

Transforming Lives: CLUBHOUSE IMPACT REPORT

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What is a Clubhouse?

Community-based mental health service that supports and empowers people living with mental illness



- Access to opportunities for employment, socialization, education, skill development, housing, and improved wellness.
- **Clubhouse Model:** proven recovery model of psychosocial rehabilitation that addresses social & economic factors
- **Clubhouse International:** global mental health non-profit, membership organization that helps **start, grow, train and accredit** Clubhouses globally



Sheldon Clubhouse is a mental health program of Cherry Health and affiliated with Clubhouse International.

As a member driven community, we proudly support those living with severe and persistent mental illness to achieve social, financial, educational, and vocational goals in a model built on respect and opportunity to all members.

Sheldon Clubhouse is fully accredited with Clubhouse International.



Included Studies

15 rigorous
Clubhouse research
studies from 1999 to
2021 were examined
and synthesized.

Study Design

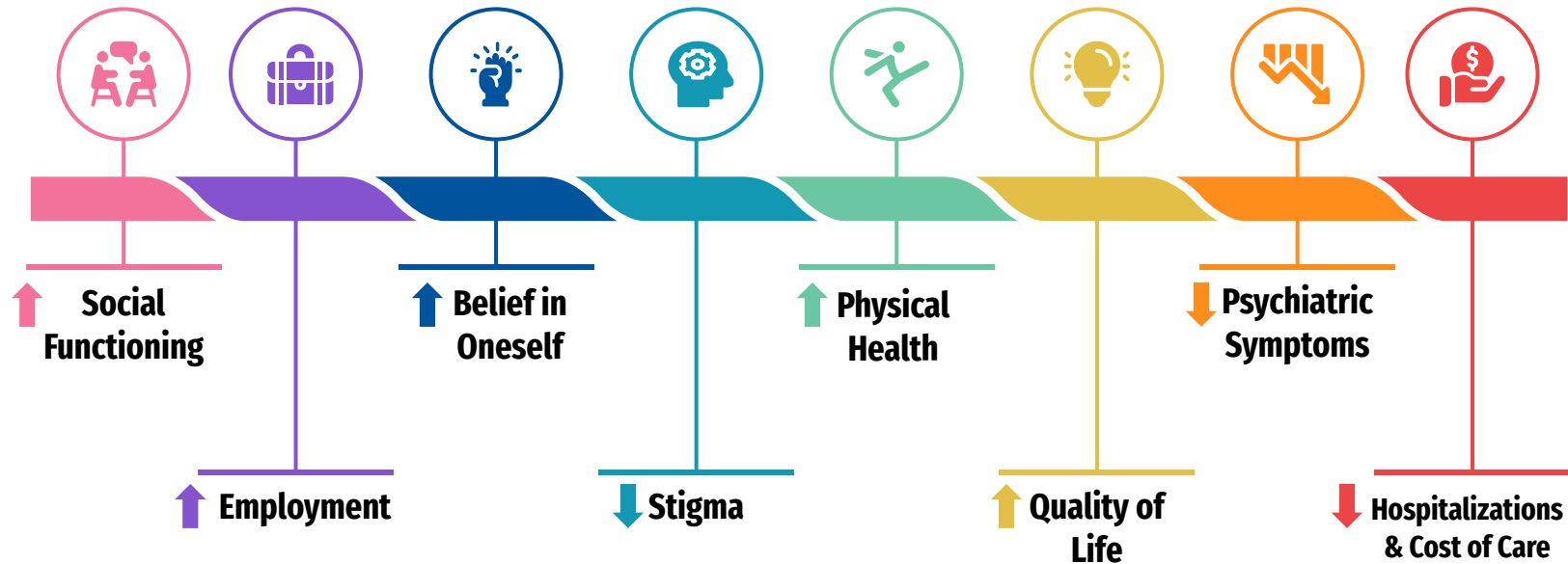
- 3 Longitudinal Studies
- 8 Comparison Studies
- 4 Randomized Controlled Trials



