



Recovery Times

August 2026

206-501-3730

www.seattleclubhouse.org



July Recap:

-One of our members started a new job at CVS!

-We helped a member secure supported housing.

-Member interviews with Harborview's PEER-PRESS were published in their 2026 Summer edition .

We hosted case-workers from Soud, PACT, and Community House, along with their clients.

Global Black Mental Health Awareness Month

Every August, we recognize Global Black Mental Health Awareness Month (GBMHAM) — a designation from Black Therapy Central and other Black organizations recognizing that Black people worldwide face similar mental health challenges rooted in the trauma of systemic racism. ([source](#))

The need is real: Black and African American people are 20% more likely to experience mental health issues than the general population, yet are less likely to seek treatment. ([source](#)) Barriers like stigma, lack of culturally competent care, and provider shortages keep too many people from getting support.

This month, we're calling on our community to:

- Check in on someone — really ask, and really listen
- Share a mental health resource with someone in your circle
- Support Black-led mental health organizations and therapists



Staying the Course: My Journey to Earning My CDL

By: Kim N.

Getting my Commercial Driver's License (CDL) has been a goal of mine for a while. I completed CDL school and was preparing to take my skills test when I ran into some unexpected health issues. I had to put everything on hold for a bit, which was frustrating, but I knew I wanted to come back to it when I was ready.

Since my permit expired, I've been studying to earn it again before taking the CDL test. Looking back, having to study a second time has actually been a blessing in disguise. I've been able to relearn things I had forgotten, and it's reminded me just how important safety is in this line of work. One piece of advice from my instructor has really stuck with me: *"The only people who don't get their CDL are the ones who give up."* Whenever I feel discouraged, I think about those words and keep moving forward.

Right now, I'm working full-time while continuing to study. Earning my CDL will allow me to drive larger passenger vehicles and comes with a generous wage increase, which is a big motivator for me. More than anything, I'm excited to keep growing in my career and reach this goal.

I've worked with DESC for many years, so I've gotten to know a lot about the Clubhouse model and what it has to offer. I really appreciate the support, encouragement, and sense of community that Clubhouses provide. Having people who believe in me and cheer me on has made a real difference, and I'm looking forward to earning my CDL and taking the next step in my journey.



AUGUST 2026



www.hero-house.com/ info@hero-house.com

Lunch Menu +

YOUR VOTE
MATTERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 HERO House Bellevue Block Party 11-2pm	2
Celebration of birthdays and accomplishment Egg Salad sandwich	4 Election Day Greek Salad 2:00-2:30 pm Community Outreach	5 Spaghetti & Garlic bread	6 Enchiladas 2:00-2:30 pm Program Meet	7 Quiche	8	9
10 BLTs 2:00-2:30 pm Wellness to work meet	11 Bahn MI Vietnamese Sandwich 2:00-2:30 pm Community Outreach	12 Chef Salad 	13 Cafe Vito at KEXP 4-6pm Mac & Cheese 2:00-2:30 pm Program Meet	14 Burritos 	15	16
17 Breakfast 2:00-2:30 pm Wellness to work meet	18 Stir Fry 2:00-2:30 pm Community Outreach	19 Tuna Salad Sandwich	20 Minestrone 2:00-2:30 pm Program Meet	21 Spicy Potsticker Noodles Dish	22	23
24 Chipotle Pasta 2:00-2:30 pm Wellness to work meet	25 Tacos 2:00-2:30 pm Community Outreach 	26 Chili Dogs	27 Art Social at the Clubhouse 4-6pm Grilled Cheese 2:00-2:30 pm Program Meet	28 Chicken Caesar Salad	29 Seward Park 11-2pm 	30
31 Pasta Primavera 2:00-2:30 pm Wellness to work meet						

New Movie Review for 2026

Pressure is an extremely tense film about the weather surrounding the invasion of Normandy, more commonly known as Operation Overlord or simply D-Day. While the film has little violence until the last ten minutes or so. You might not want to bring a small child. Most of the film is set in drawing rooms of a country estate in England leased to the Allied Command. **Andrew Scott** plays James Stagg an outspoken officer and meteorologist brought into the Allied Command to offer a fresh perspective on the conditions surrounding the landing. Immediately there is chafing between Stagg and Irving Krick the weather specialist originally assigned to the invasion. There is difference of opinion over whether the future can be judged by past weather conditions. Stagg orders his subordinates to collect thousands of data points and analyses them looking for real time information that may inform the operation. Whereas Krick focuses on maps and patterns that have already occurred. Tensions ultimately come to a head in the crucial days and hours before the landing is scheduled. The acting is top notch, and in my personal opinion a couple of Oscar winners reside within this film. I highly recommend it.

