

Robbie's House Call



September 2025



From the Director...

The Power of Gratitude

A meta-study on PTSD has revealed a correlation between gratitude and recovery. It appears that the ability to feel and express thanks despite the trauma experienced is a key factor for overcoming PTSD.

I was not surprised by this research. So much of living a good life at its core is about mindset. To not be thankful is to adopt a perpetual victimhood mentality that identifies the world as a source of injustice directed at you. It means prioritizing blame over identifying opportunity. Embracing negativity at the expense of hope. To be thankful is to be hopeful.

And this isn't just something you have or don't; it is something that can be practiced. Lost a job? Be thankful for having savings. Your car broke down? Be thankful that no one was hurt.

By exercising gratitude, you are opening yourself to opportunities for better outcomes. Gratitude becomes a vehicle *and* expression for wellness.

The secret password to recovery and wellness is "Thank you."

Imagine that!

Oscar Lilley

In this newsletter
you can expect:

Event Updates
and Schedule

**Our Annual
Gala**

Check out the
Legion of the
1000Tens!

**Time for WYO
Football**

A Little About
Clubhouse

Flash Essay



Our Gala is a month away!

We can't believe it has been almost a year since one of the most magical nights the Robbie's House community has experienced. Art on display, presentations, a live jazz band, drinks, raffles, cowboy catering. What. A. Night. If you came last year we hope to see you again. If you missed us then buy a ticket for this year's World Mental Health Day Gala on October 10th at the Eppson Center.

Schedule

- Sept 16- September Birthdays Celebration
- Sept 20- Territorial Prison Tour
- Sept 23- Breakfast at Robbie's
- Sept 25- Opera Night
- Oct 2- Family Crafts Night
- Oct 10- World Mental Health Day Gala at the Eppson Center
- Oct 11- Robbie's House is charity of the game UW versus San Jose State (Pulte Foundation matching up to 10k for what is raised at War Memorial Stadium)

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



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)

Ah... Nearing the End of Summer

by Bren Lieske

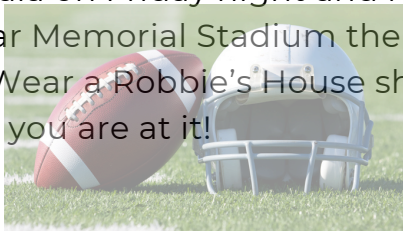
The tomatoes are turning a brilliant red and BLT sandwiches come to mind. Actually, no need for the bacon, just bread, mayonnaise, and a juicy tomato with a bit of fresh basil and lettuce. The taste and satisfaction of growing things in your own garden makes all the time and effort worthwhile. In addition, working out in the soil and tending to my plants keeps me content. My own private therapy session with nature.



Are You Ready for Some Football?!

We recently received news that just about blew our socks off. The Pulte Family Foundation, already a major supporter of Robbie's House, contacted us to let us know that they chose us to be "The Charity of the Game" during Wyoming Football's game against San Jose State on Saturday, October 11th. The foundation has pledged to match up to 10,000 dollars for the in-game fundraiser. On the massive scoreboard, UW Athletics will be asking the audience to text donations to Robbie's House.

If you were planning on catching a game consider partying with us at the gala on Friday night and head to War Memorial Stadium the next day. Wear a Robbie's House shirt while you are at it!



A Little More About...



Clubhouse International

Creating Community: Changing the World of Mental Health

Membership is for...

Anyone who is experiencing a mental health challenge or has a history of mental illness. Membership costs nothing and there is no time obligation. Membership is for life. Unless a member explicitly asks to not be contacted we will always continue to reach out to members so they know they are a part of a community and not alone. Even if you move far away we will still send cards and check on your wellness. We have members in Hawaii, Washington, Arizona, and Tennessee. Membership is for being a part of something good and noble and bigger than all of us.

The Kitchen Sink

The kitchen crew continues to put out consistently good meals. We are working closely with the summer Garden Unit to incorporate what they grow into what we serve. It has been a learning experience. Things do indeed taste better with the pride of having been involved in the process of growing it! What a treat to pick basil and the next minute have it in your pesto!

We attended a Rocky Mountain Clubhouse Coalition meeting this week at Boyd State Park, in Colorado and we were so proud to contribute our greens for a salad that were only harvested hours beforehand.

We hope to continue to 'grow' this process between the Garden Team and Kitchen Unit moving forward, with endless possibilities of self-sufficiency, or simply knowing where your food comes from.

Please come in and have one of our lunches! The first one is always free, but only \$2 after that. 12-1 Monday through Friday. Please try to RSVP by 11.

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.



RANDY PORTER-HAWKINS

The following flash essay is an example of what we do during our writing workshops held every Wednesday at 3:30PM. We do short lessons on grammar and structure and other writing techniques. We workshop member pieces. And we have a 15-minute hour glass for a frantic writing prompt that is all shared with the group (voluntarily). This is what Randy wrote for the writing prompt- Colors:

Colors

Why do they like to make me see things? Always being flashy and stuff like they own the place... Rude.

What if I don't want to see them? Huh? Did they ever think about that?

I could have a pleasing void of nothing, but noooo, they just have to be all up in my eyeballs and everything.

I wonder if I can file a complaint against them?

Stupid colors

Thank you for reading!

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