



El Dorado Hills Community Council
August 5, 2024
Housing El Dorado Update
& NAMI El Dorado's Clubhouse El Dorado



Today's presentation:

Frank Porter, Vice President, Housing El Dorado (5 minutes)

- Introduction & welcome
- Housing El Dorado's mission & brief highlights of current projects

Yan Bennis, Executive Director, Clubhouse El Dorado (25 minutes)

- NAMI El Dorado County Clubhouse – Creating a supportive community for life beyond mental illness



Mission

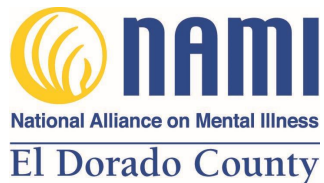
Create and promote affordable housing solutions and support services that nurture individuals and families while encouraging self-sufficiency on the Western Slope of El Dorado County

Partner Across EDC to Build Collective Solutions

**Collaborative
Partnerships
Work!**



EL DORADO COMMUNITY



HED Homeless Services



Provide shelter, transportation, shower & street outreach programs for unhoused community members.



El Dorado County's first safe place to park overnight for unhoused women and families with children.



The Emergency Fund provides one-time funding to end or prevent homelessness.

HED Affordable Housing initiatives



Mobile Home Rent Stabilization

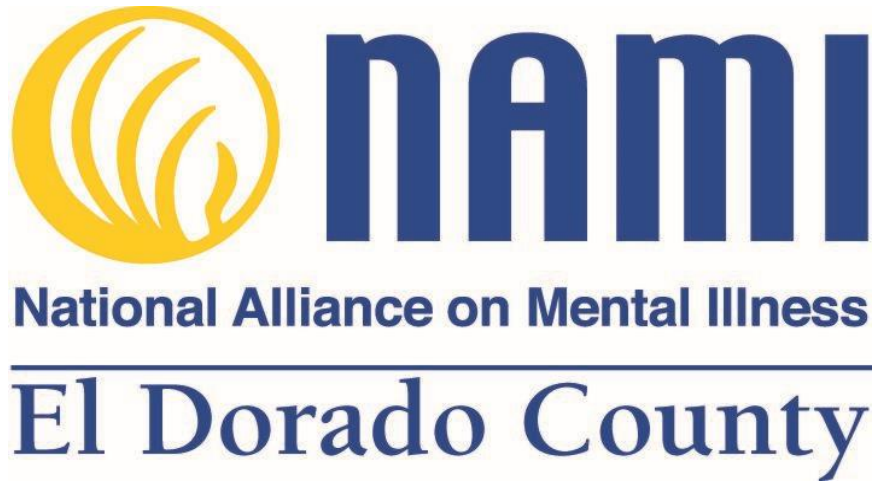
- Resident Survey (HED & EDCF)
- Policy options



Established in Dec. 2022
Partnership with the El Dorado
Community Foundation



Intergenerational housing that creates a purposeful community and shared experiences for seniors and foster families.



NAMI El Dorado County has been providing free support, information and advocacy for families and individuals impacted by mental health challenges since 1997. We are an all volunteer working board that offers information, classes, support groups, and advocacy when needed. We provide these services on the Western Slope and in South Lake Tahoe.



Clubhouse El Dorado

a program of

 **NAMI** | El Dorado County
National Alliance on Mental Illness

*The images in this presentation are from established clubhouses,
of which there are over 300 in 33 countries.
They show what our clubhouse is aiming to create.*



Mission

To Create a Supportive
Community for Life Beyond
Mental Illness.

What is a Clubhouse? Connections House: Concord



What is a Clubhouse? Independence Center: St. Louis



What is a Clubhouse?

Clubhouse El Dorado is part of a global movement that includes over 300 sites. Clubhouses grow **supportive communities** where adults recovering from severe mental illness can **regain confidence, establish connections**, and work on personal, career, and wellness **goals** in a structured vocational setting. These **voluntary, evidence-based programs** do so, by expecting member involvement at every level of the organization, resulting in a sense of **purpose**, pride, ownership, and **community**. Clubhouse International uses 37 standards to define the structure of a clubhouse and issues accreditation based on compliance.

