



Reclamation Clubhouse
Belonging • Wellness • Purpose

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Submitted by Emily LaMar, Reclamation Clubhouse member:

My name is Emily LaMar, and I am a member of Reclamation Clubhouse in Olathe. Before I came to Reclamation Clubhouse, I struggled with my mental health. I was constantly in and out of hospitals for about 3 years straight. I would hide under desks and avoid contact with people. I was chronically suicidal and engaged in self-harm. I did not think that I had a future or anything to offer the world. Slowly, after attending Reclamation Clubhouse, I began to engage with staff and members to build my confidence. I loved being involved in the work-ordered day. I was able to share my skills and talents through several tasks, such as creating the newsletter, grant writing, helping with reports, and teaching education and employment classes. I had finally found a place that wanted and encouraged me. I was able to go back to school and am currently pursuing my MSW (Master's of Social Work). My dream is to help other adults with a mental health diagnosis and give back to the clubhouse community. At Reclamation Clubhouse, I am surrounded by unique and caring colleagues who help build a safe and loving community. No matter your diagnosis, everyone is accepted. We work together to help each other with education, employment, housing, and healthcare resources. We also spend time getting to know one another and engaging in social activities. I know what it is like to feel isolated and misunderstood. Reclamation Clubhouse has helped me to make lasting friendships with people who understand my struggles. I feel included and like I have a purpose in life again. It has been about 4 years since I have been to a psychiatric hospital or self-harmed. My Reclamation Clubhouse community has supported me the whole time and are as proud of me as I am of myself. Together, as colleagues, we live life and support each other every day. I would not be here without Reclamation Clubhouse.