

# Developing Recommendations for Young Adult Engagement in ECHS Clubhouses

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In partnership with Eliot  
Community Human Services

## INTRODUCTION

### Background:

- 1/3 of adults ages 18-25 experience mental illness in the U.S.<sup>8</sup>
- Young adulthood is a pivotal stage of life, and experiencing MI during this time is associated with higher risk of social isolation, substance use, incarceration, and self harm, and lower rates of education and employment attainment.<sup>1, 2, 3, 5, 6, 9, 10</sup>
- Barriers to young adults seeking mental health support include stigma, mistrust of healthcare professionals, and lack of knowledge of resources.<sup>3, 4, 5, 9, 10</sup>
- Generational differences influence the experiences, interests, skills, needs, and expectations of current young adults.<sup>11</sup>

### The Clubhouse Model of Psychosocial Rehabilitation:

- Focuses on mental health restoration through meaningful employment and community engagement.<sup>7</sup>
- Adheres to Clubhouse International standards of practice.
- Utilizes a work-ordered-day structure to engage members in various work unit tasks and activities (clerical, culinary, etc.) to operate the clubhouse and develop and practice life skills.<sup>7</sup>

### The Gap:

The high prevalence of young adults experiencing mental illness(es), coupled with their tendency to underutilize mental health supports even when their mental health needs are being unmet, puts these individuals at increased risk of negative occupational outcomes across the lifespan.

## PURPOSE AND AIMS

### Purpose:

Create program development recommendations for Eliot Community Human Services (ECHS) clubhouses to aid them in increasing access to community mental health support for young adults experiencing mental illness(es) through clubhouse membership and engagement.

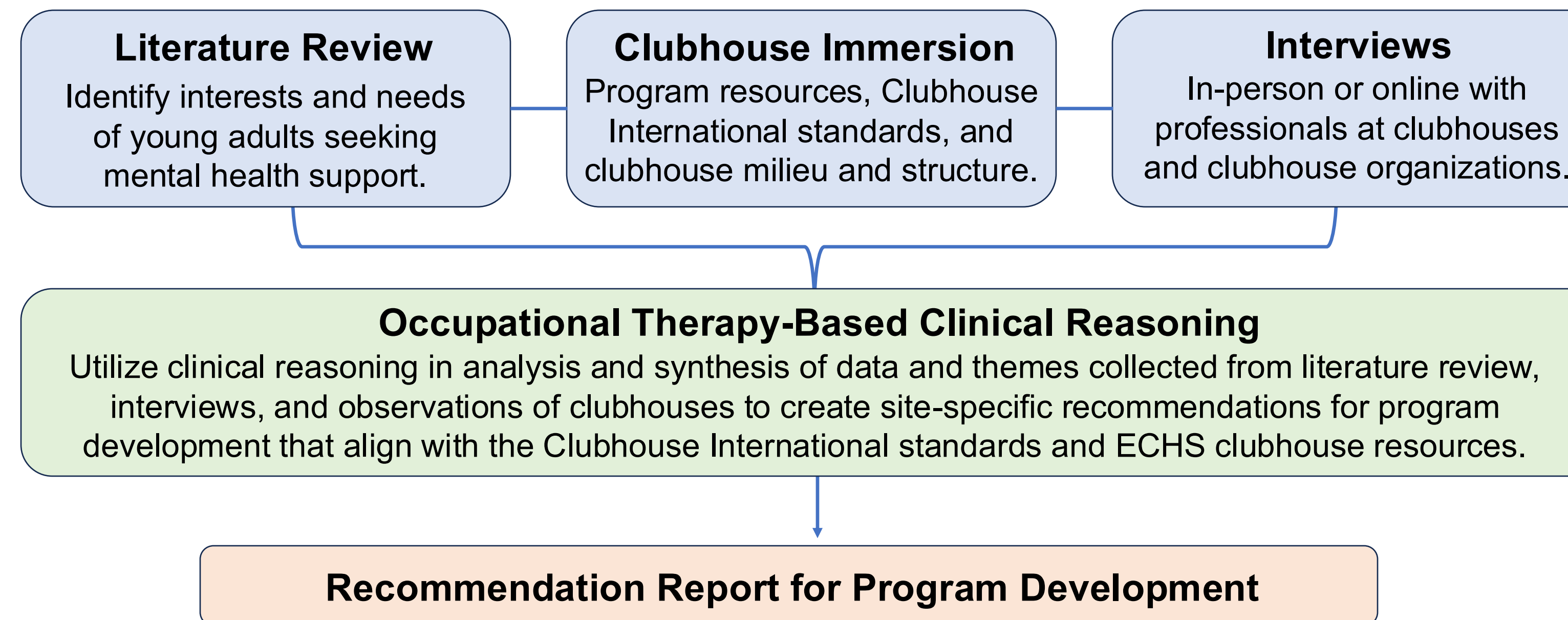
### Aims:

Determine interests and needs of young adults living with mental illness(es) related to ECHS clubhouse participation.

Identify practices used by mental health programs to support young adult engagement and participation.

Create recommendations for ECHS clubhouse program development and implementation relating to recruitment, space, activities, tasks, and/or groups that may support young adult participation and engagement.

## METHODS



## FINDINGS AND OBSERVATIONS

### Site-Specific Needs and Resources:

#### **ECHS Renaissance Club – Lowell, MA**

- Aim to increase young adult membership, create a space for young adults, and identify local programs to connect with to reach more young adults.

#### **ECHS Elm Brook Place – Burlington, MA**

- Aim to increase young adult participation and engagement, increase referral sources, and find creative tasks to engage young adults during the work-ordered day.

### Barriers Identified:

- Fewer referrals for young adults.
- Healthcare professionals are not familiar with the Clubhouse Model.
- Potential new young adult members do not see other young adults during clubhouse tours.
- Young adults are not interested in the work-ordered day tasks.

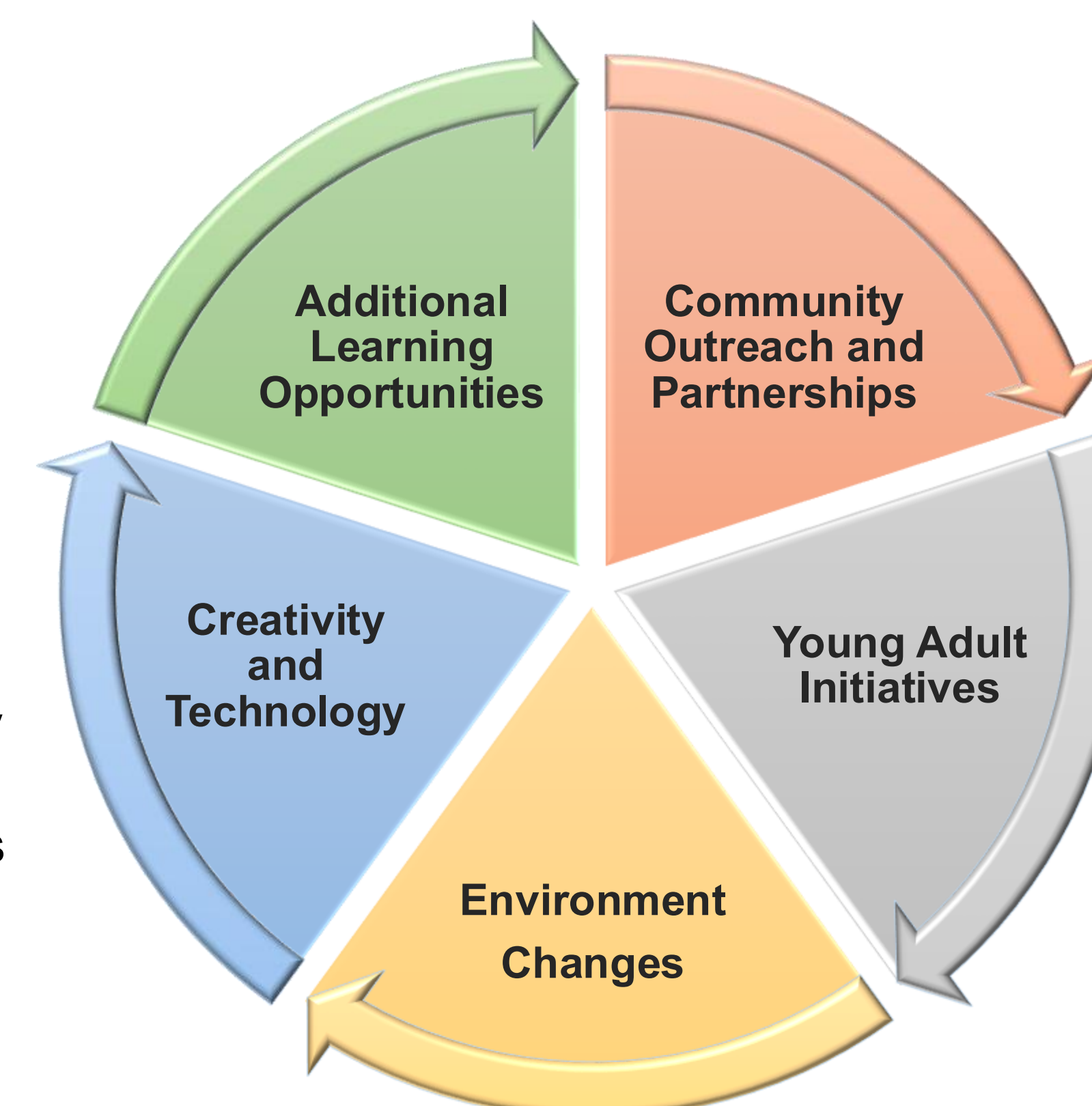
## INTERVIEW THEMES

### Five Interviews Conducted:

- Genesis Club (USA)
- Progress Place (Canada)
- Mosaic Clubhouse (England)
- Clubhouse International
- Massachusetts Clubhouse Coalition

### Content Analysis:

Content analysis was utilized to identify five reoccurring themes across interviews to establish current practices and inform clinical reasoning and recommendation development.



## RECOMMENDATIONS

- Build relationships with local foster homes, young adult group homes, and local youth shelters to establish “cohorts” of young adult membership.
