

2019

OSLO, NORWAY | SEPTEMBER 28 - OCTOBER 3

### **SEMINAR PROGRAM BOOK**

**PROGRAMBOK** 

节目研讨会

PROGRAMMA DEL SEMINARIO SEMINAARIOHJELMA

プログラムセミナ

Программный семинар SEMINARIE PROGRAM

프로그램 세미나

PROGRAM DE SÉMINAIRE OHJELMAN SEMINAARI

### AT A GLANCE SCHEDULE

SATURDAY, 28 SEPT WELCOME RECEPTION 6 p.m. (18:00)

SUNDAY, 29 SEPT PLENARY I 9 a.m.

PLENARY II 11 a.m. LUNCH 12 noon

PLENARY III 1:30 p.m. (13:30) WORKSHOPS 3:30 p.m. (15:30)

MONDAY, 30 SEPT PLENARY IV 9 a.m.

WORKSHOPS 10:30 a.m. LUNCH 12 noon

PLENARY V 1:30 p.m. (13:30) WORKSHOPS 3:00 p.m. (15:00) STANDARDS HEARING 5 p.m. (17:00)

TUESDAY, 1 OCT PLENARY VI 9 a.m.

WORKSHOPS 10:30 a.m. LUNCH 12 noon

PLENARY VII 1:30 p.m. (13:30) WORKSHOPS 3:00 p.m. (15:00) SOCIAL EVENTS 5:30 p.m. (17:30)

WEDNESDAY, 2 OCT INSTITUTES 9 a.m.

LUNCH 12 noon

WORKSHOPS 1:30 P.M. (13:30)
GALA DINNER 6:30 PM (18:30)

THURSDAY, 3 OCT PLENARY VIII 9:30 AM

Thank you to **Putnam Clubhouse, California**, for collecting photos from Clubhouses around the world and creating the wonderful slideshow that will be shown before each Seminar plenary session!



September 28, 2019

Dear Clubhouse International Colleagues and Friends:

Welcome to the Clubhouse International World Seminar 2019. We are delighted to be here together in beautiful Norway!

The program over the next five days is designed to provide many opportunities for education, information sharing, and strengthening our Clubhouse network. We look forward to our days together, which we know will be infused with the warmth and welcome of our Clubhouse community; and the richness of our common values, mission, and passion for our work.

In keeping with our tradition, the vast majority of the presenters in our workshops, institutes and plenary sessions are Clubhouse members, staff and board members. We have also included some important friends of the Clubhouse community from the world of global mental advocacy. Thank you to all of the presenters for your hard work, thoughtful preparation, and eagerness to share your best practices, inspiring stories and innovative strategies.

This year marks the 25th anniversary of Clubhouse International. We could not think of a better way to celebrate than to be together with all of you!

Our theme this week is "Work, Wellness and Community: A Whole Person Perspective to Recovery." We think this theme reflects the values expressed in our Standards, and the inspiration of the founders of the W.A.N.A. Society and Fountain House. We hope you will find the content of our Seminar rewarding, with both practical and challenging ideas that you can share with your local Clubhouse colleagues.

We are deeply grateful to our colleagues from Fontenehuset i Oslo and Fontenehus Norge/Clubhouse Norway. They have worked so hard to ensure the success of this Seminar, and their contributions and leadership have been invaluable. Norway is a thriving Clubhouse country, and we are delighted to be holding our World Seminar 2019 here!

Finally, thank you all for 'belonging' to the Clubhouse International community!

Sincerely,

Joel D. Corcoran Executive Director





### SPECIAL THANKS TO OUR SPONSORS

### Lucy Høeghs Stiftelse









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### CLUBHOUSE INTERNATIONAL MISSION

Ending social and economic isolation for people with mental illness by growing the number and quality of Clubhouse rehabilitation programs worldwide.



September 2019

Dear Clubhouse International:

We all have a fundamental need to feel a sense of belonging and community. Especially so, perhaps, when times are tough.

Belonging and community come in different forms, but for most people, a job and a place in the community are key elements. Yet we know that far too many of those who are affected by mental health issues can end up without a job and with a sense of isolation.

The health service supports and follows up those in need of help. But preventing social exclusion and promoting inclusion require a more comprehensive approach. For this, we as a society must work closely with other operators. It's the only way to provide secure social arenas for those who unwillingly find themselves on the outside.

The global Clubhouse International network has unique knowledge and skills in this field, both collectively and individually. Clubhouse International creates valuable meeting places. Individuals are treated with respect and equality, and mental health expertise is turned into a working partnership that promotes health and well-being. Here, individuals are taken for what they are – complete human beings with abilities and willpower.

I'd like to commend Clubhouse International for everything you do. The enormous work you put in on behalf of the individual, and for the good of society as a whole. For several decades now, your systematic efforts have benefited us all.

I'm honoured and delighted that you have chosen Norway to host this year's world conference. It's a great pleasure for me to welcome you to our neighbourhood, and to wish you all the very best for an eventful and inspirational stay.

