



What is a Clubhouse?

A clubhouse is a community of people who have experienced mental illness. Clubhouses offer the opportunity for members to rebuild and reshape their lives, based on their strengths, hopes and skills, as well as their experience of mental illness. A Clubhouse is a place of recovery and hope for all.

What Happens at A Clubhouse?

The activities at a Clubhouse are based on the idea of a “work-ordered day.” Every opportunity provided in a clubhouse is the result of the efforts of the members and small staff, who work side by side in a unique partnership. Everything that needs to be done to keep the clubhouse open is done by members — including daily maintenance, daily meal preparation, clerical and reception responsibilities, and member services, or anything else the clubhouse needs. Social supports and recreational opportunities are available, too!

Who Makes the Decisions at a Clubhouse?

Decisions are made by members. Many clubhouses have Leadership Councils, Boards, or other governing bodies, composed of participating members. Any member can participate in a leadership role.

What about Vocational Opportunities?

Providing opportunities for meaningful, real work is a focus of a Clubhouse. Many clubhouses offer “transitional employment,” where members can try out different jobs and job sites in the community, ‘til they find the job that is a good fit for them.

What about other Services?

At a clubhouse, members can receive help to secure housing, advance their education, obtain and maintain good psychiatric and medical care, and obtain government benefits. Membership is for life, so members have all the time they need to build and change their lives.

How Can I Learn More?

To learn more about Clubhouses, contact your local Community Mental Health Agency, or the Michigan Association of Community Mental Health Boards.

For More Information or Help

If you would like to learn more about Community Mental Health, please refer to your Michigan Community Mental Health Ambassador Handbook or (Name of Person in Your Agency).

