



Clubhouse International



The Clubhouse Model: Recovery Through Work, School, Housing, Friendships
UPMC Western Psychiatric Hospital
Wil Garber, Sarah Hurst, Tempo Clubhouse, Jack Yatsko, Clubhouse International
February 9, 2023



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Creating Community: Changing the World of Mental Health

The Problem:



1 in 4 People

Suffer from mental disorders – more than cancer, diabetes or heart disease

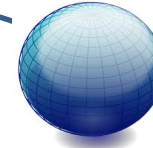
What It Means:

teens



= Young People at Risk

50% of those who will ever be diagnosed with a mental disorder show signs of the disease by age 14 – 75% by age 25



= Global Human Impact

450 million people worldwide suffer from mental disorders



= 1 suicide every 90 seconds

Every day, nearly 2,200 people in the world – some 800,000 each year – die by suicide



= Crowded Prisons

360,000 people with mental illness are living in US prisons, only 35,000 in hospitals



= Inadequate Care

Mental illness accounts for 20% of the global burden of disease, but only 3% of the world's healthcare budgets



= Global Economic Impact

\$2.7 trillion/year today... \$6 trillion by 2030
26% of all time lost to disability – more than any other kind of disease



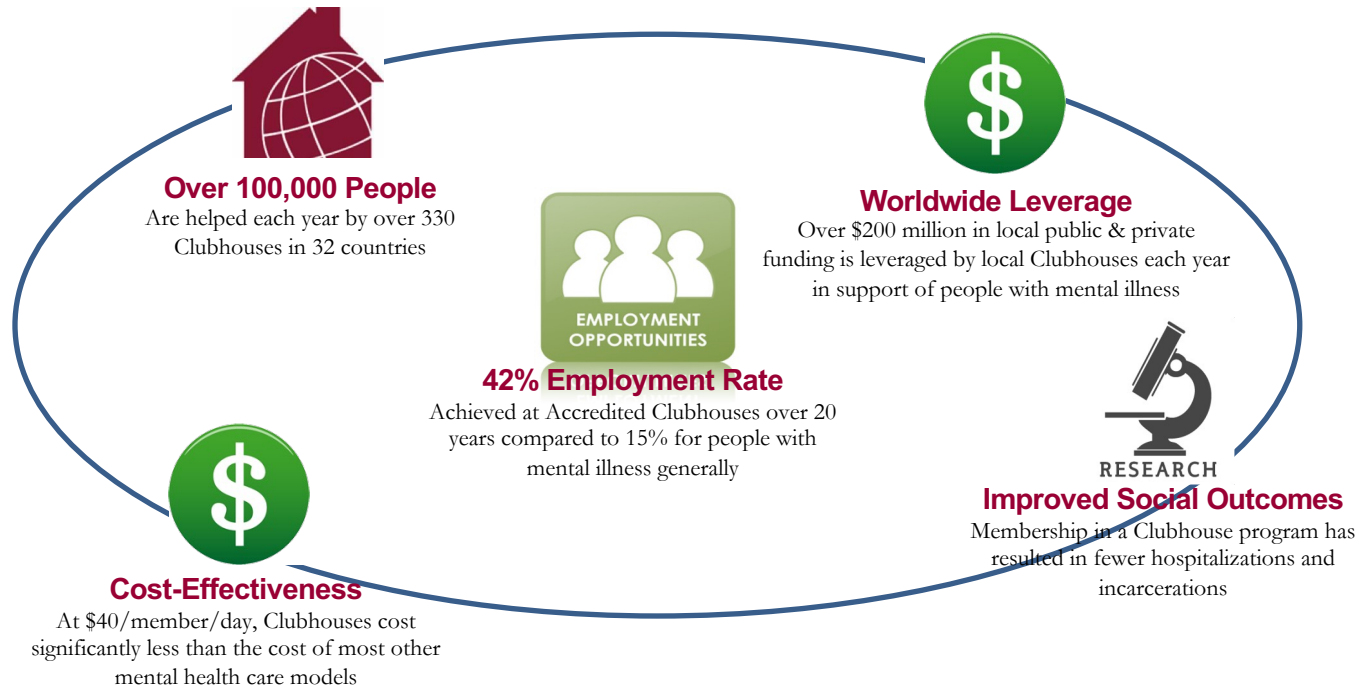


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Creating Community: Changing the World of Mental Health

The Solution:

Since 1994, Clubhouse International has succeeded in creating something that didn't exist before: a worldwide community that is changing the world of mental health. Through local Clubhouses around the world, we offer people living with mental illness opportunities for friendship, employment, housing, education, and access to medical and psychiatric services in a single caring and safe environment – so they can become productive and respected members of society.





