MAGNOLIA
clubhouse

Key Facts about Mental Illness and the
Positive Outcomes that Clubhouses Produce

Key Facts: Mental Illness

Mental illness is a highly prevalent, life-threatening disease that affects millions of people around the world.

- Mental illnesses are more common than cancer, diabetes, or heart disease.
- By 2020, behavioral health disorders will surpass all physical diseases as a major cause of disability worldwide.
- One in four people—about 450 million worldwide—suffer from mental disorders in both developed and developing countries.

Mental illness strikes the young and often goes undiagnosed and untreated for many years.

- 50% of those who will be diagnosed show signs by age 14; 75% by age 25.
- Few get help. 76-85% of serious cases went untreated in low and middle income countries; 35-50% in high income countries.
- There are pervasive delays in getting treatment: the median across disorders is about 10 years, contributing to greater severity, co-occurrence of mental illness, and lower success rates as people age.

Mental illness threatens lives everywhere; suicide claims a life every 90 seconds.

- Every day, nearly 2,200 people in the world—some 800,000 each year—commit suicide.
- In 90% of suicides, mental illness is the attributing cause.
- Globally, more than twice as many people die from suicide than homicide each year.
- Suicide is the second-largest source of mortality for people aged 15-29, topped only by traffic accidents.

Mental illness has a significant impact on human productivity.

- Mental illnesses and behavioral disorders account for 26% of the time lost to disability—*significantly more than any other kind of disease.*

Mental illness has a staggering impact on the global economy: about $25 trillion per year.

- By 2030, that amount will increase to around $6 trillion per year—more than heart disease and more than cancer, diabetes, and respiratory diseases combined.
- Mental disorders often lead to other health and societal problems, including risk of homelessness, poverty, incarceration, or institutionalization.

There are inadequate resources available for combating mental illness, despite its huge impact on human productivity and life.

- At the government level, mental illness accounts for more than 20% of all health care costs globally, but the median amount that countries spend on mental health is less than 3% spent for all health care.

- At the philanthropic level, the stigma associated with mental illness creates a vicious cycle of alienation and discrimination, resulting in social and political isolation.

There is hope for people living with mental illness.
- Mental illness disorders can now be diagnosed as accurately and reliably as the most common physical disorders; some can be prevented, all can be successfully managed and treated.
- People can regain their mental health, but not with medication alone.
- There are many examples of people with mental illness not only becoming integrated into their communities, but also playing a socially productive and economically important role.
- **The emergence of Clubhouses around the world is demonstrating that people with mental illness can successfully participate in society through education, employment, and other social activities.**

Positive Clubhouse Outcomes

Better employment rates: At accredited Clubhouses, the employment rate is 42% higher—double the average rate for people in the public mental health system. Also, they had longer on-the-job tenure.

Cost effectiveness: One year of holistic services are delivered to Clubhouse members for the same cost as a two-week stay at a psychiatric hospital.

Decrease in hospitalizations: There is a significant decrease as a result of Clubhouse membership.

Reduced incarcerations: Involvement with the criminal justice system is substantially diminished for Clubhouse members.

Improved well-being: Clubhouse members reported better well-being compared with individuals receiving psychiatric services without Clubhouse membership. They were also significantly more likely to report that they had close friendships and someone they could rely on when they needed help.

Better physical and mental health: A recent study suggest that service systems like Clubhouses that offer ongoing social supports enhance mental and physical health by reducing disconnectedness.

Source: Clubhouse International