A New Manualized Training Approach for Engaging Young Adults in Clubhouses & Community Mental Health Programs

Colleen McKay, MA, CAGS., Program for Clubhouse Research, Systems and Psychosocial Advances Research Center (SPARC)
Kathryn Sabella, MA, Marsha Ellison, Ph.D., SPARC, Transitions Research and Training Center
University of Massachusetts Medical School, Worcester, Massachusetts, USA

The Clubhouse Model
- Clubhouses are community centers that offer members (adults and young adults) supports including: Transitional, Supported, & Independent Employment, supported education, housing, outreach, advocacy, health promotion activities, & social activities.
- 325 clubhouses affiliated with Clubhouse International in 33 countries & 35 states.
- Clubhouse International oversees development, training, & accreditation of clubhouses worldwide.
- Listed on SAMHSA's Registry of Evidence Based Practices: (nrepp.samhsa.gov)

Challenges with getting & keeping young adults as active members?
- Receiving a sufficient number of appropriate young adult referrals.
- When young adults come for a tour they see older adults and don’t want to come back. They feel they cannot relate.
- Getting young adults to participate in the Work Ordered Day.
- Not enough opportunities for employment, the work offered at the club is not interesting or engaging enough to encourage them to come back.
- Getting young adults into the building. Not enough time & resources to focus on young adults.

Learning objectives
- Understand how a Clubhouses' working community approach can address the psychiatric & developmental needs of young adults.
- Understand the importance of capturing a young adult’s employment goal in the first week of their membership & learn the importance of using it throughout their service tenure.
- Develop strategies to support young adults with their educational needs.
- Understand the value & necessity of a proactive reach out with young adults.
- Understand the developmental stages facing young adults with an emerging mental illness.
- Learn how young adults view housing & homelessness.
- Acquire "best practices" for engaging young adults.

The training includes...
- A manualized approach for engaging young adults.
- Structured questions & topics guide a series of discussions held throughout the training.
- Discussions are designed to be interactive, with input from training participants.
- Discussion questions related to each topic, essential reading material, & supplemental materials provided by the Transitions Research and Training Center at UMMS.

Training participants
- 21 trainees from 11 clubhouses located in 4 states & 4 countries, pre-post data for 15
- 62% between ages 20-30
- Primary role of trainees:
  - Clubhouse Staff (52.38%, N=11)
  - Clubhouse Member (38.10%, N=8)
  - Clubhouse Director (9.52%, N=2)

Has your clubhouse adapted its services to better serve young adults?
- 54% Yes
- 46% No

Which services were modified?

<table>
<thead>
<tr>
<th>Clubhouse Service</th>
<th>Pre-Training (N=8)</th>
<th>Post-Training (N=13)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outreach</td>
<td>77.87% (N=7)</td>
<td>69.23% (N=9)</td>
</tr>
<tr>
<td>Member Orientation</td>
<td>55.56% (N=5)</td>
<td>69.23% (N=9)</td>
</tr>
<tr>
<td>Work-ordered Day</td>
<td>44.44% (N=4)</td>
<td>69.23% (N=9)</td>
</tr>
<tr>
<td>Employment</td>
<td>11.11% (N=1)</td>
<td>30.77% (N=4)</td>
</tr>
<tr>
<td>Education</td>
<td>11.11% (N=1)</td>
<td>46.15% (N=6)</td>
</tr>
<tr>
<td>Housing</td>
<td>11.11% (N=1)</td>
<td>0.0% (N=0)</td>
</tr>
<tr>
<td>Social Activities</td>
<td>77.78% (N=7)</td>
<td>61.54% (N=8)</td>
</tr>
</tbody>
</table>