**BRIDGING REHABILITATIVE AND CLINICAL MENTAL HEALTH SERVICES**

**POSITION:** As Kansas Community Mental Health Centers work to implement the CCBHC model for increased funding to bolster a post-pandemic workforce that assures mental health services are accessible in the communities where Kansans live and work, we believe that Kansans (across the lifespan) who live with mental illness will flourish when the CCBHCs align clinical therapies with the focused support and skill-building of intentional communities statewide. In addition to developing employment and independent living skills, these community-based organization help individuals combat isolation by encouraging members to engage in relationship-building activities, maintain friendships and reconnect with families who may help them avoid some of the most severe consequences of mental illness.

**THE PROBLEM:** Funding for rehabilitation and psycho-social treatment has been reduced with greater focus on crisis and clinical services. Medication management and clinical therapies alone are insufficient for people with severe mental illness to sustain recovery. Socialization and employment lead to independence. Both require time to recall old skills, time to learn new ones and practice, practice, practice to ameliorate the effects of long-term trauma and pop-up triggers. Real-time real skills programs where people help people living with severe mental illness and substance use disorders to use their strengths and the strengths of the community to manage barriers to their recovery. These programs exist, but they are underfunded and disconnected.

**THE CLUBHOUSE EXAMPLE:** Clubhouse Programs, with the statewide consumer and family-run organizations can bridge the therapies of the CCBHCs to guided practice in the real world of employment, friendships, leisure management and family engagement. Current Clubhouse programs include Reclamation clubhouse in Olathe serving Johnson County; Milestone Clubhouse in Hutchinson serving Reno County; Breakthrough House Clubhouse in Topeka serving Shawnee County and Breakthrough Clubhouse in Wichita serving Sedgwick County. The Newton community is the development stage for beginning a clubhouse.

An accredited Clubhouse Model Program is evidence based, affordable and effective. The Clubhouse Model utilizes the construct of “a working community” that provides support to people with mental illness. In the clubhouse all participants (members/clients, staff, boards members, volunteers, employers) join forces to work toward the central goal of supporting recovery in collaboration with clinical mental health professionals. The result of this positive collaboration allows people with mental illness to contribute to their community and live a life filled with meaning and dignity including meaningful work, friendships, and stronger family connections

Community partners, such as, Kansas Consumer Advisory Council (CAC), Keys for Networking, and NAMI-Kansas provide immediate support, information, referrals to reach and teach over 6000 Kansas citizens. The Clubhouse .provides evidence based supported employment assistance, members have found competitive work with improved wages and hours. These community-based programs can all provide data that supports less hospitalizations, homelessness, and incarceration.

**LEAN REQUEST:** Continuing support for Clubhouse lottery funding and targeted grant opportunities as well as collaborative support from community mental health center funding. As mental health modernization evolves, we ask that attention be given to collaboration with these community programs that assist people with mental illness in seeking long term recovery including ways to reduce isolation, improved social skills, and finding appropriate work, both volunteer and employment.

Learn more about Community partners on the following page.