

Transforming Lives: CLUBHOUSE IMPACT REPORT



USC Chan Division of Occupational
Science and Occupational Therapy

 **Clubhouse International**
Creating Community: Changing the World of Mental Health

Joy Agner, PhD, OTR/L, Yongshi Wang, Elizabeth Bau, 2023

What is a Clubhouse?

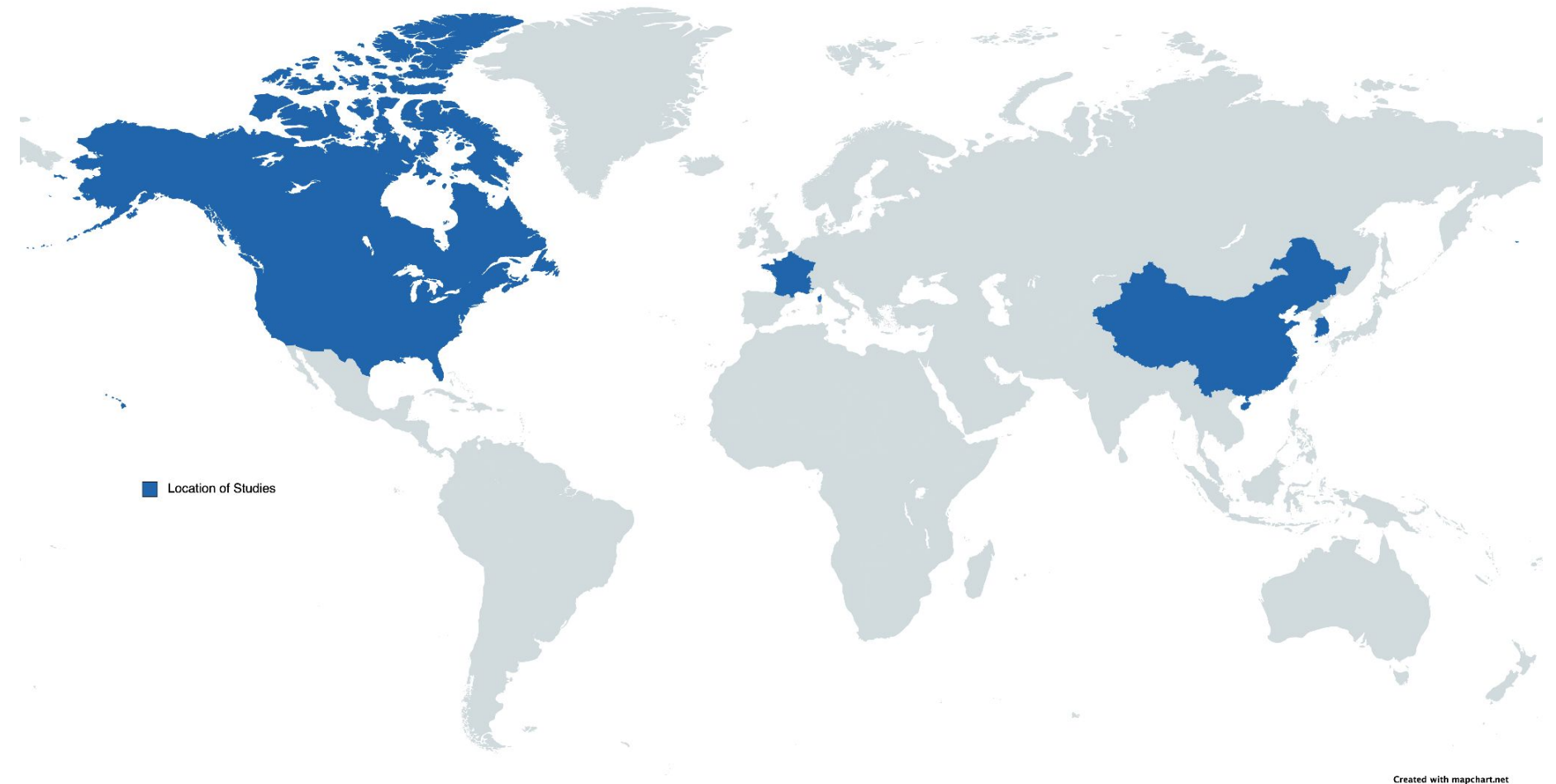
An evidence-based, community-oriented mental health service that empowers people with mental illness to take control of their recovery and thrive through access to opportunities for employment, socialization, education, skill development, housing and improved wellness.



There are over 360 Clubhouses internationally which maintain quality and fidelity through accreditation by Clubhouse International. [Click here](#) to view the 'live' directory reflecting the continually growing Clubhouse network.

Research on Clubhouses: The Impact Report

This impact report includes findings from **15** rigorous Clubhouse research studies conducted from 1999-2021.