Global Movement



The Model

The first clubhouse was started in the 1950s in NYC by a group of recently discharged patients, who found that meeting every day (sitting on the steps of the public library) provided the fellowship they needed to create balance, well-being, and the courage to resume their lives.

They eventually found a building and started recruiting others to join them. Fountainhouse eventually inspired replication as they developed a model to include support for work, education, housing, health, outreach, and recreation. Today there are over 300 Clubhouses in 33 countries.

Work of the Clubhouse

Simply put, “work works”. At the heart of every clubhouse is a working community. Members and staff work side-by-side to operate the clubhouse at every level including tasks that range from clerical and administrative to culinary and maintenance.



Meaningful work at the Clubhouse

Who doesn't love to be greeted with a friendly greeting? Glad to see you!

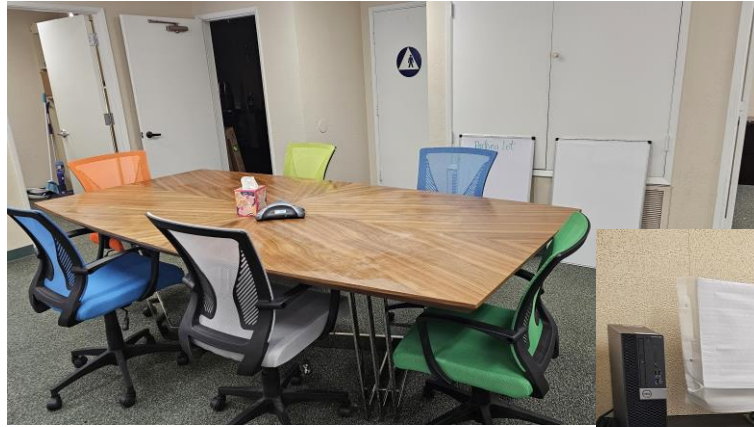
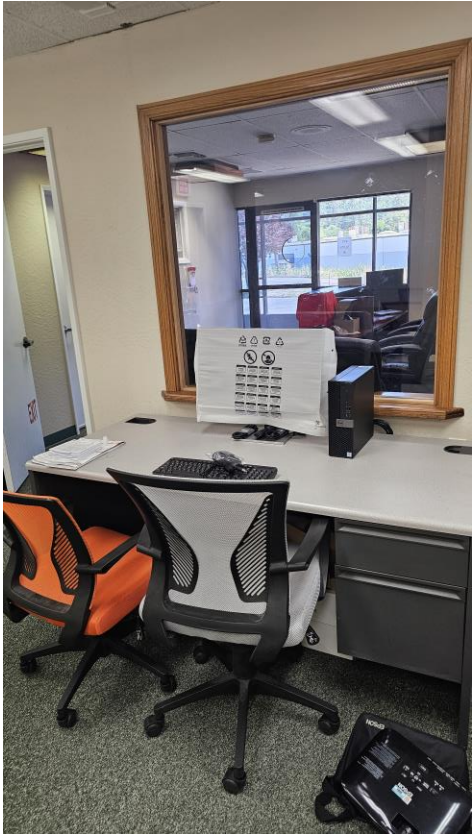
- Daily activities are organized around a structured schedule known as the **Work-Ordered-Day**.
- The Work-Ordered-Day in a Clubhouse **parallels typical business hours**. Usually 8 hours.
- Members and staff work **side-by-side**
- **Members volunteer** to do as much or as little work as they feel ready to do



