

The Northern Lights Clubhouse: The Benefits and Challenges of the Mental Health Recovery Model in a Rural Setting

2015 MN RURAL HEALTH CONFERENCE

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Learning Objectives

1. Gain an understanding of the issues facing access to mental health services in rural Minnesota.
2. Learn about the benefits and challenges of providing rural mental health recovery services as described by Clubhouse staff and members.
3. Identify the best practices of the Clubhouse International Model of Rehabilitation as implemented in a rural setting in the case study of the Northern Lights Clubhouse.

Presentation Overview

- Overview of mental health service access in rural MN.
- Intro to Clubhouse International: History and Model.
- Introduction of Northern Lights Clubhouse.
- The benefits and challenges to Clubhouses in rural areas.
- Case study of Northern Lights Clubhouse: rural Clubhouse best practices.

Access to Mental Health Services in Rural NE Iron Range Communities

- Rural NE Iron Range communities:
 - Ely, Winton, Tower, Babbitt, Embarrass, Isabella, Soudan, and surrounding townships
- People in rural areas are MORE likely to experience behavioral health disparities and to experience stigma; and LESS likely to receive mental health services (or to receive fragmented services).
- Rural NE Iron Range communities are designated as a Medically Underserved Community/Populations (MUC/MUP) and a Health Professional Shortage Areas (HPSA)

The case for mental health recovery services in the Ely Area

- In 2014, Ely Bloomenson Community Hospital recorded 843 patient encounters with behavioral health diagnostics (in the ER, Observation, and Inpatient).
- Essentia Health - Ely Clinic served approximately 2,219 adults with behavioral disorders within the past 2 fiscal years.
- Range mental health serves more than 6,800 people across the Iron Range for behavioral health disorders.
- In a National Rural Health Resource Center 2012 needs assessment of Ely, Babbitt, Tower, Soudan, Winton, and Isabella, respondents rated mental health issues as the 9th most pressing health concern.
- Per SAMHSA's 2013 Behavioral Health Minnesota report, Minnesotans receiving services through the public mental health system had a 86% rate of unemployment or non-involvement in the workforce.

Clubhouse International



What is it?

The ICCD (International Center for Clubhouse Development) Clubhouse Model is a day treatment program for **rehabilitating** adults diagnosed with a mental health problem.

The goal of the program is to contribute to the **recovery** of individuals through use of a therapeutic environment that includes responsibilities within the Clubhouse (e.g., clerical duties, reception, food service, transportation, financial services), as well as through outside employment, education, meaningful relationships, housing, and an overall improved quality of life.

* Source: SAMHSA's National Registry of Evidence-Based Programs and Practices

Clubhouse Stats

- There are over 300 worldwide
- There are over 12 Clubhouses in Minnesota
- The first Clubhouse (Fountain House in NYC) was established in 1948
- Clubhouse International was established in 1994



Pillars of Clubhouse

- Clubhouse Standards
- Transitional Employment programs
- Education programs
- The Work-ordered day
- Wellness



What makes Clubhouses Different?

- Participants are “members”, not “clients” or “patients”
- Focus is on Recovery, not treatment
- Members and Staff work side by side
- Members decide level of involvement
- Members participate where and when they want

Clubhouse Outcomes

- Cost effective
- Improved well-being
- Reduced number of hospitalizations
- Reduced incarcerations





"Where Recovery Has a Home"

**A Recovery Program For Adults Living With Mental
Illness In Rural NE Iron Range Communities: Ely,
Babbitt, Soudan, Isabella, Embarrass, Winton, Tower,
And Surrounding Townships**

Our Mission

To provide adults who have experienced mental illness with vocational, educational, and social opportunities that will enable them to meet their personal goals.



Our Goals

- Enhance members' employment opportunities, stability, and wages
- Support members' educational goals
- Eliminate the social isolation of serious mental illness by providing members a comfortable and safe environment
- Improve member well being to avoid crises and reduce hospitalization



Community Support

- Community Support and outreach is an integral part of the success of a clubhouse. To best serve out members' interests we need close working relationships with local providers, schools, businesses, and organizations.
- In Ely, the Northern Lights Clubhouse is an active and engaged member of the community. We are part of the following organizations:
 - Ely Community Care Team
 - Ely CCT Behavioral Health Network
 - Ely Community Health Council



Community Support (cont.)

We take part in multiple local events, including:

- Ely Farmer's Market
- Harvest Moon Festival
- Winter Festival
- 2015 Community Health Fair



Member Stories



Rural Clubhouse Challenges

- Stigma
- Community Connections
- Transportation
- Sustainable Funding
- Access to supportive behavioral health and social service resources



Rural Clubhouse: Benefits

- Community Connections
- Close knit provider community
- Culture of helping neighbors and community activism.



Case Study of Northern Lights Clubhouse Conclusions

Rural Clubhouse Best Practices:

- Outreach to Providers- Build strong coalitions and strong working relationships
- Outreach to the Community- Be a central and regular presence in the community
- Outreach to potential members- Find creative ways to reach members and potential members
- Connect and collaborate with other State Clubhouses.



Take Aways

- Behavioral Health concerns continue to negatively affect people in the Rural NE Iron Range Communities.
- The Clubhouse Model is a proven Evidence-Based Model for mental health recovery for adults.
- There are benefits and challenges to providing Clubhouse services in rural settings.
- A case study of NLC provides some Best Practices for Clubhouses in rural settings.

- **Thank you for your time.**