Location of Studies

- United States (10)
- Canada (1)
- China (2)
- South Korea (1)
- France (1)

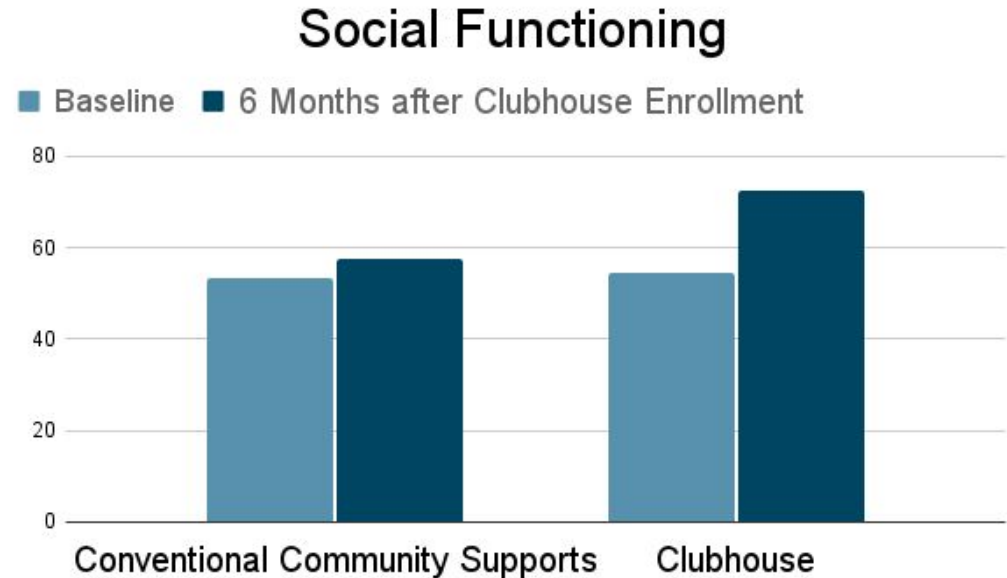
Clubhouse Impact Theory of Change





Social Functioning

Clubhouse members significantly improved scores of ***social functioning*** after attending for 6 months





Impact on Social Functioning

In our Clubhouse communities we see people first by their individuality and not their illness.

We know those living with mental illness have goals, skills, and value. At Clubhouse, they can be supported in building relationships, finding resources, developing skills, and setting goals to live a fuller life.

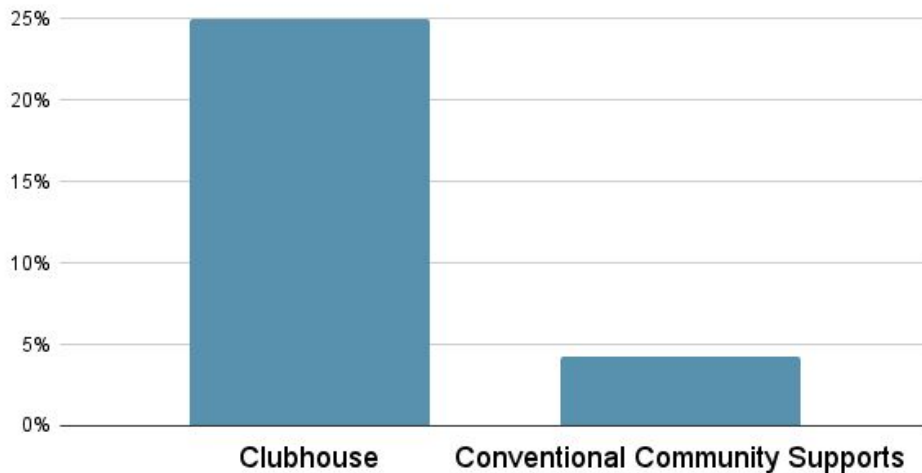
This approach has a profound impact on members like Jewels.





