

Canadian Clubhouse Study: Primary Outcome Analysis



**PROGRESS
PLACE**

MENTAL WELLNESS



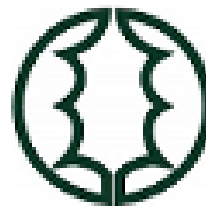
*Potential
Place*



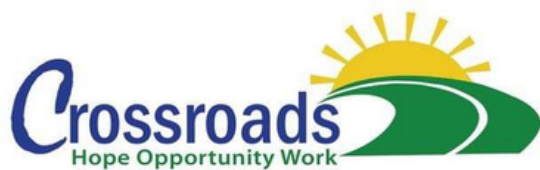
**NOTRE
DAME
PLACE**

FITZROY CENTRE

Belonging – Hope – Recovery



**OAK CENTRE
CLUBHOUSE**



Crossroads
Hope Opportunity Work

**Toronto
Metropolitan
University**

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PURPOSE OF THE STUDY

Accredited Clubhouses across Canada aim to support the recovery of their members. Recovery involves a variety of areas, including life satisfaction, community integration, and symptom reduction. The purpose of the study was to examine the outcomes of Canadian Clubhouse members over a 2-year period.

ANALYSIS

The data was analyzed using multilevel growth models to assess the trajectory of outcomes over the 2-year study period.

METHODS

462 Clubhouse members across six Accredited Clubhouses in Canada completed questionnaires every six months for two years. Questionnaires asked about:

- Community Functioning (measured by MCAS)
 - Interference in functioning (e.g., physical and mental health)
 - Adjustment to community (e.g., independence in daily living)
 - Social competence (e.g., social effectiveness and interest)
 - Behavioural problems (e.g., impulse control)
- Hospitalization Rates

Data collection timepoints 12-months, 18-months, and 24-months occurred during the COVID-19 pandemic.

RESULTS

Community Functioning

- The MCAS total score remained stable over the study period.
- The overall scores indicate a level of functioning with very few difficulties.
- Community functioning subscales:
 - Significant improvement in interference in functioning and behavioral problems over the course of the study.
 - Adjustment to the community and social competence subscales remained stable.
- Those who use the Clubhouse more were found to have greater social competence.

Hospitalization

- Hospitalization rates remained stable over the study period.

CONCLUSION

Over the 2-year study period, Clubhouse members' community functioning and hospitalization rates remained stable or improved. This is vital information for Clubhouses, as it suggests that members continued to be supported in their recovery during the COVID-19 pandemic. It is possible that Clubhouses had a buffering effect for members, in that membership reduced the impact of the pandemic on their mental health. Clubhouses' ability to adapt their programming to virtual formats during the pandemic appears to have been successful in decreasing the effects of social distancing and lockdowns in Canada.