



*A member-led community empowering people with mental illness*

## **Fresh Start Clubhouse: A Community Built on Purpose, Not Diagnosis**

### **Empowering Self-Directed, Strengths-Based Recovery**

Fresh Start Clubhouse is an accredited, evidence-based psychiatric rehabilitation program offering a unique, empowering path to recovery for adults living with serious mental illness. Unlike traditional models, we don't treat individuals as patients, but as **colleagues**—equal partners in a vibrant, intentional community.

Our approach is founded on the belief that recovery flourishes through **connection, meaningful work, and a sense of belonging**, not solely through clinical interventions. We emphasize the individual's inherent strengths and potential, fostering a self-directed journey toward a fulfilling life.

### **The Clubhouse Model: A Social Practice Approach**

At the heart of Fresh Start is the **Work-Ordered Day**, where members and staff work side-by-side to manage all aspects of our Clubhouse community. This includes everything from preparing meals and maintaining the facility to planning events and handling administrative tasks. This collaborative structure provides:

- **Stability and Routine:** A predictable and supportive environment.
- **Purpose and Confidence:** Meaningful contributions that build self-esteem.
- **Skill Development:** Practical job and life skills gained through real-world application.

This innovative approach, recognized by SAMHSA, leads to tangible, positive outcomes:

- **Improved Employment Rates:** Members gain valuable work experience and support in finding and maintaining employment.
- **Reduced Hospitalizations:** Enhanced stability and support contribute to fewer crises.
- **Enhanced Wellbeing:** A strong sense of community and purpose fosters overall mental and emotional health.

### **Practical Outcomes & Opportunities for Your Consumers**

Fresh Start Clubhouse helps members achieve practical, life-changing outcomes by providing access to:

- **Job Skills & Supported Employment:** Hands-on experience and assistance with job placement and retention.
- **Educational Support & Scholarships:** Pathways to further education and personal growth.
- **Health & Wellness Programming:** Activities promoting physical and mental well-being.
- **Daily Structure:** A purposeful routine that combats the disorganization often associated with mental illness.
- **Social Connections & Sense of Purpose:** A supportive network that combats isolation and fosters belonging.
- **Weekend & Holiday Activities:** Opportunities for engagement and community, even outside of



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the typical work week.

**It's not about what's "wrong" with someone—it's about what's possible.**

#### **How to Refer Someone to Fresh Start Clubhouse:**

1. **Eligibility:** Membership is open to adults living with a mental illness. As a voluntary and member-led program, those who will gain the most from the Clubhouse program have a primary diagnosis of serious mental illness, interest in rehabilitation goals (employment, education, housing, social network), 18+ years old, able to independently meet self-care/safety needs, and no behaviors posing a threat or requiring excessive redirection.
2. **Schedule a Tour:** Call Fresh Start at **734.929.9992** to arrange a tour for the prospective member. Tours are mandatory and allow the individual to experience the Clubhouse firsthand.
3. **Complete Referral Form:** If interested after the tour, the Case Manager and prospective member fill out the Fresh Start Referral Form together (downloadable from [www.freshstartclubhouse.org](http://www.freshstartclubhouse.org)).
4. **Documentation:** can be sent via encrypted email, USPS, or in-person to  
Fresh Start Clubhouse  
Attn: Webb Lucas  
3879 Packard Street, Unit B,  
Ann Arbor, MI 48108
5. **Orientation & Authorization:** Upon approval, Fresh Start will schedule an orientation with the new member to develop recovery goals and an attendance schedule. For WCCMH referrals, an authorization request will then be sent to the Case Manager for CRCT units.



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## Fresh Start Clubhouse Prospective Membership

**Full Name:** \_\_\_\_\_ **Preferred Name (if different):** \_\_\_\_\_

**Preferred Pronouns:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Gender Identity:** ☐ Woman ☐ Man ☐ Transgender Woman ☐ Transgender Man ☐ Other ☐ Non-Binary ☐ My Gender is not listed

**Race and Ethnicity** ☐ Alaskan Native/American Indian ☐ Asian ☐ Latino/Latina ☐ Black/African America (Non-Latino) ☐ Native Hawaiian/Pacific Islander ☐ White (Non-Latino) ☐ Mixed Race ☐ Middle Eastern/ North African ☐ Other ☐ Prefer to not answer ☐ My race/ethnicity is not listed, I identify as: \_\_\_\_\_

### Do you identify as part of the LGBTQAI+ Community

☐ Yes ☐ No ☐ Maybe ☐ Prefer to not answer ☐ Unsure ☐ Tell me more  
☐ My gender is not listed, I identify as: \_\_\_\_\_

### Address:

Street: \_\_\_\_\_

**Landline Phone:** \_\_\_\_\_

Apartment: \_\_\_\_\_

**Mobile Phone:** \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

**Email:** \_\_\_\_\_

Zip Code: \_\_\_\_\_

### Housing Type (choose one):

☐ Own Home/Apartment (non-subsidized) ☐ Supportive Apartment  
☐ Home of Family Member ☐ Nursing Home  
☐ Single Room Occupancy (SRO) / Group Home (Independent Living) ☐ Shelter  
☐ Supported Apartment (Subsidized) ☐ Homeless/Undomiciled  
☐ 24 Hr. Supervised Housing ☐ My Housing option is not listed here. I live: \_\_\_\_\_

