confidence.

A Little More About...



Clubhouse International

Creating Community: Changing the World of Mental Health

More on Standard 28

This standard is the rallying cry for our clubhouse. The standard speaks of wellness activities "scheduled to be consistent with a vibrant, *side-by-side* work-ordered day..." Our "vibrant", "side-by-side" partner of the work-ordered day is our art program. Traditionally art has not been well accepted as programming. But with the culture and community we have developed at Robbie's House we seek not only acceptance, but celebration of creative expression as being integral to the clubhouse model.

Our Writing Unit handles the newsletter along with thank you letters, marketing projects, and other tasks that require that creative writer's touch. They are also working on publishing an anthology of work done during our creative writing wellness program after our work ordered day is done. This month's newsletter contributors are Julie F, Randy PH, Delette H, Bren L, and Oscar L.

Looking Back At You

WITH THAT BEAUTIFUL YOU

BY JAY ROBBINS

I look back at you. That's all I can do. I wish I could grow arms and pull myself off the bathroom wall and wipe the tears off your cheeks. I reflect that you, that beautiful you, back to you. But you don't see what I see. And I can only see... you! You see something from my lying cousin at the carnival. You don't see you. You see that bully in the 7th grade when you were "skin" in a shirts and skins pick up game. You see that NCO who said you weren't worth the trouble. And you see that worst bully of all- you. That mean dark you who picks and prods and pushes down and buries with all the reminders of all the faults and all the mistakes and all the reasons you're not worth being a YOU but something that is no longer anyone because if that inner bully had his way you would not be the you, the wonderful you I

know you are, but nothing. You wouldn't exist. Nothing.

And I would just stare at that little crack in the wall behind you behind you that you beat yourself up about. But that inner bully, that inner demon, isn't you. It wants to possess, to consume, to destroy. It scares me when I see him. I don't want to hate but I hate him and want to strike out with the same fury that he lashes out at you. But sometimes I see you meditating in the bastion of peace. That look, not of a shallow pride. But acceptance. A partnership of the you and the meta self. Serenity. Through fog and foam and splash I peer out to you. And more and more I see YOU!

The you you were always supposed to be.

Thank you for reading!

ROBBIE'S HOUSE	307.460.2627
www.robbieshouselaramie.org	312 E. Custer St Laramie, WY 82070