The Miller Beach Clubhouse
for Mental Health
qualityoflifeinstitute.org

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THE MILLER BEACH CLUBHOUSE FOR MENTAL HEALTH IS OPEN AND READY TO SERVE THE COMMUNITY!

As part of Clubhouse International the Miller Beach Clubhouse for Mental Health works to provide and increase access to comprehensive community mental health services, offering care to any member regardless of their ability to pay for services. Our psychosocial rehabilitation services provide a comprehensive system of well-integrated, multi-disciplinary care so that people with mental illness can manage their symptoms, find belonging and purpose, and gain the independence to live a healthy, quality life.

The Clubhouse experience results in positive outcomes for members in the following areas: Employment: members engage in learning skills in hospitality, operating a resale shop, cooking and kitchen skills, and managing a Air BnB.

Better Health: A recent study suggests that service systems like Clubhouses that offer ongoing social supports enhance mental and physical health by reducing disconnectedness.

Specifically, the Better Health Channel emphasizes that Clubhouses offer a non-clinical, community-based psychosocial rehabilitation approach.

Key aspects of the clubhouse model, as conveyed by Better Health

- Focus on community: Clubhouses emphasize the importance of community as a therapeutic tool, fostering meaningful relationships among members and staff.
- "Work-ordered day": Members participate in the daily operations of the clubhouse, engaging in activities such as clerical work, food preparation, and outreach, which fosters a sense of purpose and skill development.
- Addressing social symptoms: Clubhouses recognize that addressing social isolation, stigma, and lack of self-worth is crucial for recovery.

- Opportunities for personal growth: Members can access support and resources for employment, education, housing, and overall wellness.
- Reduced hospitalization rates: Research suggests that participation in clubhouses can significantly decrease the number and duration of psychiatric hospitalizations.
- Improved quality of life: Members often report higher levels of social connection, self-esteem, and overall well-being.
- Cost-effectiveness: Studies indicate that the clubhouse model can be a cost-effective approach to mental health care, reducing healthcare expenditures associated with hospitalizations and emergency visits.

In essence, Better Health aligns with the overreaching message that Clubhouses provide a unique and valuable approach to supporting individuals with serious mental illness, focusing on a holistic and community-based model of recovery.

There are 12 Clubhouses in the State of Indiana. We are proud to be one of them.

If you are somebody you know is in need of Mental Health Services we are here to help. We are open Monday - Wednesday from 9:00 am - 3:00 pm