

A Clubhouse is a community-based program that helps individuals overcome disruptive mental illness effects, offering hope and opportunities needed for recovery. 1 in 4 people will experience mental illness and 1 in 25 will experience serious mental illness like schizophrenia, bi-polar disorder, and major depression. An evidence-based program, the Clubhouse model consistently demonstrates impressive outcomes relating to improved quality of life, reduced hospitalizations, strong employment results and cost effectiveness. 100,000 people worldwide are currently accessing clubhouse.

Evidence based on studies comparing Clubhouse member experience to traditional outpatient programs

- **Social Functioning** significantly improved after six months attending compared to conventional treatment.
- **Increased employment rate** after 6 months of attendance. Clubhouse members worked more frequently and showed a longer job tenure over course of membership. Employed clubhouse members showed an increase in **self-esteem**.
- Over 18 months, clubhouse members reported **higher confidence** in completing projects, daily tasks, & forming social relationships.
- Improved psychopathology scores over six months, compared to traditional outpatient programs where participants' scores worsened.
 - After 18 months of membership, clubhouse members reported decreased psychiatric symptoms, such as anxiety.
- Clubhouse members are **less likely to be psychiatrically hospitalized** after two years of membership. The longer Clubhouse members were enrolled, the less likely they were to be psychiatrically hospitalized.
- Poor health outcomes are typically prevalent in individuals with SPMI (serious and persistent mental illness), but 18 months of clubhouse membership = **better sleep quality, more energy, less tobacco usage**.
- **Hospitalization**: members were half as likely to be hospitalized, prior to enrollment 32.3% of membership were hospitalized for psychiatric reasons compared to 15.9% after enrollment. Longer membership equals increasingly decreased likelihood of hospitalization (44% chance of hospitalization in first year of membership to 21% after 13 years of membership).
- Clubhouse members have a significantly **lower annual healthcare cost** compared non-members (including all inpatient, outpatient, and psychiatric rehabilitation costs). Over 1 year clubhouse members total cost of mental health care was \$10,391, compared to \$15,511 for individuals receiving conventional treatment only.

In summation, Clubhouse Membership is proven to:

Improve near and long-term health outcomes

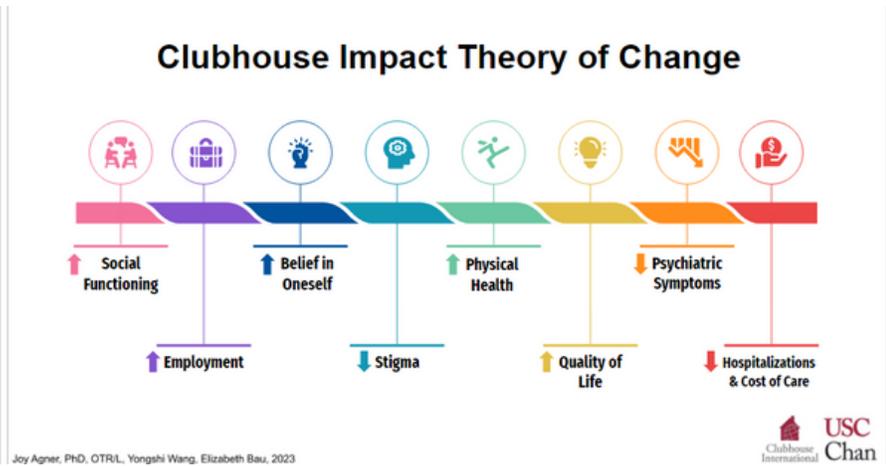
Improve employment outcomes

Reduce hospitalizations

Reduce cost of care

Mental illness is a highly prevalent, life-threatening disease that affects millions of people around the world. It is a disease that:

- Strikes people of all ethnic groups, religions and economic brackets.
- Strikes the young, and often goes undiagnosed and untreated for many years.
- Threatens lives everywhere: in America, more people die from suicide than from cancer, homicide or HIV/AIDS.
- Has a significant impact on human productivity, causing as many lost days of work as cancer, heart attacks or back pain.
- Has a staggering impact on the global economy.



