



## Statements From Members

*"I believe if I didn't join clubhouse, I would be dead. I always talked about killing myself and how I would do it. I used to Google the least painless way to go but now everything is different. Clubhouse has given me a reason to live and I am sure that my mother would be proud of the new me. I laugh more, I wear bright colors, I value life, friendships/relationships, and my new family".*

**Whitley A.**

*"Without Clubhouse my life would be like a nightmare. I would be roaming the streets and stuck in the same situation I was before, with no interests, separated from my own environment and possibly homeless. I would be lost and not have any idea what to do with my life".*

**Ajuan H.**

*"Without Clubhouse I would either be in the streets, homeless, in jail or dead. My Clubhouse family keeps me motivated and moving in the right direction, even though I know I gave them all hell, they still love me. I love coming to the clubhouse because I love giving back supporting my clubhouse members. I have found by being open and sharing my story of recovery I have encouraged other members on their recovery journey".*

**Hervy K**

## Our Clubhouse Commitment

- We support the recovery, health and well-being of individuals with mental illness.
- We strive to enhance the quality of life of our members.
- We believe every member has the potential to sufficiently recover from the effects of mental illness and the right to have a personally satisfying life as an integrated member of society.

## How You Can Join

- Must be 18 year of age
- Have a chronic/persistent mental illness and receiving services from Community Mental Health



Goodwill Industries of Greater Detroit operates A Place of Our Own Clubhouse. Our Clubhouse is accredited by Clubhouse International. Goodwill is a contracted provider of services for CareLink and ConsumerLink, funded by Detroit Wayne Mental Health Authority.



## Changing Lives One Member At A Time

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## What is a Clubhouse

*A Clubhouse is a community intentionally organized to support individuals living with the effects of mental illness. Through participation in a Clubhouse people are given the opportunities to rejoin the worlds of friendships, family, important work, employment, education, and to access the services and supports they may individually need. A Clubhouse is a restorative environment for people who have had their lives drastically disrupted, and need the support of others who believe that recovery from mental illness is possible for all.*

*- Clubhouse International*



## What Can Clubhouse Offer You

- ✓ **Clubhouse is a Community:** This is a place where relationships and friendships are born and isolation ends.
- ✓ **Meaningful Paid Employment:** Clubhouses provide members with opportunities to return to paid employment through Transitional, Supported and Independent Employment Options.
- ✓ **Improved Wellness:** When “I” is replaced with “We”, mental illness becomes wellness. Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives.
- ✓ **Participative Atmosphere:** Clubhouse members participate in consensus-based decision making regarding Clubhouse operations. They are members or colleagues never “patients” or “cases”.
- ✓ **Education Assistance:** Clubhouses encourage and support higher education. We offer resources for G.E.D., Supported Education and a return to college based course study.
- ✓ **Housing Resources and Support:** Clubhouses offer housing supports to members seeking self sufficiency.
- ✓ **Transferable Skill Development:** Members gain imperative skills and knowledge that are then transferable in community based employment, education and independent living options.
- ✓ **Social and Recreational Activities:** Members participate in activities outside of the work ordered day where development of friendships is cultivated.



**Clubhouses**  
are evidenced based  
and result  
in positive outcomes  
for members.



If you or someone you know needs mental health services, call us at **313-931-0901**. We can help you navigate the system.