



CLUBHOUSE UPDATE

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OVERVIEW OF CLUBHOUSE SYSTEM

PRESENTED BY CARA EVANS MURRAY



LIVE WELL
SAN DIEGO

- Clubhouses provide opportunities for work, wellness, and socialization.
- There are 10 Clubhouses located throughout San Diego County.
- In Fiscal Year 2020-21, San Diego County Clubhouses provided nearly 50,000 documented meetings, groups, activities, and individual supports.

**Membership and Attendance
Data for Fiscal Year 20-21**



PROGRESSION OF CLUBHOUSE DEVELOPMENT



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2016

- Self-Assessment using the Clubhouse International Accreditation Standards

2018

- System level planning begins for Data Management System

2019

- Implementation of PROMIS measure and ClubHOMS

2020

- Incorporate Virtual Communities

2021

- Clubhouse system enhanced with Clubhouse International Accreditation

CLUBHOUSE INTERNATIONAL ACCREDITATION:

- Consistent utilization of evidence-based programming within and across Clubhouses.
- Alignment with principles and standards which support outcomes related to member employment and improved social connectedness.
- Implementation of Quality Assurance processes via access to training, ongoing consultation, and fidelity evaluation by the accrediting body.

CLUBHOUSE INTERNATIONAL PRINCIPLES AND STANDARDS



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GUIDING PRINCIPLES

- Provide members opportunities to build long-term relationships that in turn support them in obtaining employment, education, and housing.
- Utilize consensus-based decision-making regarding all important matters relating to operation of the Clubhouse.
- Operate using a Work-Ordered day in which the talents and abilities of members are recognized and utilized within the Clubhouse.

STANDARDS

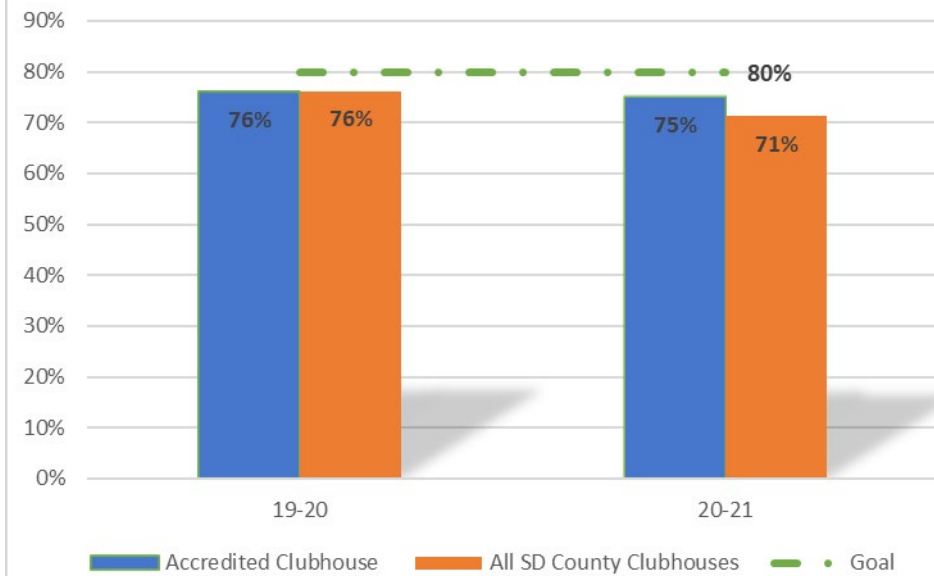
- Membership
- Relationships
- Space
- Work-Ordered Day
- Employment
- Education
- Functions of the House, including Transportation, Community Supports, Housing Resources
- Funding, Governance and Administration

