The Clubhouse Model of Psychiatric Rehabilitation and Recovery in Ohio

Building a Recovery Oriented System of Care
Today’s Goals

1. Understand the Clubhouse Model

2. Be familiar with the 3 Clubhouses in Ohio
   1. Magnolia Clubhouse – Cleveland
   2. Miracle Clubhouse – Dayton
   3. Pathway Clubhouse – Columbus

3. Have resources for next steps if interested in implementing the Clubhouse Model
Clubhouses in Ohio

Magnolia Clubhouse- Cleveland

Miracle Clubhouse- Dayton
(3-Year Accreditation August 2016)

Pathways Clubhouse- Columbus
(Re-opened 10/19/2016 with renovated space and goal of accreditation)
Opportunity Healthcare Reform

Advocacy with Medicaid/Managed Care/State ODMHAS

- Medicaid funding July 2017 Day Treatment with CARF
- Evidence based practice
- Low cost, effective, comprehensive and holistic, inclusion and reintegration
- ODMHAS and ADAMHS BD value our quality
- CMH System and users value and advocate
Research Findings

Cost effective.¹

Higher rates of employment.¹,²

Reduced rates of hospitalization.³

Reduced incarcerations.⁴

Improved well-being.⁵

¹Source: McKay, Yates, and Johnsen (2005); IPS model reported by Clark et al (1998); ACT model reported by Macias et al (2001).
Clubhouse International

330 Clubhouses in 34 countries, 37 states

North America: 200 Clubhouses
Europe: 84 Clubhouses
Asia: 32 Clubhouses
South America: 2 Clubhouses
Middle East: 3 Clubhouses
Africa: 2 Clubhouses
Australia/New Zealand: 10 Clubhouses

483 Tenth Avenue, Suite 525, New York, NY 10018   © 2014 Clubhouse International. All rights reserved
Clubhouse International

10 International Training Bases Worldwide

- Fountain House, NYC
- Genesis Club, MA
- Gateway House, SC
- Independence Center, MO
- Alliance House, UT
- Progress Place, Toronto, Canada
- Mosaic Clubhouse, London, England
- Helsingin Klubitalo, Helsinki, Finland
- Stepping Stone, Brisbane, Australia
- Taiwha Fountain House, Seoul, Republic of Korea

483 Tenth Avenue, Suite 525, New York, NY 10018 © 2014 Clubhouse International. All rights reserved.
Magnolia’s Mission

Magnolia Clubhouse is a vital community of growth, hope and opportunity. Our mission is to ensure people who live with mental illness are respected co-workers, neighbors and friends.

Our vision is that one day, across the world, the social rights movement for human justice to which Clubhouses are dedicated, will no longer be needed. People who live with mental illness everywhere, will live lives of dignity and fulfillment, and reach their full potential.
Timeline

1948  Fountain House est. NYC, “We Are Not Alone”
1961  Hill House established
1990’s Formalized connection with the Clubhouse model
1999  Hill House certified by Clubhouse International
2000  Hill House merged, Bridgeway
2004  Magnolia Clubhouse established
2005  Capital Campaign begun
2006  Homes purchased from Bridgeway
2009  Kitchen expansion completed
2009  Began Carriage House Clinic psychiatry
2012  Carriage House and Site completed+Primary Care
2016  Renovations Begun
Magnolia Clubhouse

- University Circle location
- Over 410 people a year
- 75 average daily attendance
- Schizophrenia (53%); Mood Disorders (37%)
- Currently expanding to 84 ADA
Supported Employment Clubhouse Model Benchmarks

Employment- 87 members
Model Benchmark
50% of Average Daily Attendance
50% of 75 = 37
Magnolia Outcome
87 employed members/75 ADA
116% for Magnolia Clubhouse
Supported Employment
Transitional Employment

- Paid, entry-level positions, variety
- Members work part time for 9 to 12 months
- Job training and support by Clubhouse staff and members
- Staff or member fills in if member absent
Employment Data

- 21 Transitional Employment Positions
- 94% completed TE
- Worked 10,844 hours
- Earned $94,784
- 59 people in ongoing Supported Employment
New Marriott Courtyard in University Circle
Supported Education

47 members pursued educational goals including college, GED work, tutoring, and literacy skills development.
# Education (N=53)