Thank you!

Due W. Trosen

- Tone Wilhelmsen Trøen, President of the Storting

# Get Social



Fontenehuset i Oslo is offering three different options for Seminar participants to enjoy social time together, and see parts of Oslo on Tuesday evening!







Option 1: Dinner and Entertainment at
Fontenehuset i Oslo, in the heart of beautiful Oslo.
Enjoy dinner and some light entertainment.
Walking Tour of downtown Oslo available
following dinner!

Total cost of N.Kr. 140,- (about \$16 USD)

**Option 2:** Oslo Town Hall Reception where attendees will be greeted by the Mayor of Oslo (or the Vice-mayor), enjoy a short tour of the Town Hall and a light snack. As with #1, a Walking Tour of downtown Oslo available afterwards. Tickets to the reception are limited, so sign up early. *Total cost of N.Kr. 140,- (about \$16 USD)* 

**Option 3:** Enjoy dinner on your own in Oslo, followed by Walking Tour with Seminar Colleagues. There is no fee for this option, but advance registration for the Walking Tour is required.

## Reservations taken at the Registration Desk through Tuesday at 3 p.m.

Payment will be collected at the time you make your reservation. Payment in Norwegian krone only.

### **SUNDAY 29 SEPTEMBER**

PLENARY I

9:00 – 10:30 a.m. NORGESALEN

### CLUBHOUSE INTERNATIONAL WORLD SEMINAR 2019 OPENING SESSION

moderators

Bitt Mai, Director and David Malatesta, member Fontenehuset i Oslo

Tone Wilhelmsen Trøen President

The Storting [Norwegian Parliament]

Torhild Stimo, Director and Svein Jacobsen, staff Fontanehus Norge/Clubhouse Norway

Joel Corcoran, Executive Director

Clubhouse International

speaker

Einar Belck-Olsen, member Fontenehuset i Oslo

PLENARY II

11:00 a.m. – 12 noon NORGESALEN

NEW CLUBHOUSE DEVELOPMENT: INTERNATIONAL CLUBHOUSE COMMUNITY GROWTH AND INNOVATIONS

moderator Jack Yatsko

Clubhouse International

Morten O. Flaten and Helene Molvig Fontenehuset Rygge, Norway

Kailey Fiedler-Gohlke **HERO House NW, Washington** 

Mari Lipp, Peeter Teder and Sander Valk Haabersti Klubimaja, Estonia

LUNCH 12 NOON - 1:30 p.m. (13:30)

**RESTAURANT AMFI** 

1:30 - 3:00 p.m. (13:30 - 15:00)

#### **NORGESALEN**

#### CLUBHOUSE INTERNATIONAL AND THE INAUGURAL RUDYARD n. PROPST AWARD

presenters

Nicholas Ratut, Chair Anette Høegh Goelet, Vice-Chair Knut Stubben

**Clubhouse International Board of Directors** 

Gro Harlem Brundtland MD Rudyard n. Propst Award Recipient

#### **MENTAL HEALTH: A GLOBAL PRIORITY**

moderator

Joel Corcoran
Executive Director
Clubhouse International

Shekhar Saxena MD
Professor of the Practice of Global Mental Health
Harvard T. H. Chan School of Public Health

Elisha London Founder and CEO United for Global Mental Health

> Ashwin Vasan MD PhD President & CEO Fountain House, New York

"Mental illness is not a personal failure.

In fact, if there is failure, it is to be found in the way we have responded to people with mental and brain disorders. I hope this will mark the beginning of a new public health era – to integrate mental health care into primary health care and the general health care system."

Dr. Gro Harlem Brundtland World Health Organization, Geneva 2001 3:30 - 5:00 p.m. (15:30 - 17:00)

### 1. The Clubhouse Board of Directors: The Key to Success and Sustainability for a Free-standing Clubhouse

Oslo 1

This workshop will look at the critical role the Board of Directors plays in developing, growing and ensuring the long-term success of a Clubhouse.

Moderator Joel Corcoran, Clubhouse International Criss Habal, Bryan Meerai and Carrie Shaw, Progress Place, Canada Randy Redlinger and Stuart Mauney, Gateway, South Carolina Tamara Hunter and Paula Boyd, Putnam Clubhouse, California

### 2. Focus on Member-Staff Relationships in the Clubhouse

Romerike

What should these relationships look like? What are the boundaries? What is the rehabilitative function of Clubhouse member-staff relationships? What are 'work-mediated' relationships and how do we foster them in the Clubhouse?

Chair Robyn Evans and Susan Blair, **Progress Place, Canada**Lisa Brennan and Walt Cunningham, **Genesis Club, Massachusetts**Liv-Christine Hoem and Irina Greni, **Fontenehuset Drammen, Norway** 

### 3. Transitional Employment: Job Development How-To's

Oslo 2

How to develop TE jobs in spite of the unique challenges your Clubhouse encounters!

