

2022

Impact Report

Austin Clubhouse



A Note from Ashley Leonard

CLUBHOUSE MEMBER & SECRETARY, CLUBHOUSE BOARD OF DIRECTORS



1,332 That's the number of lifetime Clubhouse members like me.

When I first got diagnosed, I always dreamed of having a mental health community—somewhere safe to go with people who both understood and had compassion for what I was going through. I found that at Austin Clubhouse. At the Clubhouse, I got to participate in meaningful work and came to feel that I was a valuable member of this community.

2022 was a big year for me.

I was honored to be chosen to serve on the Austin Clubhouse Board of Directors, and thanks to the help of the Clubhouse, I became a Certified Mental Health Peer Support Specialist and began working in peer support at Integral Care. I couldn't be more proud to represent my fellow Clubhouse members on the Board and in the community. I want to thank all of our partners, funders, and individual donors who make it possible for our community to continue helping people just like me. I can't wait to see what we do in 2023!

With gratitude,
Ashley

Diane

If I hadn't found the Austin Clubhouse four years ago, it's very likely that I would have had a second suicide attempt. I can no longer say "nobody cares" because the staff and members of the Clubhouse **DO CARE!**



Donna

It is really good for me to be around individuals that are facing similar problems, mentally and emotionally and to be able to openly talk about it. The Clubhouse has put extra light into my life, and I am so happy to be a part of this community.



Community Impact



95% OF MEMBERS REPORT AN IMPROVED SUPPORT NETWORK

Being a Clubhouse member reduces isolation and provides a safe, supportive environment for adults with mental health diagnoses to pursue their goals and create meaningful, lasting relationships.



4648 NUTRITIOUS MEALS PREPARED

Whole health and wellness is a key ingredient to mental health recovery. Every day we prepare and share a nutritious lunch and incorporate wellness activities into the work of the Clubhouse.



2X MEMBER RATE OF EMPLOYMENT COMPARED TO NATIONAL AVERAGE

For many members, getting a job can be an important step on the road to mental health recovery. Our employment programs provide varying levels of support based on each individual's goals and needs.

Financial Impact

\$1



\$14

Clubhouses return \$14 of societal value for every \$1 received¹

1 year

of Clubhouse services costs about the same as a two-week hospital stay²



Special thanks

Funders & Sponsors



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 **NAMI** Central Texas
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