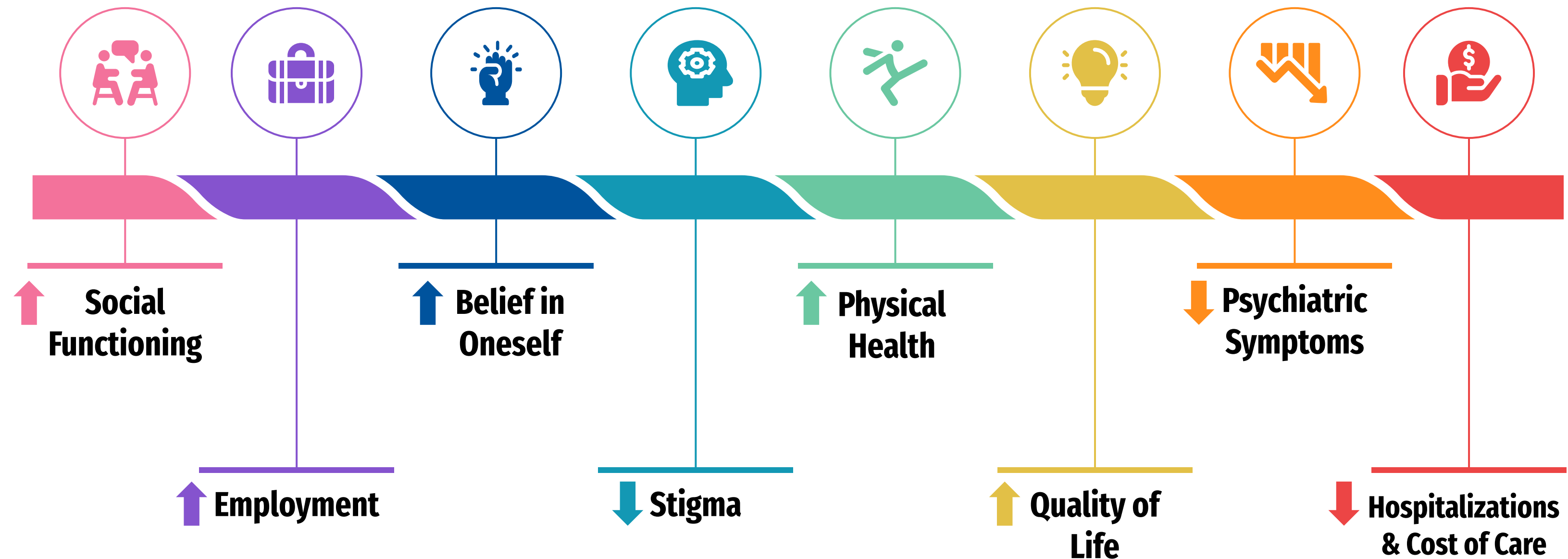
Study Design

- 3 Longitudinal Studies
- 8 Comparison Studies
- 4 Randomized Controlled Trials

Location of Studies

- United States (10)
- Canada (1)
- China (2)
- South Korea (1)
- France (1)

Clubhouse Impact Theory of Change

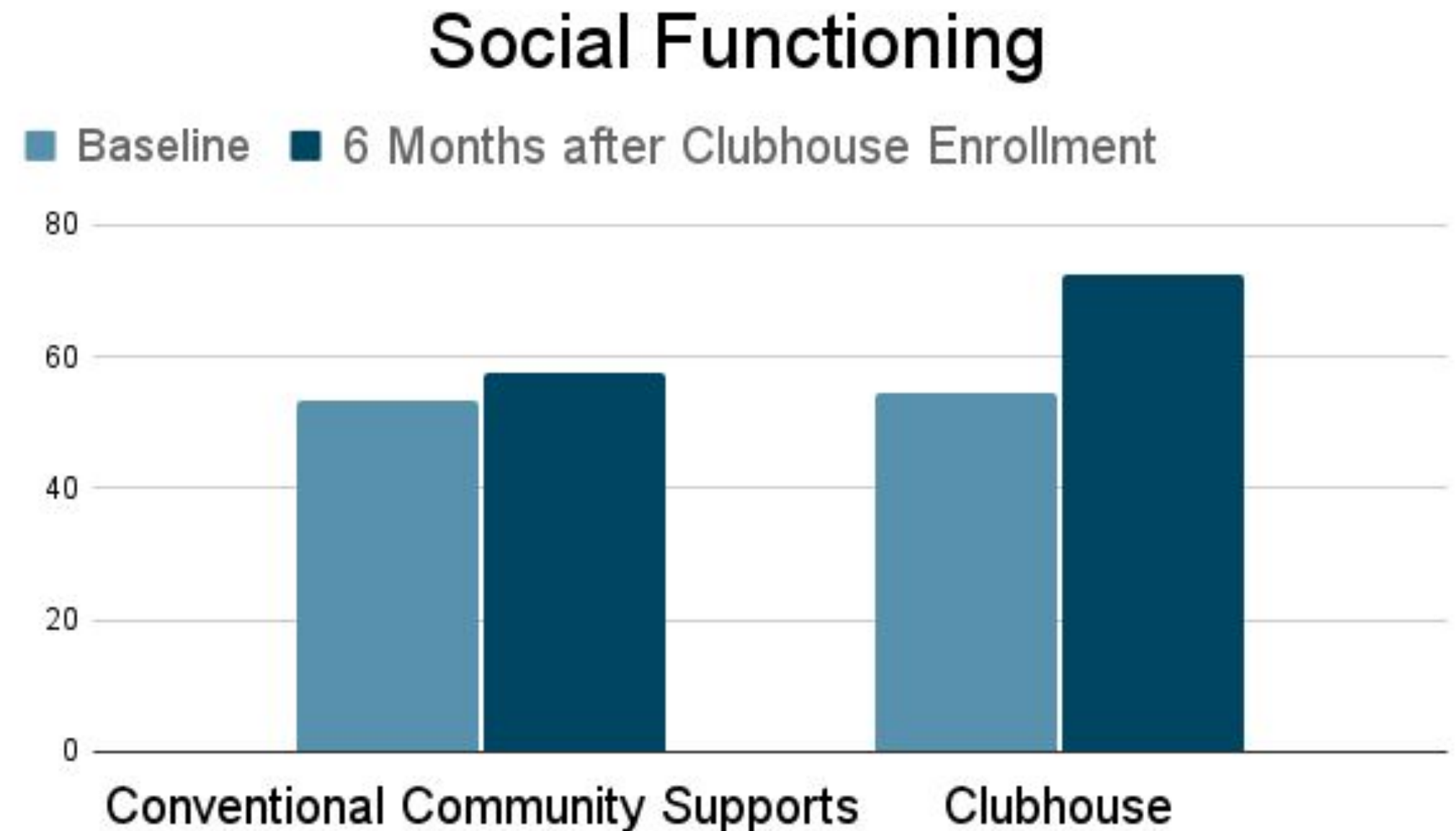




Social Functioning

Clubhouse members demonstrated significantly improved ***social functioning*** after attending for 6 months compared to conventional treatment

