



April Smith's Story

Over two years ago, I joined Milestone Clubhouse. Before that, I spent most of my time at home, isolated and struggling with depression. I rarely socialized and felt stuck in place. I also battled a drug addiction, but I'm proud to say I have since recovered.

When I first came to the Clubhouse, I was nervous. I started small—just a couple of hours at a time. Slowly, I got involved, beginning with meal prep in the kitchen. Before long, I really started to enjoy myself. The Clubhouse community welcomed me, and as my confidence grew, I began staying all day. Over time, I took on more responsibilities, including managing the snack bar and helping with business tasks like tracking attendance, transportation, and meals.

Now, I come to the Clubhouse five days a week. I'm actively involved in all aspects of the Wellness Unit and contribute to the Business Unit as well. I helped develop the structure of our work-ordered day board, breaking down tasks to make them accessible to all members. I also help keep everyone—staff included—focused and on track.

When I first joined, I struggled to walk and relied on a walker. My weight was very high, but thanks to the healthy meals at Milestone and the daily walking I now do, I've lost 200 pounds. Today, I walk with just a cane.

The Clubhouse has given me so much. With the support of Clubhouse grants, I completed my associate's degree. I've made great friends, traveled to new places, and attended the National Clubhouse Conference in Salt Lake City in October 2023. In April 2024, I even participated in a two-week training there. My life has completely changed—I'm happier, more independent, and only need to see my therapist every six weeks now.

Milestone Clubhouse gave me a second chance, and I'm making the most of it.

Clubhouse Member Testimonials Submitted by Tenisha Johnson, Milestone Clubhouse
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