Employment

Employment Rate

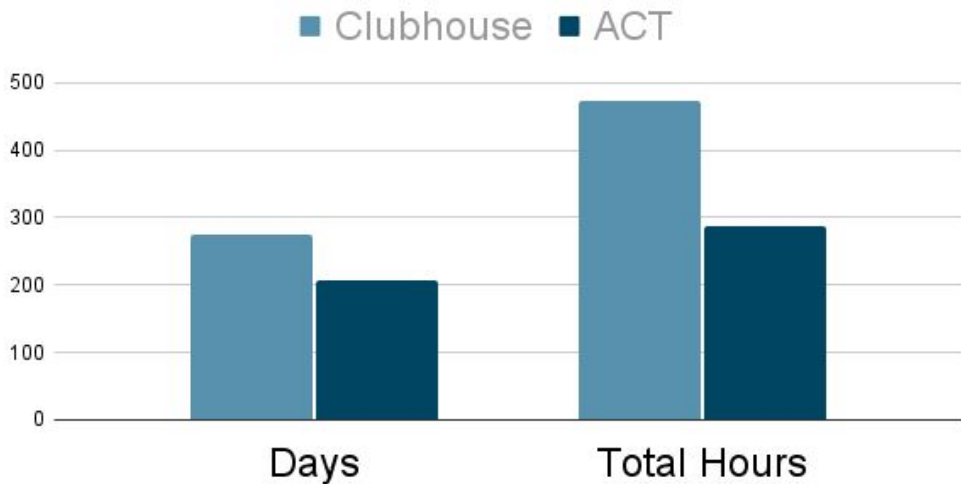


Compared to a control group receiving conventional treatment, Clubhouse members had **a higher rate of employment** after 6 months of attendance.



Employment

Working Days and Hours

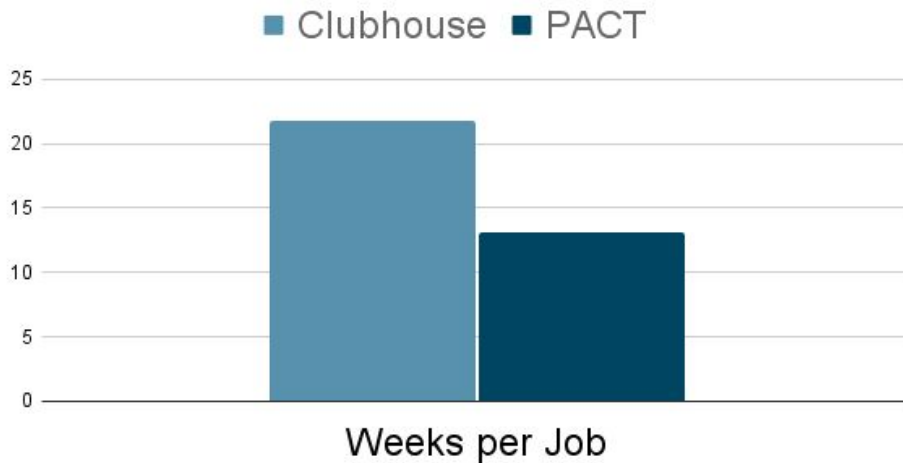


Compared to Assertive Community Treatment (ACT), Clubhouse members worked significantly **more days and more hours** after 24 months of attendance.



Employment

Job Duration



Compared to a program of Assertive Community Treatment (PACT), Clubhouse members remained employed for **nearly twice as long** (22 weeks compared to 13 weeks).



Clubhouse Works

In our Clubhouse community, we work hard to match the right supports to our member's needs.

- Independent, Supported or Transitional Employment
- Current Transitional Employment Partners and Amway Hotel, John Ball Zoo and Call Center for Hire

The results are powerful for members like Tim.





Belief in Oneself



Self-Esteem

Competitively employed
Clubhouse members
showed an increase in
self-esteem over time.



Belief in Oneself



Self-Determination

Clubhouse members' ***self-determination*** scores improved significantly when compared to a control group members over 6 months.