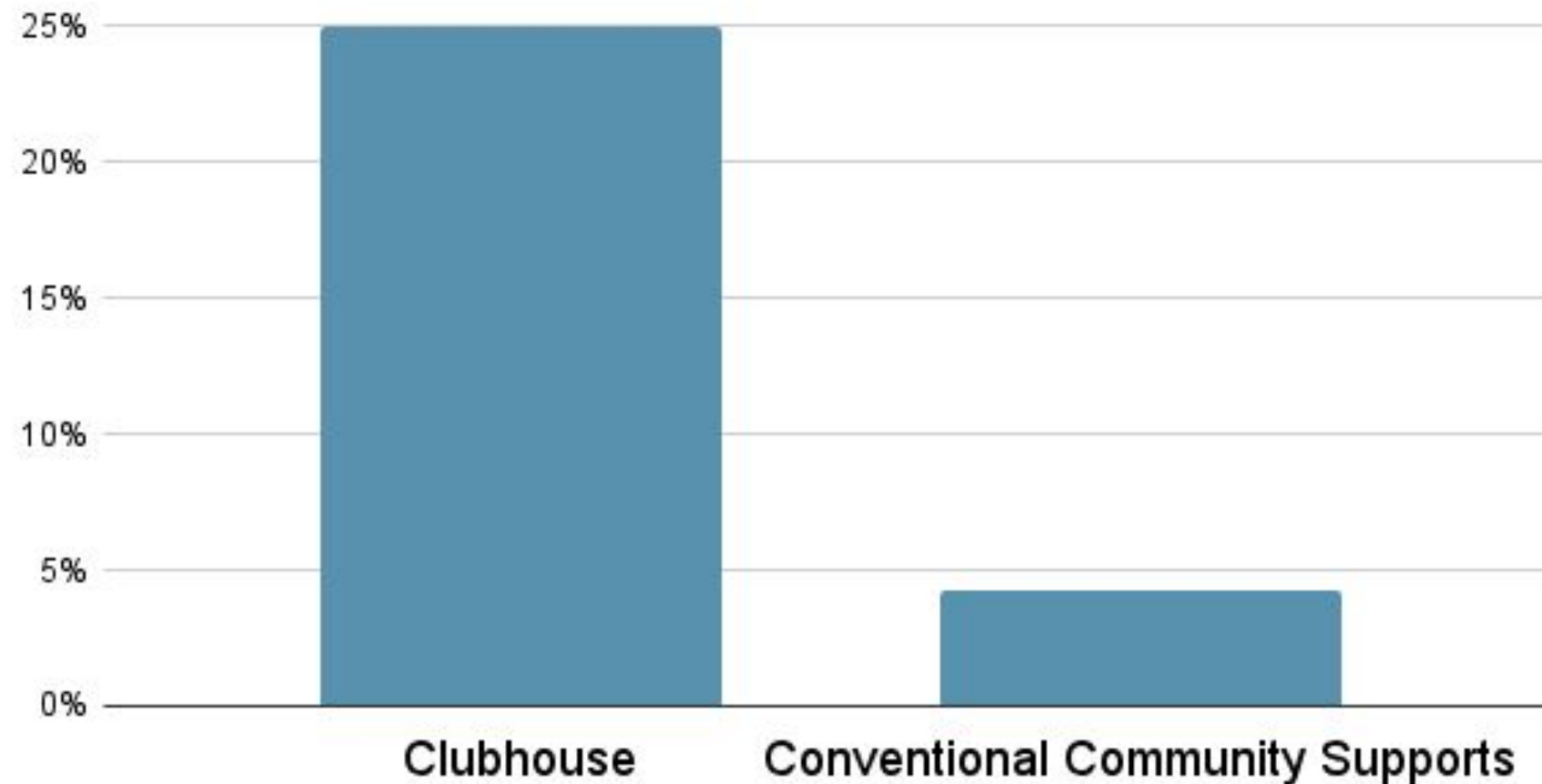
([Chen et al., 2020](#))





Employment

Employment Rate



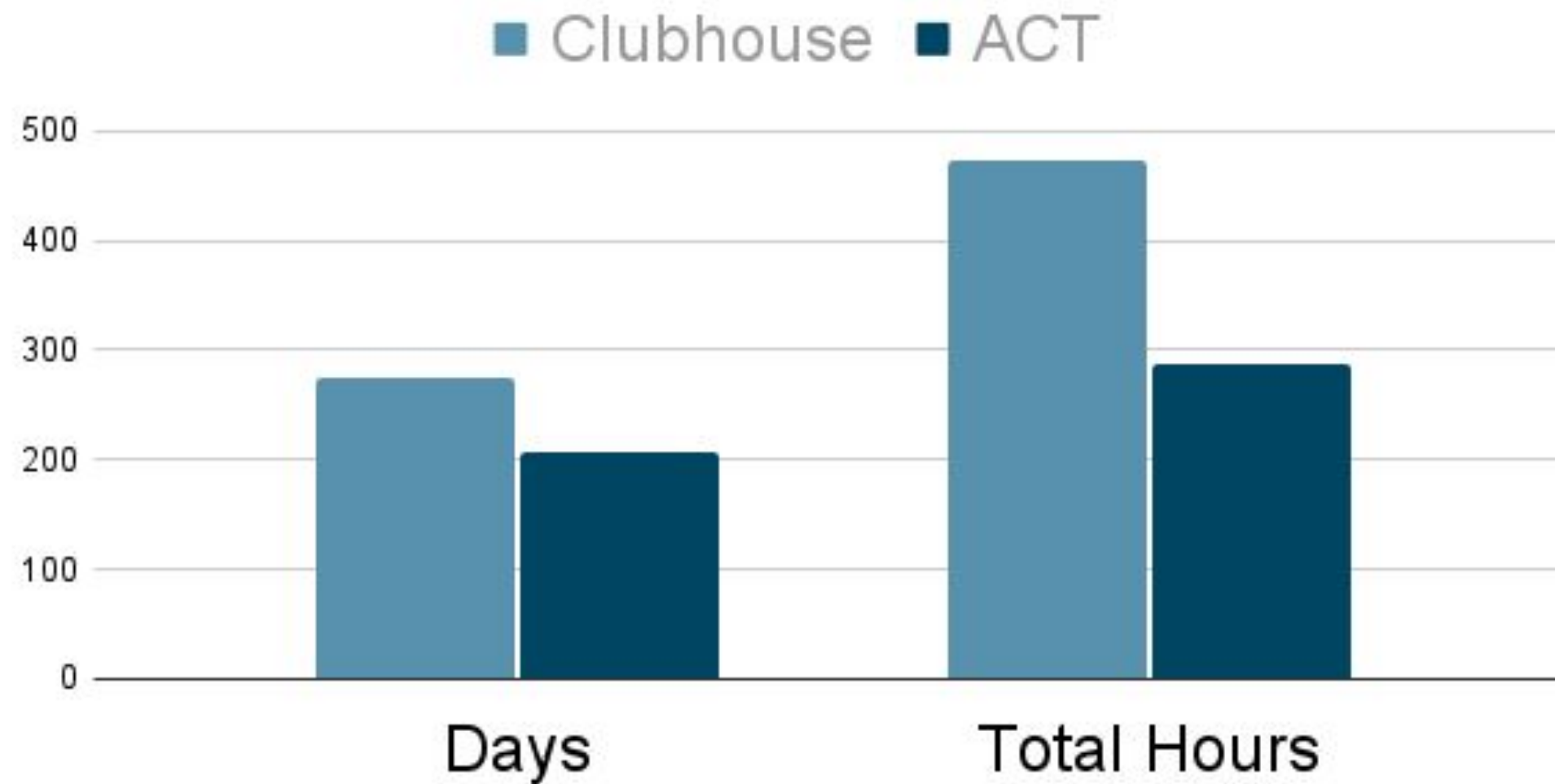
Compared to a control group receiving conventional treatment, Clubhouse members had **a higher rate of employment** after 6 months of attendance.