KEY OUTCOMES

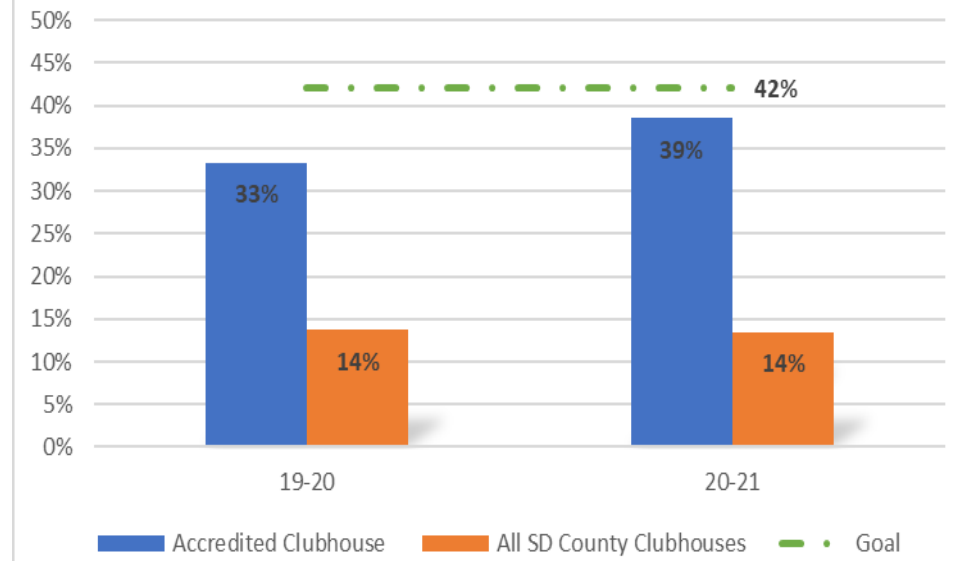


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SOCIAL CONNECTEDNESS



EMPLOYMENT



CLUBHOUSE PROCUREMENTS



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27.3%

Increase in
members served

Procured 5 Clubhouses in 2021:

- **NAMI Casa Del Centro** (Central Region)
- **The Meeting Place** (Downtown-Central Region)
- **MHS Mariposa Clubhouse** (North Coastal)
- **MHS Escondido Clubhouse** (North Inland)
- **NAMI The Plaza** (South Region)

Upcoming Clubhouse procurements will be informed through community feedback obtained through:

- Clubhouse Focus Groups
- RI International Countywide Meeting

NAMI SAN DIEGO

PRESENTED BY CATHRYN NACARIO



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CASA DEL CENTRO (CENTRAL REGION)

- Clubhouse membership: 115 (83 have attended in the past 60 days)
- Average daily attendance: 18.87
- An attempted to contact all 569 members from Friendship and Corner Clubhouse. Resulted in contact (speak with) 181 members, we confirmed 77 contacts were invalid, and we attempted to contact (voicemails, messages, or emails) the remaining 311 members but were unable to reach them.
- Out of our 113 members, 89 are members of other Clubhouse (primarily Friendship and Corner) and 24 are new members.
- Events and Outreach events:
 - Mercy Psychiatric Intensive Outpatient Program, Paradise Valley Psychiatric Unit, Amity Foundation of California, Ruby's House, NAMI San Diego Independent Living, and neighborhood partners
- Member events:
 - Celebrations for Valentine's Day, Black History Month, St. Patrick's Day, Women's History Month, WRAP Class Completion, and monthly birthdays

THE PLAZA (SOUTH REGION)

- Clubhouse membership: 119
- Average daily attendance: 17
- From Visions contacts, 79 members were successfully reached, 10 were reached via voicemails and text messages, and 37 members did not have working contact information
- From Casa Del Sol Clubhouse, 60 members were successfully reached, 80 via voicemail and text messages, and 18 members did not have working contact information
- Outreach:
 - The Plaza stayed connected with members via social media, successfully reached 21 members through Facebook. Between both Clubhouses, 160 members were contacted

CONNECTION 2 COMMUNITY-SPECIALIZED HOMELESS (CENTRAL REGION)

- Clubhouse membership: 840 Members
- Average daily attendance: 64
- Total attendance: 3,595 (3 qtrs.)
- Specialized Outreach to people experiencing homelessness: showers and laundry services; mail stop; housing, employment, SSI services, health navigation; community partnerships



Clubhouse Accreditation

- All three clubhouses are members of Clubhouse International and are in the process of Accreditation.

Following International model:

- Member involvement with the hiring process for staff
- Groups are held for members to express suggestions for the clubhouse
- Volunteer opportunities with member input
- Member driven groups and classes

Current Groups:

- Mental Health and Addiction, Anger Management, Anxiety Management, Journaling/ Art Group, Meditation, Peer Support, and Music Groups.

Member Run Groups:

- Art, Poetry, and Language

Services:

- Employment teams work with members to help them with their employment goals and job placement
- SSI Advocates actively working with members to get SSI benefits