Belief in Oneself



Confidence

Over an 18-month period, Clubhouse members reported improved ***confidence*** in their ability to complete projects, face daily tasks, and establish social relationships.



The Power of Self-Belief

Key Clubhouse aspects:

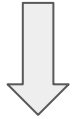
- Collegial approach in all ways
- Strength Based
- Consensus Based Decisions
- Reciprocal & Genuine Relationships
- Fierce Advocates

The results are impactful for members like Leasa.





Reduced Symptoms



Anxious Symptoms



An 18-month longitudinal study showed Clubhouse members reported decreased ***anxiety*** over time.



Reduced Symptoms

Clubhouse members showed significantly less ***withdrawal, isolation, loss of motivation*** and had significantly lower scores of psychopathology over 6 months.



Negative symptoms of schizophrenia





Supporting Mental Wellness

Sheldon Clubhouse exists to support members on their journey from mental illness to mental wellness.

Through our working community and Clubhouse resources, we see the impact that Clubhouse has on our members daily both inside and outside the Clubhouse.

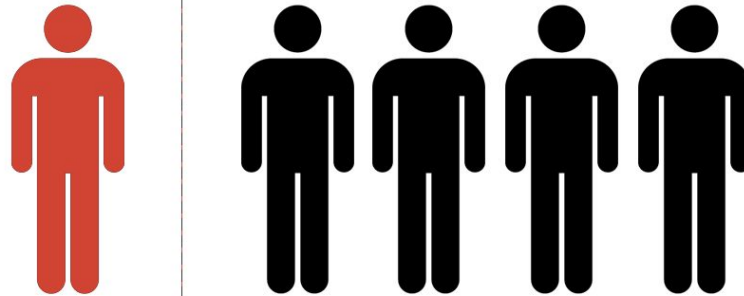
There is a consistent message of hope for those that have lost hope, like Dionne.





Stigma

Clubhouse members reported significantly less ***stigma*** and discrimination than participants in a psychiatric rehabilitation skills training over 3 months.





Breaking the Stigma

Clubhouse exemplifies the power of eliminating stigma around mental health. It shows in the lives of our members. We are a place of acceptance, support and empowerment.

Destigmatizing mental illness impacts our members and communities in powerful ways. Just like it has for Ed.





Physical Health Changes

Clubhouses have an impact on ***physical health*** over time. After 18 months of Clubhouse membership, Clubhouse members reported:

↑ Sleep
Quality



↑ Physical
Energy



↓ Tobacco
Consumption





Wellness in Every Sense

From nutrition to social connection, Sheldon Clubhouse is a place of safety and support to getting members connected with the best version of themselves.

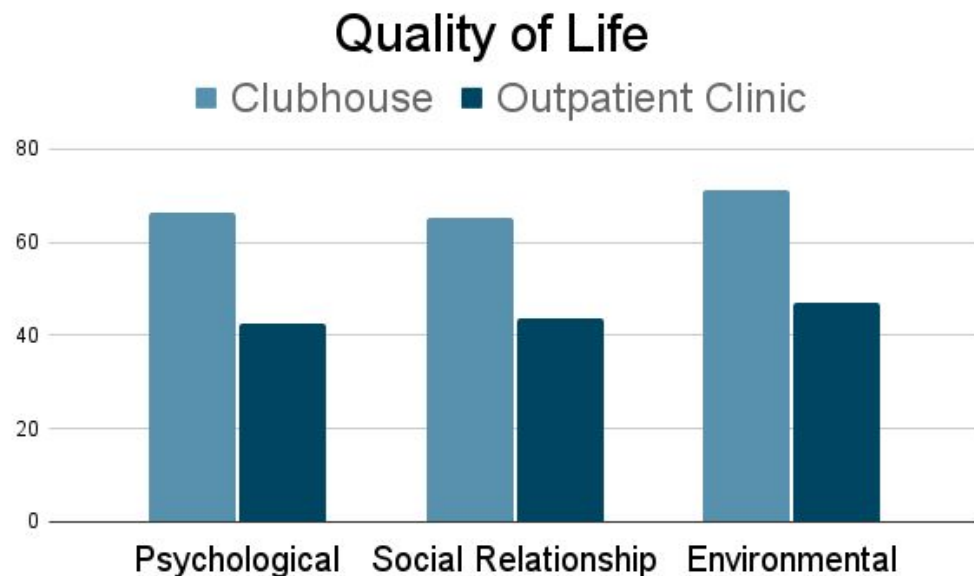
Examples: Daily wellness opportunities, healthy meal program, wellness space, care coordination supports, healthy social activities