Chair Kevin Vann and Donnamarie Randolph, **Magnolia Clubhouse, Ohio** Ingrid Li, Mina Kristine Aslaksen Verket and Anne-Kari Ellestad, **Fontenehuset i Oslo, Norway** Morgan Cook, **Gateway, South Carolina** 

### 4. Fundraising, Fundraising, Fundraising!

**Hordaland 1** 

This workshop will include presentations and discussion about the importance of fundraising and funding source diversity. We will describe several successful strategies used by Clubhouses, including social media.

Chair Paige Huff and Richard Lovato, Alliance House, Utah Dave MacDonald, Mike Tibbles, and Hope Li, Pathways Clubhouse, Canada Mark Bethel and Lynn Lupo, Independence Center, Missouri 5. 'Work in Progress' Akershus

'Work in Progress' is a Forum Theatre performed by members of Fontenehuset Asker, Norway. The performance will raise questions about issues of work inclusion and identity. Forum Theatre is an interactive theatre form in which we invite the audience to engage in a discussion after the show, and act out strategies together.

Ida Marie, Solveig Barene, Marianne Eine, Benedikte Engh, Freddy Bergsvenkerud, Hilde Margrete Bendeke Brastad, Caroline Van der Bijl, and Eliann Stålem Fontenehuset Asker, Norway

6. Collaborating with Community Organizations, Auspice Agencies and Individuals to Influence Change and Grow the Clubhouse (Standard #36) Rogaland

Many Clubhouses continue to marginalize themselves as small mental health organizations in the community, rather than seeking to become an integral part of the fabric of their larger local community. This workshop will explore strategies for forming alliances and partnerships to deepen the Clubhouse's effectiveness in its local community.

Chair Jack Yatsko, Clubhouse International
Aina Oset, Annlaug Nielsen and Olav Risan, Fontenehuset Hønefoss, Norway
Hannah Driver and Michael Lowry, Traverse House, Michigan
Andy Ulrich, Club Cadillac, Michigan

#### 7. Clinician Is Not a Four-Letter Word

**Hordaland 2** 

How can Clubhouses deal with funding-related documentation, requirements for clinical supervision, etc., without losing our Clubhouse integrity?

Chair Lisa Soucie, **High Hopes Clubhouse, Maine**Kerri Holmes, Clubhouse Coordinator, **Kennebec Behavioral Health (KBH), Maine**Amy Kirkpatrick and Margaret Thomas, **Capitol Clubhouse, Maine** 

GET THE MOST OUT OF YOUR SEMINAR EXPERIENCE

# UPLOAD THE APP & CONNECT WITH YOUR COLLEAGUES!

SIGN UP AT THE REGISTRATION DESK

In recognition of Anette Høegh Goelet and

Nunne Høegh

and their long standing

contribution to

Clubhouse International

From:
A Gold Sponsor

### **MONDAY 30 SEPTEMBER**

**PLENARY IV** 

9:00 - 10:00 a.m. NORGESALEN

THE RESTORATIVE POWER OF GIVING BACK: CONTRIBUTING YOUR TALENTS AND STRENGTHS TO YOUR CLUBHOUSE COMMUNITY

moderator
Knut Stubben
Fontenehuset Hønefoss, Norway

Michael Sanacore Academy at Glengary, Florida

Paula Boyd Putnam Clubhouse, California

Michael Tibbles Pathways Clubhouse, Canada

WORKSHOP SESSIONS

10:30 a.m. - 12:00 noon

8. Spotlight on Education: Best practices and strategies for supporting members to return to school

Romerike

Chair Eija Rautakorpi, **Suvimäen Klubitalo, Finland**Cassidy Yatsko, **Magnolia Clubhouse, Ohio**Jessica Osborn and Yan Bennis, **Putnam Clubhouse, California**Sara Call, **Fontänhuset Göteborg, Sweden** 

### 9. Everybody Can Fundraise!

**Akershus** 

Even Clubhouses funded by the government or auspice agencies will frequently fundraise for special projects that fall outside their normal operating budget. Join us as we explore ideas that have worked for Clubhouses. Bring your own ideas to share!

Chair Teri Chadwick, Clubhouse International
Andy Wilson, The Carriage House, Indiana
Jennifer MacGillivary and Christine Nicholson, Crossroads Cape Breton, Canada
Francesco Baglioni, Club Itaca Milano, Italy

### 10. How Can We Help Young Adults Find a Place in our Clubhouses?

Oslo 1

Clubhouses often struggle to attract and keep younger members, especially those that are 18-25 years old. Clubhouses that do this successfully say it takes consistent focus and an understanding of what young adults want. This workshop will share best practices for supporting young adult members to achieve goals and find a place at the Clubhouse.

