

Independence Center Clubhouse

Restoring lives since 1981



Our Programs



Clubhouse

At Independence Center, we believe that how a person spends his or her day is singularly important and helps define that person's relationship to the rest of the world. The Clubhouse is a place – a community – where membership is voluntary and without time limits. Our members know that they always have somewhere to turn for help.

People who come to the Clubhouse are members, not patients, clients or consumers. Clubhouses are vibrant communities in which members can share life events and gather support for accomplishments or challenges. Sometimes the worst symptom of mental illness is isolation – but no one feels alone at Independence Center. The personal bonds and friendships formed at the Clubhouse through work and social activities can last a lifetime.

Many members enjoy relationships that date back to our very first days of operation!

Employment & Education

Employment and education play a central role in life and help form an adult's sense of identity and self-worth – it is one of the Clubhouse's principal core beliefs. In addition to building financial independence, work gives us purpose and connects us to those around us. Work gives meaning and a sense of dignity to our lives. Our members tell us that their most

critical needs are focused around employment and education. Adults with mental illnesses often face enormous challenges in finding and keeping jobs. Our employment program seeks to remove the obstacles that stand in their way.

Employment supports provided are:

- Hands-on skill development within the Clubhouse
- Transitional and supported employment opportunities
- Ongoing follow-up for both the employee and employer
- On-the-job training and support
- Individualized job development and placement
- Employment workshops
- Time-unlimited job retention and career development
- Benefits planning

Education is just as essential to our members' lives as employment. Many members have had their education interrupted by the onset of their mental illness. Our education program restores confidence in navigating the education system in pursuit of their GED, Associate's Degree, Bachelor's or Master's.

Education supports provided are:

- Tutoring with other staff and members
- Tours of schools and assistance/support in dealing with school financial aid and disability offices
- Celebration of educational achievements every semester
- Scholarship opportunities

and Services



Wellness

Studies have shown that people with a mental illness are at greater risk for coronary artery disease and diabetes. In 2003 we responded by creating the first on-site wellness program specifically designed to help people focus on their physical fitness, nutrition and overall health. Through group classes and individual programs, the Clubhouse assists members with their physical health goals, helping them reach their own personal milestones. As part of the Clubhouse, the Wellness Center features both educational and motivational components while helping the Center to fulfill its pledge to serve the whole person.

Members can participate in:

- Health and fitness screenings
- Weight loss programs
- Nutrition education
- Smoking cessation
- Weight training equipment
- Treadmill, elliptical, bicycle equipment
- Fitness studio with daily yoga, dance, aerobics and stretch classes

Housing

We believe that everyone has a right to live in a decent, safe, and affordable home. Therefore, Independence Center has created a comprehensive housing program.

Our housing program includes:

- Two Center-owned supported housing facilities with rental subsidies through HUD
- Two Center-owned residential care facilities offering 24/7 support and supervision
- Help managing doctor appointments and medications
- Private one-bedroom and efficiency apartments
- Assistance with locating apartments throughout the community via a network of landlords supportive of the needs of our members
- Help with daily tasks such as grocery shopping and apartment cleaning
- Regular apartment visits by Independence Center staff

Members know that the Center is there for them. Sometimes simply paying a friendly visit can make all the difference.

Our Programs and Services

Colleague Training

Colleague training is an opportunity to learn about and experience Clubhouse philosophy, culture, relationships, and the day-to-day operation of the Clubhouse program. Whether starting a new Clubhouse or strengthening an established one, the goal of the training is to help colleagues implement and enhance the Clubhouse program in their own community. Since our inception, we have been working with other organizations, both nationally and internationally, to implement the Clubhouse approach to rehabilitation, and we believe it is the best way for others to learn and for us to enhance the quality of our own programs. If you are interested in learning more about how your program can attend a colleague group, please call 314-880-5427 for more information.



Independence Center is...

Leading its community – Emphasizing wellness, eco-friendly living, training, education and technology, the Clubhouse breaks down barriers affecting individuals living with mental illness.

Holistic – A wide variety of programs and services designed to treat the whole person.

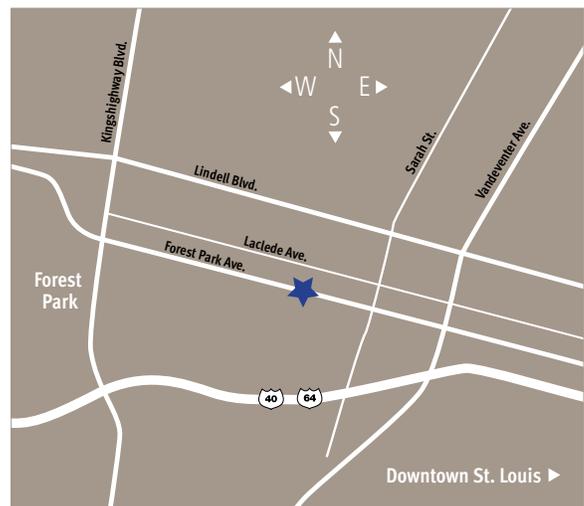
Dedicated to its mission – Helping people with mental illness live and work in the community, independently and with dignity.

Founded in hope – A place where people with mental illnesses do not have to be afraid to take risks and where they are encouraged to pursue a better life.

Designed for personal growth – Friendships, autonomy, skills and ultimately, careers, are built here.

Filled with life – An active community energized by the shared belief that people with mental illnesses can lead lives of achievement and fulfillment.

If you would like to find out more information about our program or set up a tour, please call Central Access at (314) 533-4163.



Wheelchair accessible | Convenient parking available

Independence Center is an innovative psychiatric rehabilitation program serving adults with persistent mental illnesses in the St. Louis community. The Center was founded in 1981 by a group of parents and concerned friends of people with mental illnesses who wanted to create a place where their loved ones could go to find jobs, rediscover and learn new skills, build friendships and get assistance living on their own.



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