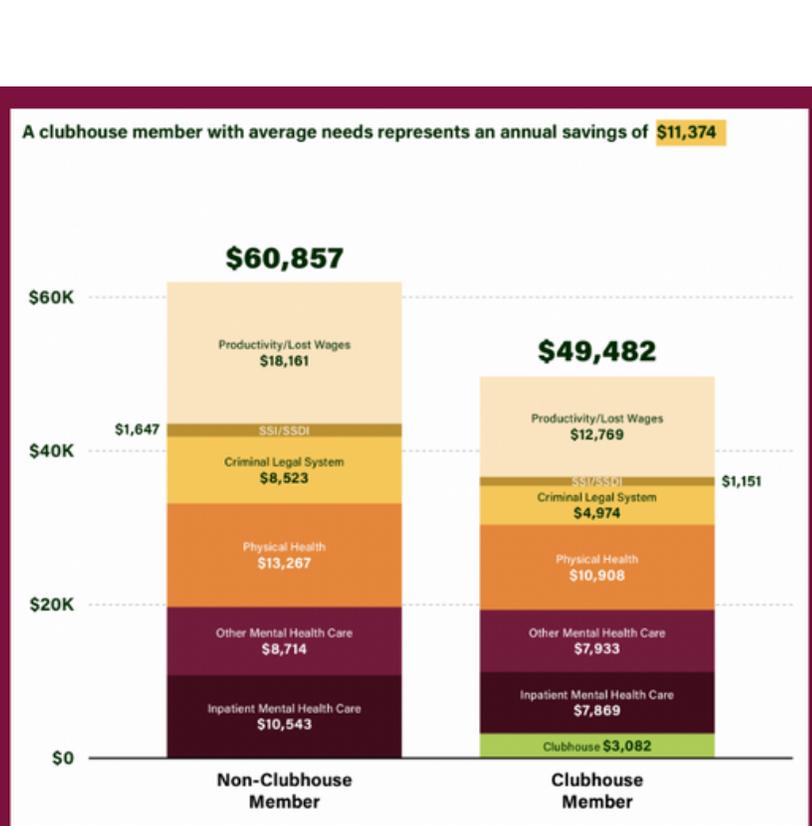
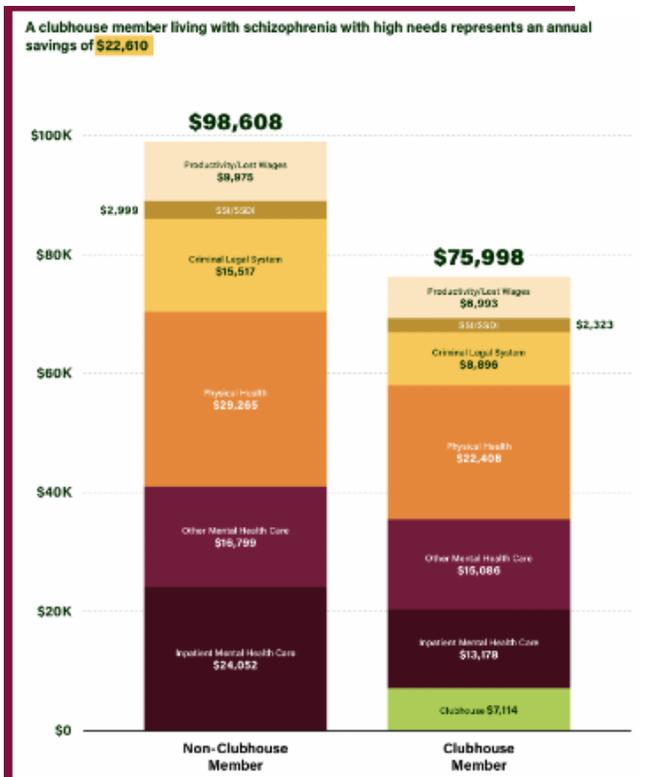
Scan here for member stories:



Scan here for a study on cost effectiveness:



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