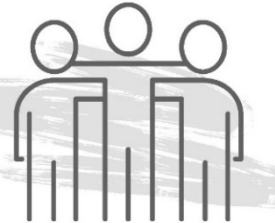
Casa del Centro Clubhouse – March 2022 Weekly Program Activities Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday	
8:00-8:30am	Community Meeting		Community Meeting		Community Meeting		Community Meeting		Community Meeting	
8:30-9:00am	Morning Volunteerism		Morning Volunteerism		Morning Volunteerism		Morning Volunteerism		Morning Exercise	
9:00-9:45am	Exercise Group		Mindfulness Group		Exercise Group		Bipolar Support Group – <i>Starting 3/10/22</i>		Sanitary Café	
10:00-10:45am	Peer Support Recovery Group		Health and Wellness		WRAP – Wellness Recovery Action Plan		Diabetes & Healthy Living		Poetry & Language Class	
11:00-11:45pm	Independent Living		Budgeting Class		Art Group		Women's Group		Computer Class	
12:00-12:30pm	Lunch		Lunch		Lunch		Lunch		Lunch	
12:30-1:00pm	Afternoon Volunteerism		Afternoon Volunteerism		Afternoon Volunteerism		Afternoon Volunteerism		Afternoon Volunteerism	
1:00-1:45pm	Communication Skills		Men's Group		Employment & Resume Building		Dual Diagnosis Support Group		Wellness & the Arts	
2:00-2:45pm	PAG: Peer Advisory Group	ZOOM Peer Connections Group	Computer Lab	ZOOM Peer Connections Group	Computer Lab	ZOOM Peer Connections Group	Computer Lab	ZOOM Peer Connections Group	Games & Recreation	ZOOM Peer Connections Group
3:00-4:00pm	End of Day Volunteerism and clean-up		End of Day Volunteerism and clean-up		End of Day Volunteerism and clean-up		End of Day Volunteerism and clean-up		End of Day Volunteerism and clean-up	



CASA DEL CENTRO CLUBHOUSE

GROUPS



INTEREST FORM:

Which of the following groups interest you?
Select all that apply:

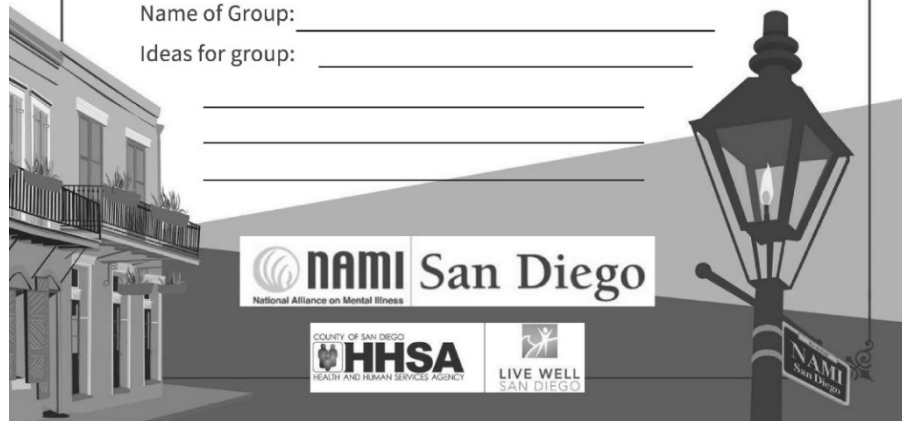
- | | |
|---|---|
| <input type="checkbox"/> Peer Support Group | <input type="checkbox"/> Computer Literacy - Tech Café |
| <input type="checkbox"/> Employment Readiness | <input type="checkbox"/> Recreation - Games, Movies, etc. |
| <input type="checkbox"/> Art Group | <input type="checkbox"/> WRAP |
| <input type="checkbox"/> Music Group | <input type="checkbox"/> WHAM |
| <input type="checkbox"/> Health and Wellness | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Fitness Group | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Independent Living | <input type="checkbox"/> Other: |

Interested in leading a group? Complete the section below!

Your Name: _____

Name of Group: _____

Ideas for group: _____



THE MEETING PLACE

CLUBHOUSE INTERNATIONAL ACCREDITED CLUBHOUSE

PRESENTED BY SHARRON HEDENKAMP



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The Meeting Place (Downtown Central Region)

- International Accredited Clubhouse since September 2005
- Follows the 37 International Clubhouse Standards
- 119 Members in FY 21-22
- 34 Average Daily Work Ordered Day (WOD) Attendance FY 21-22
- 5,626 Visits FY 21-22

Overview of Supports

- Work Order Day
- Employment Support Services
- Education
- Social Supports
- Health and Wellness
- Housing Resources



THE MEETING PLACE

CLUBHOUSE INTERNATIONAL ACCREDITED CLUBHOUSE



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Overview of Work Ordered Day

- Mimics typical business hours
- Voluntary Nature of the Clubhouse
- Unit Based Work
- Structure
- Needed, Wanted, Expected, Encouraged
- Minimized Hierarchy
- Work as the Tool for Recovery



THE MEETING PLACE

CLUBHOUSE INTERNATIONAL ACCREDITED CLUBHOUSE



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Benefits of Clubhouse International Accreditation

- Community
- Standards
- Training
- Supportive
- Structure



MEMBERS ON THE JOB



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THE MEETING PLACE

CLUBHOUSE INTERNATIONAL ACCREDITED CLUBHOUSE



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Member Success Story

- Denise
- Employment
- Board Member
- health and wellness





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