Supporting physical health needs for members, like Cleo, has lasting impact.





Quality of Life



Compared to an outpatient clinic, Clubhouses led to significantly better psychological, social relationship and environmental domains of *quality of life* after 6 months.

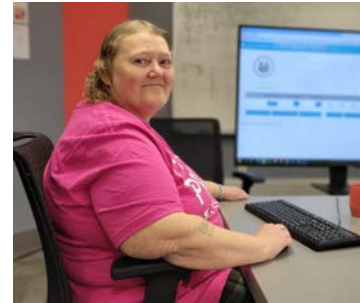


Improving Lives

Sheldon Clubhouse supports members in getting connected to the needed supports and resources to reach their goals!

- Working Community: Purpose & Value
- Relationships: Support & Connection
- Opportunities: Employment, Education & Wellness
- Resources: Care Coordination & Community Connections

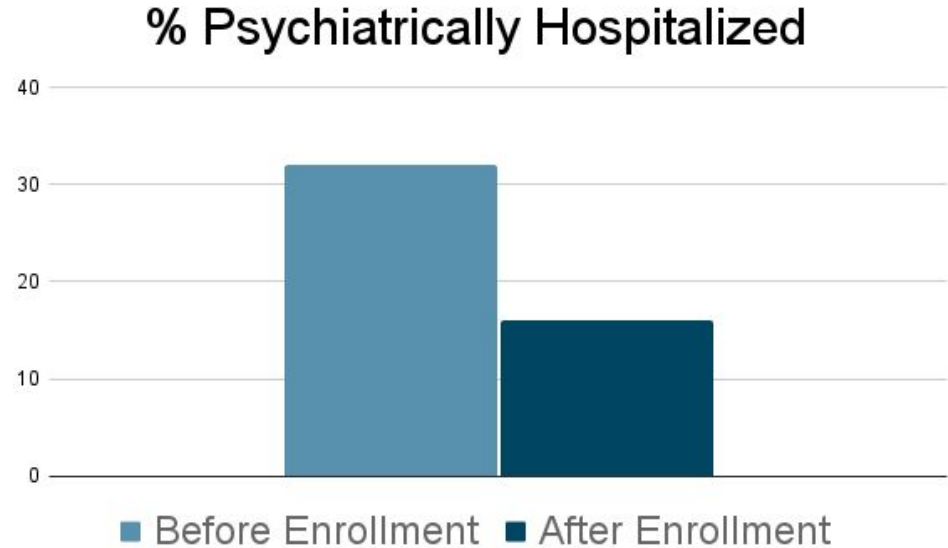
The supports of Clubhouse change lives for the better, like it has for Cheryl.