([Chen et al., 2020](#))



Employment

Working Days and Hours



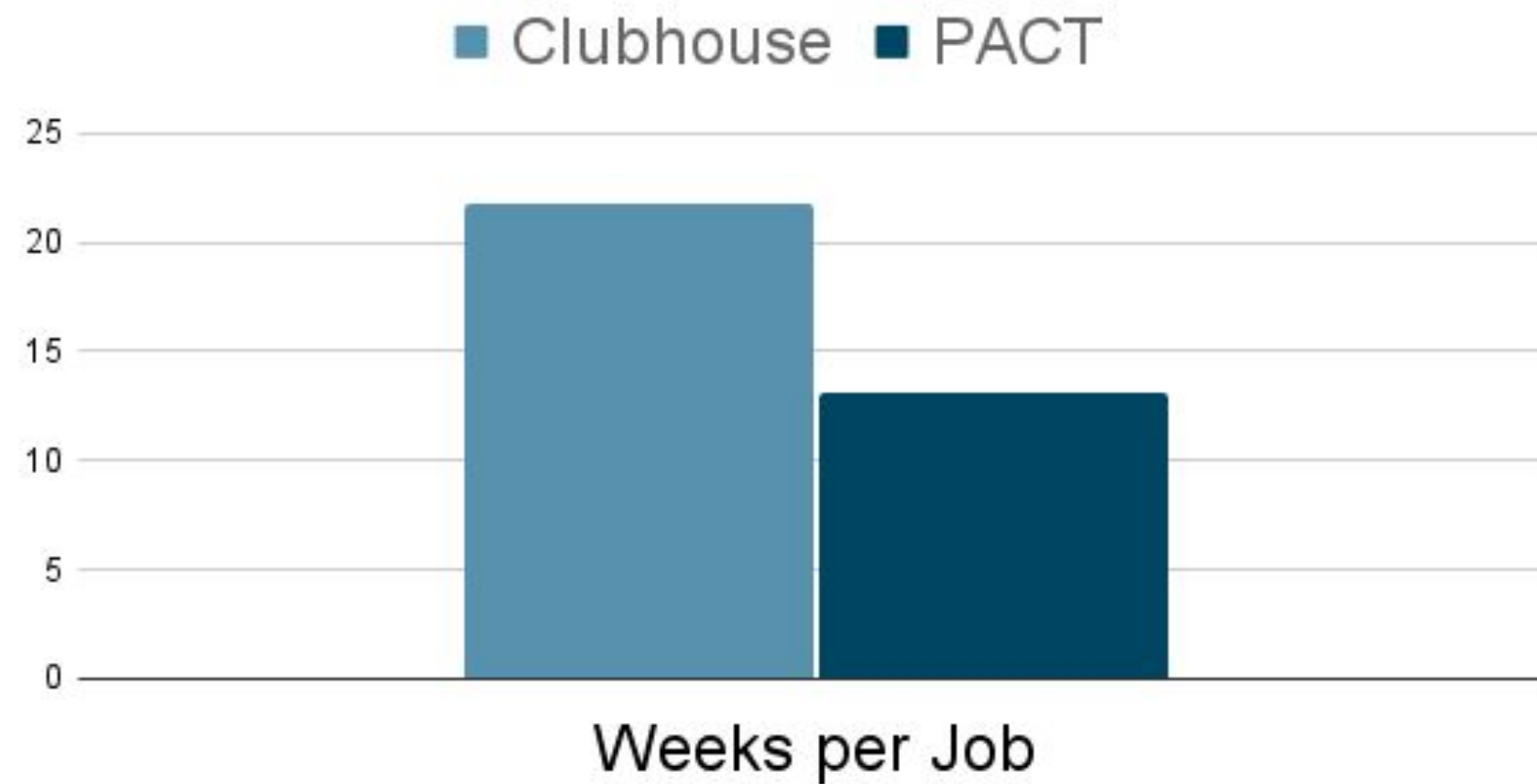
Compared to Assertive Community Treatment (ACT), Clubhouse members worked significantly **more days and more hours** after 24 months of attendance.