Work of the Clubhouse

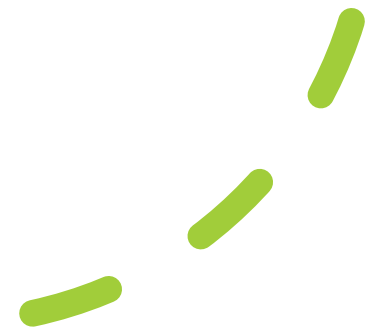
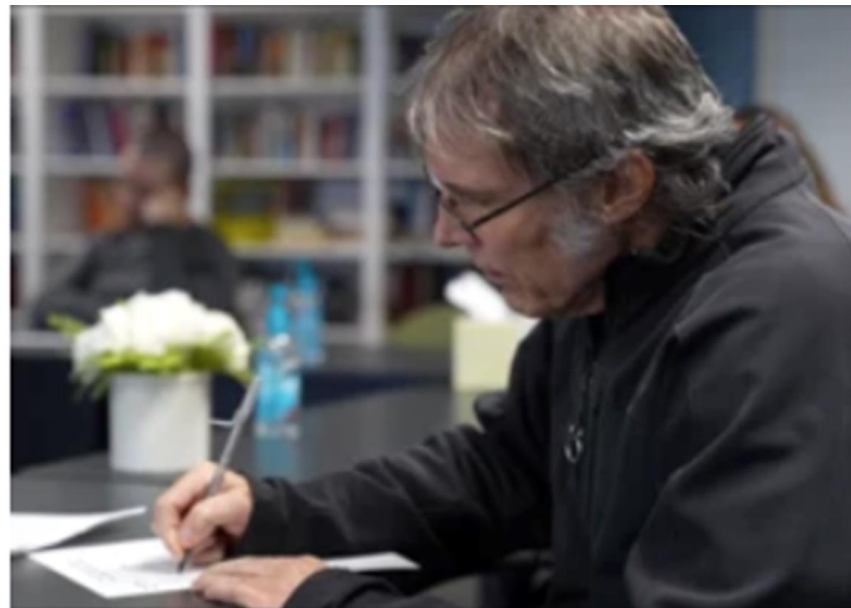
Whether you're greeting people at the front desk, reaching out to a friend you haven't seen in a while, helping someone access their doctor, arranging flowers for the dining room, working in the garden, chopping vegetables for the meal, visiting someone in the hospital, or working on the newsletter or a video, ***you're sure to find something fun to do!***





Work Ordered Day

Clerical Unit



Work
Ordered
Day

Hospitality
Unit





Employment & Education

The clubhouse offers robust supported employment and education programs. The goal is to provide members opportunities to gain experience and confidence leading to a more independent life.

The clubhouse helps members complete education that has been disrupted, or to start certificate or degree programs at adult education or academic institutions.


School And Work Support

Transitional Employment- Clubhouse contracts with employers, trains members to do the job required, and assures that a member or staff person fulfills the commitment. When ready, members may move on to Supported Employment to get help applying for and acquiring a job of their own.

Supported Employment

Independent Employment

All Clubhouse employment is at the employer's place of business and pays the prevailing wage for the required work.




Goal Setting

Help members
achieve their personal
goals.


Identify immediate
and long-term goals.

Create a plan to attain
the goals.

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Supports

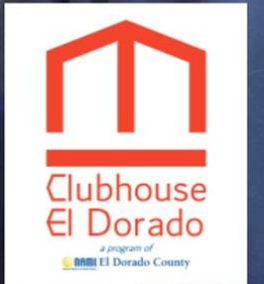
Some clubhouse supports include:

- Acquiring affordable **housing**
 - Critical technology
 - Low-cost, **nutritious meals**
 - Good mental and physical health habits
 - Government disability **benefits**
- 

Young Adults



Growing
Communities
for Confidence



Young Adults

- Weekly Meetings
- Connection
- Outings
- Support
- Young Adult Orientations
- Young Adult Tours
- Supported Education



Healthy Silvers



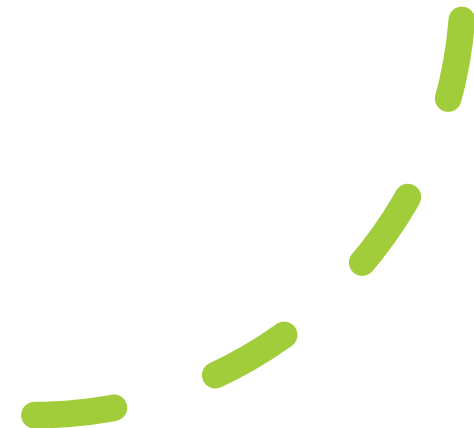
Healthy Silvers

- Weekly Meetings
- Connection
- Outings
- Support
- Education on topics specific to those 50+



Media Studio

- PODcasts
- Website design
- Marketing
- Newsletter
- Video Production
- Photography
- Graphic Design



Connections

Clubhouses Help End
Isolation





Connections



Clubhouses Help End Isolation

Part of the daily work of the Clubhouse involves keeping track of members participation and building community. If a member does not attend Clubhouse for a while, a reach-out communication or visit is made to let the member know that he or she is missed. Teams also visit local hospitals to develop relationships, and invite others to join.

