GOC
Gainesville Opportunity Center

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:

- **73% did not need services in a Crisis Stabilization Unit in the last year**
- **82% 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

Academy at Glengary
1910 Glengary Street
Sarasota, FL 34231
www.VincentSRQ.org

Charlotte's Place
351 S. Bay Avenue
Sanford, FL 32771
www.facebook.com/
SedonaHouseCFL

Club Fellowship
9827 E. Hibiscus Lane
Palmetto Bay, FL 33157
www.clubfellowship.org

Club Success
600 El Paseo
Lakeland, FL 33805
www.clubsuccess.club

Foot Print to Success
3511 NW 8th Avenue
Pompano Beach, FL 33064
www.footprintsuccess.org

Hope Clubhouse of SW Florida 3602
3602 Broadway
Fort Myers, Florida 33907
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Gainesville Opportunity Center
1210 NW 14th Avenue
Gainesville, FL 32601
www.goclubhouse.org

Kate's Place
434 West Kennedy Boulevard
Orlando, FL 32810

Key Clubhouse of Southwest Florida
8301 NW 27th Avenue Suite 102
Miami, FL 33147
www.keyclubhouse.org

Ora's Clubhouse
1009 NE 28th Avenue
Ocala, FL 34470
www.theoraclubhouse.org

Vincent House
4801 78th Avenue North
Pinellas Park, FL 33781
www.vincenthouse.org

Vincent House Hernando
7473 Forest Oaks Blvd
Spring Hill, FL 34606
www.vincenthouse.org

Vincent House Pasco
11145 Denton Avenue
Hudson, FL 34667
www.vincenthouse.org

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	Community	Health / Wellness
Activities designed to help individuals become more independent	**Activities designed to help individuals belong to a community**	**Activities designed to improve physical health**
Employment Services	Member Outreach Calls & Visits	Breakfast & Lunch Preparation
Education Support	House & Team Meetings	Nutritional Education
Housing Support	Social Media & Communication	Group Fitness Classes
Technology Lessons	Advocacy & Awareness Events	Individual Exercise
Volunteer Work Opportunities	Social Events and Trips	Gardening