



# WHAT IS CLUBHOUSE?



The Clubhouse International Model is an evidence-based approach that supports individuals with **serious mental illness** by engaging them as active members. This participation fosters a sense of agency and improves mental health, social skills, and vocational readiness while reducing hospitalization and homelessness. Despite its effectiveness, fewer than 2,500 people in New York City have access to this model, leaving many underserved.



## ELEMENTS HOUSE - LOWER EAST SIDE

### WHY CLUBHOUSE?

The clubhouse model involves people with **serious mental illness (SMI)** actively participating in decisions and daily operations, emphasizing inclusion and leadership. Unlike traditional programs, it focuses on real work to foster purpose and self-identity. Staff and members collaborate as equals, with membership being free, voluntary, and without time limits.



### NYDIS' CLUBHOUSE

NYDIS' Elements House, is the very first clubhouse located in the **Lower East Side/Chinatown**, will provide a safe, recovery-focused environment for 600 individuals, offering essential support to some of New York City's most vulnerable residents. The clubhouse will address mental health needs while tackling broader community challenges, fostering hope and connection for all members.



# Mental Illness by Numbers



**239,000**

New Yorkers with  
**Serious Mental Illness (SMI)**

**4.2%**

Population of NYC that suffers  
from **SMI**

**> 2,000**

Mental health-related  
emergency visits in **2019**

**40%**

Percentage untreated, mostly  
**marginalized groups**



## ELEMENTS HOUSE - LOWER EAST SIDE

### \*BIPOC FACE GREATER BARRIERS TO CARE DUE TO:

\*Black, Indigenous, (and) People of Color

**SYSTEMATIC  
INEQUITIES**

**LACK OF CULTURALLY  
COMPETENT CARE**

**LIMITED TRANSLATION  
SERVICES**

### BROADER IMPACT:

**COMMUNITY** - Disproportionate number of people with SMI experience homelessness

**CRIMINAL JUSTICE SYSTEM**- Disproportionate number of people with SMI incarcerated

**HEALTH** - Increase in cardiovascular diseases and other chronic health conditions, including death

