

**Northern Lights
Clubhouse
200 Quincy St.
Hancock, MI 49930**

Our Business Hours:

Monday–Friday 8:00–4:00

Other: Clubhouse is also open for various social/recreational opportunities as well as holidays as announced.

For information on Clubhouse membership, contact the Clubhouse Director at:

Phone: 906.482.7068

e-mail: northernlightsclub@gmail.com



Program Entrance Criteria

Psychosocial Rehabilitation services are available to any adult resident of Baraga, Houghton, Keweenaw and Ontonagon County, who is receiving services at Copper Country Mental Health and has a primary diagnosis of serious mental illness.

To get a referral to Clubhouse talk to your Case Manager, Therapist, or Psychiatrist.

For more information on Clubhouses:

Michigan Association of Clubhouses:

<http://www.mi-clubhouse.org/>

Clubhouse International:

<http://www.mi-clubhouse.org/>

Find us on facebook:

[facebook.com/nlch1994](https://www.facebook.com/nlch1994)



**A right to
a place to come**

**A right to
meaningful
relationships**

**A right to
meaningful work**

**A right to
a place to return**

An Adult Psychosocial Rehabilitation
Program of Copper Country Mental
Health Services

What is a Clubhouse?

A Clubhouse is first and foremost a place that offers people who have mental illness hope and opportunities to achieve their full potential. It's much more than just a program or a social service, a Clubhouse is most importantly a community of people who are working together to achieve a common goal.

A Clubhouse is organized to support people living with mental illness. Through participation in a Clubhouse, members gain access to opportunities to rejoin the worlds of friendships, family, employment and education, and to the services and support they may individually need to continue their recovery. A Clubhouse provides a restorative environment for people whose lives have been severely disrupted because of their mental illness, and who need the support of others who are in recovery and who believe that mental illness is treatable.

A Clubhouse is a membership organization, and the people who come and participate in the Clubhouse are its members. This idea of membership is fundamental to the Clubhouse concept: being a member of an organization means that an individual has both shared ownership and shared responsibility for the success of that organization.

To be a member of an organization means to belong, to fit in somewhere, and to have a place where one is always welcome. For

a person living with mental illness, these simple things cannot be taken for granted. In fact, mental illness often has the devastating effect of separating people from others in society. People with mental illness are often segregated and defined as people who need something, or as people who need to be managed.

The Clubhouse offers a complete change in this perspective. It is designed to be a place where a person living with mental illness is not treated as a patient and is not defined by a disability label. In a Clubhouse, a person with mental illness is seen as a valued participant, a colleague and as someone who has something to contribute to the rest of the group. Each person is a critical part of a community engaged in important work.

The daily work of the Clubhouse is organized and carried out in a way that continually reinforces this message of belonging. This is not difficult, because in fact the work of the Clubhouse *does* require the participation of the members. The design of a Clubhouse engages members in every aspect of its operation, and there is always much more work to be done than can be accomplished by the few staff. The skills, talents, and creative ideas and efforts of each member are needed and encouraged each day. Participation is voluntary, but each member is always invited to participate.

Member Comments

"Our Clubhouse helps members move beyond their illness by focusing on member strengths, talents and abilities, rather than symptoms."

"It makes me feel productive and useful."

"It gives me meaningful relationships and adds structure to my day. It provides me with a learning experience."

"It keeps me from sitting and thinking about myself and my problems, and it's a place to go and be with people."

"Going to Clubhouse gets me out of my apartment, a place to go where I can be with friends and do something important."

"I feel needed at the Clubhouse."

"To build job related experiences for getting a job in the community."