The Clubhouse Model of Psychosocial Rehabilitation

- An approach that promotes self-determination and empowerment for people living with mental illness
- A Clubhouse is primarily a supportive community of people sharing work and purpose, and creating opportunities for individual growth and development

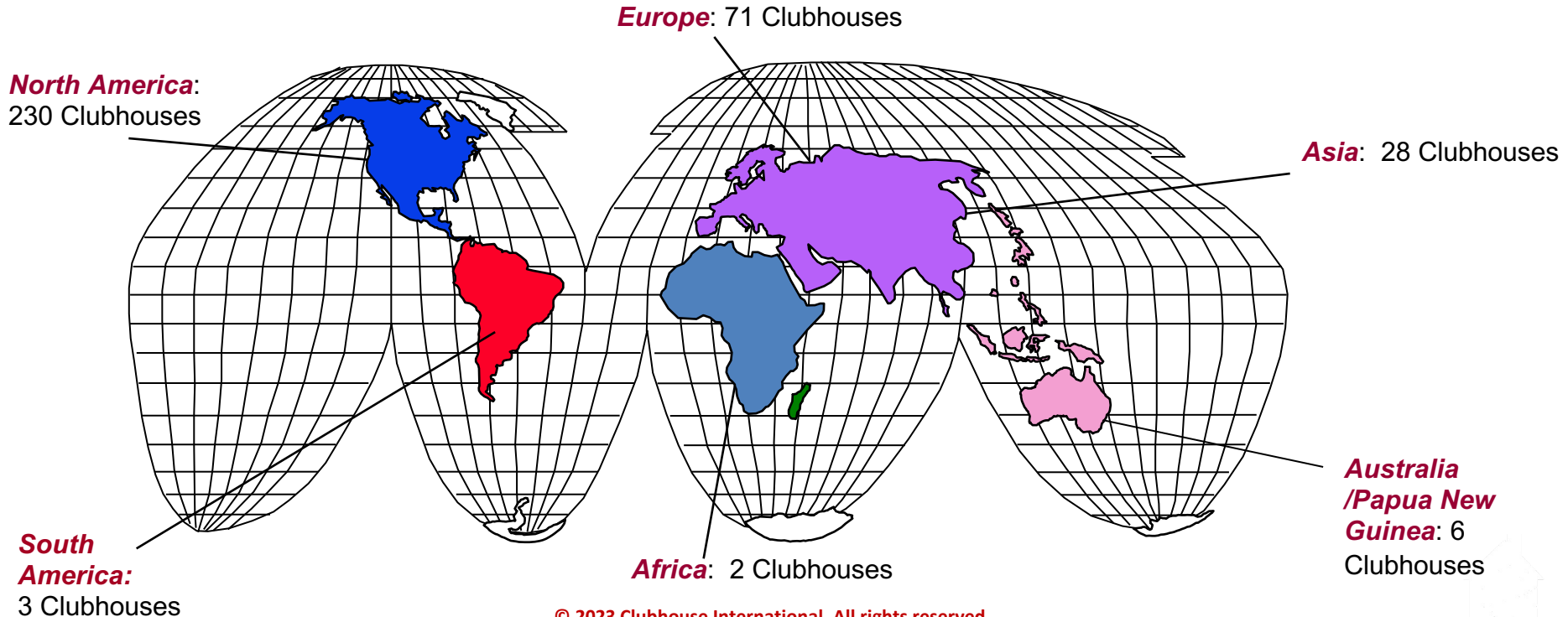




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Creating Community: Changing the World of Mental Health

Today there 340 member Clubhouses in 33 countries, 36 US states + DC and currently more than 60 new Clubhouse Start-up Groups







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More than a program a Clubhouse is...



Russia House
Moscow

- A community of people committed to each other's success.
- People working together
- A place where there are repeated daily opportunities to volunteer get involved and develop friendships
- Opportunities to participate in important work, employment, education, develop healthy lifestyles and to receive help accessing needed healthcare and social services



Clubhouses offer people living with mental illness *hope and opportunities* to recover and create successful lives.

What is a Clubhouse?

- A place where people with serious mental illness¹ ***participate in their own recovery process*** by working and socializing together in a ***safe and welcoming environment***.
- An organization that operates on ***proven standards*** developed by Clubhouses over many years and ***effective in over 300 Clubhouses worldwide***
- A community-based approach that ***complements available psychiatric treatment***.



¹Clubhouse participants are known as “members”



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Creating Community. Changing the World of Mental Health.

