

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— April 2021



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

**Clubhouse:
Psychosocial
Rehabilitation
(PSR)**

An Evidence-Based Practice

What is Clubhouse — Psychosocial Rehabilitation (PSR)?

Clubhouses are inclusive communities that have a wide variety of opportunities for members. People who go to Clubhouses are called “members” because it is a word that gives more inclusivity, ownership, dignity, and respect than other words used in clinical models. Clubhouses follow a democratic, non-clinical model. There are no psychiatrists or counselors. Instead, Clubhouse staff engage member co-workers. They work side-by-side to accomplish a wide variety of tasks necessary to run the Clubhouse. Clubhouse co-workers use a strengths-based approach. They use this talent pool of people to carry out the work. This sends the important message that each member is valued, wanted, and needed.

Who is PSR for?

PSR is a service made to help adult consumers of mental health services increase their functioning. It helps them be successful and satisfied in the environments of their choice with the least amount of ongoing professional help.

How does PSR work?

Opportunities include:

- Participation in the meaningful work of the work-ordered day
- Relationship building with fellow co-workers (members and staff)
- Paid jobs in the community through Transitional Employment, Supported Employment, and Independent Employment
- Social and recreational opportunities in the community on evenings, weekends, and holidays
- Educational connections, resources, and support
- Member to member support through outreach calls and visits
- Additional connections to community resources for a wide variety of supports including housing, medical, legal, financial, nutrition, and much more
- Wellness activities through various Clubhouse-wide programs
- Setting and achieving individual recovery goals

To Learn More

Is PSR right for you? Talk to your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