Chair Ruth Osterman and Walt Cunningham, **Genesis Club, Massachusetts**Hanna-Christine Bygland Larsen, Lone Noss Gunnari
and Aylin Sabrina Cicek **Fontenehuset Oslo Øst, Norway**Josh Molin, Arthur Sullivan and Alaphia Robinson, **Fountain House, New York** 

### 11. IPS and Clubhouse Collaboration: Tips for Success in Supported Employment!

Hordaland 1

Chair Michael Brown Sr., **Bellevue Clubhouse, Washington**Kailey Fiedler-Gohlke, **HERO House NW, Washington**Renee Schell and Juanita Rubal, **Frontier House, Colorado** 

### 12. Empowering Clubhouses: Collection and Effective Use of Important Data

Oslo 2

Chair Lauren McLaughlin and Eric Estrada, San Antonio Clubhouse, Texas
Andrew Wyatt and Susan Blair, Progress Place, Canada
Andrew Schonebaum, Jennifer Yoon and Gytis Simaitis, Fountain House, New York

#### 13. Clubhouse Tour of Fontenehuset i Oslo

**Hotel Entrance** 

Space is limited to Seminar registrants who have previously signed up for this tour at the Seminar Registration desk. Meet at the hotel entrance. Buses will leave at 10:15. **Please be prompt!** 

#### 14. Clubhouse Tour of Fontenehuset Oslo Øst

**Hotel Entrance** 

Space is limited to Seminar registrants who have previously signed up for this tour at the Seminar Registration desk. Meet at the hotel entrance. Buses will leave at 10:15. **Please be prompt!** 

LUNCH 12 noon - 1:30 p.m. (13:30)

**RESTAURANT AMFI** 

1:30 - 2:30 p.m. (13:30 - 14:30)

**NORGESALEN** 

### WELLNESS: WHERE ARE WE? AN INTERACTIVE DISCUSSION OF OUR CURRENT ACCOMPLISHMENTS AND VISION FOR THE FUTURE

Moderator Joel Corcoran

Clubhouse International

Francez Leung and Rennie Rathour Phoenix Clubhouse, Hong Kong PRC

Ralph Aquila, MD Fountain House, New York

Pete Estrader Independence Center, Missouri

Jaimi Rogers and Mark Kearney Stepping Stone Clubhouse, Australia

#### **WORKSHOP SESSIONS**

3:00 - 4:30 p.m. (15:00 - 16:30)

15. Recovery of the Whole Person: How Clubhouses can integrate supporting members' mental and physical health

**Hordaland 2** 

Jennifer Swindell, Angel Chapin, Chuck Huth, and Donnamarie Randolph Magnolia Clubhouse, Ohio

16. Decision Making by Consensus: A How-To Guide

Oslo 1

Co-Chairs Karen Christ and Ruth Osterman, **Genesis Club, Massachusetts**Robyn Evans and Susan Blair, **Progress Place, Canada**Agnieszka Osuch and Marcin Letachowicz, **Warszawski Dom pod Fontanną, Poland** 

17. The Great Clubhouse Welcome: How our enrollment and orientation processes can most effectively attract and engage new members

Romerike

Chair Jack Yatsko, Clubhouse International Jaimi Rogers and Mark Kearney, Stepping Stone Clubhouse, Australia Lynn Lupo and Maria Kovarik, Independence Center, Missouri

### 18. How to Really Use Accreditation to Reboot, Renew and Refresh Your Clubhouse!

Rogaland

How can you make your Clubhouse Accreditation into an exciting, engaging, motivating, energizing experience for your whole Clubhouse community? How can you use the Accreditation experience to shift gears and take your Clubhouse to new levels of vibrancy and opportunity?

Chair Robby Vorspan, Clubhouse International
Kathinka Abhar and Karine Juel, Fontenehuset Drammen, Norway
Koki Hashitani, Clubhouse Yuusen, Japan
Daisuke Kato, Japan Clubhouse Coalition
Anita Brix Lambæk, Clubhouse International
Mari Lipp and Peeter Teder, Haabersti Klubimaja, Estonia
Eva Yau, Clubhouse International Faculty and Consultant, Chengdu, PRC

### 19. How Do We Measure The Impact of Clubhouse on Members' Lives?

**Hordaland 1** 

Chair Colleen McKay MA CAGS, University of Massachusetts Medical School Orsi Fekete PhD Fellow, Western Norway University of Applied Sciences Jenny Hultqvist PhD, Lund University

#### 20. Clubhouse Tour of Fontenehuset i Oslo

**Hotel Entrance** 

Space is limited to Seminar registrants who have previously signed up for this tour at the Seminar Registration desk. Meet at the hotel entrance. Buses will leave at 10:15. **Please be prompt!** 

#### 21. Clubhouse Tour of Fontenehuset Oslo Øst

**Hotel Entrance** 

Space is limited to Seminar registrants who have previously signed up for this tour at the Seminar Registration desk. Meet at the hotel entrance. Buses will leave at 10:15. **Please be prompt!** 

#### STANDARDS REVIEW HEARING

**NORGESALEN** 

5:00 p.m. – 7:00 p.m. (17:00-19:00)

Seminar participants have the opportunity to participate in the process of considering revisions to the International Standards for Clubhouse Programs™.