## Graduate School
- 1 completed
- 1 no longer attending

## Trade School
- 1 completed
- 1 no longer attending

## College
- 9 attending
- 6 completed
- 7 no longer attending

## Other
- Peer Support Training: 3 attending, 3 completed
- CPL: 2 completed
- Other: 1 attending

## GED / HS Diploma
- GED: 3 attending, 1 completed, 1 no longer attending
- HS: 1 attending, 2 completed

## Literary Skills
- Clubhouse: 5 attending, 2 no longer attending
- External: 1 attending, 2 no longer attending
Advocacy and Community Education

Representative Bill Patmon
Advocacy and Community Education

- Meet with public officials
  - RNC Luncheon, Newt Gingrich, Magnolia Video
- Police training (CIT)
- Community Education presentations
  - Local hospitals, mental health agencies, VA, employment agencies
- Education for area students
- Support and on boards of NAMI- Greater Cleveland, and NAMI- Ohio
- Leadership in Clubhouse Community
Health and Wellness

- Carriage House Clinic served 76 members
- Clinic integrates primary care and psychiatry with the Clubhouse
- Group supporting weight loss, healthy lifestyles, smoking cessation
- Weekly yoga
- Clubhouse healthy meals, large salad option
- Daily walking group
- Social activities more physical
- Monthly Health Education topics
- Identify and provide support for chronic illnesses such as diabetes and cancer
Research at Magnolia

Case Western Reserve University
  Reduced isolation
  Needs of family members
  8 papers published from this work

Ohio State University
  Mutual aid in an Intentional Therapeutic Community

Fountain House Research on Resiliency
Magnolia Clubhouse Shop

Tuesdays – Fridays
11:00-3:30
Some Saturday Hours
Earned $50,000
Ethnicity and Gender

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>MC</th>
<th>Cuyahoga County</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>56%</td>
<td>29%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>38%</td>
<td>63%</td>
</tr>
<tr>
<td>Other</td>
<td>5.5%</td>
<td>8%</td>
</tr>
</tbody>
</table>

64% of members are male
36% are female

n=404
30% report being in Special Education

24% report having Learning Disabilities

<table>
<thead>
<tr>
<th>Education Level</th>
<th>MC</th>
<th>Cuyahoga County</th>
</tr>
</thead>
<tbody>
<tr>
<td>HS or higher</td>
<td>84.5%</td>
<td>88%</td>
</tr>
<tr>
<td>Bachelors Degree or higher</td>
<td>21%</td>
<td>30%</td>
</tr>
</tbody>
</table>
18% of members have guardian of person
(We do not specify members whose assets exceed $25,000 which would make them eligible for guardian of estate)

51% of members have payees

Clubhouse assists members who are able to be more independent to challenge their guardianship/payee status.
Mode of Transport

- **drive**: 19%
- **walk**: 6%
- **bus**: 9%
- **family drive**: 8%
- **paratransit**: 51%
- **group home van**: 6%
- **other**: 1%

81% East-siders
19% West-siders

n=400
Other Information

- The majority of members have a mental illness that is so severe it has resulted in disability
- The majority of members live in poverty
- 27% of members report substance abuse/dual diagnosis
- 25% of members have legal involvements
- 102 members have children including grown children
- 19 members are custodial parents, 18 have visitation
- 32 members are veterans
- 43 members have physical disabilities
- 19 members also have a developmental disability
- 4 members are deaf
Participant Visit Frequency (monthly)

- Nearly Every Day: 30 members
- 11-20 Visits: 15 members
- 6-10 Visits: 29 members
- 1-5 Visits: 26 members

410 people served
Participant Goal Areas (N=100)

- Developing skills for working: Number of Responses
- Improving my physical health: Number of Responses
- Improving my skills for daily living: Number of Responses
- Developing new skills: Number of Responses
- Increasing my independence: Number of Responses
- Understanding my benefits: Number of Responses
- Independent employment: Number of Responses
- Improving my family relationships: Number of Responses
- Continuing my education: Number of Responses
- Increasing my artistic interests: Number of Responses
- Transitional employment: Number of Responses
- Improving my housing: Number of Responses
- Improving my reading: Number of Responses
- Working in Advocacy: Number of Responses
A chance to be with other people
A chance to learn new things
Help I receive
A chance to help other people
Meals, snacks
A safe place to come and be myself
Meaningful work running the club
Social activities (parties, outings, etc.)
Paid job opportunities

What Participants Liked Best About MC (N=100)
If I Was Not at Clubhouse I’d Be…

“Probably fretting about things I should be doing, I don’t do much and it is hard for me to get motivated. Being at the Clubhouse has shown me I can get motivated and so I can do this at home too.”