([Macias et al., 2006](#))



Employment

Job Duration



Compared to a program of Assertive Community Treatment (PACT), Clubhouse members remained employed for **nearly twice as long** (22 weeks compared to 13 weeks).

([Schonebaum et al., 2006](#))



Belief in Oneself



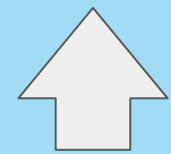
Self-Esteem

Competitively employed Clubhouse members showed an increase in ***self-esteem*** over time.

([Gold et al., 2016](#))



Belief in Oneself



Self-Determination

Clubhouse members' *self-determination* scores improved significantly when compared to a control group members over 6 months.

([Chen et al., 2020](#))



Belief in Oneself



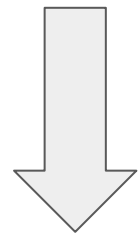
Confidence

Over an 18-month period, Clubhouse members reported improved ***confidence*** in their ability to complete projects, face daily tasks, and establish social relationships.

([Bouvet et al., 2021](#))



Reduced Symptoms



Anxious Symptoms



An 18-month longitudinal study showed Clubhouse members reported decreased psychiatric symptoms over time, particularly *anxiety*.

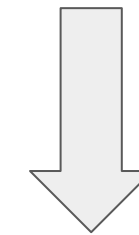
([Bouvet et al., 2021](#))



Reduced Symptoms

Clubhouse members showed significantly less ***withdrawal, isolation, loss of motivation*** and had significantly lower scores of psychopathology over 6 months.

([Tsang et al., 2010](#))



Negative symptoms of schizophrenia

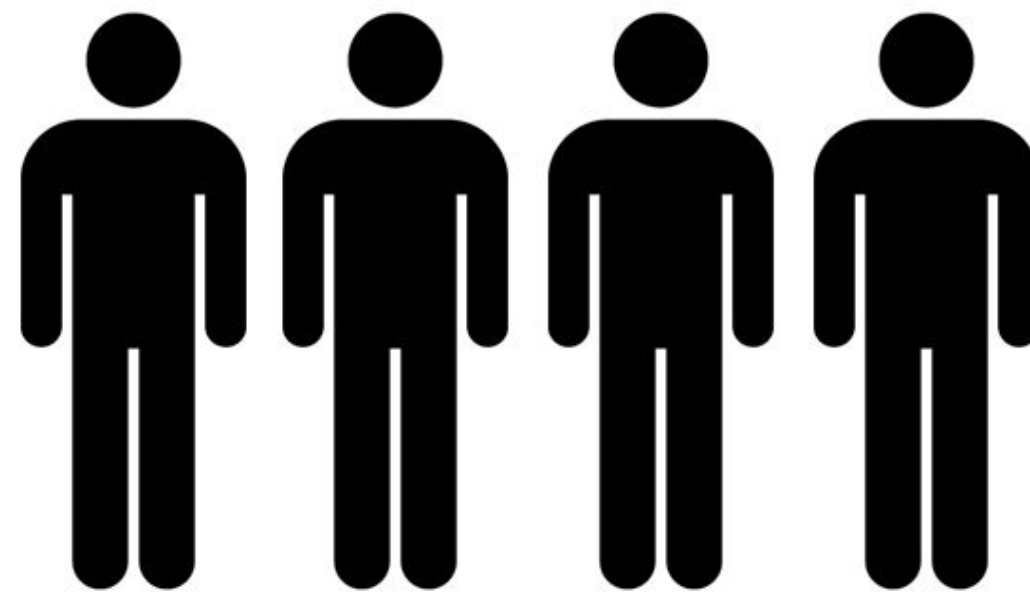




Stigma

Clubhouse members reported significantly less *stigma* and discrimination than participants in a psychiatric rehabilitation skills training over 3 months.

([Jung & Kim, 2012](#))



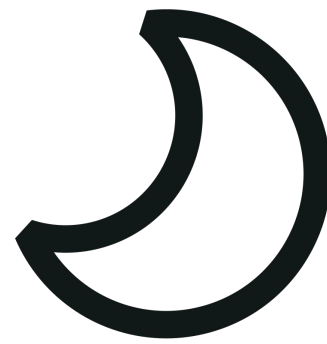


Physical Health Changes

Clubhouses have an impact on *physical health* over time. After 18 months of Clubhouse membership, Clubhouse members reported:

([Bouvet et al., 2021](#))

