



1016 Grandview Ave Newton, KS 67114  
(316) 333-8198

Submitted by, Jessica Koeh, Newton Railway Clubhouse Member:

I knew from a young age that I was different. I got bullied a lot, and I didn't know why I was different. I always had supportive family members, but I never told them about the bullying because I didn't want them to worry about me, so I would make excuses for why I couldn't go to school. I had a really hard time letting things go if I was upset by something, and I would also read more into situations that happened and I would over react to those. I would start to believe thoughts that aren't true and then those thoughts started to consume my reality. In 2015 I was diagnosed with delusional disorder, OCD and depression.

Clubhouse helps me to get rid of these thoughts throughout the day. By having a place to go everyday to be connected to others in a community oriented program, I am less likely to ruminate or act on these negative thoughts. Clubhouse provides outreach to me and I help to outreach to other members, I like meeting new people and the work order day and cleaning. Clubhouse has great staff that will help you through the day with many things including education and employment and with a resume. Its a great place to get away from the stigma and be around others who understand.