

The Club House Model

Psychosocial Clubhouses are a form of psychosocial rehabilitation (PSR) that focus on self help, friendship, emotional support, acceptance, recreational activities, housing, and last but not least, meaningful and gainful employment. The first clubhouse was started in New York City and is known as Fountain House. This was initiated by a social worker and a few patients who had been discharged from state hospitals. These patients had no support after discharge and were left to fend for themselves. Fountain House is now the model on which most Clubhouses are based.

Clubhouse participants are called members. Membership is voluntary and very few individuals are turned away. Members comprise the body that governs the clubhouse. Decisions as to members joining, activities, and even the hire of staff are done by the members.

Fountain House has research that shows a decrease in the percent of patients hospitalized in a 2 year period from 77% to 37% in those who participated in the clubhouse.

Members can enter the clubhouse at any stage of their recovery. Out patients don't need to be symptom free to join and participate in the clubhouse. Some patients come to the clubhouse and may only tolerate sitting on a couch for a few hours per day and yet others may be in a temporary job placement at the local newspaper or museum.

The philosophy of the clubhouse model is that individuals with psychiatric disabilities have the right to work, have satisfying relationships, and have adequate housing. Secondary to this philosophy clubhouses stress peer support, employment opportunities, and housing.

The clubhouse is a place for members to meet, socialize, learn basic skills, and ready themselves for work. At Fountain House members may start with one of the basic 'units' such as the clerical unit. The clerical unit publishes daily and weekly newsletters written by the community. They also prepare bulk mailings, assist the Accounting Office with bookkeeping, member banking, accounting and filing. There is also a Horticulture unit where members maintain plants for the clubhouse, a dining room and snack bar where members prepare meals, order food and supplies, and serve meals. Members and staff work side by side in these units.

The ultimate goal of the clubhouse is to find meaningful independent work for the member. Clubhouses use two types of pre-employment programs to prepare the member for the work place. The first is referred to as Transitional Employment (TE). This program places members in a job with local companies doing meaningful paid entry level work. This job is managed by the member and a staff member and is usually half time. This is a time limited job and the expectation is that the member can move on to either supported employment or independent employment.

The second type of job placement is called Supported Employment (SE). This program aids members with job searching and support after the job is obtained. For more details about supported employment see the guideline 'Employment' under the PBH Recovery guideline. <http://www.pbhcare.org/pubdocs/upload/documents/Employment.pdf>

In the PBH catchment area there is a clubhouse in each of the five counties. They are operated by the Mental Health Association of NC. At the present time, none are certified as following the Fountain House model completely due to staffing demands and costs of being certified and inspected by Fountain House.

List of clubhouses in PBH Five counties:

Cabarrus County: Anarossi Place
76 Union Street
Concord, NC 28025
704-786-1222
Bart Kean, Interim Director

Stanly County: Piedmont House
233 Montgomery Ave.
Suite 2-A
Albemarle, NC 28001-4041
704-983-2009
Sherri Carter, Director

Davidson County: Passageway House
220 East 1st St. Ext.
Lexington, NC 27292
336-242-2406
Glenda Saintsing, Director

Union County: Union House
316 West Allen St.
Monroe, NC 28110
704-296-4661
Diane Taylor, Director

Rowan County: Carter House
600 W. Inness St.
Salisbury, NC 28144
704-630-9433
Ted Thomas, Director