

Union Station Clubhouse:

Support for people with mental illness.



Union Station Clubhouse is a community. More than a program or social service, the Clubhouse is a community of people who are working towards a common goal to get their lives back!

The Clubhouse offers people living with mental illness hope and opportunities to reach their full potential. It operates on proven Standards which have been developed by Clubhouse International and that are used in over 330 Clubhouses worldwide. The basic components of the Clubhouse are:

- **A Work-Ordered Day:** The structure of day-to-day activity within the Clubhouse is organized to help members develop self-esteem, confidence and friendships, which make up the foundation of the recovery process. Members and staff work side by side.
- **Employment Programs** ensure that Clubhouses offer members organized, effective strategies for moving into and maintaining gainful employment. Members have access to both transitional employment programs and supported and independent employment programs.
- **Evening, Weekend and Holiday Social and Recreational Activities:** In addition to work opportunities, members and staff together organize structured and non-structured social activities.
- **Community Support:** Help is given to members in acquiring and keeping affordable and dignified housing, psychiatric and general medical services, government disability benefits and any other needed services.
- **Reach-Out:** Part of the daily work of the Clubhouse involves keeping in contact with all active members. When a member does not attend the Clubhouse or is in the hospital a "reach-out" telephone call or visit is made. Each member is reminded that he or she is missed, and welcome and needed at the Clubhouse.
- **Education:** Many Clubhouse members have had to interrupt their educational plans because of their mental illness. The Clubhouse offers members effective opportunities to complete their education.
- **Housing:** Safe, decent, dignified housing is a right of all members. The Clubhouse helps members to access quality housing.
- **Decision-Making:** Decision-making and governance are an important part of the Clubhouse work. Members and staff meet in open forums to discuss policy issues and future planning for the Clubhouse.

To learn more, contact:

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Licensed by the PA
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Frequently Asked Questions

for Potential Clubhouse Members:

1. Is the Clubhouse a drop-in center?

No. Union Station Clubhouse is not a drop-in center. We are classified as a psychiatric rehabilitative facility encompassing the Clubhouse model.

2. If my client is interested in becoming a new member, how will he or she get to the Clubhouse?

We explore all possible means of transportation with potential members. We also have a van to assist in transportation of members, weather permitting.

3. Who is eligible to become a member?

Any Fayette County resident who is 18-years-old or older with a primary mental health diagnosis is eligible for referral to Union Station Clubhouse.

4. Does my client have to come every day?

No. Members may come on the days that fit their schedules. Members maintain an active status as long as they attend at least once per month.

5. If my client does not come for a month, can he or she still come back?

Absolutely! In fact, we will stay in touch with your client through outreach calls and letters/cards so that you know we are thinking of them and miss them.

The Clubhouse experience has been proven to result in positive outcomes for many members, including:

Better employment rates: 42% at Accredited Clubhouses annually – double the average rate for people in the public mental health system.

Cost effectiveness: one year of holistic recovery services are delivered to Clubhouse members for the same cost as a 2-week stay at a psychiatric hospital.

A significant decrease in hospitalizations as a result of membership in a Clubhouse program.¹

Improved Well-Being compared with individuals receiving psychiatric services without Clubhouse membership. Clubhouse members were significantly more likely to report that they had close friendships and someone they could rely on when they needed help.³

Better physical and mental health: a recent study suggests that service systems like Clubhouses that offer ongoing social supports enhance mental and physical health by reducing disconnectedness.⁴

Sources: 1 De Masso, Avi-Itzak and Obler (2001). 2 Johnson and Hickey (1999). 3 Warner, Huxley and Berg (1999). 4 Leff and colleagues (2004).