### TUESDAY 1 OCTOBER

PLENARY VI

9:00 – 10:00 a.m. NORGESALEN

### CLUBHOUSE EMPLOYMENT: 'TRIED AND TRUE' STRATEGIES AND NEW INITIATIVES FOR A CHANGING WORLD

moderator
Lee Kellogg
Clubhouse International

Cynthia Anderson and Eva Smoczynski Fountain House Stockholm, Sweden

Candy Lessard Village Clubhouse, Maine

Heather Vallier High Hopes Clubhouse, Maine

**WORKSHOP SESSIONS** 

10:30 a.m. - 12 noon

### 22. Had enough kitchen and clerical work?

**Akershus** 

This workshop will explore exciting new ideas for ways members can use their talents to contribute to the Clubhouse community.

Chair Erica Horn, California Clubhouse, California
Arvind Sooknanan, Fountain House Bronx, New York
Chiquita Williams, Raj Basabathini and Noelle Hanrahan, Fountain House, New York
Monica Nunez and Jason Bershodsky, California Clubhouse

### 23. The Clubhouse Advisory Board: Helping to make the Clubhouse the best it can be!

Oslo 1

Why we need them, how to get them, how to support and educate them, what they should do, and who should be on them.

Chair Jack Yatsko, Clubhouse International Francez Leung, Phoenix Clubhouse, Hong Kong, People's Republic of China Sabina Kosofsky and Josh Leber, Spirit Crossing Clubhouse, Colorado Ryan Fitzgerald and Wanda Morissette, Looking Ahead Clubhouse, Maine

### 24. Fundraising without fundraisers: How to design exciting programs and get them funded with grants (Part 1 of 2 workshop sessions)

Oslo 2

In this session, we will introduce an approach to designing programs that are attractive to your Clubhouse community and to potential funders. We will introduce a process for grant research, and discuss two real-life case studies: a \$100,000 hydroponic garden and a \$1,000,000 financial literacy gift. Participants who join this session are encouraged to join Part 2 on Tuesday afternoon.

Lauren McLaughlin and Eric Estrada, San Antonio Clubhouse, San Antonio, Texas

### 25. Stories of Members' Lived Experience: Dismantling Stigma and Raising Awareness of Mental Health Issues

Romerike

The workshop will highlight the importance of the member story. Telling your story can teach other individuals and communities about mental illness and help dispel stigma, and can be personally healing and foster recovery. Four members will share their personal journey and then we will invite others to share their stories.

Chair Anna Sackett Rountree, Clubhouse International
Adam Schmidtk, Frontier Clubhouse, Colorado
Dave Bauman, California Clubhouse, California
Paul Hennekes, Academy at Glengary, Florida
Stina Jørgensen, Fontenehuset Asker, Norway
Rennie Rathour, Phoenix Clubhouse, Hong Kong PRC

### 26. Clubhouse Research: Proving Our Effectiveness to the Larger World

**Hordaland 1** 

Co-Chairs Criss Habal and Bryan Meerai, **Progress Place, Canada**Michael Hobin, Frank Kelton and Colleen Cann MacKenzie, **Clubhouse Canada**Gytis Simaitis and Jennifer Yoon, **Fountain House, New York** 

### 27. Employment Options in Today's World (including social enterprise)

**Hordaland 2** 

Chair Ian Campbell, Fountain House, New York Chris Thomas and Lucy Hastings, Mosaic Clubhouse, England Steven Manning, The Carriage House, Indiana

### 28. Advocating with Governments and Legislators to Support your Clubhouse

Rogaland

Chair Paula Fisher, **Neponset River House, Massachusetts**Svein Jacobsen and Torhild Stimo, **Fontenehuset Norge/Clubhouse Norway**Reva Stein, **Massachusetts Clubhouse Coalition**Lori D'Angelo, **Magnolia Clubhouse, Ohio** 

LUNCH 12 noon - 1:30 p.m. (13:30)

**RESTAURANT AMFI** 

PLENARY VII

1:30 - 2:30 p.m. (13:30 - 14:30)

**NORGESALEN** 

**COMMUNITY: THE POWER OF BELONGING** 

moderator
Steven Manning
The Carriage House, Indiana

Beate Ludvigsen Fontenehuset Bergen, Norway

Alex Guryan Gateway, South Carolina

Cindy Hamersma Clubhouse De Waterheuvel, The Netherlands

GET THE MOST OUT OF YOUR SEMINAR EXPERIENCE

# GET YOUR TICKETS FOR THE SOCIAL EVENT BY TUESDAY AT 3 P.M.

SIGN UP AT THE REGISTRATION DESK

**WORKSHOP SESSIONS** 

3:00 - 4:30 p.m. (15:00 - 16:30)

29. Co-creating a Clubhouse Culture: The shared responsibility of the director, members, staff, board and volunteers to establish, nurture and sustain a vibrant culture. Romerike

A discussion about how to ensure that our Clubhouse culture does not remain static, but is always in a flow of being co-created, reinforced, strengthened, and passed on.