↑ Sleep
Quality



↑ Physical
Energy

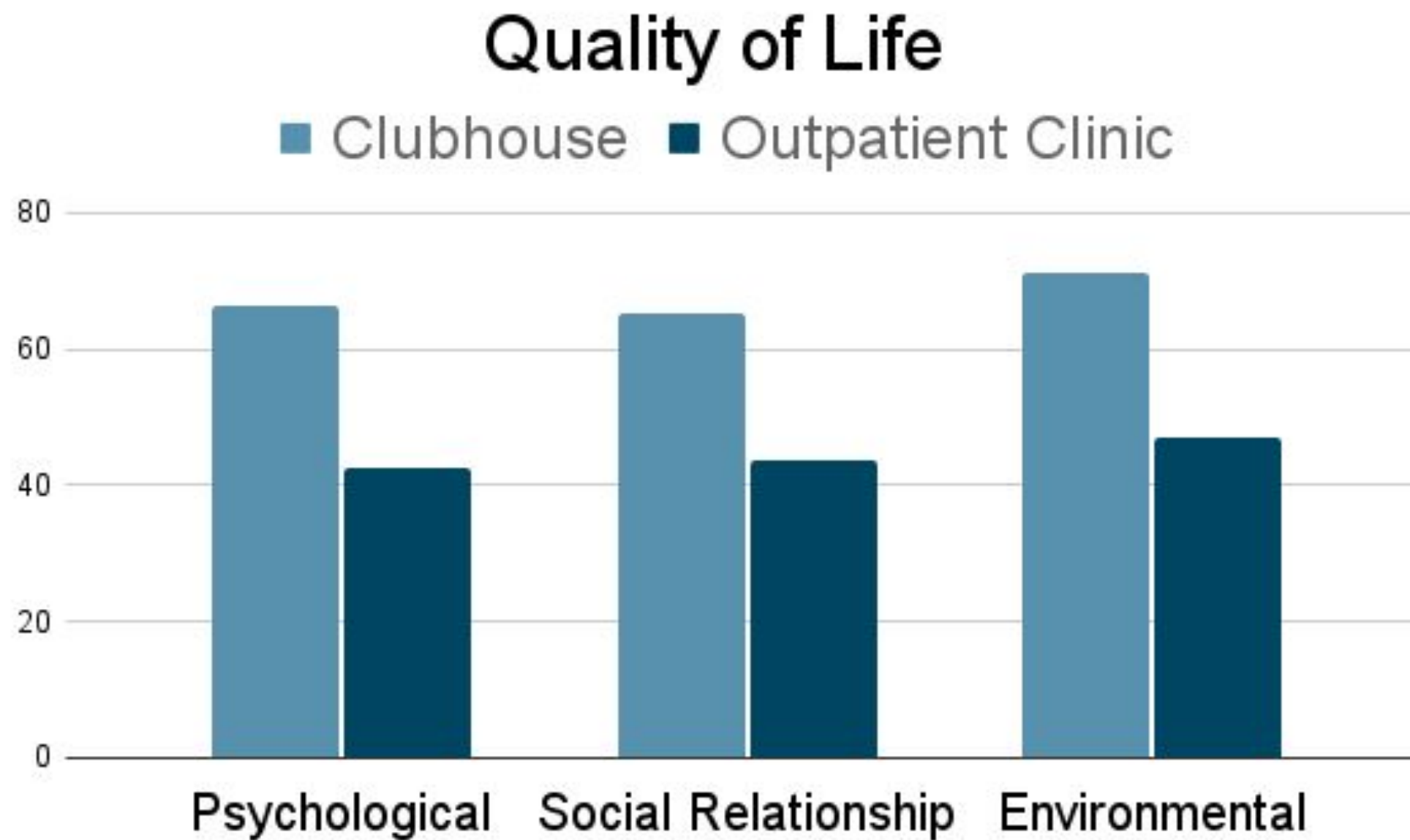


↓ Tobacco
Consumption





Quality of Life



Compared to an outpatient clinic, Clubhouses led to significantly better *quality of life* after 6 months.

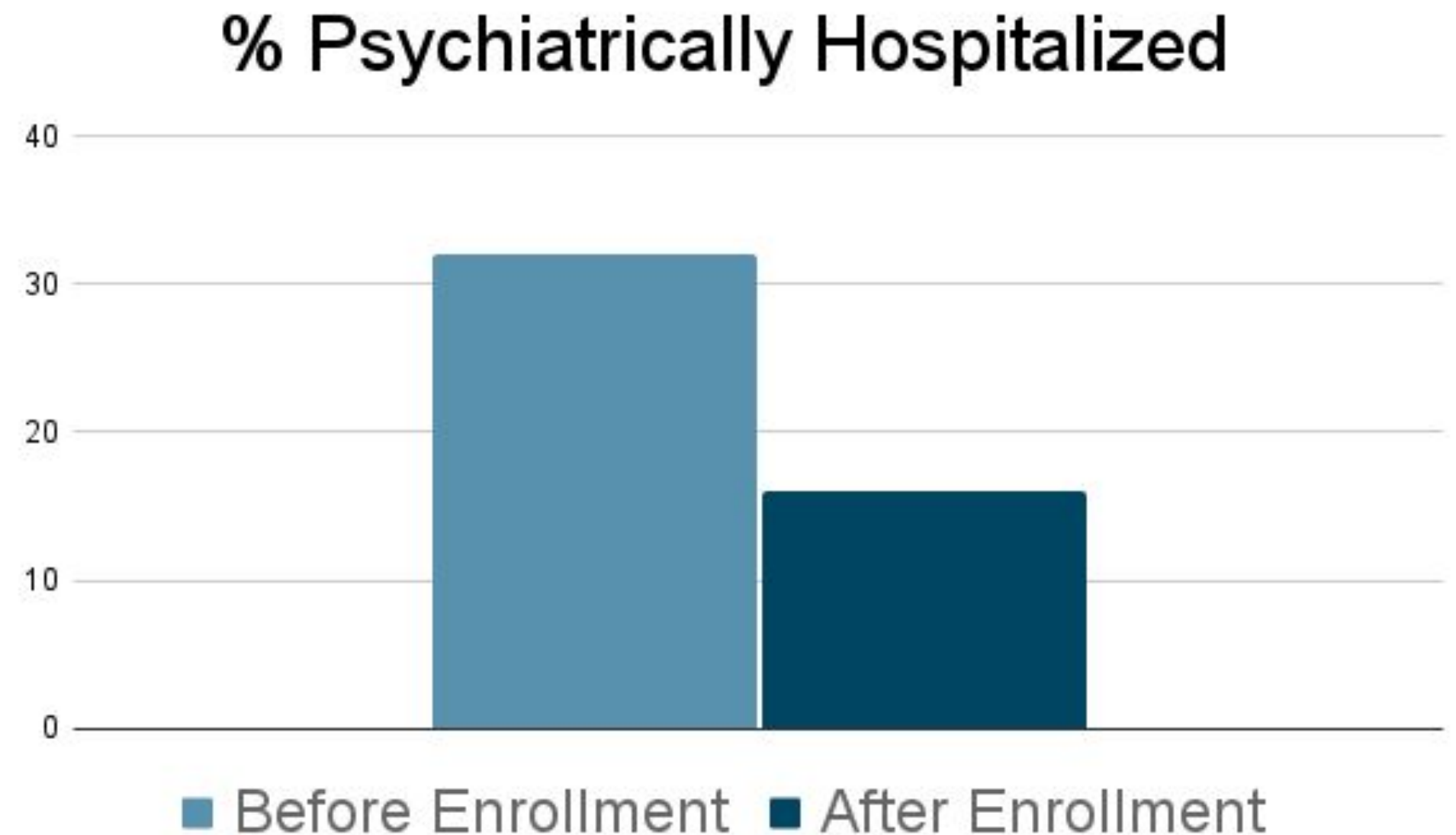
([Tsang et al., 2010](#))



Hospitalizations

Clubhouse members were **less likely to be hospitalized for mental health reasons** after 2 years of enrollment.