- Connect with local hospitals, colleges, and young adult programs to increase referral sources.
- Create and distribute marketing materials within the local community.
- Establish clear young adult meetings and socials to support engagement and participation.
- Create ways for young adult members to stay connected outside of the clubhouse work-ordered day.
- Create defined young adult tours to engage potential members.
- Encourage clubhouse members to collaborate in the design and décor of the clubhouse spaces.
- Incorporate marketing via social media (i.e., Instagram, TikTok, podcasts, etc.) into the work-ordered day to support creative skills, digital skills, and marketing skills to better support young adult interests.
- Incorporate modern technology and apps and/or websites such as Canva to design and digitalize newsletters, flyers, posters, etc.
- Participate in learning and training opportunities focused on young adult engagement within the local and international Clubhouse community.

## NEXT STEPS

### Current Implementation:

- Discussed recommendation report with senior ECHS leadership.
- Created a contact list for local programs and potential partnerships for Renaissance Club, and a Canva training for Elm Brook Place to support the use of modern technology during the work-ordered day.

### Future Implementation:

- Senior leadership indicated that this project will be used to identify new strategies and initiatives across ECHS clubhouses, and individual clubhouses will implement specific recommendations into the work-ordered day through collaboration between their staff and members.

## REFERENCES, MATERIALS, & CONTACT INFO

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report, quick guide,  
and references