Chair William McKeever, Academy at Glengary, Florida Paul Hennekes and Joan Geyer, Academy at Glengary, Florida Pam Weisser and Patrick Murphy, Grand Avenue Club, Wisconsin Lotta Eriksson and Jurgen Bougle, Klubbhuset Pelaren, Finland

### 30. Clubhouse Coalitions: What's happening now? Where do we want to go from here?

**Akershus** 

If you belong to a Clubhouse coalition, come to this workshop! We will discuss Coalition innovations, plans, missions, data collection strategies, organizational structures, etc. Hear others, and contribute your own stories of successful advocacy and creating networks of regional support.

Chair Joel Corcoran, Clubhouse International
Peppi Laine and Päivi Lepistö, Finnish Clubhouse Coalition
Sarah Call and Inger Blennow, Swedish Clubhouse Coalition (Projekt Fler Fontänhus)
Hannah Driver, Traverse House, Clubhouse Michigan
Lee Kellogg, Clubhouse International

# 31. Understanding the Core Values of Clubhouse Transitional Employment: How can ALL Clubhouses provide these kinds of opportunities for members?

Oslo 2

Clubhouses understand the importance - and also the challenge - of providing opportunities for any member to access paid, integrated employment. Join us for a deeper look into the fundamental values of TE, and a brainstorming discussion about how these values might be incorporated into any Clubhouse's employment functions-- regardless of local restrictions.

Co-Chairs Mark Maragnano and Bob Walker, Hillsgrove House, Rhode Island
Francesco Baglioni and Dario Laudiero, Club Itaca Milano, Italy
Magnus Wallman, Motala Fontänhus, Sweden
Robby Vorspan, Clubhouse International
Anita Brix Lambæk, Clubhouse International

### 32. Fundraising without fundraisers: How to design exciting programs and get them funded with grants (Part 2)

Hordaland 1

In this session, we will work in small groups to design a "new" program. We will then review the grant information for some real foundations and complete the grant research and planning tools as if we were actually writing the grant. Finally, we will share some funded grant proposals and some best-practices for the grant-writing process. Participants are encouraged to join Part 1 of this session (workshop #24, Tuesday morning) but it is OK to attend this session even if you don't attend Part 1.

Lauren McLaughlin and Eric Estrada, San Antonio Clubhouse, San Antonio, Texas

### 33. Social Practice: The model of person, place and work in the Clubhouse

**Hordaland 2** 

This workshop is an exploration into creating a unifying language of values and practice in continuing to delineate, refine, and describe Clubhouse methodology and the people who practice it.

Chair Michelle Rodriguez, Fountain House Bronx, New York
Liz Wright and Matthew Stiefvater, NorthStar Clubhouse, Oregon
Sophia Cyriacks, Raj Basabathini and Julia Milliken, Fountain House, New York
Arvind Sooknanan, Fountain House Bronx, New York

### 34. The Important, Difficult, Complicated, Exhilarating, Exasperating, Frustrating, Exciting Role of the Clubhouse Director

Oslo 1

How to manage the power dynamic of being 'in charge' while at the same time retaining egalitarian relationships with staff and members? What circumstances may require an 'executive decision,' if any? How to best synthesize the larger group's wants/needs/concerns with what appears to be best for the Clubhouse? How does the Director determine what is 'best' for the program? And a lot more!

Chair Lisa Soucie, **High Hopes Clubhouse, Maine**Birthe Sloth Thomsen, **Kildehuset Fountain House/Aalborg, Denmark**Laurel White, **Evergreen Clubhouse, Washington**Criss Habal, **Progress Place, Canada** 

#### 35. Members Need Safe, Decent, Affordable Homes

Rogaland

Chair Renee Schell, Frontier House, Colorado Richard Lovato and Rebecca Cross, Alliance House, Utah Frank Kelton, Andrew Sunter and Tim Sunquist, Potential Place, Canada Nick Hansen and Adam Schmidtke, Frontier House, Colorado

Let's show the world that #ClubhouseWorks!
Use our Seminar hashtags #CIWSNorway, #ClubhouseWorks
& #WeAreClubhouse to share photos and Clubhouse
wisdom with each other and with our communities.



### WEDNESDAY 2 OCTOBER

#### SEMINAR INSTITUTES

9:00 - 12 noon

#### THE YOUNG ADULT VIBE

Hordaland 1 and 2

This institute will explore how to create a Clubhouse 'launchpad' that will inspire and support young people living with mental illness to find friendship, work, community, and direction. How can you make your Clubhouse an attractive option for young adults? What can your Clubhouse community do to make the work-ordered day as engaging and welcoming as possible for young adults? What changes and innovations can you add to your Clubhouse to help support young adults to successfully move on into education and employment opportunities?

