The Clubhouse Model of Psychiatric Rehabilitation
THE NEED
1 in 4 live with mental illness.
1 in 17 live with serious illness.
Less than 1/2 get treatment.
THE NEED
1/3 of the homeless and 1/3 of those incarcerated are people living with mental illness.

Lifespans are 25 years shorter than others'.
Psychiatric Rehabilitation Overlooked

• Biological model predominant

• Recovery from chronic serious mental illness a newer concept

• Traditional vocational rehabilitation unsuccessful for the mentally ill
Psychiatric Rehabilitation Clubhouse Model

- Intentional Therapeutic Community
- Community Integration and a Continuum of Supports
- Supported Employment, Education and Housing
- Community Education and Advocacy
- Integrated Healthcare and the Promotion of Health and Wellness
Psychiatric Rehabilitation
Clubhouse Model

• Cost-Effective: A year at the Clubhouse costs less than a week in the hospital

• Comprehensive

• The belief that shared work and purpose is rehabilitative

• The heart of the model is the community promoting recovery
Psychiatric Rehabilitation Clubhouse Model

• Addresses Social Determinants of Healthcare

• Lifelong opportunity

• Self-determined and entirely voluntary

• No restrictions, anyone who has a mental illness
Fountain House
Established 1948
Clubhouse International

305 Clubhouses in 32 countries, 36 states

North America: 208 Clubhouses
Europe: 58 Clubhouses
Asia: 26 Clubhouses
South America: 2 Clubhouses
Middle East: 5 Clubhouses
Africa: 2 Clubhouses
Australia/New Zealand: 5 Clubhouses
Clubhouse International
12 International Training Bases Worldwide

Fountain House, NYC
Genesis Club, MA
Gateway House, SC
Independence Center, MO
Alliance House, UT
Progress Place Toronto, Canada
Mosaic Clubhouse London, England
Fontenehuset i Oslo Oslo, Norway
Helsingin Klubitalo Helsinki, Finland
Taiwha Fountain House Seoul, Republic of Korea
Stepping Stone Brisbane, Australia
Phoenix Clubhouse Hong Kong, PRC

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Clubhouse Model

2014 Hilton Humanitarian Prize Winner

Assisting WHO in educating communities around the world on mental illness and wellness and the integration of the Clubhouse model, psychiatry and primary care.
Research Findings

REDUCED HOSPITALIZATIONS

REDUCED COSTS OF CARE

- Randomized controlled trials have shown reduced hospitalizations in Clubhouse members, compared to general community services and other models.\textsuperscript{5,7,10}

- Clubhouse costs are substantially lower than partial hospitalization and Clubhouse membership reduces overall costs of health care.\textsuperscript{11,15,16}
Research Findings

REDUCED ISOLATION

- Participating in the Clubhouse model promotes a sense of unity and belonging. Unique to the Clubhouse is the sense of shared achievement when members and staff working in partnership to operate the Clubhouse.¹,²,³

- Families of Clubhouse members also benefit from the model; they reported improved family interactions since involvement with the Clubhouse.⁶
Research Findings

HIGHER RATES OF EMPLOYMENT

• In randomized controlled studies, Clubhouse members worked longer and had better pay compared to other models.\(^5,8,10,12,13\)

• Length of Clubhouse participation was directly correlated to increases in competitive employment duration and greater employment status.\(^7,13,14\)

IMPROVED QUALITY OF LIFE

• Randomized controlled trials have shown improved quality of life in Clubhouse members, compared to general community services and other models.\(^4,5,8,9,10\)
Two Other Clubhouses in Ohio

Miracle Clubhouse- Dayton
3-Year Accreditation August 2019

Pathways Clubhouse- Columbus
Re-opened October 2016 with renovated space and 3-year conditional Clubhouse accreditation June 2018

Neighboring States
• 45 Michigan
• 22 Pennsylvania
Peg’s Foundation Impact Award
October 2018
Thank you to Julie and Dave Borsani

AN EVENING OF LA VIE EN ROSE
Saturday, November 10, 2018

From David and Julie Borsani

We would like to thank each of you for joining us this evening to celebrate the life and honor the memory of our dear daughter, Marissa Borsani. She was a courageous girl with a heart of gold. It is our wish that, together with you, we bring hope to those who live with mental illness through our collective support of Magnolia Clubhouse.
8:00am-4:30 pm
Monday-Friday
6:30 pm Wednesdays
Breakfast every Friday
Alternate Weekends
Major Holidays
• Located in University Circle
• Over 425 people a year
• 70 average daily attendance
• Schizophrenia (54%)
• Mood Disorders (37%)
Magnolia Members

- Majority have severe mental illness resulting in disability
- The majority live in poverty
- 30% report substance abuse/dual diagnosis
- 25% have legal involvements
- 99 have children including grown children
- 7% are veterans
- 54 have physical disabilities
- 27 also have a developmental disability
- 9 is deaf or have significant hearing impair.
## Ethnicity and Gender

