

Quick Guide

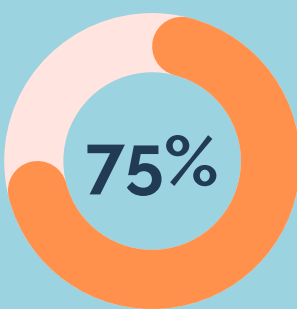
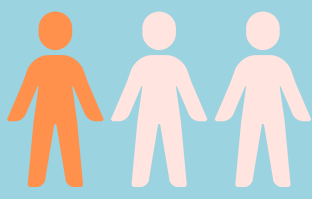
To the recommendation report developed by
Julia Fragasso, OT/s, for engaging young adults (YA) at
Renaissance Club and Elm Brook Place

The purpose of this Doctoral Capstone Project was to create program development recommendations for 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.

Literature Review

YA and Mental Health

~1 in 3 young adults (18–25) experience one or more mental illness [5].



75% of mental illness across the lifespan beings by an individual's mid-twenties [3, 5].

Young Adulthood

- A life stage characterized by identity exploration, instability, and various life changes [1, 4].
- Experiencing mental illness during this time is associated with a variety of negative outcomes related to employment, education, and social experiences [2, 3, 4, 6, 7].
- Young adults underutilize mental health supports [4, 6].

YA Interests

- Community participation
 - Socializing
 - Art and nature-based activities
 - Developing life skills
 - Employment opportunities
 - Social media
 - Technology
- [3, 4, 7]

Interview Themes



COMMUNITY OUTREACH AND PARTNERSHIPS

UNDERSTANDING YOUNG ADULTS

YOUNG ADULT INITIATIVES

CREATIVITY AND TECHNOLOGY

ENVIRONMENTAL CONSIDERATIONS



Recommendations

Community Outreach and Partnerships	<ul style="list-style-type: none">• Building relationships with local foster homes, young adult group homes, and local youth shelters may help expose a larger group of young adults to clubhouse together, and may help to establish “cohorts” of young adult membership.• Connecting with and marketing to local hospitals, colleges, and young adult programs can increase potential referral sources and awareness of the Clubhouse Model.• Creating and distributing marketing materials within the work-ordered day.
Young Adult Initiatives	<ul style="list-style-type: none">• Establishing regular young adult meetings and socials, coordinating with other clubhouses when possible.• Creating a way for young adult members to stay connected virtually, via text group-chat, Discord, etc.
Utilizing Creativity and Technology	<ul style="list-style-type: none">• Incorporating social media (Instagram, TikTok, podcasts, etc.) into the work-ordered day to support creative skills, digital skills, and marketing skills.• Utilizing modern technology and apps/websites such as Canva to design and digitalize newsletters, flyers, posters, etc.
Environmental Considerations	<ul style="list-style-type: none">• Designing young adult specific tours for individuals and/or groups to support new young adult membership.• Encouraging members to collaborate and participate in the design, decor, and organization of clubhouse spaces.
Learning Opportunities	<ul style="list-style-type: none">• Participating in additional learning and training opportunities focused on young adult engagement within the local and international Clubhouse community.

References

- [1] Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480.
- [2] Gibb, S. J., Fergusson, D. M., & Horwood, L. J. (2018). Burden of psychiatric disorder in young adulthood and life outcomes at age 30. *The British Journal of Psychiatry*, 197(2).
- [3] Gmitroski, T., Bradley, C., Heinemann, L., Liu, G., Blanchard, P., Beck, C., Mathias, S., Leon, A., & Barbic, S. P. (2018). Barriers and facilitators to employment for young adults with mental illness: a scoping review. *BMJ Open*, 8.
- [4] Hallström, L., & Beckman, L. (2021). Life challenges and barriers to help seeking: Adolescents' and young adults' voices of mental health. *International Journal of Environmental Research and Public Health*, 18
- [5] National Alliance on Mental Illness. (2023, April). Mental health by the numbers.
[https://www.nami.org/mhstats#:~:text=Among%20U.S.%20young%20adults%20\(aged,experienced%20a%20serious%20mental%20illness](https://www.nami.org/mhstats#:~:text=Among%20U.S.%20young%20adults%20(aged,experienced%20a%20serious%20mental%20illness)
- [6] Salaheddin, K., & Mason, B. (2016). Identifying barriers to mental health help-seeking among young adults in the uk: a cross-sectional survey. *British Journal of General Practice*, 66(651), 686–692.
- [7] Thomas, E. C., Snethen, G., O'Shea, A., Suarez, J., Hurford, I., & Salzer, M. S. (2020). An examination of the community participation interests of young adults with serious mental illnesses. *Journal of Behavioral Health Services and Research*, 47, 526–543.