

## **8<sup>TH</sup> AUSTRALASIAN CLUBHOUSE CONFERENCE**

Hosted by Pioneer Clubhouse Sunday 14<sup>th</sup> September 2008 to Wednesday 17<sup>th</sup> September 2008

Monday 15<sup>th</sup> September, 2008 at 11:00am

### **Workshop Number 4 “Young Adults – What can Clubhouse offer Young Adults”**

Facilitator: Anne Lanham Attendees: 30

Workshop presenters:

Amy Wheaton – Pioneer Clubhouse, New South Wales, Australia

Paul Kelsey - Pioneer Clubhouse, New South Wales, Australia

Kevin Meagher - Pioneer Clubhouse, New South Wales, Australia

Matthew Hain - Pioneer Clubhouse, New South Wales, Australia

Nathan Wylie – Canefields Clubhouse, Queensland, Australia

Cassandra Davenport - Canefields Clubhouse, Queensland, Australia

Jessica Wallbank – Stepping Stone, Queensland, Australia

Introduction by facilitator and outline of workshop model that will be used.

#### **Pioneer Clubhouse:**

Amy Wheaton spoke about the Commonwealth government funding in 2007 for a Young People’s program and the specified requirements of that funding. She spoke about the success of the Youth Summit, the input from a wide variety of stakeholders, community organizations. She talked about the role of music and drama, the creation of a committee and the opportunity to attend a “Young adult conference” in the USA where the action plan was developed.

She said the secret of attracting young people was to give them a specific space, a suitable social program ( e.g. spray painting day), a work ordered day and encourage them to create awareness of clubhouse in their peer community.

Paul from Pioneer Clubhouse talked about the Young Adult internet site that is being shared with all the Australasian clubhouses – different clubhouses can choose their own colours to make distinctions. Web address is [www.pyaclubhouse.com.au](http://www.pyaclubhouse.com.au)

Content management system set up –easy to add google gadgets such as news and games.

Matt spoke about his involvement with the Young Adult program at Pioneer and how it had improved his health and helped him deal with the diagnosis . He thought the best things about the program were:

- optional involvement
- availability of equipment and training, internet and other resources
- member support
- good environment
- can bring personal work/problems to clubhouse
- open to new ideas
- help with housing and personal issues

Kevin agreed with everything that Matt said and added that he found the member to member support really great.

### **Canefields Clubhouse**

Nathan has been with Canefields for 8 and a half years. It is in Beenleigh Queensland, between Brisbane and the Gold Coast and has 500 members. Recently moved to larger premises.

Young Adult Space called – TECH SPACE (conforms with Standard 3)

The challenges in appealing to young adults:

- engagement and retaining of young adults
- different needs and time frames
- YA often very computer literate
- Interest in up to date technology

TECH SPACE is not a program but a space within the existing program

It has 5 computers, scanner, DVD player, Plasma TV – using technology to be connected.

Produce newsletters from time to time, do website updates, create own video, work with E &E unit to help YA to get jobs.

Challenges to setting up TECH SPACE

- Existing members feeling left out ( make sure everyone knows it is not exclusively for young people)
- Technology ( Cost of keeping up to date – more fundraising)
- More space

Very important for Young Adults to be given hope immediately post diagnosis.

### **Stepping Stone Clubhouse**

Jessica Wallbank – has been working at Stepping Stone for three months

She is working on building strong relationships with other organizations that have Young Adults Programs. She is also encouraging young adults to participate and attend regularly. Encourage clubhouses to be flexible.

Technology is important and can be used to outreach other members via email and My Space.

Updates and outreach part of the Work Ordered Day – relationships are the basis for all clubhouse work and important for the Young Adult Program to have some young staff.

She keeps an array of brochures and information for Young Adults and assists them in devising their own social programs

### **WHAT CAN CLUBHOUSE OFFER YOUNG ADULTS?**

- 1. A SPECIFIC SPACE ( SUCH AS TECH SPACE) – NOT A SEPARATE UNIT BUT A SPACE WITHIN A UNIT**
- 2. WORK THAT IS INTERESTING BASED ON A STRONG WORK ORDERED DAY**
- 3. DIRECT CONNECTION WITH WEBSITE FOR OUTREACH ( TO DEFEAT ISOLATION)**
- 4. OPPORTUNITY FOR DEVELOPMENT OF RELATIONSHIPS AND SOCIAL ACTIVITIES**
- 5. LINKAGE TO OTHER SERVICES**
- 6. A PLACE TO BELONG OUTSIDE THE MENTAL HEALTH PSYCH SYSTEM**