

TRANSITIONS



A newsletter brought to you by Transition House

CHANGING LIVES BY CREATING PATHWAYS FOR MENTAL WELLNESS.

SEPTEMBER 2023

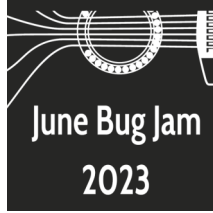
Top stories in this newsletter



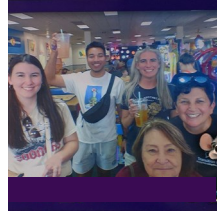
Making an Impact



ONE Award Finalist



June Bug Jam 2023



Staff Wellness

Making an Impact



People come to Transition House with a desire to change. Readiness for all that is necessary to change is another step in the process. TH is committed to doing our best to support people throughout their healing and recovery journey.

Impact along with transparency and accountability is important. The following is from TH's Annual Report FY'23 which is available at www.thouse.org/reports. This reflects the average percentage of Transitional Living Program (TLP) and Community Outreach Program (COP) clients who had improvements/maintenance in:

Quality of Life: 93% | Mental Illness Management: 80%
Social/Recreational Skills: 86% | Work Related Skills: 85%
Community Living Skills: 87%

ONE Award Finalist



Transition House was recognized as one of the 21 finalist for the Oklahoma Nonprofit Excellence Award—ONE Award. TH was a Health Services Finalist and proud of this recognition. In addition, TH was awarded a \$5,000 grant from the Moran Family Foundation and The Anne and Henry Zarrow Foundation.

Thanks to the Oklahoma Center for Nonprofits for providing this opportunity to recognize the work of nonprofits statewide.

June Bug Jam 2023



A lot has changed with Transition House's fund raising event, June Bug Jam, since it began in 1996. Originally a talent competition, then musical showcase, JBJ is now an opportunity to share original music videos that tell stories of TH People. These music videos premiere on YouTube and are celebrated at a fun-filled watch party at The Well. In addition to the watch party, this year's JBJ'23 had live entertainment for all to enjoy.

The event has transformed from a fundraising event to a fundraising event with a focus on storytelling, advocacy, and celebration. With the new format, the event can be enjoyed beyond the day of the watch party. For more, go to www.thouse.org/june-bug-jam

Staff Wellness



Staff wellness is important. Years ago, TH began doing SWARA - Staff Wellness and Recovery Activities. The intent was to find a supportive, teambuilding, restorative activity that staff could do together during the last Friday afternoon each month.

This practice was challenged during the pandemic. TH's staff has recommitted to this practice that empowers a healthy, connected team. Through a variety of fun activities, staff members are able to build a healthy sense of connectedness that impacts service delivery while modeling healthy recreational practices for the clients.

At a time when staff turnover and 'burnout' is high - especially in social services, SWARA offers a simple solution that helps.

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Thank You to all who support the life saving work of Transition House.

www.thouse.org