

Clubhouse Model: Transforming Mental Health Care

Compass House and Jackson County Mental Health

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Background

Compass House was an initiative between Jackson County Mental Health and a working group of community volunteers to help fill the gap in peer-to-peer services in Jackson County.

The **Clubhouse Model of Psychosocial Rehabilitation** is an evidence-based practice that creates a dynamic program of support and opportunities for people with mental illnesses. In contrast to traditional day treatment models, Clubhouse participants are called “members” (not “patients” or “clients”). Restorative activities focus on their strengths and abilities, not their illness. A Clubhouse is unique in that it is not a clinical program, and all participation is strictly voluntary.

Today there are over 300 Clubhouses in 33 countries. A Clubhouse can and will restore a “broken” person to their full potential based on what one can do, not what one can’t do. A Clubhouse is a relationship model that allows members the right to belong and to feel welcomed. It also helps members find jobs, complete education and return to the community as persons who have a higher sense of self-worth, confidence and who have found a deeper sense of meaning and purpose in their lives.

Objective

Improve the quality of life for individuals living with mental illness through implementing the Clubhouse Model in Jackson County.

This project was done in partnership with Jackson County Mental Health, whose main priority was to invest time and resources to get Compass House on its feet as a free-standing nonprofit organization.

Goals

- Improve quality of life
- Reduce hospitalizations
- Employment
- Education
- Advocacy/housing
- Social connectedness
- Sense of belonging



Compass House provides adults with mental health issues purposeful opportunities that build the dignity of the individual and the well-being of the community.

First year outcomes

- Total year one membership: 216
- Average daily attendance YTD: 14
- Active membership YTD: 135
- Hospitalizations (active members): 97% had zero hospitalizations
- Recidivism: 96% zero jail stays
- Independent employment: Compass House helped 8 members return to work
- In our first year of operations we have exceeded our first year objectives.
- Education: 18 members received education support
- Healthy meals served: 2,540 at \$1.50 per lunch

Lessons learned

This project reinforced the benefits of the Clubhouse Model, and how it complements the work of traditional health care organizations in the community.

We would recommend that Clubhouse training and constant contact with Clubhouse International and other Clubhouses is essential to successfully developing and implementing a Clubhouse into the community



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