

# International Center for Clubhouse Development

*Creating Community: Changing the world of Mental Health*

## **ICCD Download & Discuss**

### **The Clubhouse Profile Questionnaire (CPQ): What's in it for us??**

By Blaise Sackett, Director, East New York Clubhouse

At East New York Clubhouse, we believe that our Clubhouse is an integral part of the international Clubhouse human rights movement, which is creating a new paradigm for the societal treatment of people living with severe and persistent mental illness. By making the effort to gather data and combine it with that of many other Clubhouses, we believe that we are doing our part to help prove the efficacy of the Clubhouse model and to ensure the survival of Clubhouses.

Besides the belief that each of our Clubhouses should participate in the international movement to the fullest extent possible, it can also be important on a local level. In New York City, our coalition has used the CPQ for several purposes. For several years we held a city-wide employment event in which we invited employers, legislators and other interested persons to celebrate the employment efforts and successes of our Clubhouses. The data gathered from our CPQs, presented in clear and colorful graph form, were the centerpiece of these events, informing the wider community about the effectiveness of the Clubhouses and their employment programs. Without this specific, visual data we would not have had the type of impact that we did. People that had little former understanding of the world of mental illness, were impressed with our combined efforts.

Unfortunately, in the last several years we ceased holding these events and many of our NYC Clubhouses stopped gathering consistent data. As a result, many of our NYC Clubhouses have struggled and lost the support of some state and city officials, as well as potential funders.

This has partially led to our current situation. The New York State Office of Mental Health (OMH) and the New York City Department of Health and Mental Hygiene (DOHMH) are changing the funding streams for community mental health programs from state tax dollar funding to Medicaid Managed Care companies. As this change occurs, we are being forced to prove that Clubhouses can survive under Managed Care and a cost per person funding environment. We are being asked to show that we are cost-effective, help people stay out of psychiatric hospitals and away from using emergency services at a substantial rate. *This is where the CPQ comes in!*



Seven of our eight Clubhouses in New York City have submitted their CPQs, and specific data from these questionnaires is being used to help prove that the Clubhouse model can be viable under a Medicaid Managed Care environment. In addition to this data we are presenting information about Clubhouse philosophy and practices, member independent employment success stories, and the ICCD accreditation process, which have been recognized in the national Substance Abuse and Mental Health Services Administration's (SAMHSA) evidence-based practice registry (NREPP).

We have been told by representatives of DOHMH that this data is crucial to our efforts. They understand many of the positive elements of Clubhouse work, but assure us that anecdotal evidence will not be enough to ensure our survival. Only the inclusion of concrete data, obtained from our CPQ's will suffice to prove our viability.

In our effort to have all 8 NYCC Clubhouses complete and submit CPQs we hit a roadblock. One of our Clubhouses did not turn theirs in, despite our understanding that having 100% Clubhouse participation would provide the most valid data for our coalition. When questioned as to why they couldn't complete this important task, a Clubhouse representative reported that "the Director did not have time to do it."

This brings to mind a wonderful thing about Clubhouses. *We do everything together!* At our Clubhouse the CPQ has become a project similar to all others, incorporated into the daily work of the Clubhouse units. For instance, our Employment/Education Unit and Administrative Services Unit provide the appropriate data gathered on their units. With the new CPQ format, which allows Clubhouses to transmit the information electronically, the process is streamlined and much easier.

I encourage all Clubhouses to engage in this process each year in order to assist the ICCD and the PCR in their mission of developing and maintaining strong Clubhouses throughout the world; and at the same time invigorating your Clubhouse with urgent and meaningful unit work.

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