



## FAQs

### ***What is a Clubhouse?***

Based on a research-proven method to improve the lives of people with mental illness, the Clubhouse is a welcoming community of support. At its center is what we call the work-ordered day —here, members work side-by-side with staff to operate the Clubhouse. There are more than 300 Clubhouses worldwide.

### ***Who can become a member?***

Any adult (18 years or older) with a mental illness may join regardless of diagnosis or level of functioning.

### ***Is there a cost?***

Members pay only dollar-a-day dues on days they attend. This includes lunch (served daily) and any other activities offered that day. You can attend as frequently as you like, depending on your own schedule and preference.

### ***What do you do at the Clubhouse?***

On any given day you will find members cooking the daily lunch, answering phones, editing videos in the media lab, working in our resale shop, entering data, or maintaining the grounds—these are just a few examples.

### ***How do I join?***

Call and make an appointment for a tour of the Clubhouse. If you choose to become a member, our staff will assist you with the simple enrollment process.

### ***When is the Clubhouse open?***

The Clubhouse is open Monday through Friday from 8am to 4:30pm (until 6:30pm on Wednesdays). In addition, there are social activities on two Saturdays each month and dinner celebrations on major holidays.

### ***Can the Clubhouse help me find employment?***

For members who want to work, our Transitional Employment Program is a bridge into (or back into) the workforce. We also help members find ongoing employment.

### ***What if I want to go back to school?***

The Clubhouse assists members who want to go back to school whether to get a GED, college degree, or program certificate.

### ***What is offered at the Clubhouse Clinic?***

While the Clubhouse is a support system rather than a treatment program, our on-site clinic offers both behavioral and primary healthcare services in keeping with the Clubhouse's holistic approach to mental health.

### ***Does the Clubhouse really make a difference?***

Almost 100% of our members report improved well-being. They also have higher rates of employment (and pay) compared to others who live with mental illness. In addition, they report fewer symptoms and hospitalizations.