([Russell et al., 2021](#))

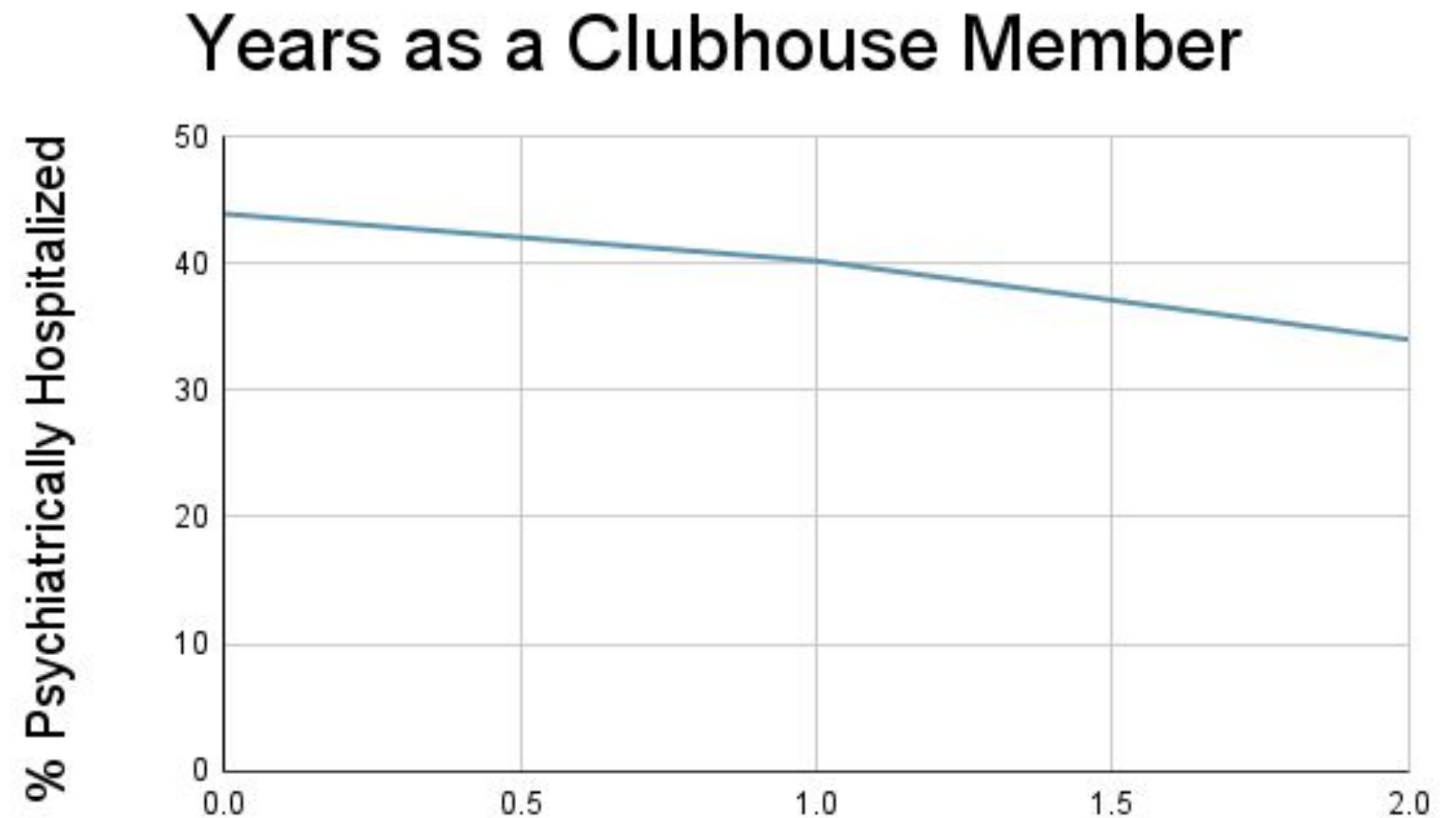




Hospitalizations

The longer Clubhouse members were enrolled, the **less likely they were to be psychiatrically hospitalized.**

([Russell et al., 2021](#))

