

# ▶▶ Clubhouse

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## ▶▶ Program Description

A clubhouse is a community-based location designed to support the recovery of people living with serious mental illness (SMI). Each clubhouse provides a restorative environment for people whose lives have been severely disrupted because of their mental illness. The concept of a clubhouse — which was pioneered by Fountain House in the 1940s — starts with the idea that “community is therapy.”

In each clubhouse, an intentional community is created, where members and staff work together, side-by-side, to carry out all daily operations of the clubhouse. Members are also given access to crisis intervention services when needed and are connected with resources to support their basic needs, including support with employment, relationship building, education, housing, and daily meals.

## ▶▶ Clubhouse: Details

Item	Response
Level of Service	Outpatient Service
Will the program be funded by the Behavioral Health Services Act (BHSA)? (If yes, indicate BHSA funding type)	Yes, Adult and Older Adult System of Care
Will the program grow, shrink or stay the same? (Please explain, if its growing or shrinking, will the program expand/decrease services in directly operated, contracted?)	This program will grow. The Clubhouse program is being created and will expand the departments directly operated services.

## ▶▶ Priority Goal #1: Access to Care Goal for Improvement

The timely and appropriate use of health services to achieve the best possible health outcomes, inclusive of all modalities. Improving Californians' access to care is necessary for improving outcomes.

- By providing local locations for clients to visit on the daily basis and get a sense of community, belonging, and empowerment, while learning a skillset that can be transferable into employment, the Clubhouse is creating a new access point for clients in our system of care.
- Clubhouses offer voluntary lifelong membership, the “work ordered day”, supported employment and education, holistic support beyond clinical care, peer support and social connection, and a reduction in hospitalizations.

## ▶▶ Priority Goal #3: Institutionalization Goal for Reduction

**People who are homeless or at risk of homelessness. Addressing the increase in statewide homelessness is crucial to ensuring unhoused individuals living with significant behavioral health needs receive regular access to behavioral health treatment and safe and stable housing where they can recover.**

- The Clubhouse model is an evidence-based approach to psychosocial rehabilitation that significantly reduces institutionalization by providing community-based supports, meaningful work, and social connection for people with SMI.
- The model focuses on the strengths and potential for members rather than their illness, fostering a sense of belonging and purpose that is often missing from traditional clinical settings.

## ▶▶ Priority Goal #4: Justice Involvement Goal for Reduction

**Reducing adults and youth living with behavioral health needs who are involved in the justice system - including those who have been arrested, are living in, who are under community supervision, or who have transitioned from a state prison, county jail, youth correctional facility, or other state, local, or federal carcel settings where they have been in custody of law enforcement authorities.**

- The Clubhouse model provides community-based support, employment opportunities, and social relationships for individuals with SMI by addressing social isolation and unemployment – two major factor in recidivism.
- By offering meaningful work and employment support, members develop skills dignity, and a sense of purpose. A stud in the Psychiatric Rehabilitation Journal found that criminal justice system involvement was substantially diminished during and after Clubhouse membership.

# Questions?



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