

STAR Reach Clubhouse

StarReachClubhouse.com

Join STAR Reach Clubhouse!

Since opening its doors in 1994, STAR Reach Clubhouse has served approximately 300 individuals each year who have severe and persistent mental illness. Our Clubhouse works to improve the quality of life for these adults by facilitating meaningful work and relationships in an environment filled with social, educational, recreational and vocational opportunities. STAR Reach Clubhouse is based on the Clubhouse Rehabilitation Model established by Fountain House in New York City more than 50 years ago. Membership is central to this model; Clubhouses serve members, not patients or clients.

Our Philosophy

STAR Reach Clubhouse believes that individuals with mental illness need support to realize their potential for achieving self-fulfillment and independence while contributing to their community. That's why we offer a wide range of housing, educational, employment and recreational programs that facilitate recovery and rehabilitation. For some Clubhouse members, recovery means living and working independently. For others, significant support may be needed for years.

At the Clubhouse, each step taken by a member represents important progress on a path to a more productive and fulfilling life.

Work-Ordered Day

Members share the daily operation of the STAR Reach Clubhouse. We are organized by work responsibilities. For a new member, joining in Clubhouse activities presents opportunities to ease into the world of work and positive relationships. Members develop job skills and perform real work that is valued by the STAR Reach Clubhouse community and beyond. Members gain a sense of self-worth and often find, for the first



Learn more on Membership Day.

Tour, sign up and get oriented to the Clubhouse at one of our Membership Days. Contact the Clubhouse at 303 798 0128 to find out when the next Membership Day is being held.

time in a long time, they are wanted, needed and valued.

Opportunities to Work

STAR Reach Clubhouse gives members the opportunity to practice office management, newsletter development and distribution, and community outreach. In addition, members manage the reception desk by answering the phones, orienting new members and greeting visitors. Members also learn to operate a wide range of office equipment including fax machines, photocopiers, postage meters, and most important, computers.

A member interested in returning to paid employment may take part in one of our transitional, independent or supported employment programs. In some cases, a representative from the Division of Vocational Rehabilitation may become involved and can be helpful with any of the vocational alternatives that may be viable for the member.

STAR Reach offers support with job-seeking skills, resume writing, interviewing and job coaching.

Discover Your Strengths and Abilities.

Individuals can also be involved with food services. Staff and members prepare lunch, which may be purchased for \$1.50. Members who cook select the meal they would like to prepare and assist with weekly food shopping. Skill building is further developed by participation in the member-run snack shop.

Develop Relationships. Make Friends.

During the lunch hour, after the work-ordered day and on Saturdays, members and staff participate in social or recreational activities such



as chess, card games, watching movies, attending concerts and plays, day trips and more. Members also visit other area Clubhouse programs and participate in combined events such as picnics, campouts and general meetings of the Colorado Clubhouse Association.

Support STAR Reach Clubhouse!

STAR Reach Clubhouse is a program of Arapahoe/Douglas Mental Health Network (ADMHN). ADMHN receives a combination of county, state, Medicaid, NAMI—Arapahoe/Douglas Counties, and other funds to sustain the Clubhouse.

For information about donating to the STAR Reach Clubhouse, please contact the ADMHN development director at 303 793 9601.



Who Can Join?

Although other individuals may be accepted on a case-by-case basis, STAR Reach Clubhouse is primarily designed for consumers who:

- have a major Axis I mental illness (e.g., bipolar, schizophrenia, or major depression); and
- are receiving treatment from Arapahoe/Douglas Mental Health Network or are a BHI consumer.

Activities are open to an individual once s/he becomes a Clubhouse member.

Three Easy Steps to Join:

1. Take a tour.

Tours are held every Friday at 2:00 p.m., at which time you will meet members and staff. You'll learn what the STAR Reach Clubhouse is all about.

2. Complete an application.

The Clubhouse application is very short. It is designed to be completed by the consumer and a clinician (such as a case manager, psychiatrist or a counselor). Please note that individuals may be refused membership if they have a recent history of violence or are abusing substances without motivation for recovery.

3. Come to a STAR Reach Clubhouse orientation.

After the application has been processed, you will be invited to orientation. Held on Thursdays at 11:30 a.m., this is where you will be offered lifetime STAR Reach Clubhouse membership.

For more information and to join the Clubhouse, call 303 798 0128.

STAR Reach Clubhouse
6509 S. Santa Fe Drive • Littleton, CO 80120