Achieving Mental Health through Meaningful Work

Clubhouses: A practical way to provide long-term support for people with serious mental illness

Florida Clubhouses provide a simple solution to long-term support of people with a mental illness – meaningful work, employment and friends. Often diagnosed as children or adolescents, people with a chronic mental illness can spend a lifetime in and out of emergency rooms, homelessness, jail and psychiatric hospitals.

Membership and participation with the Clubhouse can stop the crises, the frequent calls to law enforcement and emergency responders, the rushed trips to emergency rooms and urgent psychiatric hospitalizations.

The Clubhouse surrounds the person with a community of peers, working side by side with professional staff. Members show up for work on their chosen days, doing volunteer tasks and contributing to the maintenance and operations of the Clubhouse. Most participants avoid further hospitalization as long as they are engaged with Clubhouse activities.

Clubhouses Help People Avoid Crises

In Florida, a great many adults who have serious mental illnesses have repeated mental health crises resulting frequent (and expensive) emergency hospitalizations and encounters with law enforcement.

The power of the Clubhouse International model is its effectiveness in keeping people out of the hospital and crisis and on a continuous path to recovery.

Clubhouses Save Florida Money

Clubhouses provide year-round support to adults with serious mental illness at a very low cost, about $2,500-$3,500 per person per year. According to Becker’s hospital review, psychiatric hospitalization costs as much as $2,700 a day; county jail costs $200 a day.

A Clubhouse member can save taxpayers thousands of dollars every year by participating in a Clubhouse program and avoiding crisis hospitalizations and encounters with law enforcement.

Additionally, members who get jobs through their Clubhouse employment programs pay taxes and are often able to reduce their reliance on disability benefits.

The Clubhouse Effect

Results from a January 2018 anonymous survey of 194 members at nine Clubhouses in Florida show that among members who attended their Clubhouse for a year or more:

- 84% did not need services in a Crisis Stabilization Unit in the last year
- 80% did not need to go to the emergency room for psychiatric issues in the last year
- 85% did not have any interactions with law enforcement in the last year.

The vast majority of all 194 Clubhouse members noted that participating in their Clubhouse’s “recovery through work” programs improved their self-confidence (82%), sense of hope (85%), meaningful relationships (84%) and confidence about going back to work (74%).
Clubhouses Support Florida’s Legislative Agenda

Clubhouses are uniquely suited to address the goals of Florida’s laws regarding mental health services, in that they:

- Are “based on client outcomes, are programmatically effective, and are financially efficient, and that maximize the involvement of local citizens.” (394.66 FS);

- “Reduce the occurrence, severity, duration, and disabling aspects of mental, emotional, and behavioral disorders.” (394.453 FS);

- Provide “housing support, life skills and vocational training, and employment assistance, necessary for persons with mental health disorders and co-occurring mental health and substance use disorders to live successfully in their communities.” (394.453 FS).

Florida’s Clubhouses

- Academy at Glengary
  1910 Glengary Street
  Sarasota, Florida, USA 34231
  Director: William McKeever
  Phone: 941 921 9930
  Fax: 941 922 2133
  Email: info@VincentISRQ.org
  Website: www.VincentISRQ.org

- Charlotte’s Place
  351 S. Bay Avenue
  Sanford, Florida 32771
  Director: Stacy Hodge
  Phone: 407-732-5364
  Email: stacy.Hodge@aspirehp.org
  Website: www.facebook.com/SedonaHouseCFL

- Club Fellowship
  9827 E. Hibiscus Lane
  Palmetto Bay, FL 33157
  Director: Melissa Diaz
  Phone: 305-740-2420
  Email: bwolary@fellowshiphouse.org
  Website: www.clubfellowship.org

- Club SUCCESS
  600 El Paseo
  Lakeland, FL 33805
  Director: Carmen Walker
  Phone: 863-519-0874
  Email: trivas@peaceivercenter.org
  Website: www.clubsuccess.club

- Foot Print to Success
  3511 NW 8th Avenue
  Pompano Beach, FL 33064
  Executive Director: Barbara Harmon
  Phone: 954-657-8010
  Email: bharmon@footprintsuccess.org
  Website: www.footprintsuccess.org

- Gainesville Opportunity Center
  102 NE 10th Avenue, Unit 2
  Gainesville, FL 32601
  Co Directors: Brett Buell and Maggie Hannon
  Phone: 352-224-5523
  Email: info@goclubhouse.org
  Website: www.goclubhouse.org

- Hope Clubhouse of SW Florida
  3602 Broadway
  Fort Myers, Florida 33907
  Director: James Winiger
  Phone: 239-267-1777
  Email: info@hopeclubhouse.org
  Website: www.hopeclubhouse.org

- Key Clubhouse of South Florida
  1400 NW 54th Street, Suite 102
  Miami, Florida 33132
  Executive Director: Debra Webb
  Phone: 305-693-3508
  Email: dwebb@keyclubhouse.org
  Website: www.keyclubhouse.org

- Vincent House
  4801 78th Avenue North
  Pinellas Park, Florida 33781
  Executive Director: Freddy Morello Jr.
  Phone: 727-541-0321
  Email: Freddy@vincenthouse.org
  Website: www.vincenthouse.org

- Vincent House Hernando
  7473 Forest Oaks Blvd
  Spring Hill, FL 34606
  Director: Andrew Harding
  Phone: 352-701-0778

CORE AREAS OF SUPPORT FOR INDIVIDUALS WITH SERIOUS MENTAL ILLNESS

**Independence**
Activities designed to help individuals become more independent
- Employment Services
- Education Support
- Housing Support
- Technology Lessons
- Volunteer Work Opportunities

**Community**
Activities designed to help individuals belong to a community
- Member Outreach Calls & Visits
- House & Team Meetings
- Social Media & Communication
- Advocacy & Awareness Events
- Social Events and Trips

**Health / Wellness**
Activities designed to improve physical health
- Breakfast & Lunch Preparation
- Nutritional Education
- Group Fitness Classes
- Individual Exercise
- Gardening