



GRAND AVENUE
CLUB



A Discussion About Mental Illness and The Clubhouse Model

While we hope to share our experiences and advice, this is a very complicated topic. The following is collective insight from the colleagues at Grand Avenue Club.

What We Hope To Cover

- Introduction
- Mental Illness: The numbers
- Mental Illness: What it is, what it isn't...
- Grand Avenue Club: An Overview
- Why Clubhouse Works
- A Day At GAC
- Questions and Discussion

Everyone Knows Someone Experiencing Mental Illness

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- Suicide is the 2nd leading cause of death among people aged 10-34 (unintentional injuries being #1)
- The #1 health-related reason for lost productivity at work is mental illness.

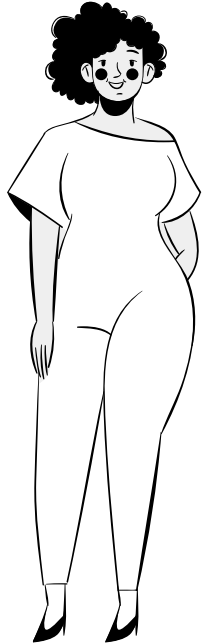


The term “mental illness” comes with stigma but it shouldn't.

1 in 5 people have a mental illness.

Mental illness is not uncommon.

Mental Illness



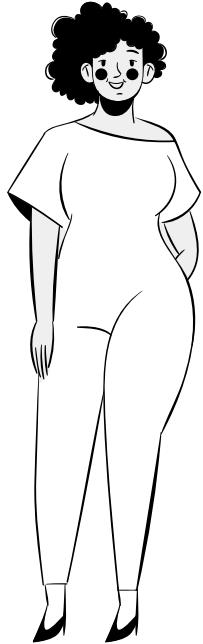
What it is ...

Mental illnesses are health conditions involving changes in emotion, thinking, or behavior that affect everyday life.

Mental illnesses are associated with distress and/or problems functioning in social, work, or family activities.

Mental illness may be caused by multifaceted variables such as genetics, environmental conditions, trauma, and other chemical or physiological body imbalances.

Mental Illness



What it isn't...

Mental illness is not a label, nor should it ever be used to define someone's potential behavior, morals, or values.

Society too often stereotypes mentally ill people as dangerous, lazy, or weak. This is of course not true.

Mental illness should never be stigmatized or utilized as a label to marginalize a group of people.

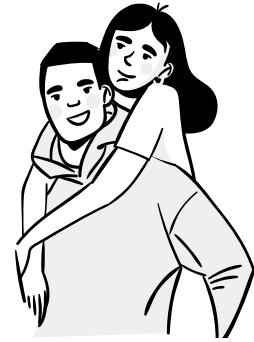
“WE ARE NOT ALONE”



- ❑ Stigma about mental illness exists and it is ok to talk about it.
- ❑ In addition to dealing with mental illness itself, one may feel ashamed of it.
- ❑ It may be scary opening up about mental illness.
- ❑ There is fear of rejection and people treating you differently because they are uninformed and may have stigmatic beliefs.



Clubhouse Origins: *WANA in Action*



Local community centers that provide members with opportunities to build long-term relationships that, in turn, support them in obtaining employment, education, enrichment, and housing.

With over 320 local Clubhouses in more than 30 countries around the world, the “Clubhouse Model” has exponentially grown over the past couple 70 years. It is medically recognized and continues to expand



There are more than 320 Clubhouses in over 30 countries around the world

Grand Avenue Club is Milwaukee's only Clubhouse

The Clubhouse Model is a nonclinical nonprofit infrastructure that offers people living with mental illness opportunities including:



Entering and Re-entering the workforce



Return to education (at any level)

Engage in their community (outings and events)



Find housing



Build friendships



Enrichment activities (art, music, fitness, etc.)



Defeat isolation



Why does Clubhouse work?

It is common for people with mental illness to distrust *complicated hierarchical systems.

We bypass those obstacles and restrictions.

Step 1: Get them in the door and engage

Step 2: Build trust, get to know member, find out goals

Step 3: Begin rehabilitative journey based on member needs

*(Healthcare or Government)



Grand Avenue Club (GAC) Milwaukee's Only Clubhouse



Mission statement

The mission of Grand Avenue Club is to provide adults experiencing mental illness in Milwaukee County with pre-vocational training, paid employment opportunities, supported education, and enriching evenings/weekend/holiday programming.