Social Programming

- Karaoke
- Games
- Video Games
- Bingo
- Movies
- Dinner
- Outings



HEALTH & WELLNESS

- Gym
- Weekly Yoga and Meditation
- Walking Group
- Fitness & Wellness Goal Planning



Family Support

We are here for the
family too!

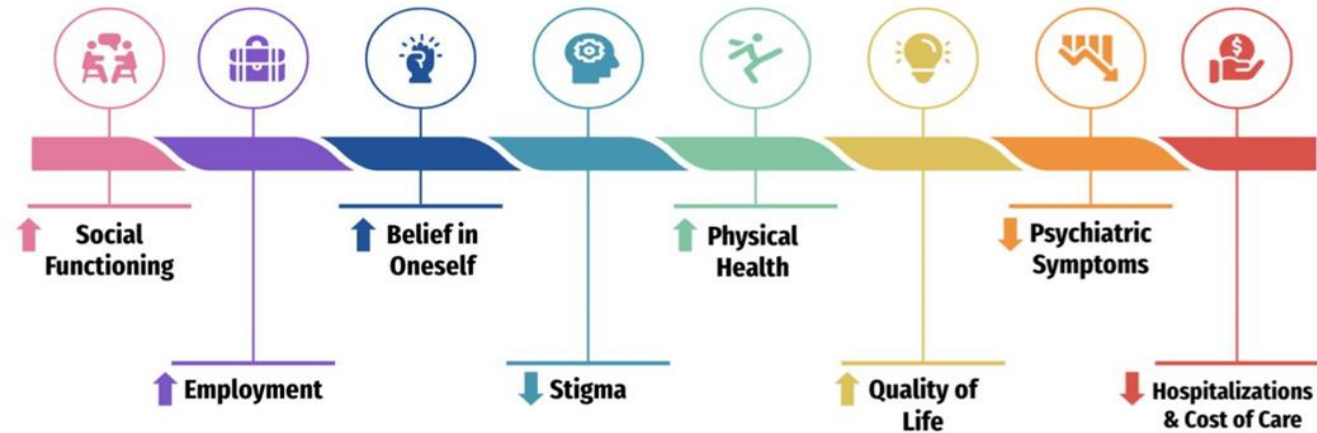
Workshops, resources,
connection, collaboration.



Study Results

Summary of Outcomes

Taken together, research demonstrates that Clubhouses improve near and long-term health and employment outcomes, while reducing hospitalizations and cost of care



Becoming a Member

Membership is voluntary and without time limits.

18+

Resident of El
Dorado County

Becoming a Member

Axis I
Diagnosis

Referral from
a medical
professional

Tour and
Orientation!

How Can You Help

Help us build a thriving community organization:

- Invite us to speak at your organization or business
- Offer employment
- Join our Board
- Donate funds, supplies or services
- Network



Contact Information

Phone:

(530) 205-3693

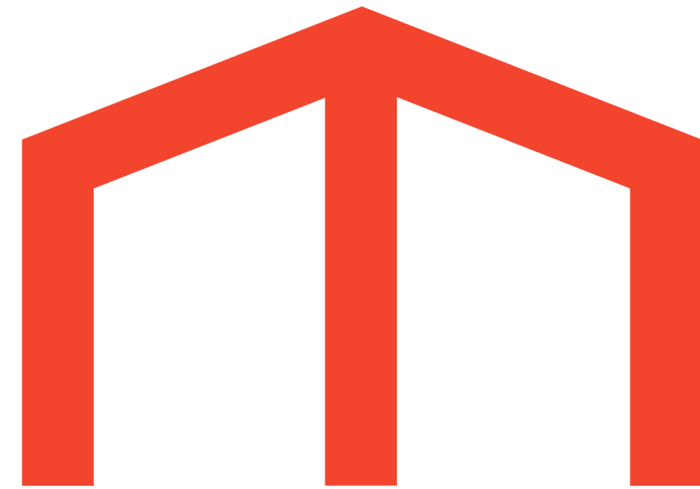
Email:

yanb@namiel Dorado County.org

Address:

471 Pierroz Road
Placerville, CA 95667

Questions
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Clubhouse
El Dorado

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National Alliance on Mental Illness