



# Charlotte Clubhouse

## Member Orientation

### **Who are we?**

Charlotte Clubhouse helps people with mental illness by giving them a safe place to make friends, learn skills, and find jobs. We create a welcoming community where everyone feels included, improving lives and breaking down mental health stigmas.

### **Our Challenges**

Members of Charlotte Clubhouse, like many individuals living with mental illness, face several challenges in the community. Some of these include: **Stigma and discrimination, Access to Healthcare and Support, as well as Employment and Education.**

Charlotte Clubhouse aims to address these challenges by providing a supportive environment where members can develop skills, build social connections, and access resources to improve their quality of life and integration into the community.

### **Why is this a problem?**

These challenges faced by members of Charlotte Clubhouse and individuals living with mental illness are a problem because they significantly impact their overall quality of life, well-being, and ability to participate fully in society. Addressing these challenges is essential to ensure that individuals living with mental illness have an equal opportunity to lead fulfilling lives, contribute to society, and enjoy the same rights and opportunities as everyone else.



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## The Charlotte Clubhouse Solution

Charlotte Clubhouse combats stigma by fostering an inclusive community, facilitating access to healthcare and support services, and offering skill-building, employment, and educational opportunities for members with mental illness, which empowers them to lead fulfilling lives and actively participate in society.

1. Charlotte Clubhouse helps people with mental illness by giving them a safe place to make friends, learn skills, and find jobs. For over 75 years the clubhouse model has been creating a welcoming community where everyone feels included, improving lives and breaking down mental health stigmas. For more information about the clubhouse model: [What are Clubhouses? - Clubhouse International](#)

2. Those living with mental health issues suffer from stigma and discrimination, lack of access to health care and support services, as well as employment and education. These factors can lead to isolation, rehospitalization, and unemployment.

3. Charlotte Clubhouse aims to address these challenges by providing a safe place to be yourself, [build relationships and](#) a sense of community, and [participate in](#) a work-ordered day. Investing in the Charlotte Clubhouse mission also has a positive social impact.

## Fountain House: The First Clubhouse

[These videos show examples of the benefits of the Clubhouse Model:](#)

<https://www.fountainhouse.org/about/clubhouse-model>

<https://www.youtube.com/watch?v=dTtZoDaSViw>

<https://www.youtube.com/watch?v=yolHkqu2qeE>

[https://www.youtube.com/watch?v=gO0oTgcE\\_O8](https://www.youtube.com/watch?v=gO0oTgcE_O8)



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## A Few Examples of Our Work-Ordered Day

- Food preparation (eg: chop veggies)
- Operate stove or oven
- Take food orders
- Keep fridge clean (throw away old/expired food, wipe out shelves as needed)
- Clean up after lunch (wash dishes, wipe off tables, counters, sweep, mop)
- Create Newsletter
- Make member outreach phone calls
- Create thank-you cards
- Lead meetings/workshops
- Data tracking

**What would you like to get out of Charlotte Clubhouse?**