Hospitalizations

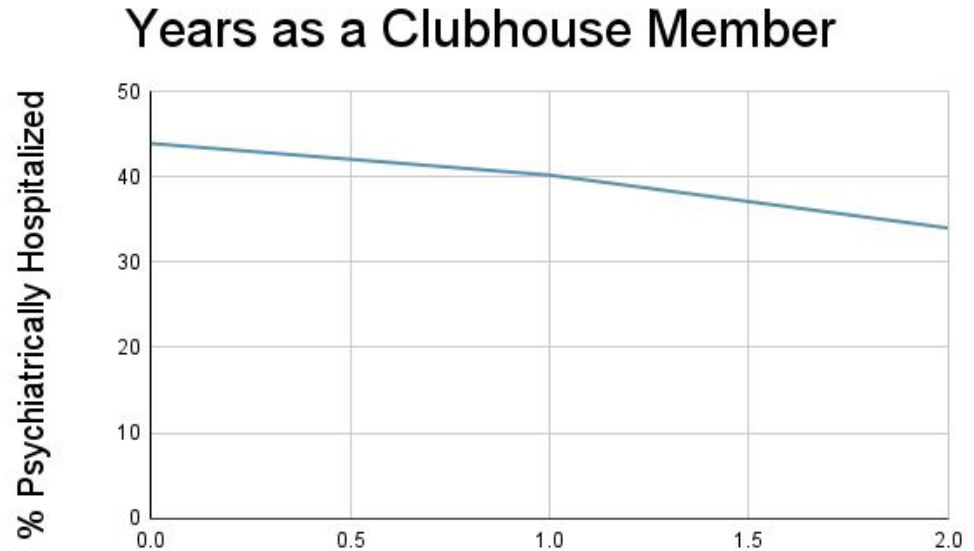
Clubhouse members were **less likely to be hospitalized for mental health reasons** after 2 years of enrollment.





Hospitalizations

The longer Clubhouse members were enrolled, the **less likely they were to be psychiatrically hospitalized.**

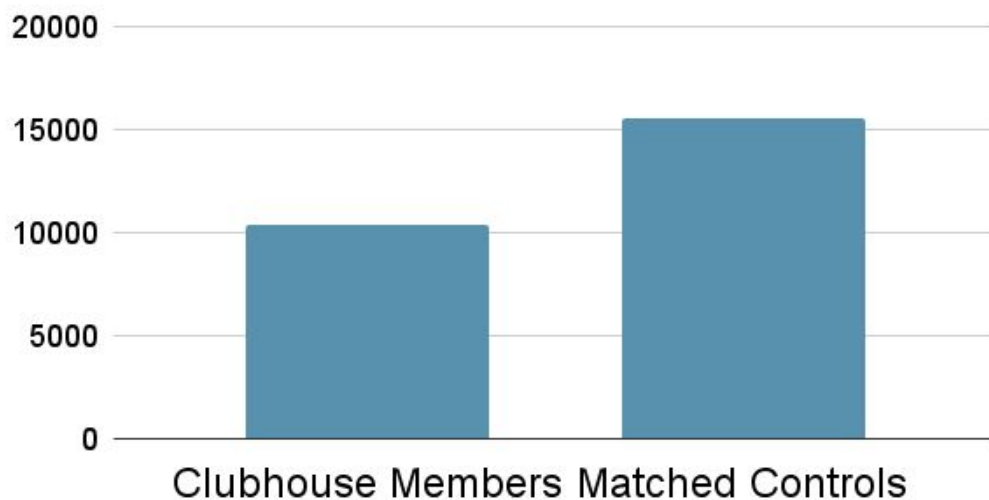




Health Care Costs

Clubhouse members had significantly lower average annual total ***mental health care costs*** compared to non-members with mental illness of similar age, race, and gender.

