



NorthStar: An Evidence-Tested Model of Community-based Recovery



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What is NorthStar?



- A community of persons with mental illness
- NorthStar follows the International Center for Clubhouse Development (ICCD) model of psychosocial standards based on Fountain House – “the gold standard for psycho-social rehabilitation.”¹
- Core Principles
 - A place to belong
 - A place to return after any absence
 - A place to find meaningful relationships
 - A place to find meaningful employment

Mission Statement



NorthStar provides a safe and welcoming environment where members can participate in a peer-supported community, promoting independence, confidence, wellbeing, and recovery.

ICCD Standards – how NorthStar works



- Staff and members work side by side - absence of hierarchy in management
- Work-ordered day – work units/shared chores
- Community business partners – employment opportunities
- Space – a safe and welcoming but productive environment
- Collaboration with other community mental health services – shared activities, cross-referrals
- Funding and governance

NorthStar programs



- Clubhouse Work: Members learn skills by providing voluntary employment at NorthStar through a work-ordered day
- Employment: Transitional, Supported, Independent
- Education: Tutoring, GED, Higher education
- Personal Goal Development: Short-term and lifelong goals
- Advocacy: Benefits including housing, social justice - combating stigma, court system, health care etc.
- Outreach: Phone calls, emails, home visits etc.

Evidence for NorthStar



- Higher rates of employment, longer job tenure and and greater earnings²
- Reduced rates of hospitalization³
- Reduced likelihood of incarceration⁴
- Improved wellness⁵
- Comparative costs of services per person
 - Hospital 12 day LOS about \$12,000
 - Jail stay per year in Multnomah County = \$41,975⁶
 - Average cost per year of an ICCD program less than \$6,000⁷

Yes... There is a NorthStar!



- 522 NE 52nd Avenue, Portland, OR
- Open two half days a week from 11:00 am to 3:00 pm beginning September 13, 2010.
- Peer-created website - www.northstarportland.org
- Many items donated by members and volunteers
- Space provided through the generosity of *Providence Health Services*
- Computers & printers through the generosity of *Free Geek*
- Furnishings through the generosity of *Legacy Health Services*

Our goals for NorthStar



- To be open five days a week from 9:00 AM. to 5:00 PM.
- To increase our membership and enlarge our space
- To be sustainable with multiple funding sources
- To have more than one location – not just in Portland but up and down Interstate 5 and east of the Cascades
- To educate the community, those who make policy, those who report the news and those who decide on public expenditures for mental health about the NorthStar/ ICCD model

Endnotes



- 1 See ICCD Website: www.iccd.org and Psychiatr Serv 50:1473-1476, November 1999© 1999 American Psychiatric Association APA Achievement Awards Gold Award: The Wellspring of the Clubhouse Model for Social and Vocational Adjustment of Persons With Serious Mental Illness
- 2 A Comparison of Competitive Employment Outcomes for the Clubhouse and PACT Models, *Psychiatr Serv* 57:1416-1420, October 2006doi: 10.1176/appi.ps.57.10.1416© 2006 [American Psychiatric Association](http://www.psychiatry.org)
- 3 See study abstract at <http://thresholdclubhouse.org/becoming-a-member/rehospitalization-study>.
- 4 Johnson, J. & Hickey, S. (1999). Arrests and incarcerations after psychosocial program involvement: Clubhouse vs. Jailhouse. *Psychiatric Rehabilitation Journal*, 23, 66-70.
- 5 Mowbray, C.T., Woodward, A.T., Holter, M.C., MacFarlane, P., & Bybee, D. (2009). Characteristics of Users of Consumer-Run Drop-In Centers Versus Clubhouses. *Journal of Behavioral Health Services & Research*. 36(3), 361-371.
- 6 This figure understates the additional resources needed for prisoners with mental illnesses or drug addiction. Larry Aab, *Multnomah County Locks up Cost Analysis*, -
- 7 McKay, Colleen, *et.al.*, *Costs of Clubhouses: An International Perspective*, *Administration and Policy in Mental Health and Mental Health Services Research*, Vol. 34, No. 1, January 2007, p.66