

CBHC ANNUAL BEHAVIORAL HEALTH TRAINING CONFERENCE

PEER SPECIALTY SERVICES: A RECOVERY-FOCUSED AND EVIDENCE-BASED PRACTICE

CONTACT INFORMATION

Presenters:	Renee Schell Renee.schell@northrange.org 970-347-2475	Ashlyn McMillan mcmillan.nicole.ashlyn@gmail.com 970-388-3706
	Natalie Brown natalie.brown@summitstonehealth.org 970-493-4053	Ron Barengberg kingtiger3500@hotmail.com

LEARNING OBJECTIVES

- Learn from seasoned Clubhouse Colleagues about a recovery model that focuses on connecting people to the community through friendship, employment, housing, education and access to medical and psychiatric services in a single caring and safe environment.
- Understand the comprehensive approach of rehabilitation based on the Accredited and Evidence Based practice of the Clubhouse Model
- Increase awareness of Clubhouse International, an organization that supports the growth and development of Clubhouses worldwide
- Better appreciation of the benefits and value of Clubhouse Accreditation and joining the International Clubhouse community
- Understand how IPS and Clubhouse models can work together
- Learn from Clubhouse members whose lives have been greatly impacted through Clubhouse participation and engagement

DESCRIPTION

During this presentation, Clubhouse Colleagues will provide a dynamic presentation about the Clubhouse Model of Rehabilitation, which has been developed globally in over 20 countries. The presentation will include an interactive map of the worldwide Clubhouse community while demonstrating that connections truly start with engagement in a vibrant Clubhouse program. Presenters will provide research on the outcomes of accredited programs and will address the following concepts:

- Basic guiding principles of the Clubhouse Model
- Why Clubhouse? Holistic approach connecting members to the community
- Cost-effectiveness and EBP
- Clubhouse and IPS

The highlight of the presentation will be the sharing of member testimonials about how the Clubhouse has been instrumental in changing lives of those with mental illness.

WHAT IS A CLUBHOUSE?

- **Clubhouses are Peer Driven:** Clubhouses provide the purest form of peer support through genuine relationships and naturally occurring support systems. With a small professional staff team, the Clubhouse relies upon members helping each other to access resources and community opportunities.
- **Clubhouse is a Community:** More than a program or social service, a Clubhouse is above all a community of people who are working towards a common goal to get their lives back!
- **Clubhouse are Participative:** Each Clubhouse member participates in the overall operation and business of the Clubhouse, including consensus-based decision making regarding running the Clubhouse. They are members, not "patients" or "cases" or "clients".
- **Clubhouses help end Isolation:** Clubhouses are organized as a support system, not as a service or treatment program. Inclusion is at the very heart of the Clubhouse way of working.
- **Clubhouses offer Vocational Training:** Clubhouses offer members access to formal educational resources and a work-ordered day program in which each member's talents and abilities are recognized and utilized within the Clubhouse.
- **Clubhouses offer a Return to Work:** As a right of membership, Clubhouses provide members with opportunities to return to paid employment through Transitional, Supported, and Independent Employment programs.
- **Clubhouses offer Wellness Programs:** When "I" is replaced with "We", mental illness becomes wellness. Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives. Wellness programming influences how individuals develop healthy lifestyles by focusing on the whole person, not just brain health. For example, physical health and nutrition, financial health, addiction education, environmental and vocational health are all addressed in the Clubhouse community.

FRONTIER HOUSE

With over 1300 members to date, Frontier House was founded in 1990 and follows the Clubhouse Model of Psychosocial Rehabilitation. Considered an evidenced-based, model program, Frontier House is an inspiring example of our belief that individuals with mental illness can and will actively recover if given the chance and means to do so. Frontier House— "a place where one is needed, wanted, and expected"— helps individuals get back to work or school, regain self-worth, establish natural support systems, find safe and affordable housing, and experience mutually respectful relationships.

SPIRIT CROSSING CLUBHOUSE

Spirit Crossing Clubhouse is an empowering community intended to support one another in personal growth and recovery. We opened in 1998 welcoming 850 members since that time. Annually Spirit Crossing provides support to an average of 280 individuals. As an accredited Clubhouse program since 2005 we believe one's wellness depends upon experiencing positive work opportunities, meaningful social relationships, having one's skills and talents needed by others and promoting independence through community involvement. The Spirit Crossing community seeks to reduce the stigma of mental illness through community education and outreach programs.

LINKS TO RESEARCH ARTICLES

Clubhouse International conducts ongoing research throughout the international community. The following Links provide a comprehensive list of topics including: Supported Employment, Peer and Family Relationships, Supported Education, and Cost Effectiveness to name a few.

<http://clubhouse-intl.org/what-we-do/research/>

Substance Abuse and Mental Health Administration/ National Registry for Evidenced-based Programs and Practices

<https://nrepp.samhsa.gov/Legacy/ViewIntervention.aspx?id=189>

A Systematic Review of Evidence for the Clubhouse Model of Psychosocial Rehabilitation



Systematic
Evaluation of Clubh

Work-Ordered Day as a Catalyst of Competitive Employment Success



Work-Ordered Day
as a Catalyst of Com

Clubhouse International Membership Map



2018 Clubhouse
International Memb