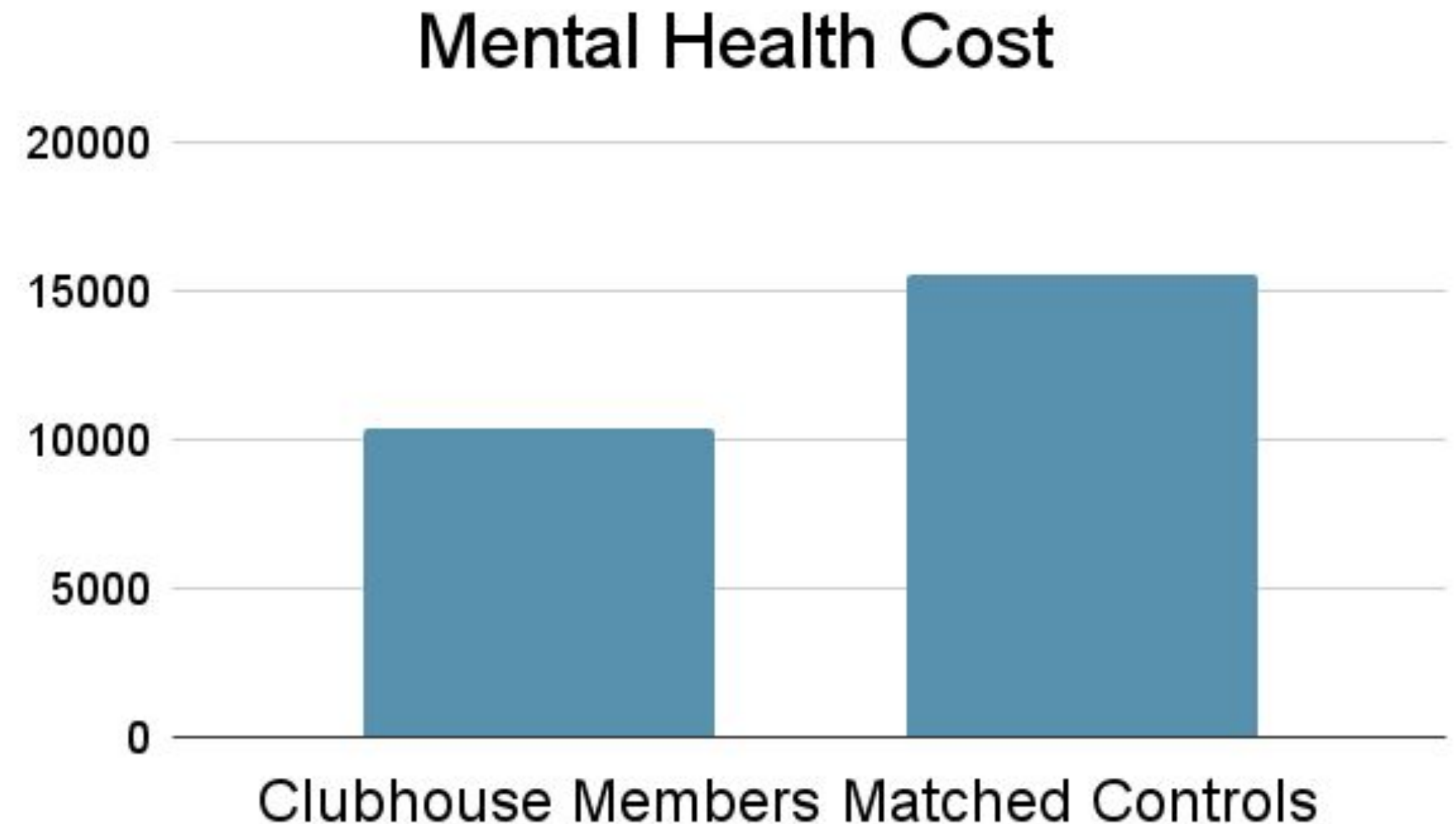




Health Care Costs

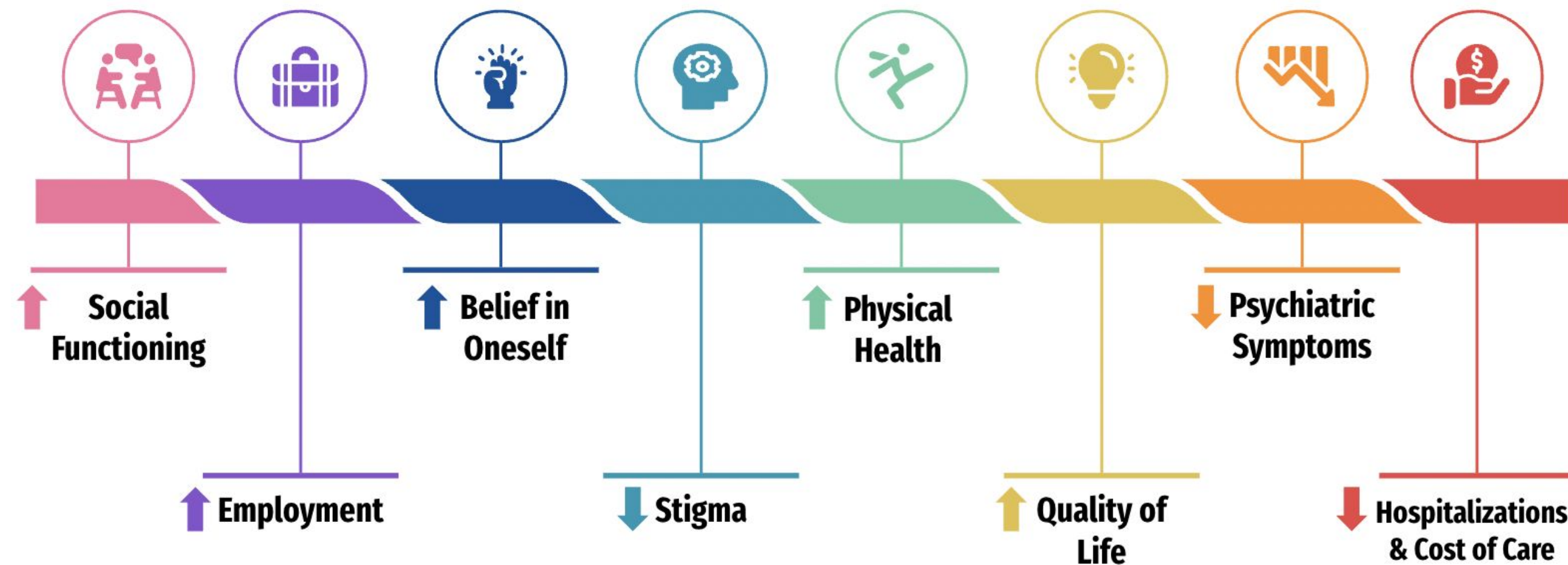
Clubhouse members had significantly lower average annual total ***mental health care costs*** compared to non-members with mental illness of similar age, race, and gender.

([Hwang et al., 2017](#))



Summary of Outcomes

Taken together, research demonstrates that Clubhouses improve near and long-term health and employment outcomes, while reducing hospitalizations and cost of care



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