Available research provides evidence that Clubhouses achieve tangible, cost effective results for members and their communities.

Public Mental Health, an Oxford University Press publication authored by William Eaton, Ph.D. et al. of the Department of Mental Health at John Hopkins Bloomberg School of Public Health included the Clubhouse Model and Clubhouse International’s work in the newly published reference book documenting the public health approach to mental and behavioral disorders and mental health promotion.

The U.S. Substance Abuse and Mental Health Services Administration built on their inclusion of Clubhouses as recognized evidence based practice by including comparison information demonstrating the value of Accredited Clubhouses versus non-Accredited Clubhouse in their 2012 publication, Mental Health United States 2010.

Recent Publications

A Systematic Review of Evidence for the Clubhouse Model of Psychosocial Rehabilitation, http://link.springer.com/article/10.1007/s10488-016-0760-3. Authors: McKay, C., Nugent, K.L., Johnsen, M. et al. This paper reviews the Evidence Base for the Clubhouse Model and summarizes the evidence for a variety of outcomes. The article can be downloaded for free from the link. For more information about this article contact Colleen McKay at the UMASS Medical School, Program for Clubhouse Research: colleen.mckay@umassmed.edu.

Effectiveness of the Clubhouse Model
Pathways Clubhouse (Richmond location of the Canadian Mental Health Association) participated in an independent review of the value created from funding and donations received. The study found that Pathways yields $14 in societal value for every $1 received. (Source: Success Markets, Inc.)

Additional research shows that the Clubhouse experience results in positive outcomes for many members, including:

- **Better employment rates** at 42% at Accredited Clubhouses annually – double the average rate for people in the public mental health system, plus longer on-the-job tenure for members engaging in Clubhouse Transitional Employment.¹
- **Cost effectiveness** given that one year of holistic recovery services are delivered to Clubhouse members for the same cost as a 2-week stay at a psychiatric hospital. The cost of Clubhouses estimated to be one-third of the cost of the IPS model; about half the annual costs of Community Mental Health Centers; and substantially less than the ACT model.²
- **A significant decrease in hospitalizations** as a result of membership in a Clubhouse program.³
- **Reduced incarcerations** with criminal justice system involvement substantially diminished during and after Clubhouse psycho-social program membership.\(^4\)
- **Improved well-being** compared with individuals receiving psychiatric services without Clubhouse membership. Clubhouse members were significantly more likely to report that they had close friendships and someone they could rely on when they needed help.\(^5\)
- **Better physical and mental health** reported in a recent study that suggests that service systems like Clubouses that offer ongoing social supports enhance mental and physical health by reducing disconnectedness.\(^6\)


**Research at Magnolia Clubhouse**

*David Biegel, Ph.D. Case Western Reserve University-Mandel School of Applied Social Sciences in collaboration with Francesca Pemice Duca, Ph.D. Wayne State University*

**The Clubhouse and family members**


**The Clubhouse Reduces Isolation**


**Kimiko Tanaka, Marywood University**

**Resiliency and Recovery in the Clubhouse**

