Posters   2022 Virtual Research Colloquium

1-1-2022

The Use of Clubhouses as an Alternative to In-Patient Psychiatric Hospitals

Jillian Sinosa

Follow this and additional works at: https://digitalcommons.pittstate.edu/posters_2022

Fountain House: An Alternative Approach for Patients with Serious and Chronic Mental Illnesses

Jillian Sinosa, BSN Student
Irene Ransom Bradley School of Nursing, Pittsburg State University
Dr. Barb McClaskey, Ph.D. – Faculty

PICOT Statement

P – Patients with mental illness who need long-term care

I – Sending a patient with serious mental illnesses to a "clubhouse" such as Fountain House

C – The "clubhouse model" vs. a psychiatric hospital

O – Opportunities will increase; social and economic isolation for people living with serious mental illness will cease; and nonprofit aspects will improve health

**T** – No specific time frame

Abstract

In an attempt to decrease the national disparities and to help Americans with serious mental illnesses, care clubhouses such as Fountain House must be made more accessible to patients. By doing so, this may also reduce the rate at which those with serious and chronic mental illnesses cycle through the streets, shelters, emergency rooms, and prisons. Ineffective and costly approaches to mental health care in this generation and generations prior, have stripped away the integrity, dignity, and humanity of the patients. It is Fountain House's aspiration to close these gaps and provide holistic and realistic care. They achieve this by being nonprofit, by providing jobs, and by creating programs such as College Re-Entry and Social Practice. Social Practice was especially pioneered by this organization and helps individuals learn new skills, cultivate dignity, develop a sense of belonging, and make progress towards their goals so that they may thrive when reentering society. Systemic barriers will also be addressed by advocates participating to shape a national mental health agenda. The aim of this organization is to not just admit patients, send them off, and label them as "frequent flyers" upon return. Fountain House refer to patients as 'members' instead, and takes care of the individual as a whole, treats each member as family, and sets them up for success.

Interventions

Comparison	Fountain House	Psych Hospital
Cost: Free (Non-Profit)	➕	🚫
Can work in the kitchen or horticulture department, create artwork to be sold in the institution, and get help going back to school or finding a job	➕	🚫
Members work and pay taxes (not draining public funds)	➕	🚫
A community-like environment promoting a feeling of being needed & wanted	➕	🚫

- **College Re-Entry** and young adults program
  - focuses on going back to school or finding a job
- **Social Practice**:
  - (Pioneered by Fountain House) specialized form of therapy that uses the setting of an intentional community to assist people in their mental health recovery. It focuses on a community-based approach of helping individuals learn new skills, hone their talents, build dignity, develop a sense of belonging, and make progress towards their goals.
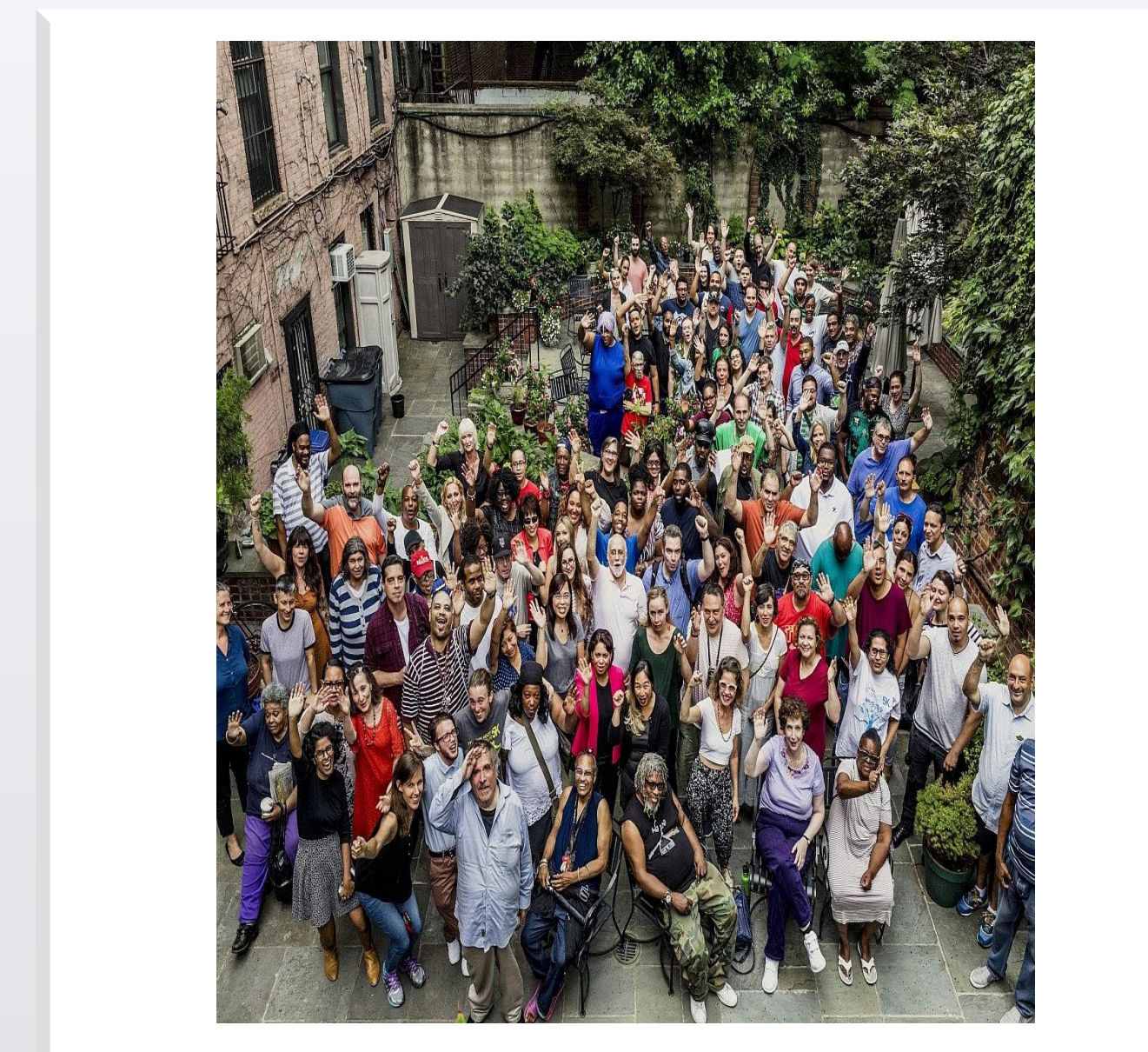
Background Information