Clubhouses address the social determinants of a healthy life

- Connectedness - A place to belong
- Access to and help with needed social services
- Safe stable housing
- Supported Education
- Employment (avoiding poverty)
- Access to and help with participating in quality healthcare
- Promoting wellness and healthy lifestyles
- Friendships and a social network



Genesis Club, Worcester, MA

A





A Work-Day

- Daily activities are organized around a structured schedule known as the **Work-Ordered-Day**.
- The Work-Ordered-Day in a Clubhouse **parallels typical business hours**. Usually 8 hours.
- Members and staff work **side-by-side** to do the work.
- **Members volunteer** to do as much or as little work as they feel ready to do.



Phoenix Clubhouse
Hong Kong, SAR, PRC



Clubhouse Habataki
Tokyo, Japan



Example of a Typical Day at a Clubhouse

- 8:00am – 9:00am Breakfast
- 9:00am – 9:15am – House meeting
- 9:30am – 12:00pm – Work of the Clubhouse
 - (The use & value of a White board)
- 12:00pm – 1:00pm – Lunch (may include a wellness walk)
- 1:00pm – 1:30pm – Policy meeting (Monday); Standards discussion (Tuesday); Social program planning (Wednesday); Advocacy/program update meeting (Thursday)
- 1:30pm – 1:45pm – Unit meeting
- 1:45pm – 4:00pm – Unit work
- 4:00pm – Clubhouse closes



Examples of typical work unit activities: Food Service Unit

- Use the white board to list all these activities and then have a member or member/staff team run the meeting going through all these activities and asking for members to sign up to help
- Menu planning (for example: Bob/Mary/Sam)
- Grocery shopping (for example: Cyrus/Kenn/Richard)
- Cleaning dining tables, folding napkins, setting out silverware
- Prepping the salad or side dish _____, main meal_____, dessert_____
- Selling meal tickets_____
- Servers _____
- Washing dishes, wiping tables, filling salt and pepper shakers, napkin re-fills,
- Snack bar (9-10, 10-11, 11-12, etc)
- Community support needs?



Examples of typical work unit activities: Clerical Unit

- Use the white board to list all these activities and then have a member or member/staff team run the meeting going through all these activities and asking for members to sign up to help
- Greet people and answer phones
- Enter attendance into daily record keeping
- Write article for newsletter
- Check email, Facebook page
- Put together Orientation packets
- Reach out
- Employer contacts
- Education – anyone needing help in this area?
- Community support needs?



Other examples of other typical work unit activities:

- Use the white board to list all these activities and then have a member or member/staff team run the meeting going through all these activities and asking for members to sign up to help
- Horticulture – place flowers on dining tables, water plants, work in garden
- Wash vehicles, clean the Clubhouse
- Media labs – daily video update to show at lunch or just afterwards, create Clubhouse videos, ppts for community presentations
- Speakers Bureau
- Member Bank
- Mobile Reach out





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The Employment Programs



- Creating opportunities for members to gain paid employment is priority at the Clubhouse .
- **Three types** of employment programs:
 - Transitional
 - Supported
 - Independent
- All Clubhouse employment is at the employer's place of business and pays the prevailing wage for the required work.





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Community Support



Stepping Stone Australia



Yahara House
Madison, WI

- Members are given help accessing the social and healthcare services they require.
- Members get help with acquiring and keeping affordable and dignified homes.
- Members get help with government disability and pension benefits.
- Community support services are coordinated and provided by members and staff of the Clubhouse together.



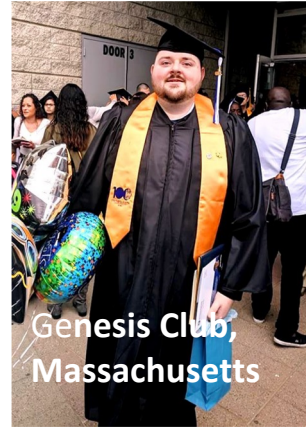


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Education

- Many members have had their education interrupted by their illness.
- The Clubhouse provides opportunities and assistance helping members complete or start their education at universities or other adult education programs.
- The Clubhouse uses the talents and skills of its members and staff to provide tutoring and assistance with school.



The Evening, Weekend and Holiday Programs

- In addition to work activities, Clubhouses provide social and recreational programming.
- Members and staff together organize structured and unstructured “fun” activities.
- Always outside of the Work-Ordered-Day hours.
- Holiday activities are important always celebrated on the actual day on which they fall.





