



# Clubhouse Communities Stay Connected During COVID-19



Between April and June of 2020, 144 Clubhouses across the globe provided feedback about the essential needs and actions of Clubhouse communities throughout the pandemic.

Links to electronic surveys were sent to Clubhouse Staff who used the structure of completing regular surveys with Members as a way to stay in touch. Members completed up to five surveys with staff from their Clubhouse, usually weekly. Each Member had a unique survey ID so we were able to track data over time.

Survey 1: N= 2576  
Survey 2: N= 913  
Survey 3: N= 659  
Survey 4: N= 422  
Survey 5: N= 275

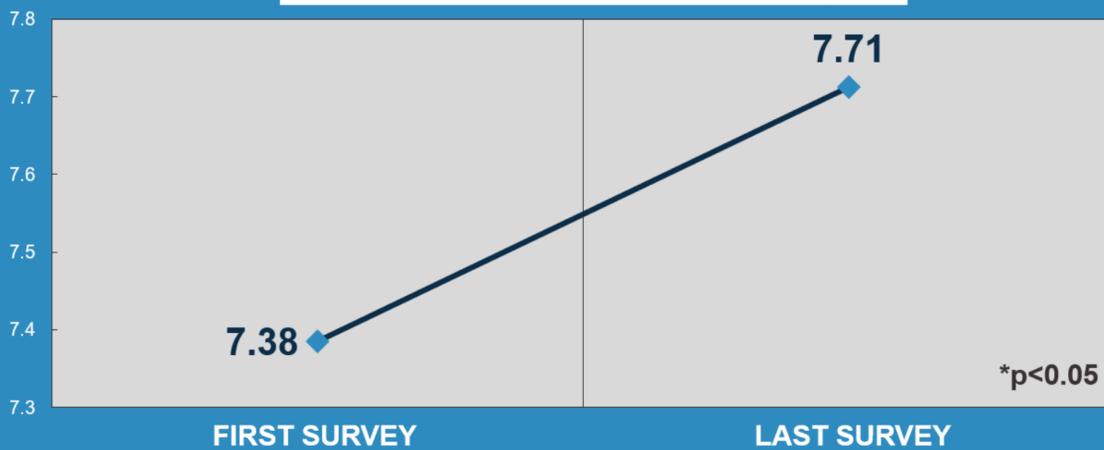
## Check-Ins Help Members Maintain Routines During COVID-19



When asked how they were staying connected during the pandemic, members responded:

### SELF-REPORTED MENTAL HEALTH ACTUALLY IMPROVED OVER TIME\*

◆ Mental Health: Scale 1-10, with 10 being best



For the 275 Members who engaged with staff to complete all 5 surveys, self-reported mental health significantly improved.

\*P-value less than 0.05 indicates statistical significance.

n=275



## Clubhouse knows CONNECTION is a basic need

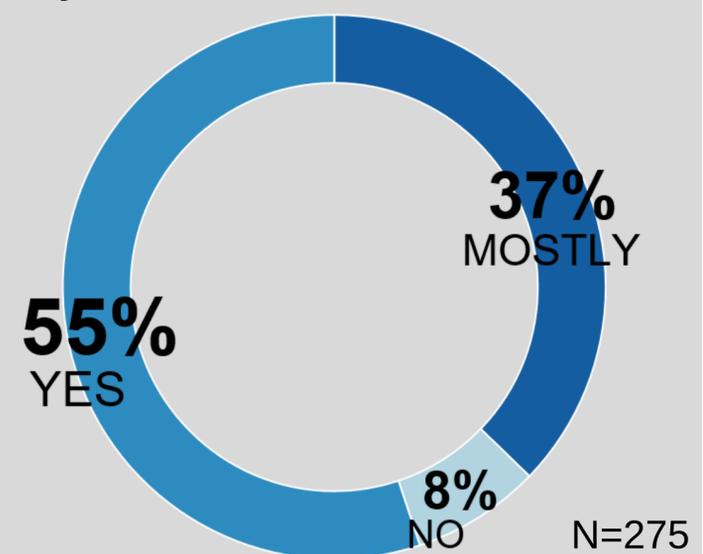
- "The phone calls from Clubhouse have been helpful and remind me that I am **not alone during COVID-19**"
- "I'm connected **more** than ever"
- "Our communications and interactions have been better since we have been meeting one-on-one and on a **regular basis.**"
- "Connects with other members via Zoom. Enjoys the interaction as it is **similar to the Clubhouse routine.**"
- "I appreciate that I can come to the Clubhouse daily to pick up a **to-go lunch.**"

"We have maintained our food/hygiene supplies delivery to members and continue with our daily units virtually."

Throughout the survey period, at least 88% reported keeping a routine on most or all days. Members who were most engaged with Clubhouse by completing all 5 surveys had the highest rates of keeping a daily routine.

## Daily routine is important to mental health.

By the end of the survey period, more than 92% of members reported keeping a daily routine all or most of the time.



Clubhouse provided meals and groceries to thousands of members!

<https://clubhouse-intl.org/>

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



Clubhouse International  
Creating Community: Changing the World of Mental Health