-By Elliot T.



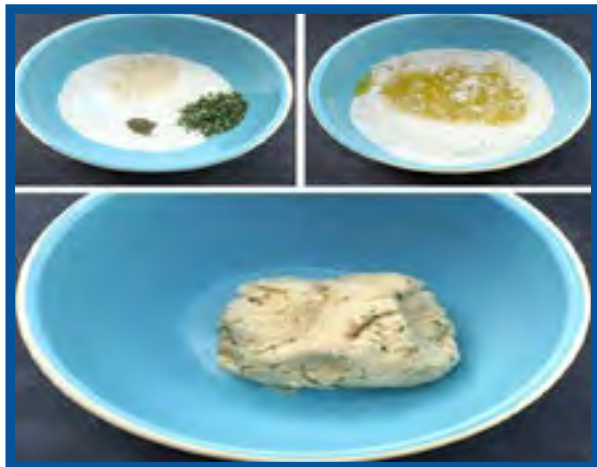
Rosemary Crackers Recipe

- **Plain/all-purpose flour.** I like to keep these crackers light so stick to white flour. But you can replace some with whole meal if you prefer.
- **Rosemary.** For the best flavor and texture, use fresh rosemary rather than dried. I think a rounded tablespoon of the finely chopped herb is plenty; add more for a stronger taste.
- **Garlic powder.** This is entirely optional, but a subtle hint of garlic does pair well with rosemary.
- **Salt & Black Pepper.** I use fine table salt and black pepper. For more texture you could swap in flaky sea salt and coarsely ground pepper.
- **Water.** To bind the dough.

Extra virgin olive oil. To help bind the dough and for flavor.

Rosemary Crackers are my favorite food to eat. I like how they are made to eat fresh out of the oven. They easy to eat and made healthier than the store-bought crackers. I make them for lunch with tuna salad. I bake the bread on a square pan and add the tuna salad and cheese on top; Everything tastes perfect! It is a very nice meal for the summer. I like cooking my food in the oven because I get time to clean and prepare the table. I know it's good and I hope other people like making crackers too. Once you try to make these crackers it might open doors to make different kinds of crackers and bread.

-By Kimberly



Easy Teriyaki Sauce Recipe

Ingredients:

- ½ cup of soy sauce
- ¼ cup of “Ponzo”
- 1/8 cup of Worcestershire Sauce
- 1 tablespoon ground ginger
- 1 tablespoon of Chopped garlic
- ½ Cup of brown sugar
- 1 table spoon of sesame oil



Instructions:

1. First you will place the garlic and ginger in a saucepan on a medium heat also adding soy sauce to the saucepan.
 - A. Let this mixture settle for 3minutes.
2. Next add the Ponzo and Worcestershire sauce to the saucepan making sure to stir the sauce frequently.
3. After you will want to add the sesame oil and brown sugar again stirring frequently.
 - A. You may add extra sugar depending on the thickness you'd like to acquire.
4. Cook this sauce for about 5 minutes and then let the pan simmer on low for 5 minutes as well.
5. Empty your sauce into a sauce dish and let it chill in the fridge for at least 30 minutes to thicken it up.

PS: For spicy Teriyaki Add in your desired Hot sauce during step one. I recommend Garlic Chili paste.

Enjoy

By: Jaylen Bolar

Member Art Bounty

I want to sail on the sea

I want to be free from fear

“Don’t be afraid, my dear,” said Stan

Stan is a man who stands tall.....

He’s over 6 feet.....

I will not be defeated

Stan and I will meet again.

By Elena Stratton



The eyes are as thy mirror as they portray what is with-
in
A star in the sky as such a window in the night.

By Steven Hayes

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Recovery Times
August 2026 edition
was published by
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Resources

BIPOC Resources :

<https://namiseattle.org/bipoc-mental-health-resources/>

Black Mental Health Alliance:

<https://www.blackmentalhealth.com/> <https://neighborhoodcare.org/services/>

Muslim Behavioral Health Network:

muslimbhnetwork@gmail.com

CAIR Washington

<https://www.cairwa.org/about/>

Muslim Association of Puget Sound

<https://mapsredmond.org/marc/>

Consejo Counseling:

<https://consejocounseling.org>

Asian Counseling & Referral Service:

acrs.org

Seattle Indian Health Board:

<https://www.sihb.org/services-and-programs/behavioral-health/>

NW Immigrants Rights Project:

<https://www.nwirp.org>



 **king county**
24-hour crisis line
1.866.4CRISIS(427.4747)