### Do you have a history of houselessness?

☐ YES ☐ NO

### If YES, in the past 12 months?

☐ YES ☐ NO

### Please explain any houselessness history:

\_\_\_\_\_  
\_\_\_\_\_

### Veteran Status: Are you a veteran?

☐ YES ☐ NO

### Primary Language, If other than English:

\_\_\_\_\_

## Referral Information

- ☐ Do you identify as someone whose life has been impacted by mental illness?
- ☐ YES ☐ NO If you'd like to share more (optional): \_\_\_\_\_
- ☐ Check here if you receive services from Washtenaw County Community Mental Health
- CRCT ID \_\_\_\_\_ (if available)
- ☐ Release of Information: I, \_\_\_\_\_, give permission for Fresh Start Staff to contact my provider at \_\_\_\_\_, to access contact information for clinical care team, and to access EHR for billing and reimbursement purposes. (This approval is valid for one year from the date signed)

**Self-referral:** ☐ YES ☐ NO

**If NO, please fill out referrer information below**

**Source of Referral:** \_\_\_\_\_

**Name of Referral:** \_\_\_\_\_ **Phone/Email:** \_\_\_\_\_

☐ Check if you've had a tour of the Clubhouse Date of Tour: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**What is your main goal in joining Clubhouse?**

- ☐ Community/Socialization ☐ Education ☐ Employment
- ☐ Health & Wellness ☐ Benefits ☐ Housing ☐ Something else: \_\_\_\_\_

**Why would the Clubhouse be a good place for you?**

\_\_\_\_\_  
\_\_\_\_\_

**List something(s) that may be preventing you from meeting your goals.**

\_\_\_\_\_

### Emergency Contact

**Name:** \_\_\_\_\_

**Relationship:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Signature:**

\_\_\_\_\_

**Signature of Legal Guardian/Representative:**

\_\_\_\_\_

### For Office Use Only

**Date Received:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Date:**

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Date:**

\_\_\_\_ / \_\_\_\_ / \_\_\_\_



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# Fresh Start Clubhouse Transitional Employment Program:

## What is Fresh Start Clubhouse?

Fresh Start Clubhouse is part of a global community dedicated to supporting individuals with mental illness in their recovery through meaningful work and relationships. Most rehabilitation models focus on assessing a person's level of disability and limiting the expectations based on that assessment. Instead of focusing on teaching or treatment as the tools of rehabilitation. In a Clubhouse the expectations are high and mutual work, mutual relationships, and meaningful opportunities in the community are the vehicles of choice. Operating under international standards, Fresh Start provides employment, education, housing, and wellness programs.

## Who are our Members?

Members are dedicated people, voluntarily engaged in Clubhouse Operations, participating in meaningful work, education, and social activities that contribute to their self-worth, confidence, and purpose.

## How does Fresh Start assist with Employment?

Fresh Start Clubhouse offers paid employment opportunities in our community. The core of these is transitional employment (TE). Which is a barrier free, hands-on and mutually beneficial program for those seeking to enter or re-enter the workforce.

## Transitional Employment Program at Fresh Start Clubhouse:

### How it works

**Partnership:** Formal collaboration with Fresh Start involves ongoing responsibility for TE placements. We are committed to ensuring the TE position is filled and the work is being done.

**Part-Time Placements:** Members work 15-20 hours per week during typical daytime work hours (8am-5pm, M-F).

**Time-Limited:** Lasting 6-9 months, members transition to another TE or competitive employment, with a new member taking their place.

**Responsibilities of Fresh Start Placement Managers:** These are staff members, employed by Fresh Start, who are responsible for selecting, training, and coaching members, with a commitment to consistent communication with employers.

### **Impact and Outcomes:**

**Employment Success:** Compared with other supported employment models, Clubhouse TE has shown double the average employment rates and job tenure.

**Improved Well-Being:** Clubhouse members report significantly improved social connections and reliability, enhancing overall well-being.

### **Benefits for Employers:**

**Employer Benefits:** Members are hired directly by employers, and Fresh Start covers absences, offers liability insurance, and ensures performance coaching.

**Cost-Free Services:** Fresh Start provides absence coverage and job coaching at no cost to employers.

**Communication:** Regular communication with Placement Managers ensures quality job performance.

**Performance Improvement:** Placement Managers actively coach members for performance improvement, with a commitment to employer satisfaction. Placement Managers act as advocates and problem solvers, aiming for 100% employer satisfaction. If needed, members can be swiftly replaced.

**Member Replacement Guarantee:** If members do not meet standards, Fresh Start promptly replaces them, ensuring employers receive quality work.

### **Conclusion:**

The Fresh Start Clubhouse Transitional Employment Program aims to empower individuals with mental illness by providing meaningful work opportunities, fostering personal development, and delivering reliable, cost-free benefits to partnering employers.