Co-Chairs Isabel Brorsson and Jessica Kling, **Fontänhuset Göteborg, Sweden**Isabell Svedberg, Sarah Tefke and Helena Carlström, **Fontänhuset Göteborg, Sweden**Idara Udo, Jerrell White and Jessie Bluer, **Mosaic Clubhouse, England**Jon Kristain Bakke and Christoffer Rasch, **Fontenehuset Rygge, Norway** 

### GETTING WELL: INTEGRATING WELLNESS INTO CLUBHOUSE LIFE

**Akershus** 

This Institute will explore the urgent matter of integrating a culture of wellness into our Clubhouse communities. We'll explore how to implement various dimensions of wellness into the Clubhouse through specific, practical initiatives, and engage in interactive exercises to help integrate and strengthen wellness initiatives in your Clubhouse.

Chair Jamel Smalls, Fountain House, New York
Ryan Fitzgerald and Wanda Morissette, Looking Ahead Clubhouse, Maine
Eva Smoczynski and Cynthia Anderson, Fountain House Stockholm, Sweden
Arthur Sullivan and Josh Molin, Fountain House, New York
Pia Holtebo, Kildehuset, Denmark

#### **KEEP ON KEEPING ON!**

Rogaland

This institute will explore Fundraising and Friend-raising strategies to keep your Clubhouse sustainably strong and buzzing. Clubhouses are uniquely suited to cultivate community support. Come explore the relationship between awareness building and sustainability to ensure the future growth and vibrancy of your Clubhouse community.

Chair William McKeever, **Academy at Glengary**Paul Hennekes, Joan Geyer, Joanne Campbell and Michael Sanacore, **Academy at**Glengary, Florida

THE MEDIA REVOLUTION! Romerike

This institute will explore how to bring effective, engaging, innovative, fun, interactive media projects into your Clubhouse workday. Join three Clubhouses for presentations about exciting and effective uses of media in Clubhouse! You will learn about: Clubhouse TV broadcasts; dazzling Clubhouse newsletters; how social media is used by Clubhouses world-wide for public relations, reducing stigma, creating public awareness, and funding; media projects as a magnet to attract young adults to your Clubhouse; using media for effective community relations; using media for Clubhouse reach out; integrating media projects into the daily work of your Clubhouse; and much more!

Chair Frank Kelton, **Potential Place, Canada**Michael Hobin and Lisa Ozgur, **Potential Place, Canada**Randy Redlinger, Morgan Cook and Alex Guryan, **Gateway, South Carolina**Donnamarie Randolph and Ryan Smith, **Magnolia Clubhouse, Ohio** 

CAREER SUCCESS! Oslo 1 and 2

This institute will explore the best strategies for helping members get and stay employed: TE, SE, IE, IPS, ETC! Explore the continuum of employment from TE, SE, IE, IPS - and everything in between, including establishing a culture of employment throughout the work ordered day that will lead to strong employment outcomes, developing sustainable Transitional Employment jobs. We'll explore strategies for helping members do well in TE placements and creating a strong Supported Employment program, including using the IPS model as the SE method. Finally, we'll discuss how to support members to obtain full time jobs and move off of benefits/pensions.

Chair Kailey Fielder-Gohlke, **HERO House NW, Washington**Annlaug Nielsen, **Fontenehuset Hønefoss, Norway**Paige Huff, **Alliance House, Utah**Lisa Soucie, Heather Vallier, and Kristen Cormier, **High Hopes Clubhouse, Maine** 

LUNCH 12 NOON - 1:30 P.M. (13:30)

**RESTAURANT AMFI** 

**WORKSHOP SESSIONS** 

1:30 – 3:00 p.m. (13:30 - 15:00)

36. Creative strategies to make helpful connections in your local community: Film festivals, social media, radio shows, etc.

Oslo 2

Co-Chairs Andrew Wyatt and Bryan Meerai, **Progress Place, Canada**Jerrell Silva and Chris Thomas, **Mosaic Clubhouse, England**Nobuko Egawa and Lena Fitzmorris, **Donald Berman UP House, Canada** 

#### 37. Clubhouses: Supporting the recovery of the whole person

Oslo 1

Join us as we discuss how the Clubhouse's person-centered approach supports recovery of the whole person as defined by the '10 dimensions of wellness.' What is recovery of the whole person and how does the Clubhouse cultivate this recovery through person-centered care?

Fabian Perez, Faqueni Ravel, Michelle Rabelo, Wiletta Williams, Lauren Farmer, Marilyn Lawson, Nijah Purifoy, Lucian Conte Venture House, New York

#### 38. The Clubhouse Staff Role

Rogaland

What makes an effective staff generalist? What do members need from staff? How does the Clubhouse staff role differ from other mental health roles? How to best support staff? What do Clubhouse staff need to grow, thrive, and become great advocates for members?

Chair Andy Wilson, The Carriage House, Indiana
John O'Neil, The Carriage House, Indiana
Rexann Heston and Laurel White, Evergreen Club, Washington
Andrew Borntrager, Elkhart County Clubhouse, Indiana
Tao Shen and Lei Zhang, Hope Clubhouse, Hong Kong PRC

### 39. Bringing New Creative Energy into Your Clubhouse Units

**Akershus** 

Chair Birthe Sloth Thomsen, **Kildehuset, Denmark**Laura Clarke, **Pathways Clubhouse, Canada**Joanne Campbell, Michael Sanacore and Joan Geyer, **Academy at Glengary, Florida** 

#### 40. The Decision to Go to Work

**Hordaland 1** 

How can you know that you are ready to go back to work? How to build your confidence; how to talk to your employer about your mental health issues; how to take care of your mental health at work; how to choose the best type of work and work conditions for yourself; personal stories of how work helped facilitate recovery; and how your Clubhouse can best support you.

