

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure 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](http://www.sccmha.org)

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SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

**Clubhouse:  
Psychosocial  
Rehabilitation  
(PSR)**

An Evidence-Based Practice

## What is Clubhouse — Psychosocial Rehabilitation (PSR)?

Clubhouses are comprehensive communities that provide a wide variety of opportunities for members. Program participants are called “members” because it is a term that gives more inclusivity, ownership, dignity and respect than other terms used in clinical models. Clubhouses follow an egalitarian, non-clinical model where there are no psychiatrists or counselors. Rather, Clubhouse staff engage member colleagues to work side-by-side to accomplish a wide variety of tasks necessary to run the Clubhouse. Clubhouse colleagues use a strengths-based approach and utilize this talent pool of membership 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 designed to help adults consumers of mental health services increase their functioning so that they can be successful and satisfied in the environments of their choice with the least amount of ongoing professional intervention.

## How does PSR work?

Opportunities include:

- Participation in the meaningful work of the work-ordered day
- Relationship building with fellow colleagues (members and staff)
- Paid employment 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 initiatives
- Setting and achieving individual recovery goals

The clubhouse affiliated with Saginaw County Community Mental Health is TTI Bayside Clubhouse located at 2700 W. Genesee Ave. in Saginaw.

## For More Information

Discuss PSR eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