- What is a clubhouse?
  - Clubhouse International states that it offers people living with mental illness opportunities for friendship, employment, housing, education and access to medical and psychiatric services in a single caring and safe environment – this social and economic inclusion reverses the alarming trends of higher suicide, hospitalization and incarceration rates associated with mental illness
- So, what's the problem with psych hospitals?
  - Studies from a service user perspective reported that their time in the hospital is neither safe nor therapeutic (Jones, 2010)
  - Mental illness is not treated and covered by insurance like other illnesses are
  - Although some excellent mental health facilities exist, they are still extremely expensive and beyond the reach of the general public
  - Government funding is not a priority therefore resources and allocation of funds are scarce
- So why choose Fountain House?
  - "New Yorkers with mental illness have an average of a 50 percent rehospitalization rate, which costs $28,000 for a two-week stay in a psychiatric facility. And for about the same cost as that two-week hospital stay, the program -- which is free to members -- provides one year of housing, community support services, employment, as well as educational and social opportunities. Fountain House covers these costs through public funding and private donations" (Jones, 2010).
    - Answer: Cost effective, holistic, therapeutic, accessible, and more realistic goals
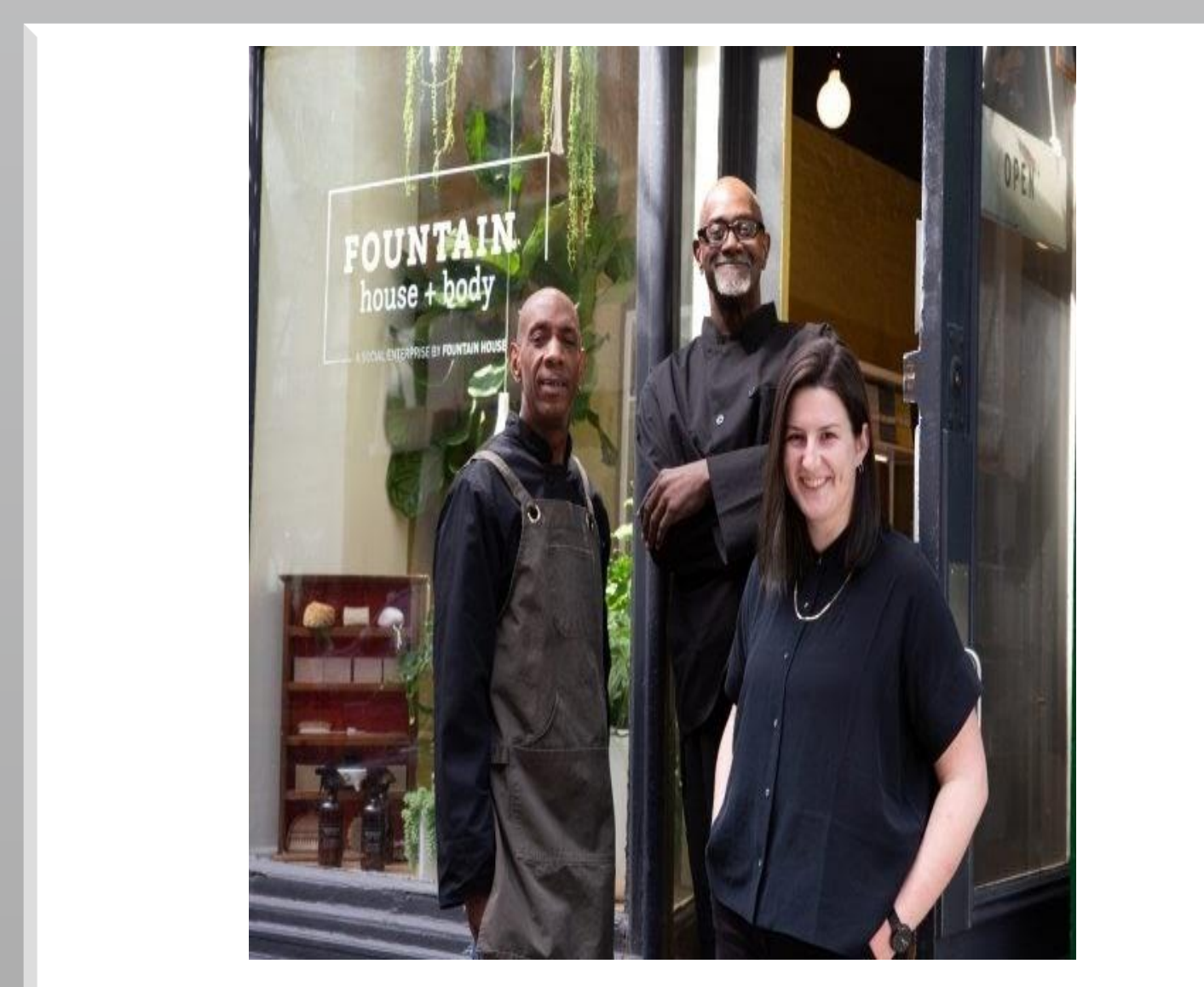
Outcomes