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Reach-Out



- Part of the daily Clubhouse work is keeping track of all members.
- Members who are unusually absent are given “reach-out” phone calls, texts and visits from other members and staff to check in and provide encouragement.
- Members in the hospital receive visits from their friends and colleagues.
- In reach-out work each member is reminded that he or she is missed and welcomed and needed at the Clubhouse.





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Our Vision

A world where people with mental illness recover and are an integral part of society

Our Mission

Ending social and economic isolation for people with mental illness by growing the number and quality of Clubhouse rehabilitation programs worldwide





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- **Responsible for the International Standards for Clubhouse Programs** – Internationally agreed upon best practices updated every two years
- **Coordination of Clubhouse Training Worldwide** – 12 authorized training centers
- **Expansion:** assisting communities worldwide to start a local Clubhouses
- **Ongoing Support** – for strengthening Clubhouses
- **Clubhouse Conferences and Seminars**
- **Advocacy** – for Clubhouse development and advancing global mental services improvement
- **Quality Assurance** – formal accreditation program



Accreditation



- Quality Assurance System
- Evaluates Fidelity to the International Standards for Clubhouse Programs
- Self-evaluation and objective peer review
- Every 3 years
- Clubhouse members highly involved
- Written report with recommendations for improvement.

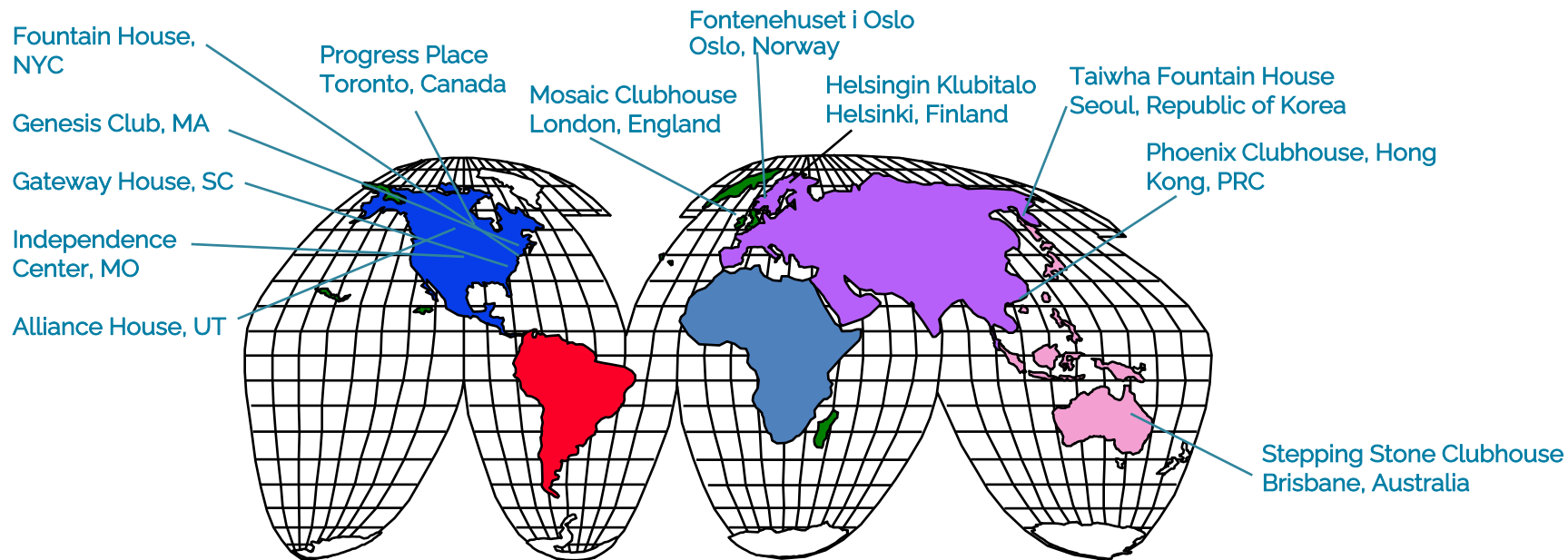




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Clubhouse International Training Centers





Conrad N. Hilton Humanitarian Prize 2014

The world's largest annual humanitarian prize is presented to a non-profit organization judged to have made exemplary and extraordinary contributions toward alleviating human suffering

The *Lancet* Commission on global mental health and sustainable development



Vikram Patel*, Shekhar Saxena*, Crick Lund†, Graham Thornicroft†, Florence Baingana‡, Paul Bolton, Dan Chisholm, Pamela Y Collins, Janice L Cooper, Julian Eaton, Helen Herman, Mohammad M Herzallah, Yueqin Huang, Mark J D Jordans, Arthur Kleinman, Maria Elena Medina-Mora, Ellen Morgan, Unaiza Niaz, Olayinka Omigbodun, Martin Prince, Atif Rahman, Benedetto Saraceno, Bidyut K Sarkar, Mary De Silva, Ilina Singh, Dan J Stein, Charlene Sunkel, Jürgen Unützer

In the October 2018 report of the ***Lancet Commission on Global Mental Health and Sustainable Development***, the Clubhouse model is acknowledged as one of the “essential components of a comprehensive response to the goal to achieve inclusion for people with serious mental disorders” (Patel, Saxena, et al. 2018).

