



KANSAS CLUBHOUSE COALITION

What is a Clubhouse?

Clubhouses are dynamic community centers with a purpose. Individuals recovering from mental illness work as colleagues, side-by-side with staff. The co-working model provides unique opportunities for building confidence, skills, relationships, and empowerment. Clubhouse members choose from a variety of opportunities for employment, education, wellness, and more. It's no wonder you will often hear members say:

“The Clubhouse Saved My Life”

Clubhouses are Effective

WORKFORCE PARTICIPATION

- Pre-employment skills
- Job Development
- On and off job site supports
- Wage reporting
- Interview skills
- Problem solving skills

EDUCATION SUPPORTS

- GED
- High School Diploma
- Vo-Tech degrees
- College-level degrees
- Avocational training
- Financial counseling

BUILDING RELATIONSHIPS

- Reduce loneliness
- Support networks
- Develop friendships
- Better coping skills
- Decreased psychiatric symptoms
- Improved self-esteem

WELLNESS

- Smoking Cessation
- Daily Walks
- Bicycle loan system
- Healthy meals
- Gardening

Clubhouses Save Money for Their Communities

For less than the cost of one hospitalization a Clubhouse provides 1 year of services including:

- Mental Health Management
- Life Skills Training
- Wellness Supports
- Employment Opportunities
- Social Supports
- Education Opportunities

Kansas Clubhouse Members Served

In 2022, membership in Kansas Clubhouses grew to 630.

KANSAS CLUBHOUSE EMPLOYMENT FACTS

In 2017, there were 75 Clubhouse members working in the community with Clubhouse support. In 2022 more than 182 Clubhouse members worked!

LESS MEDICAL CARE

Clubhouses improve self-esteem,¹ and decrease internalized stigma, promoting greater recovery experiences,² thus reducing the need for psychiatric hospitalization. Clubhouse costs are substantially lower than partial hospitalization, thus Clubhouse membership reduces overall cost of healthcare.³

Quality of Life

Randomized controlled trials indicated Clubhouse members experience improved quality of life due to involvement, compared to those in other models.^{4,5}

ACTION STEPS NEEDED FOR GROWTH

Clubhouses stabilize the community by offering a non-crisis driven solution designed to operate hand-in-hand with traditional mental health centers, reducing the strain on state funding and crisis-driven services to provide after-care services that are more readily accessible on a daily basis. In order to grow the Clubhouse community, please help it secure:

- **Increased funding to build capacity for more Clubhouses across the state to meet the needs in rural areas.**

DUE TO YOUR SUPPORT, KANSAS NOW HAS FIVE CLUBHOUSES:

WICHITA



1010 N. Main
Wichita, KS
67203
316-269-2534

TOPEKA



1201 SW Van Buren St.
Topeka, KS 66608
785-232-6960

OLATHE



2149 E. Santa Fe
Olathe, KS 66062
913-356-9899

HUTCHINSON



206 N. Main St.
Hutchinson, KS 67501
620-888-5003

NEWTON



1016 Grandview Ave.
Newton, KS 67114
316-304-9427

World-wide Recognition of the Clubhouse Model:

2022 HONORARY PARDES HUMANITARIAN PRIZE IN MENTAL HEALTH

The Pardes Prize recognizes the Clubhouse Model of psychosocial rehabilitation as a rights-based approach to recovery that expands access to care for people living with mental illness around the world.

SPECIAL PRESIDENTIAL COMMENDATION AWARD at the American Psychiatric Association (APA) 2021 Annual Meeting: The award recognizes the evidence-based, cost-effective Clubhouse model of psychosocial rehabilitation as a leading recovery resource for people living with mental illness around the world.

2021 World Health Organization Includes Clubhouse Model as Example of Rights-based Approach to Recovery-focused Mental Health Services

2014 Conrad N. Hilton Humanitarian Prize to Fountain House/Clubhouse International for creating a proven model to help those suffering from mental illness reclaim their lives and realize their potential through work and the support of a caring community.



*Check Out
Our Stories*



/KANSASCLUBHOUSECOALITION

For more information or to join the Kansas Clubhouse Coalition, please contact:

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Josh Lyman, Reclamation Clubhouse (Shawnee), jlyman@pathwaytohope.org 913-356-9899

Molly Kemper, The Lotus House (Topeka), mkemper@breakthroughhouse.org 785-232-6960

David Kapten, Railway Clubhouse (Newton), david.kapten@breakthroughwichita.org 316-304-9427

References:

1 Tsang, A.W.K., et al(2010) 2 Pernice, F. M., et al. (2017)3 Solís-Román, C., & Knickman, J. (2016)4 Chen, Y., et al(2019). 5 McKay, C., et al(2018).