Clubhouse International and Model Research
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Available research provides evidence that Clubhouses achieve tangible, cost effective results for members and their communities.

Public Mental Health, an Oxford University Press publication authored by William Eaton, Ph.D. et al. of the Department of Mental Health at John Hopkins Bloomberg School of Public Health included the Clubhouse Model and Clubhouse International's work in the newly published reference book documenting the public health approach to mental and behavioral disorders and mental health promotion.

The U.S. Substance Abuse and Mental Health Services Administration built on their inclusion of Clubhouses as recognized evidence based practice by including comparison information demonstrating the value of Accredited Clubhouses versus non-Accredited Clubhouse in their 2012 publication, *Mental Health United States 2010.*

Recent Publications
Analysis of the Association of Clubhouse Membership with Overall Costs of Care for Mental Health Treatment, https://link.springer.com/article/10.1007/s10597-016-0041-3. Authors: Hwang, S., Woody, J. & Eaton, W.W. For information about this article contact Jason Woody at B'More Clubhouse: jasonwoody@bmoreclubhouseinc.org.

A Systematic Review of Evidence for the Clubhouse Model of Psychosocial Rehabilitation, http://link.springer.com/article/10.1007/s10488-016-0760-3. Authors: McKay, C., Nugent, K.L., Johnsen, M. et al. This paper reviews the Evidence Base for the Clubhouse Model and summarizes the evidence for a variety of outcomes. The article can be downloaded for free from the link. For more information about this article contact Colleen McKay at the UMASS Medical School, Program for Clubhouse Research: colleen.mckay@umassmed.edu.

Effectiveness of the Clubhouse Model
Pathways Clubhouse (Richmond location of the Canadian Mental Health Association) participated in an independent review of the value created from funding and donations received. The study found that Pathways yields $14 in societal value for every $1 received. (Source: Success Markets, Inc.)

Additional research shows that the Clubhouse experience results in positive outcomes for many members, including:

- **Better employment rates** at 42% at Accredited Clubhouses annually – double the average rate for people in the public mental health system, plus longer on-the-job tenure for members engaging in Clubhouse Transitional Employment.[1]
- **Cost effectiveness** given that one year of holistic recovery services are delivered to Clubhouse members for the same cost as a 2-week stay at a psychiatric hospital. The cost of Clubhouses estimated to be one-third of the cost of the IPS model; about half the annual costs of Community Mental Health Centers; and substantially less than the ACT model. [2]
- **A significant decrease in hospitalizations** as a result of membership in a Clubhouse program.[3]

- **Reduced incarcerations** with criminal justice system involvement substantially diminished during and after Clubhouse psycho-social program membership.[4]
- **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.[5]
- **Better physical and mental health** reported in a recent study that suggests that service systems like Clubhouses that offer ongoing social supports enhance mental and physical health by reducing disconnectedness.[6]

Sources: [1] Macias, Kinney and Rodican (1995). [2] McKay, Yates, and Johnsen (2005); IPS model reported by Clark et al (1998); ACT model reported by Macias et al (2001). [3] De Masso, Avi-Itzak and Obler (2001). [4] Johnson and Hickey (1999). [5] Warner, Huxley and Berg (1999). [6] Leff and colleagues (2004).

Research at Magnolia Clubhouse

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The Clubhouse and family members

Chung, C.L., Pernice-Duca, F., Biegel, D.E., Norden, M., & Chang, C.W. (In press). Family perspectives of how their relatives benefit from clubhouse participation: A qualitative inquiry. *Journal of Mental Health*.

Pernice-Duca, F., Biegel, D.E., Hess, H.R., Chung, C.L., & Chang, C.W. (2015). Family members' perceptions of how they benefit when relatives living with serious mental illness participate in Clubhouse community programs. *Family Relations, 64,* 446-459.

Biegel, D.E., Pernice-Duca, F., Chang, C.W., Chung, C.L., Min, M.O, & D'Angelo, L. (2013). Family social networks and recovery from severe mental illness of Clubhouse members. *Journal of Family Social Work*, *16* (4), 274-296.

The Clubhouse Reduces Isolation

Chang, C.W., Chung, C., Biegel, D.E., Pernice-Duca, F., Min, M.O., & D'Angelo, L. (2014). Predictors of Loneliness of Clubhouse members. *Psychiatric Rehabilitation Journal, 37* (1), 51-54.

Biegel, D.E., Pernice-Duca, F., Chang, C.W., & D'Angelo, L. (2013). Correlates of peer support in a Clubhouse setting. *Community Mental Health Journal*, *49* (3), 249-259.

Kimiko Tanaka, Marywood University

Resiliency and Recovery in the Clubhouse

Tanaka, K., Craig, T., & Davidson, L. (2015). Clubhouse community support for life: Staff-member relationship and recovery. Journal of Psychosocial Rehabilitation and Mental Health. DOI: 10.1007/s40737-015-0038-1

Tanaka, K., & Davidson, L. (2015). Reciprocity in the Clubhouse Context. *International Journal of Psychosocial Rehabilitation, 19* (2), 21-33.

Tanaka, K., & Davidson, L. (2014). Meanings associated with the core component of Clubhouse life: The work-ordered day. *Psychiatric Quarterly, 86*(2): 269-83. DOI: 10.1007/s-111126-014-9330-6