

**Northern Lights
Clubhouse
1027 Ethel Ave.
Hancock, MI 49930**

Our Hours

| | |
|-----------|--------------------|
| Monday | 8:00 am – 4:00 pm |
| Tuesday | 8:00 am – 4:00 pm |
| Wednesday | 8:00 am – 7:00 pm* |
| Thursday | 8:00 am – 4:00 pm |
| Friday | 8:00 am – 4:00 pm |
| Saturday | 9:00 am – 2:00 pm |

Wednesday 10:00 House Meeting

*Wednesday 4:00-7:00 Social Outing

Thursday—Friends and Family Day

Open on Holidays 9:00-2:00

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

Phone 906.482.7068

Fax 906.482.0824

**e-mail northernlightsclub@
gmail.com**

**Program
Entrance
Criteria**

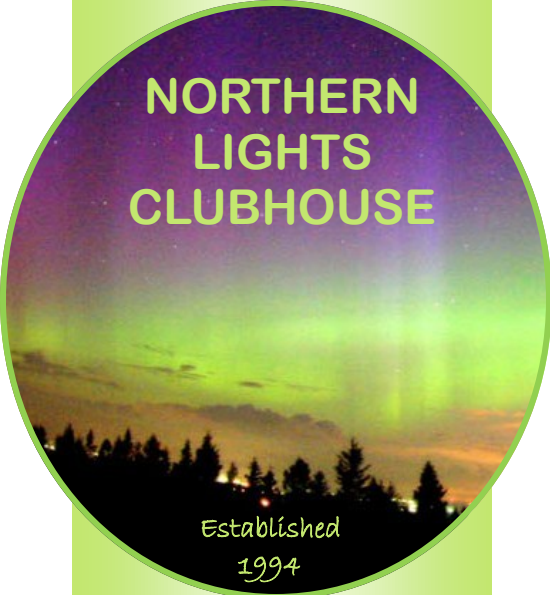
Psychosocial Rehabilitation services are available to any adult resident of Baraga, Houghton, Keweenaw and Ontonagon County, who is receiving services at Copper Country Mental Health and has a diagnosis of serious mental illness.

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/>



**NORTHERN
LIGHTS
CLUBHOUSE**

*Established
1994*

**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 community of people. Much more than simply a program, or a social service, a Clubhouse is a community of people who are working together toward a common goal, recovery from mental illness.

A Clubhouse is a community intentionally organized to support individuals living with the effects of mental illness. Through participation in a Clubhouse people are given the opportunities to rejoin the worlds of friendships, family, meaningful work, employment, education, and to access the services and supports they may individually need. A Clubhouse is a restorative environment for people who have had their lives drastically disrupted, and need the support of others who believe that recovery from mental illness is possible for all.

The daily work of the Clubhouse community 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 employed 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 in work which includes clerical duties, reception, food service, transportation management, outreach, maintenance, research, managing the employment and education programs, financial services and much more.

Work Ordered Day—The Units

Kitchen Unit—Clubhouse members work along side staff in preparing a daily lunch. Skills members can learn are; cooking, food prep, meal planning, nutrition, kitchen hygiene, and grocery shopping.

Maintenance unit— Work in this unit helps keep the Clubhouse, clean, safe and inviting. Tasks include; cleaning floors, windows and bathrooms, trash pick-up, taking care of plants and flowers, ensuring that Clubhouse is safe, and writing maintenance orders to make sure that the Clubhouse remains in good repair.

Snack Bar—A meeting place for members to socialize and enjoy coffee, refreshments and snacks. Skills members can learn are; sales, customer service, inventory, stocking, merchandising, handling cash, cleaning.

Business Unit—Where business that is essential in running Clubhouse is Conducted. Tasks include; billing, attendance tracking, outreach, newsletter, filing, copying, book keeping, accounting, ordering, mailing, banking, and correspondence.

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.”