



## THE BURGEONING CLUBHOUSE MOVEMENT:

### Adventures in Clubhouse Expansion Around the World

#### Ashley Lui, Hope Clubhouse, People's Republic of China

Hi everybody, my name is Ashley and I have been a member of Hope Clubhouse for nearly three months. Though it's not a long time, my life has been dramatically transformed that I am now no longer the troubled young man I used to be. Today I feel lucky to have the opportunity to share my story with all of you.

I had suffered from severe depression since I was a middle school student. The cause of this mental disorder is very complicated, resulting from a traumatic childhood experience, my natural introversive disposition and other things . I had always had difficult interpersonal relationships: my classmates used to tease and bully me, and teachers ignore me... As I grew older, the condition worsened. Though medication helped to some extent, when it came to socializing and interacting with others, I was totally helpless. Every day I hid in my room feeling totally worthless not daring to go out except late at night.

Then one day my psychiatrist referred me to Hope Clubhouse, as you can see here is the multipurpose room of our Clubhouse. I visited and was warmly received and welcomed by the staff and members. The hospitality and harmonious environment so impressed me I immediately joined as a member.

Now I go to the Clubhouse from 9 to 5 on week days and work with staff and members together as partners and colleagues in the Administration Unit. The staff guide me through all the clerical work in a very considerate, sensitive and encouraging manner, while other members too have the similar experience, so I finally have people I connect with.

Here, I am admired for my English skills and feel honoured that I am responsible for much of the translation and interpretation work and also receive foreign visitors . It's also a great opportunity to improve my English!

My self-esteem and self-worth have been rebuilt and restored with the help of my Clubhouse. I feel I am really needed and appreciated here and have made many close friends with other members. Just as a drifting boat has finally found a harbor, and a tired bird found a nest, a lost young man has finally found a permanent home. And as the saying goes, Hope Clubhouse has indeed provided me with a place to go, a right to meaningful work, a right to meaningful relationship, and a right to a place to return. Thanks! And welcome come to China, welcome to Chengdu, welcome to Hope Clubhouse!

**欢迎来中国，欢迎来成都，欢迎来希望之光会所！谢谢！**