“Probably getting in trouble with Law Enforcement and hanging out with my bad-influenced friends around me. I need to distance myself from them.”

“In and out of the hospitals, unemployed, or dead.”

“Panic attacks, crying, suicidal, isolate.”

“Being frightened, alone, and delusional.”
What members have to say…

“I now know that, through support, I am capable of returning to the life I had before I was diagnosed. Isolation was a huge part of my life for years because I felt ashamed of my situation. Being able to be with supportive peers and staff have made me see my ability with my disability.”

“I can’t believe how much I’ve changed in the 3 years I’ve been here. People in my life tell me I have gone back to my old self, Just a better version. Making positive changes every day and knowing that I’m doing the best I can has helped me to make these positive changes and be a better person.”
Miracle’s Mission

Miracle Clubhouse

Miracle Clubhouse is a community of hope, growth and opportunity for people recovering from mental illness.

Goodwill Easter Seals Miami Valley
(Auspice Agency)

Our mission is to empower people with disabilities and other disadvantages to achieve independence and improve their quality of life.
History of Miracle Clubhouse

2009 - Working Group Formed
2010 - Greater Dayton Clubhouse Incorporated
2011 - Partnership with GESMV
2012 - Miracle Clubhouse opened
2015 - New Building opened
2016 - Received 3 year Accreditation through Clubhouse International
Miracle Clubhouse

- Located near Downtown Dayton
- 28 average daily attendance
- 9 Transitional Employment Placements in 2016
- 38 members supported with employment in 2016
Educating Community & Eliminating Stigma

- Host monthly Lunch & Learns for community members at Clubhouse
- Present at various community groups including Optimists Clubs, Rotary Clubs, universities, churches, and police departments
- Partner with Sherriff Department for CIT Academy
Transitional Employment
Transitional Employment
Goodwill Easter Seals Miami Valley

Transitional Employment
Miracle Clubhouse - Supported Employment
Miracle Clubhouse - Supported Education

15 members pursued educational goals including college, trade school, GED work, tutoring, and Certified Peer Training.
Miracle Clubhouse – New Building
Miracle Clubhouse - Social Events & Holidays
What members say…

“For me, Clubhouse is a place to belong and where people care about me. It helps me stay on track and work on my recovery. And that I am not just a diagnosis.” – Carla Weaver, member since January 2013

“For me it’s really simple -- Clubhouse saved my life.” – Eric Retherford, member since May 2015

“Clubhouse has helped me get away from isolating, helped learn skills, get support for education, do fun things that I wouldn’t have done by myself.” – Brenda Dougherty, member since July 2014

“The Clubhouse has literally saved my life. When I came to the Clubhouse, I was homeless, jobless, and hopeless. Since coming to Clubhouse, I have found a job, found a place to live, and found hope. This is my life now. This is what I want to do for the rest of my life.” – Tom Coffman, member since April 2016

“Coming here took my quality of life way up. It gave me structure. It gave me support. It gave me relationships.” – Aaron Troutman, member since February 2012
PATHWAY CLUBHOUSE
Pathway Clubhouse has a long-standing reputation for serving the mental health community in Franklin County.

1975 - Started as an Intermediate Care facility “Day Treatment” program successfully serving many consumers.

1990 - Transitioned into a Psycho-Social Clubhouse based on the Fountain House Model.

Due to funding changes in 2009 Pathway began providing case management as well as Supported Employment services.

Although the focus was primarily on providing CPST /case management services, Pathway continued to operate the psycho-social programming and empowered the “members” to take leadership roles.