<https://www.thelancet.com/commissions/global-mental-health>



WORLD HEALTH ORGANIZATION JUNE 2021

The WHO Guidance on community mental health services: Promoting person-centred and rights-based approaches

“Clubhouses are built on the belief that every member has the potential to recover and lead a personally satisfying life as an integral member of society, empowered by their own will and decisions. The Clubhouse model has a strong focus on meaningful activities, such as work, education and training. It promotes a sense of community, in which members help themselves and others to achieve their goals”





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AMERICAN
PSYCHIATRIC
ASSOCIATION



President's Special Commendation Award

"In recognition of their worldwide efforts to assist people living with mental illness recover and live meaningful, productive lives" - APA President, Jeffrey Geller, M.D.

May 2021





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“These talented and accomplished leaders are striving to expand the reach of mental illness treatment here in the U.S. and around the globe. They serve as extraordinary advocates for mental health and inspire us all to use our knowledge toward the greater good for all humanity,” said Jeffrey Borenstein, M.D., President & CEO of the Brain & Behavior Research Foundation.





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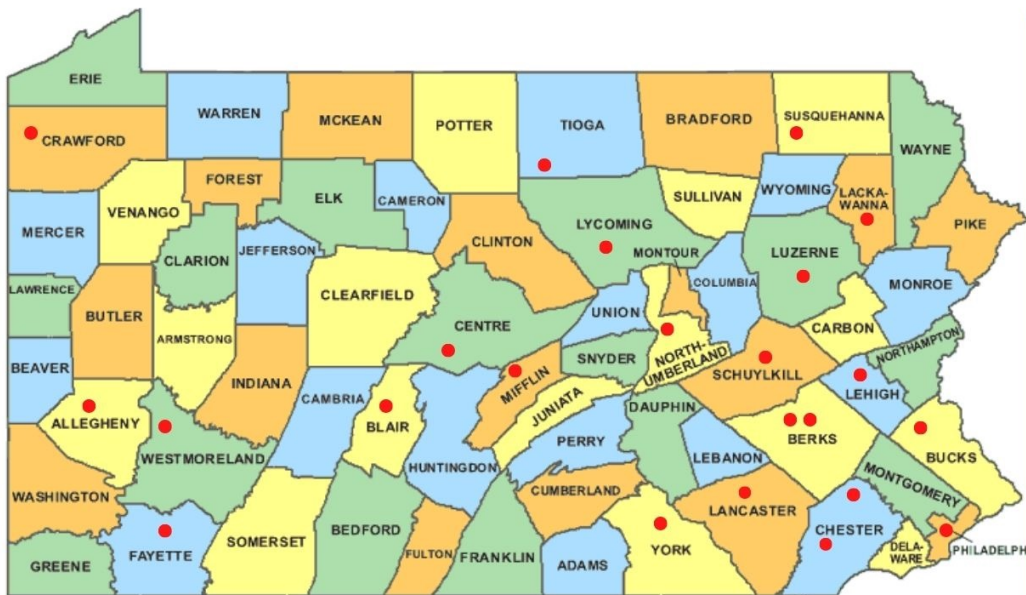
Western Region

Sally and Howard Levin
Pittsburgh

The Journey Center
Meadville

Union Station
Uniontown

West Place Clubhouse
Greensburg



Central Region

Workabilities
Sunbury

Commerce Park Clubhouse
Williamsport

Tempo Clubhouse
Lancaster

Opportunity Centre
State College

Lexington Clubhouse
Altoona

Oasis Clubhouse
York

Square One Clubhouse
Lewistown

Eastern Region

Greenhouse Center
Wilkes Barre

Mosaic Clubhouse
Reading

Hope Springs
*TAY Clubhouse serving
16-25 yr olds

Reading

Hidden River
Pottsville

Clubhouse of Lehigh
County
Allentown

Cornerstone
Phoenixville

Open Door
Philadelphia

Stepping Stones
Coatesville

Wellspring
Sellersville

Katie's Place
Scranton

