



WHAT TO KNOW ABOUT

Clubhouse Model Groups (Psychosocial Rehabilitation)

The Clubhouse Model is a community-based program for people with serious mental illness, built on the belief that every member has strengths and the capacity for a meaningful, contributing life. It began at Fountain House in New York in 1948 and now spans more than 300 accredited clubhouses worldwide. A Clubhouse is not therapy and is not clinician-led: it's a voluntary membership community where members and staff work side by side running the place, the clerical work, the meals, outreach, and welcoming new members. This work-ordered day is the literal structure, a deliberate departure from the passive patient role. Members are contributors the clubhouse needs, not recipients.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for those wanting a non-clinical community defined by contribution.
- Valuable for people alienated or harmed by clinical systems.
- Not a substitute for medication or crisis services; works alongside them.

What it's for

Any adult with a history of serious mental illness; no diagnosis required.

For community, meaningful activity, and social connection.

Offers transitional employment, supported education, and housing.

WHAT TO EXPECT

1 Open weekdays in business hours, many evenings and weekends too.

2 No attendance requirement, no treatment plan, no discharge.

3 Membership is voluntary, free, and without time limit.

The Clubhouse Model has decades of supportive evidence.

- A review of 52 studies found RCT evidence that the model **promotes employment, reduces hospitalization, and improves quality of life** above usual care.¹
- A meta-analysis of 20 studies in China found gains in **symptoms, social functioning, quality of life, and employment**, with fewer hospitalizations.²

MAKING THE MOST OF IT

Being needed heals. The clubhouse runs because of your contribution.

Come back anytime. Absence is never penalized; you're always welcomed.

Defined by strengths. You're a colleague here, not a diagnosis.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is the clubhouse accredited by Clubhouse International?
- 2** Does it offer transitional employment and supported education?
- 3** What work units can I join, and can I come at my own pace?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Clubhouse Model Groups (Psychosocial Rehabilitation) · references keyed to the numbers on page 1.

- 1 McKay, C., Nugent, K. L., Johnsen, M., Eaton, W. W., & Lidz, C. W. A systematic review of evidence for the Clubhouse Model of psychosocial rehabilitation. *Administration and Policy in Mental Health and Mental Health Services Research* (2018), 45(1), 28–47.
- 2 Yan, H., Ding, Y., & Guo, W. Clubhouse model of psychiatric rehabilitation in China to promote recovery of people with schizophrenia: a systematic review and meta-analysis. *Frontiers in Psychiatry* (2021), 12, Article 730552.

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