



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).
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.