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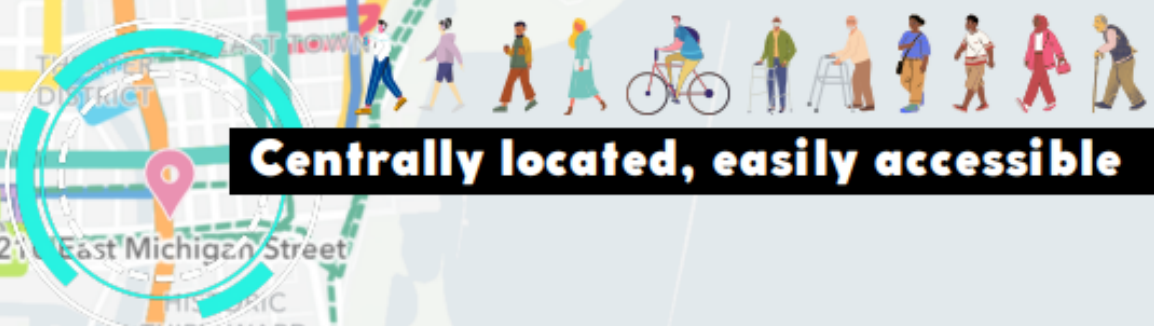
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We are a Milwaukee nonprofit that supports adults who experience mental illness with employment, educational, and enrichment goals.

Founded 1991; located in bank building since 2002

Nonclinical model, crucial piece of Milwaukee's mental health network



Centrally located, easily accessible



MEMBERS WORK WITH STAFF, STAFF WORK WITH MEMBERS.

Known together as "colleagues."

ALL ASPECTS OF THE ORGANIZATION ARE RUN BY COLLEAGUES.

Members are on our board of directors.

Members help with administration.

Members help with programming.

THESE EXPECTATIONS CREATE A CULTURE OF EMPOWERMENT WHICH INCREASES EFFICACY.

Research from over 60 years of Clubhouse proves how effective this model is.

GAC Program ming

Pillars: Em p loym ent, Edu ca tion, En richm ent

Units

Reta il and Business Management Unit (RBMU)

Cu lin a ry Unit

Mem bership, Edu ca tion, and Em p loym ent Unit (MEE)



Everything here is voluntary.

This may seem minor but it's a crucial aspect of our success.

Why is choice important?

A TANGIBLE EXAMPLE

A member joins Grand Avenue Club, whether looking for employment or no specific reason other than having a place to go.

They are engaged through the Culinary Unit.

They learn about employment and educational opportunities from current members and staff.

After becoming comfortable with the Clubhouse, they volunteer to participate in one of these opportunities.

The power of voluntarily choosing the opportunity is why it is often so effective.



Employment Programming

All positions are paid work at local employers.

Group Placement

- No long term commitment; shift-by-shift sign-up
- Builds confidence in new skills and returning to workforce

Transitional Employment (TE)

- 6-9 month commitment, with Clubhouse provided job coverage
- Clubhouse staff train and assist member
- Builds resume, strengthens skills, demonstrates commitment

Employment Programming

All positions are paid work at local employers.

Supported Employment (SE)

- Full or part-time position
- Member may request and receive assistance with employer from Clubhouse staff

Independent Employment (IE)

- Traditional employment commitment
- Clubhouse has no formal relationship with employer
- Clubhouse assistance provided within Clubhouse when needed

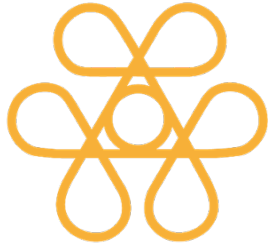
THANK YOU!

Learning, understanding, and discussing mental illness is the best way to fight the unfortunate stigmas that come with them.



GRAND AVENUE
CLUB

Any questions?



GRAND AVENUE CLUB

210 E MICHIGAN ST
MILWAUKEE, WISCONSIN 53202

PHONE: 414-276-6474

EMAIL: Outreach@grandavenueclub.org