

Community 43

ACMI

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June 7, 2022



C43 Background

- How did Community 43 start in Arizona?
- Virtual tour of C43: <https://youtu.be/xgt3HJexTts>



Program Goals

- Inform and empower members with the knowledge required to fully participate and embrace their own recovery within the community
- To support individuals with mental illness to regain confidence, make friends, learn new skills, and progress towards achieving their employment, educational and life goals.



Target Population

Community 43 serves:

Adults – age 18 and above

- General mental health
- SMI – bipolar, schizoaffective, major depression, PTSD, anxiety, etc.
- Autism spectrum
- Brain injuries



What Makes us Different?

- Members are involved in all aspects of Community 43, as *there is no hierarchy*.
Members and staff work side-by-side, fostering mutual respect and accountability (social practice).
- Learning and practicing life skills together enables community and purpose.
- For example, members help with:
 - answering phones, cooking meals, building tables, designing the garden, deciding menu, writing newsletter, making and editing videos, community art projects, exercising, learning how food functions in body, creating surveys, etc.
- Members learn from, support, educate and challenge each other
- Members come to C43 because they have a purpose, understanding the concept “need to be needed” not to be a passive service recipient
- Regular interactions enable proactive intervention when a member experiences increased symptoms



C43 Services

- *Onsite MD,*
- *Psychiatric Services*
- *“Case Management” = Social Practitioners*
- *Employment – traditional help plus Social Enterprises*
- *Housing support*
- *Benefits*
- *Education / skill training*
- *Peer support – **Community as Therapy***
- *Whatever the member needs.....we help them reach their goals!*

Social Practice: Creating Understanding

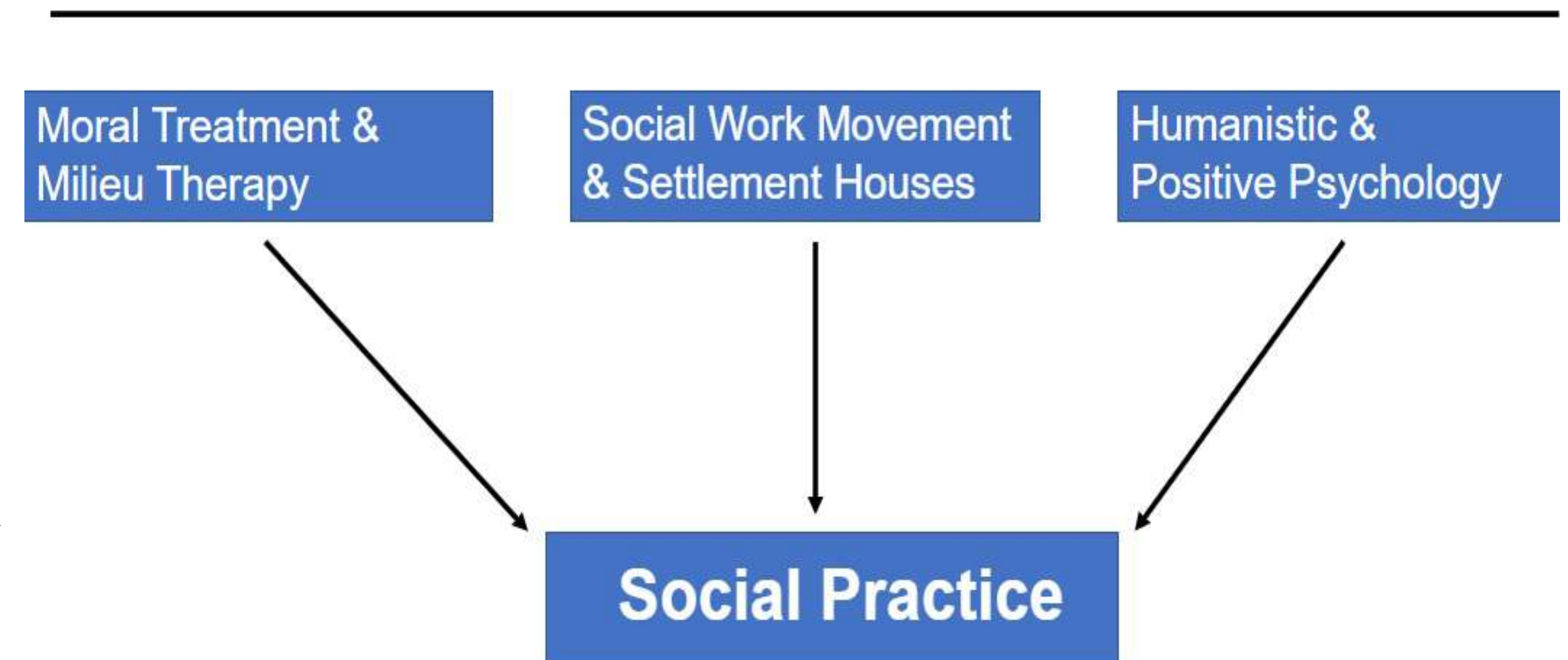
- *Social Practice* is a therapeutic model that uses intentional community and the social environment to help people recover from mental illness.
- The Clubhouse Model refers to the implementation of *Social Practice* within a community that also adheres to the 37 Standards set forth by Clubhouse International.



