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
Ohio Clubhouse Coalition

Miracle Clubhouse
Dayton

Pathways Clubhouse
Columbus

Neighboring States

- 45 Clubhouses in Michigan
- 22 Clubhouses in Pennsylvania
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 benefits 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.\textsuperscript{5,8,10,12,13}

• Length of Clubhouse participation was directly correlated to increases in competitive employment duration and greater employment status.\textsuperscript{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.\textsuperscript{4,5,8,9,10}
Magnolia Clubhouse
EXPENSES: $2,417,060

- Salaries: 39%
- Benefits: 8%
- Operating Costs: 43%
- Occupancy and Equipment: 9%
COVID19 March 16, 2020
Clubhouse Physically Closed
Virtual Operations and Community Continue
Clubhouse Response to COVID-19 Impact Survey

Between April and June 2020, 310 member Clubhouses were invited to provide feedback about the essential needs and actions of Clubhouse communities during the pandemic.

Who Answered?
- 144 Clubhouses
- 22 Countries
- 29 US states
5,062 total responses!

Clubhouse Community Resilience
- 88% of members reported keeping a daily routine on most or all days
- Most common coping mechanisms included contact with Clubhouse staff (74%), contact with other members (47%), and technology use (internet, e-mail, social media, 43%) Members reported very little change in their mental or physical health, indicating strong resilience within Clubhouse communities.

Virtual Tools Used By Members

<table>
<thead>
<tr>
<th>Top 5 Preferred*</th>
<th>Top 3 Barriers to Using Technology*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone (78%)</td>
<td>Lack of knowledge about how to use equipment (20%)</td>
</tr>
<tr>
<td>Text (35%)</td>
<td>Cost of equipment (18%)</td>
</tr>
<tr>
<td>Facebook (21%)</td>
<td>Lack of knowledge about how to use apps or online meeting programs (16%)</td>
</tr>
<tr>
<td>Email (19%)</td>
<td></td>
</tr>
<tr>
<td>Zoom (19%)</td>
<td></td>
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</tbody>
</table>

55% of Members reported receiving training and/or technical assistance from their Clubhouse

*Could choose ≥ 1

What’s Next?
- We have changed the way we do things during the pandemic to ensure the safety of our Clubhouse communities. Virtual services have allowed us to find creative ways to stay connected, and even increase the number of people we’re able to serve.
- We must continue to provide virtual options for equitable access to service in the post-pandemic future.

Created in collaboration with Fountain House, Magnolia Clubhouse, Michigan State University, Wayne State University, and all the Clubhouse Members and staff who participated.

https://clubhouse-intl.org/
8:00-4:30 M-F
Wednesday evenings
Breakfast every Friday
Alternate Weekends
Major Holidays
• Located in University Circle
• Over 411 people a year
• 68 average daily attendance
• Schizophrenia (54%)
• Mood Disorders (38%)
Magnolia Members

- Majority have severe mental illness resulting in disability
- Majority live in poverty
- 33% report substance abuse/dual diagnosis
- 24% have legal involvements
- 84 have children including grown children
- 10% are veterans
- 13% have physical disabilities
- 3% also have a developmental disability
- 1% are deaf or have a significant hearing impairment
### Ethnicity and Gender

**60% of members are male**

**40% are female**

**n=407**

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>MC</th>
<th>Cleveland</th>
<th>Cuyahoga County</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>55%</td>
<td>50%</td>
<td>64%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>36%</td>
<td>40%</td>
<td>31%</td>
</tr>
<tr>
<td>Other</td>
<td>9%</td>
<td>10%</td>
<td>5%</td>
</tr>
</tbody>
</table>
Age

n = 408
Living Arrangement

- Independent: 41%
- With Family: 35%
- Other: 18%
- Adult Care: 6%

n=385
Mode of Transport

- Drive: 45%
- Bus: 20%
- Family drive: 16%
- Paratransit: 8%
- Walk: 5%
- Other: 6%

84% East-siders
16% West-siders
N=361
Quotes from Members

“I am more confident; life has meaning; I feel a sense of community; proud of hard work”

“I have a purpose of getting up in the morning.”

“I am more confident in myself and know that I can accomplish the goals I have for myself.”

“I have opportunities to socialize and I feel less alone. I feel supported in my pursuits and I feel like it's a safe place where I don't have to pretend I'm someone I'm not. I also feel like it gives me a safe place to spend time.”

“I am so thankful for the Clubhouse. It has changed my life for the better. I cannot wait to go back in person.”
Quotes from Members

“I love the clubhouse! It's like home. Everyone is helpful and friendly and I want to make friends.”

“I'm doing things that I thought I couldn't do before.”

“I have gained more confidence, assertiveness, and mindfulness.”

“The Clubhouse gave me a positive environment and people to hang around with. If it was not for the clubhouse, I would be going down a dark path of hopelessness and death. So the Clubhouse saved my life!”
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
Supporting Employment

108 members employed
Earning $1,252,789

3 times higher than the Clubhouse Model Benchmark

Model Benchmark = at least 50% of the Average Daily Attendance are employed
With our Average Daily Attendance of 68 our Model benchmark would be 34
Transitional Employment

- Paid, entry-level, 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
Supporting Education

46 members pursued educational goals including college, GED work, tutoring, and literacy skills development.
Supporting Housing
Promoting Health and Wellness
Health and Wellness

Clinic integrates primary care and psychiatry with the Clubhouse – 97 members served

• Weekly meetings to support progress on personally defined health 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 - 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

Tuesday – Friday
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.