64% of members are male  
36% are female  
n=425

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>MC</th>
<th>Cleveland</th>
<th>Cuyahoga County</th>
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</thead>
<tbody>
<tr>
<td>African-American</td>
<td>55%</td>
<td>54%</td>
<td>29%</td>
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<tr>
<td>Caucasian</td>
<td>35%</td>
<td>37%</td>
<td>61%</td>
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<tr>
<td>Other</td>
<td>10%</td>
<td>9%</td>
<td>10%</td>
</tr>
</tbody>
</table>
34% report being in Special Education

33% report having Learning Disabilities

Education

- Grad school: 1%
- College degree: 5%
- Some college: 38%
- Trade: 5%
- HS/GED: 45%
- Some HS: 5%
- Less than HS: 1%

n=384
Living Arrangement

- Independent: 44%
- With Family: 33%
- Adult Care: 19%
- Other: 4%

n=404
Mode of Transport

- Drive: 49%
- Walk: 5%
- Bus: 18%
- Family drive: 9%
- Other: 5%

82% East-siders
18% West-siders
N=409
Overall Clubhouse Rating by Participants

(N=96)
Quotes from Members

• “The Clubhouse has helped me gain confidence in myself and my ability to communicate with others, as well as help me learn to speak for myself and go after my goals.”

• “I have not been hospitalized as much since coming to the Clubhouse.”

• “I rarely have suicidal ideations.”

• “I have more hope for my future employment. I love being among others, I can organize my day more.”

• “I have learned skills to cope with others and I don’t feel alone in my mental illness. I love having a job. I feel happy the Clubhouse helped me accomplish that.”
Quotes from Members

• “I feel very fortunate to be in a position to apply for a job.”

• “I love the Clubhouse. I have met new friends, I enjoy what I do and I really believe the club is a very good organization. It has helped me with my mental health.”

• “Magnolia Clubhouse is life changing. Thank you for this opportunity.”

• “In the long run, my experience at the Clubhouse is two thumbs up.”
Administration Unit
Marketing, Development, Fundraising
Hospitality Unit
Preparing and Serving Lunch
Hospitality Unit
Dining Together
Hospitality Unit
Running the Café
Hospitality Unit
Property Maintenance and Landscaping
Membership Unit
Orienting & Enrolling Members
Communications Unit
Produces a Daily News Show and Social Media
Finance Unit
Working on the Budget
Supported Ongoing Employment and Transitional Employment

114 members employed
Earning $1.3 Million

3 times higher than the Clubhouse Model Benchmark

Number of employed members to be at least 50% of the Average Daily Attendance
Model benchmark would be 35
Supported Ongoing Employment and Transitional Employment

44 Newly employed in ongoing employment

5 times higher than the Clubhouse Model Benchmark

Model benchmark would be 9
Transitional Employment

• Paid, entry-level positions, variety
• Members work part time for 9 to 12 months, employees of the companies
• Clubhouse provides job training and support
• Guaranteed job coverage
Transitional Employment
Supported Education

34 members pursued educational goals including college, GED work, tutoring, and literacy skills development.
Supported Housing
Health and Wellness
Health and Wellness

• Clinic integrates primary care and psychiatry with the Clubhouse – 90 members served
• Received SWAN grant for Health and Wellness
• WHAM (Whole Health Action Management) group supports member health and wellness goals
• Weekly yoga, meditation, Zumba
• Clubhouse healthy meals, large salad option
• Daily walking group
• Social activities more physical
• Monthly Health Education topic
Advocacy and Community Education

Senator John Ecklund visited in January 2019
Community Education

Cleveland Browns Player Chris Hubbard visited in May 2019
Healthcare Reform

Achieved inclusion in the Ohio Medicaid Plan

Day Treatment- for Clubhouse Psychiatric Rehabilitation
Advocacy with NAMI
Police Crisis Intervention Training
Research at Magnolia

8 publications

• Case Western Reserve University
  Reduced isolation
  Needs of family members

• Fountain House
  Resiliency
  Staff Member Relationships
Education for Students
Magnolia Clubhouse Shop

Tuesdays – Fridays
10:00-3:30
Open first Saturday of every month
A Clubhouse is a community creating opportunities for employment, education, friendship, belonging, and hope.
Research Citations

For more information see the University of Massachusetts Medical School-Program of Clubhouse Research [https://www.umassmed.edu/sparc/isparccenters/program-for-clubhouse-research/in collaboration with Clubhouse International [https://clubhouse-intl.org/].


Research at Magnolia Clubhouse

THE CLUBHOUSE REDUCES ISOLATION


THE CLUBHOUSE AND FAMILY MEMBERS


RESILIENCY AND RECOVERY IN THE CLUBHOUSE.
