



Achieving Mental Health through Meaningful Work

Clubhouses: A practical way to provide long-term support for people with serious mental illness

Florida Clubhouses provide a simple solution to long-term support of people with a mental illness – meaningful work, employment and friends. Often diagnosed as children or adolescents, people with a chronic mental illness can spend a lifetime in and out of emergency rooms, homelessness, jail and psychiatric hospitals.

Membership and participation with the Clubhouse can stop the crises, the frequent calls to law enforcement and emergency responders, the rushed trips to emergency rooms and urgent psychiatric hospitalizations.

The Clubhouse surrounds the person with a community of peers, working side by side with professional staff. Members show up for work on their chosen days, doing volunteer tasks and contributing to the maintenance and operations of the Clubhouse. Most participants avoid further hospitalization as long as they are engaged with Clubhouse activities.



Clubhouses Help People Avoid Crises

In Florida, a great many adults who have serious mental illnesses have repeated mental health crises resulting frequent (and expensive) emergency hospitalizations and encounters with law enforcement.

The power of the Clubhouse International model is its effectiveness in keeping people out of the hospital and crisis and on a continuous path to recovery.

Clubhouses Save Florida Money

Clubhouses provide year-round support to adults with serious mental illness at a very low cost, about \$2,500-\$3,500 per person per year. According to Becker's hospital review, psychiatric hospitalization costs as much as \$2,700 a day; county jail costs \$200 a day,

A Clubhouse member can save taxpayers thousands of dollars every year by participating in a Clubhouse program and avoiding crisis hospitalizations and encounters with law enforcement.

Additionally, members who get jobs through their Clubhouse employment programs pay taxes and are often able to reduce their reliance on disability benefits.

The Clubhouse Effect

Results from a January 2018 anonymous survey of 194 members at nine Clubhouses in Florida show that among members who attended their Clubhouse for a year or more:

- **84% did not need services in a Crisis Stabilization Unit in the last year**
- **80% did not need to go to the emergency room for psychiatric issues in the last year**
- **85% did not have any interactions with law enforcement in the last year.**
- The vast majority of all 194 Clubhouse members noted that participating in their Clubhouse's "recovery through work" programs improved their self-confidence (82%), sense of hope (85%), meaningful relationships (84%) and confidence about going back to work (74%).



Florida's Clubhouses

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Charlotte's Place
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Club Fellowship
 9827 E. Hibiscus Lane
 Palmetto Bay, FL 33157
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Club SUCCESS
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Website: www.clubsuccess.club

Foot Print to Success
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 102 NE 10th Avenue, Unit 2
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Email: info@goclubhouse.org
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Hope Clubhouse of SW Florida
 3602 Broadway
 Fort Myers, Florida 33907
Director: James Wineger
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Website: www.hopeclubhouse.org

Kate's Place
 434 West Kennedy Boulevard
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Key Clubhouse of South Florida
 1400 NW 54th Street, Suite 102
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Vincent House
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 Pinellas Park, Florida 33781
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Vincent House Hernando
 7473 Forest Oaks Blvd
 Spring Hill, FL 34606
Director: Andrew Harding
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Clubhouses Support Florida's Legislative Agenda

Clubhouses are uniquely suited to address the goals of Florida's laws regarding mental health services, in that they:

- Are "based on client outcomes, are programmatically effective, and are financially efficient, and that maximize the involvement of local citizens." (394.66 FS);
- "Reduce the occurrence, severity, duration, and disabling aspects of mental, emotional, and behavioral disorders." (394.453 FS);
- Provide "housing support, life skills and vocational training, and employment assistance, necessary for persons with mental health disorders and co-occurring mental health and substance use disorders to live successfully in their communities." (394.453 FS).

CORE AREAS OF SUPPORT FOR INDIVIDUALS WITH SERIOUS MENTAL ILLNESS

Independence

Activities designed to help individuals become more independent

Employment Services
 Education Support
 Housing Support
 Technology Lessons
 Volunteer Work Opportunities

Community

Activities designed to help individuals belong to a community

Member Outreach Calls & Visits
 House & Team Meetings
 Social Media & Communication
 Advocacy & Awareness Events
 Social Events and Trips

Health / Wellness

Activities designed to improve physical health

Breakfast & Lunch Preparation
 Nutritional Education
 Group Fitness Classes
 Individual Exercise
 Gardening