



## International Center for Clubhouse Development

### **The ICCD Clubhouse Model has been accepted for inclusion as Evidence Based Practice by United States Substance Abuse and Mental Health Services Administration's (SAMHSA)**

Dear Clubhouse Colleagues,

As many of you are aware, The Program for Clubhouse Research and the ICCD submitted the ICCD Clubhouse Model for inclusion on the United States Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence Based Practices and Programs (NREPP) in 2008. We selected the term ICCD Clubhouse Model for the submission to distinguish ICCD Clubhouses from other programs that may refer to themselves as a "Clubhouse" but may not have the defining features that we would expect to see in a clubhouse such as a Work-Ordered Day, Transitional Employment, a partnership model, etc.

Evidence Based Practices (EBP's) are interventions, programs, or models for which scientific evidence shows that the practice improves outcomes. Advantages of identifying a service as an EBP include:

1. Identifying interventions based on research studies rather than subjective interpretations.
2. EBP's receive support from research that includes evidence from multiple studies.
3. Allowing funders to direct limited resources to programs and areas where they will have the greatest impact,
4. Many EBP's have manuals and guidelines to assist with model implementation and fidelity.

While the identification of a model as an EBP has advantages, it is important to remember that there are also some limitations. EBP research often limits participation as part of study inclusion criteria and EBP research is typically conducted in controlled environments where people receive the same "dose" or amount of the intervention or service. These limitations make it difficult to address the effectiveness for the broader population; however, they do highlight the importance of having fidelity in order to be able to generalize to a particular model.

It will be important for people to understand what NREPP is and how the NREPP site is organized. (NREPP) is a voluntary rating system designed to provide the public with reliable information about interventions that promote mental health, or prevent or treat mental illness, substance use disorders, or co-occurring disorders. NREPP is not a comprehensive registry of all mental health and substance abuse interventions. NREPP has minimum requirements for application and inclusion on their registry and not all interventions submitted to NREPP are accepted for review. To be considered for review, interventions must meet four minimum requirements:

1. The intervention has produced one or more positive outcomes
2. Evidence of these outcomes has been demonstrated in at least one study using an experimental or quasi-experimental design. Experimental designs require random assignment, a control or comparison group, and pre and post intervention assessments. Quasi-experimental designs require a comparison or control group and pre- and post-intervention assessments.
3. Study results have been published in a peer-reviewed journal or other technical publication, or a comprehensive evaluation report.
4. Implementation materials, training and support resources, and quality assurance procedures have been developed and are ready for use by the public.

Programs and practices that are accepted for inclusion in NREPP undergo two independent review processes in which their (1) quality of research and (2) readiness for dissemination are evaluated and rated on a scale of zero to four. The Quality of Research review includes six criteria that are described in the following link: [NREPP Quality of Research Review Documentation Guidelines \(pdf\)](#) and the Readiness for Dissemination review criteria are available at [NREPP Readiness for Dissemination Review Documentation Guidelines \(PDF\)](#). If you want to view additional requirements for the submission and review criteria, please use this link: [NREPP Submission Checklist](#).

In the case of our submission, we were limited to three outcomes that could be supported by no more than four research articles. Consequently, we submitted Employment, Quality of Life, and Recovery as outcomes based on the research that met the requirements described above. While we know there are other key outcomes in ICCD Clubhouses, they have not been studied using the research designs required in order to be eligible to be included in the review.

It has taken much longer than expected but the NREPP review has been completed. We are pleased to announce the Clubhouse Model has been accepted for inclusion on SAMHSA's NREPP. When you visit the NREPP web site

(<http://www.nrepp.samhsa.gov/>), you will find the Clubhouse Model on the registry if you type clubhouse in the search box and hit enter.

As we anticipated, the Clubhouse Model scored very well on the Readiness for Dissemination Criteria in the middle of the Quality of Research Criteria. The research review indicates that we have surpassed the minimum levels of research required for inclusion on the registry. However, it also highlights the need for more research on Clubhouses that uses rigorous designs and addresses issues and study limitations raised in this review.

So, what you can tell others is that the Clubhouse Model is now included on SAMHSA's Evidence Based Practice Registry. You can also tell them that ICCD has lots of information available that describes the model and resources for people that want to start a clubhouse. The NREPP web site and on the ICCD web page ([www.ICCD.org](http://www.ICCD.org)) lists many of these resources. You can tell people that there is evidence that supports Clubhouse outcomes from studies with experimental or quasi-experimental designs and show that clubhouses are effective. You can focus on the employment outcome until we have more research available in other areas. You can also tell others that we know we need more research on the Clubhouse Model that uses rigorous research designs and that we are continuing to develop the evidence base for the model.

If you have any questions about the NREPP submission please contact Colleen McKay ([Colleen.McKay@umassmed.edu](mailto:Colleen.McKay@umassmed.edu)) at the Program for Clubhouse Research or Joel Corcoran ([JDCorcoran@iccd.org](mailto:JDCorcoran@iccd.org)) at the ICCD