Origins

- *Social Practice* integrates multiple therapeutic models, developed through 200+ years of reforms, into a single coherent and effective treatment modality.

- Moral Treatment and Milieu Therapy
- Social Work Movement and Settlement Houses
- Humanistic and Positive Psychology



The Elements of Social Practice

- A set of **approaches** utilized in a **social practice environment** designed to increase **self-efficacy** and support individual **recovery goals**.
- The Elements are:
 - Social Design
 - Engagement
 - Relationship Development
 - Continuous Assessment and Intervention
 - Transitional Environments



Definitions



Clubhouse - a place where members participate in a working community

*Fountain House, Chelton Loft, and Job Connection Center are three **clubhouses** within the Clubhouse New York Coalition*

Clubhouse Model - uses intentional community to assist people with mental illness in their recovery

Community System of Care - a community-based approach that unites integrated medicine, social intervention, and housing support

*Fountain House participates in a **Community System of Care** in conjunction with the Baer Center.*

Member - a voluntary, active recipient of services at a clubhouse

*John D., a **member** at Community 43, goes to his clubhouse to actively participate in his mental health recovery*

Program - organized efforts made by members and staff to create opportunities for recovery

*The Sidney Baer Scholarship is a clubhouse **program** that allows members to pursue their educational goals*

Social Practice - a specialized form of environmental therapy that uses intentional community to help people in their recovery

*Engaging membership in the daily preparation of meals in the Culinary Unit is a form of **Social Practice**.*

Social Practitioner - a mental health professional who uses the clubhouse environment to create opportunities for recovery

*A clubhouse employee who uses Social Practice to create rehabilitative moments is a **Social Practitioner***

Working Community - a place where safe and healthy meaningful work occurs

*Fountain House is a **working community** where members can participate in the work-ordered day without fear of repercussion if they choose not to engage.*

Work-ordered Day - the organization of daily activity within the clubhouse, which mirrors business hours and activities of a working community

*Options within the **work-ordered day** include making lunch in the culinary unit, creating community-based art in the Creative Arts Unit, or learning how to grow vegetables in the Horticulture Unit*

Unit/Center - areas that comprise the clubhouse, each with a specific function to serve the overall community

*Culinary is a **unit** that is responsible for the production of meals at Community 43*

What's Next?

Call us at:
602-274-4343

Schedule a Tour!

Visit our website:
community43.org

Prospective members
can complete an
application online

Email us at:
info@community43.org

Prospective volunteers
can complete a form
online

Email referral paperwork to:
info@community43.org
*(please include the most current ISP, Psych
Eval, Psych Assess, and Cover Sheet)*