- Health and social needs of Foundation House members will be integrated, while they're engaged in an innovative therapeutic community rooted in Social Practice and take steps in reclaiming their agency and dignity - with access to clinical support, housing, and care management.

- Systemic barriers will be addressed. Policy and advocacy work will shape a national mental health policy agenda

- The gap and disparities to treat individuals with chronic mental illnesses will lessen

- Individuals will have an opportunity to attend Fountain House as a place of asylum, therapy, and holistic care where dignity is a priority

- Helps members rejoin society and maintain their place in it

- Builds on people's strengths and provides mutual support along with professional staff support

Gaps in the Literature

- Not all states have a Fountain House and individuals may need to commute or travel to the locations

- Not all individuals needs can fully be met at a clubhouse, as some may require 24/7 supervision, care, or medications

- Success in Fountain House depends on the individual member's personal level of involvement in the program

References

ner, Joy, et al. "Understanding the Role of Mental Health Clubhouses in Promoting Wellness and Health Equity using Pilinahá-an Indigenous Framework for Health." American Journal of Community Psychology, vol. 66, no. 3-4, 2020, pp. 290.

Chen, Fang-Pei, and Hans Oh. "Staff Views on Member Participation in a Mental Health Clubhouse." Health & Social Care in the Community, vol. 27, no. 3, 2019, pp. 788-796

Fountain House. (n.d.). Retrieved October 18, 2021, from https://www.fountainhouse.org/.

JONES, J., NOLAN, P., BOWERS, L., SIMPSON, A., WHITTINGTON, R., HACKNEY, D., & BHUI,

K. (2010). Psychiatric wards: Places of safety? Journal of Psychiatric and Mental Health Nursing, 17(2), 124–130. https://doi.org/10.1111/j.1365-2850.2009.01482.x

Li, Luming, et al. "A Qualitative Study of Implementation Challenges of Mental Health Clubhouse Rehabilitation Services in China's Hunan Province." Psychiatric Services (Washington, D.C.), vol. 70, no. 8, 2019, pp. 674-680.