Mental Health Cost





Addressing The Unmet Needs

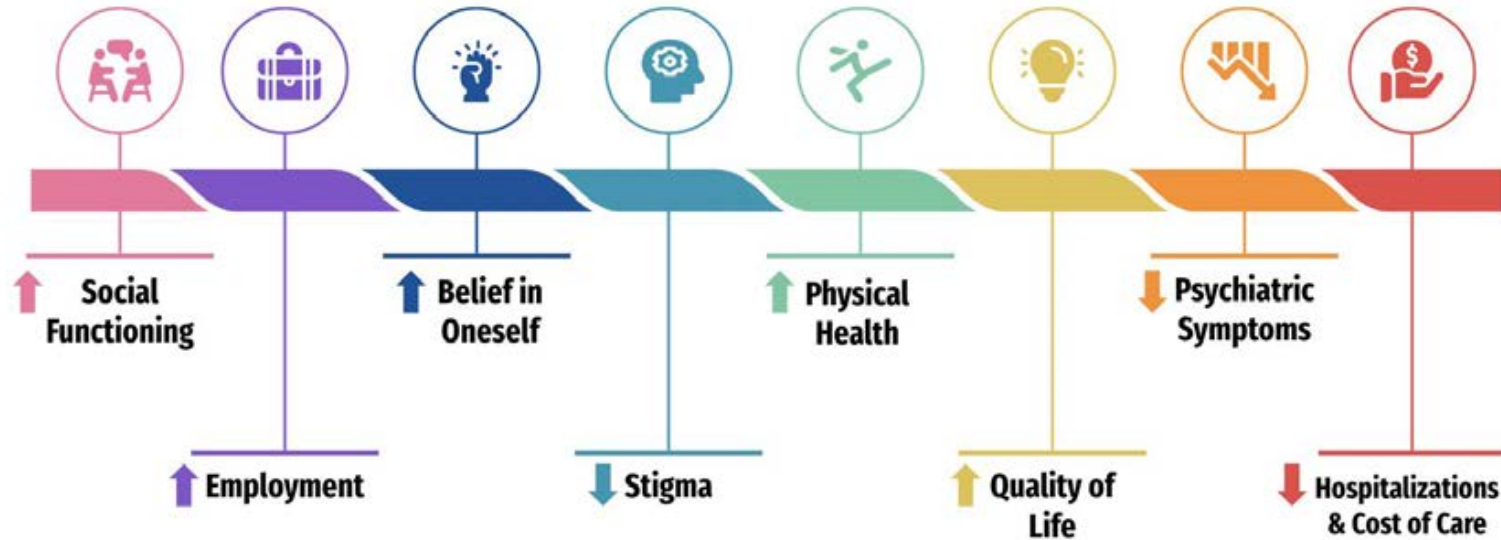
The Clubhouse Model addresses needs not met elsewhere.

- Loneliness
- Social isolation
- Purpose
- Progress toward life goals
- Supportive relationships

**The results are decreased mental health crises.
This has been true for Leasa and many other
Clubhouse members!**

Summary of Outcomes

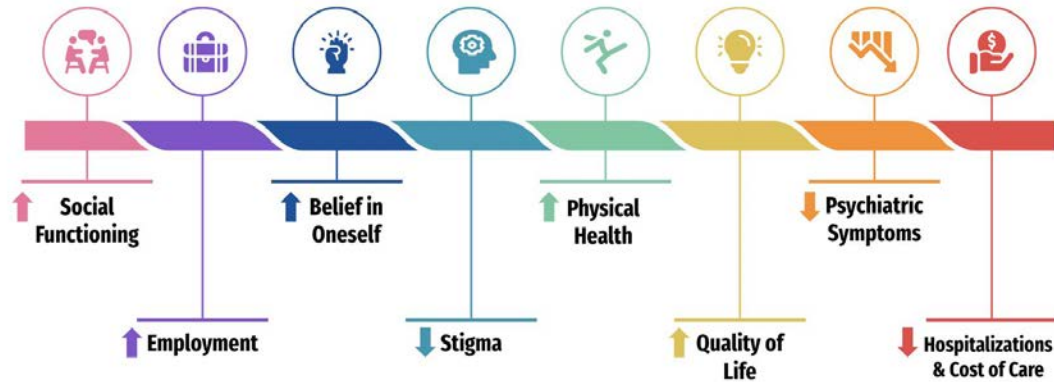
Taken together, research demonstrates that Clubhouses:



Summary of Outcomes

Taken together, research demonstrates that Clubhouses:

- Improve near and long-term health outcomes
- Improve employment outcomes
- Reduce hospitalizations
- Reduce cost of care



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