

# KANSAS MENTAL HEALTH COALITION

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

## Support Clubhouse Program Expansion

**Position:** Support further expansion and development of Clubhouse model services for people with severe and persistent mental illness through dedicated funding by increasing the funding cap in the Lottery Vending Machines statute. Current Clubhouse programs include: Reclamation Clubhouse, (Olathe serving Johnson County), Milestone Clubhouse (Hutchinson serving Reno County), Breakthrough House Clubhouse (Topeka serving Shawnee County), and Breakthrough Clubhouse (Wichita serving Sedgwick County).

**The Problem:** Rehabilitation and psycho-social treatment is effective for individual recovery in the community, however, in the current mental health crisis, more focus is placed on inpatient and community clinical services. Medications and clinical interventions alone are not enough for many people to achieve and sustain recovery. It can be difficult to access programs for crisis prevention and employment which creates barriers to independence. This trend must change. The accredited Clubhouse Model program is evidence based, affordable and effective. 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, and employers) join forces to work toward the central goal of supporting recovery in collaboration with 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. The goal is to establish 5 Clubhouse programs by the end of 2023 with three of these establishing/maintaining accredited Clubhouse programs.

**Why This Matters:** In Kansas we are experiencing a mental health crisis where people are overcome by the symptoms of their mental illness due to lack of services and isolation. Fighting for the health and wellbeing of people living with serious and severe mental illness is the passion of the Kansas 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, and 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 are an essential part of the continuum of care for people with mental illness and must be expanded to aid recovery for more Kansans. As Kansas lottery vending receipts grow, we want your support to ensure that 100% of Clubhouse funding be dedicated to strengthening and expanding evidence-based Clubhouse programs to support recovery for more Kansans in more communities.

**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 individuals living with mental illness utilizing the Clubhouse Model. While Breakthrough Wichita is the only Clubhouse accredited by Clubhouse International 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 Clubhouse members need hospitalization and over 30% find employment. With adequate funding, hospitalizations and the inappropriate use of incarceration can be reduced and meaningful employment can be increased for individuals with mental illness in Kansas.

Current Lottery Vending Machine Funds are split 25% for Clubhouse programs and 75% for community crisis stabilization programs. The cap of \$2 million under the legislative statute for Clubhouse will expand and strengthen the Clubhouse programs and add an additional location.

In 2019, Breakthrough (Episcopal Social Services) contracted with KDADS to provide Clubhouse services in Wichita, KS and to assist with the development of three new accredited Clubhouse programs. These programs are Milestone Clubhouse in Hutchinson, KS, Breakthrough House Clubhouse in Topeka, KS, and Reclamation Clubhouse in Shawnee, KS. These Clubhouse programs provide rehabilitation services to help people with mental illness rejoin their local community through education, employment, and volunteer work. The programs are established and working toward accreditation through Clubhouse International <https://clubhouse-intl.org/>. In 2022 we plan to have at least two of the new Clubhouse programs become accredited by Clubhouse international.

### Strong Outcomes for Clubhouse Members

1. The joint report from the Treatment Advocacy Center and the National Sheriff's Association (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."
2. One of the hallmarks of Clubhouse programs is engaging members in positive healthy activity which 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**
3. 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 having 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/>.

Continual lottery funding for Clubhouse programs in Kansas will help people stabilize their mental illness, find jobs, promote education, and volunteer work, and connect people to friends and family.