

KANSAS MENTAL HEALTH COALITION

.....Speaking with one voice to meet the critical needs of people with mental illness

Support Clubhouse Model Expansion

Position: Promote evidence-based, accredited, Clubhouse program as a critical part of the mental health continuum of care in Kansas by expansion to communities across the state that determine both a need and capacity to develop Clubhouse model services for people with severe and persistent mental illness. Current Clubhouse programs include: Reclamation Clubhouse (Johnson County), Milestone Clubhouse (Reno County) Breakthrough House Clubhouse (Shawnee County) and Breakthrough Clubhouse (Sedgwick County).

The Problem: The greatest portion of mental health funding comes from fees for service programs (Medicaid, other insurance companies) that limit treatment to medications and clinical medical model therapies. Although these are important aspects of mental health treatment, funding for rehabilitation and psycho-social treatment has been reduced since 2010. This trend must change; affordable and effective services, such as the Clubhouse Model program, are needed. The Clubhouse Model utilizes the construct of a “working community” that provides support for people with mental illness. In the Clubhouse, all participants (members/clients, staff, board members, volunteers, employers) join forces to work towards the central goal of supporting recovery. This is done with collaboration from other clinical mental health professionals. The result of this positive energy allows people who have a mental illness to contribute to their local community and live a life filled with meaning and dignity, which includes meaningful work, friendships and stronger family connections.

Why This Matters: In Kansas we are experiencing a mental illness crisis where people are being treated either in local jails or by insufficient hospital treatment. Fighting for the health and wellbeing of people living with serious and severe mental illness is the passion of the four Clubhouse programs. Our focus is on overcoming the barriers of living with a mental illness. Studies have shown that Clubhouse members engaged in supported employment programs have competitive employment rates slightly under 50 percent, members earn higher wages and work more hours than participants in other vocational programs. In other studies, the quality of life for Clubhouse members improved in the area of housing, education, friendships and employment.

The Bottom Line: Clubhouse Programs will be an essential part of the continuum of care for people with mental illness. The State funding through the Kansas Lottery Vending Machines is progressing towards the estimated \$2 million cap. Currently we are projecting \$1.1 million for FY 2021. This allows the current Clubhouses to function at limited capacity, but still yielding positive outcomes. Plans have been made to fully utilize \$2 million in funding to strengthen and expand current Clubhouse programs along with starting up a 5th Clubhouse.

Need more information? Drill deeper into this issue on the back of this page.

The Rest of the Story about Clubhouse Model Programs in Kansas

Breakthrough: Episcopal Social Services (ESS) in Wichita, KS provides services to consumers with mental illness utilizing the Clubhouse Model. While Breakthrough is the only Clubhouse organization certified to use this model in Kansas, over 300 Clubhouses provide services throughout the world with 186 Clubhouses operating in the United States. Both Breakthrough Clubhouse locally and several Clubhouses throughout the country, have successful data that demonstrates that less than 6% of members need hospitalization and over 30% find employment. With adequate funding, hospitalizations and the inappropriate use of jails can be reduced and meaningful employment can be increased for individuals with mental illness in Kansas.

In 2019, Breakthrough: Episcopal Social Services contracted with KDADS to provide Clubhouse services to its members in Wichita, KS and to assist with the development of three new Clubhouse programs. These programs are: Milestone Clubhouse in Hutchinson, KS, Breakthrough House Clubhouse in Topeka, KS, and Reclamation Clubhouse in Kansas City. The development of these new programs provides new rehabilitation services to help people with mental illness rejoin their local community through education, employment and volunteer work. The new Clubhouses are established and working toward Accreditation through Clubhouse International <https://clubhouse-intl.org/>.

The joint report from the Treatment Advocacy Center and the National Sheriff's Association, published April 8, 2014, states, "Prisons and jails have become America's 'new asylums'. The number of individuals with serious mental illness in prisons and jails now exceeds the number in state psychiatric hospitals; people with mental illnesses are at greater risk of incarceration and of multiple arrests. Clubhouse programs impact reduction of incarcerations of members active in the Clubhouse community."

One of the hallmarks of Clubhouse programs is engaging members in positive healthy activity and reduces the incidence of hospitalization and reduces financial impact on the Medicaid system. Participation in Clubhouse communities is associated with a substantial beneficial influence on health care costs. **Ref: Hwang, S., Woody, J. & Eaton, W.W. (2016) Analysis of the Association of Clubhouse Membership with Overall Costs of Care for Mental Health Treatment Community Mental Health Journal**

Studies show that most people with mental illness want to work; they do not want to be left alone in the community without friends or rehabilitation support; they know the consequence of no community support and do not want to end up hospitalized or imprisoned. Research articles on Clubhouse programs can be found at: <https://clubhouse-intl.org/resources/articles-library/>.

After 2 years of partial lottery funding, 31% of Breakthrough Clubhouse members have obtained and kept paying jobs in the Wichita community. This is compared to the 17% employment rate of people with severe and persistent mental illness who are employed nationally. Full lottery funding for Clubhouses throughout Kansas will help people stabilize their mental illness and find jobs, promote education and volunteer work, and connect people with mental illness to friends and family.

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June – December, 2020 Outcomes

Kansas Clubhouses: Breakthrough Clubhouse, Breakthrough House Clubhouse, Reclamation Clubhouse, Milestone Clubhouse

- 426 people served (56% participated in Clubhouse activities during Covid-19)
- 1,532 Occurrences of Outreach to members (phone, home visit outside, online groups, social media)
- 19 hospitalizations (4.5% hospitalization rate). 95.5% of members were not hospitalized
- 131 (31%) members employed in the community
- 50 young adults served (ages 18-30)