At that time there was 1 part-time staff that primarily assisted and consulted with the membership for day to day operations of the clubhouse.
In 2014 after doing extensive research on the Clubhouse Model, and visiting Magnolia Clubhouse in Cleveland, B.R.E.A.D. (Building Responsibility Equality and Dignity Organization) began advocating for a Fountain House model Clubhouse in Franklin County.

After strong advocacy from our members and supporters in the community, and a demonstrated history of providing clubhouse services, it was announced on December 7, 2015 that Pathway Clubhouse will become an accredited Clubhouse and return to its “roots” of providing psycho-social, employment, and other clubhouse services in Franklin County.

In January 2016 Pathway began the journey. We started with developing a plan to begin following the clubhouse standards and getting our building in shape.
Pathway Clubhouse Renovation

During the first 2 quarters of 2016:

- We began the transfer of consumers we case managed
- We converted all our paper work, creating intake forms, member handbook and brochures
- We visited Miracle Clubhouse in Dayton
- Began consultation calls with Lori D’Angelo, Director of Magnolia Clubhouse in Cleveland.
- Sent out letters to consumers, advising them of the changes and encouraging them to become “members” in our new and exciting endeavor
- Renovations continue
- Began accepting new members and marketing the Clubhouse to other agencies in Franklin County
Pathway Clubhouse Renovation

- ADD PICTURES (KEEP IF WE GET PICTURES)
October 2016

Pathway Clubhouse
Grand Re-Opening
Celebration
Daily Activities at Pathway Clubhouse

We offer daily structure “work units” that provide experience in working retail or food service operations.

Each day a delicious and nutritious lunch is prepared and sold at the clubhouse.

Members work side-by-side with staff to organize daily activities and tasks, as well as plan menus, shop for supplies and food, and monitor inventory.

Among the many daily duties, members work as greeters for guests and visitors at the front door and front desk.

Members also work on recording and preparing daily deposits to the Finance Department, keep detailed records of our fund raising activities, and proceeds from our Food Service Unit and Snack Bar.

For members who are employed, we track their earnings, copy pay-check stubs and report to Social Security monthly.
Daily Activities at Pathway Clubhouse

- ADD PICTURES – WILL ADD PICTURES
Retail at Pathway Clubhouse

We also launched a Resale shop “Treasures on Broad” as part of the retail unit.

This shop and the “Annex” (where bargains can be found), provide members with experience working with retail sales and associated tasks. The retail shops also encourage donations for fund raising for the Clubhouse.
Treasures on Broad
Treasures on Broad
Pathway Clubhouse Trips

There have been many educational and memorable trips and activities that are experienced throughout the year. We celebrate holidays, Black History month, and attend/celebrate cultural events.

In 2014, Pathway experienced a trip to Nashville which included a Native American Pow-Wow.

In 2015, we went to Chicago for a “cultural awareness” trip that included China Town, Devon Street, which is a neighborhood with many Indian shops and restaurants, had dinner at an Afghanistan restaurant and attended the House of Blues for a gospel brunch.

In 2016, we went to St. Louis.
St. Louis 2016 Trip

- Pathway Clubhouse Members selected St. Louis for the Fall Trip this year.
- Places on the schedule included:
  - Independence Center Clubhouse
  - St. Louis Arch
  - Wax Museum
  - Carriage Horse Rides
  - Sweetie Pie’s Soul Food Restaurant (as seen on OWN Network)
Trips
Trips
Pathway Clubhouse Art

- We have a very strong art program that is member-led.
- Our working art studio has hosted 3 art shows to the community.
- Several of our artists have also been featured at Fresh Air Gallery.
- Participating in the art program is empowering and helps members to tap into their creative side. While experiencing this, they increase their self-esteem, build team-work and feel proud of their accomplishments.
Pathway Clubhouse ART VIDEO

- ADD VIDEO
Welcome to Pathway

- Pathway strongly encourages family involvement by reaching out to the families of members.
- Members also invite their family or their support system to attend events, trips and parties.
- We have received donations from family members, and some families have become volunteers in the program.
Thank you!

We are very excited to Re-Lauch Pathway into the Clubhouse Model.
And proud to join the other 2 Clubhouses in Ohio, Magnolia and Miracle Clubhouse.
A Clubhouse is a community creating opportunities for employment, education, friendship, belonging, and hope.

Magnolia Clubhouse
How to start a Clubhouse in your city....