Chair Paula Fisher, **Neponset River House, Massachusetts**Karen Christ, **Genesis Club, Massachusetts**Tarja Pienräihä and Eeva Salomaa, **Suvimaen Klubitalo, Finland** 

### 41. So You've Got the Seed Funding, Now What? (The first two years in the life of a Clubhouse)

**Hordaland 2** 

This workshop will include presentations from 'experts' who have been there, as well as the opportunity for small group guided dialogue of your Clubhouse's needs, expectations, and resources.

Chair Erica Horn, California Clubhouse, California
Candy Lessard, Village Clubhouse, Maine
Larry Clum, Seattle Clubhouse, Washington
Helene Molvig and Morten O. Flaten, Fontenehuset Rygge, Norway
Sara Call, Projekt Fler Fontänhus, Sweden
Mark Buchanan and Michelle Wall, Clubhouse of St. Joseph County, Indiana
Juliana Fuerbringer, California Clubhouse, California

### 42. Reach Out: the key to replacing isolation and loneliness with community and connection

Romerike

Strategies for success; making reach out engaging and meaningful for those doing the reach out, as well as those receiving the reach out; use of social media and digital communication

Chair Rebecca Cross and Richard Lovato, Alliance House, Utah Darci Hata and Juanita Rubal, Frontier House, Colorado Stephanie Freader and Raj Basabathini, Fountain House, New York Denise Alcantara and Elsie Cruz, Fountain House Bronx, New York

CLUBHOUSE CINEMA ROMERIKE

3:30 - 4:30 (15:30 - 16:30)



From the archive of the 2018 Au Contraire Film Festival, come to a special Clubhouse Cinema screening and enjoy edgy, thought-provoking, short films from Germany, Finland and Canada that address issues of mental illness. Films that will Inspire...

Educate...Challenge...Entertain...

Nobuko Egawa, **Donald Berman UP House, Canada** 



### THURSDAY 3 OCTOBER

**PLENARY VIII** 

9:30 – 11:30 a.m. NORGESALEN

CLUBHOUSE INTERNATIONAL WORLD SEMINAR 2019 CLOSING SESSION

moderator
Joel Corcoran
Executive Director
Clubhouse International

Bridge House, Connecticut Clubhouse Baires, Argentina Warszawski Dom pod Fontanną, Poland Yuusen Clubhouse, Japan



### RUDYARD n. PROPST AWARD RECIPIENT BIO



### **Dr. Gro Harlem Brundtland**

Honoree, Rudyard n. Propst Award

The daughter of a physician and politician, Dr. Gro Harlem Brundtland received a medical degree from the University of Oslo and a master's degree in public health from Harvard University. She began her career as a public health officer for the city of Oslo and for Oslo schools. A member of the Labour Party, she was appointed to the post of Prime Minister in 1981, the youngest person and first woman to become Prime Minister of Norway. She returned as Prime Minister in 1986–89 and served again from 1990–96 until her resignation. She served as Director-General of the World Health Organization from 1998-2003.

Dr. Brundtland became identified with public health during her tenure as Norway's Prime Minister and later as Director-General of the World Health Organization (WHO). It was during her tenure at WHO that Dr. Brundtland advanced WHO's work on mental health, bringing it "out of shadows". During her tenure at WHO, mental health was discussed in the World Health Assembly, was the exclusive theme of the World Health Report and was also the topic for the World Health Day. It is the first time that WHO focused attention on mental health to such a large extent.

WHO's work in mental health under Dr. Brundtland focused on human rights for persons with mental disorders, reform of mental health services, establishment of community based mental health services and suicide prevention.

It was also under her leadership that WHO began publishing Mental Health Atlas, providing critical information on mental health from all countries. This publication later became the one-stop-shop for global mental health data and continues to be published on a regular basis.

Dr. Brundtland has been supportive of establishing Norwegian Clubhouses since the very first Clubhouse in Holbergsgate, Fontenehuset i Oslo. From helping to establish the board to financial support and advocacy at the highest levels of the global mental health community, she has been unwavering in her support of both Norwegian Clubhouses and Clubhouse International for more than 20 years.

### **GUEST SPEAKER BIOS**



#### Elisha London

Founder and CEO, United for Global Mental Health

Elisha London is the CEO and Founder of United for Global Mental Health, an organization committed to ensuring everyone, everywhere has someone to turn to who is trained to support them with their mental health. In 2013 Elisha suffered a trauma and was diagnosed with PTSD and depression. Following her recovery Elisha was appointed as Campaign Director for the Heads Together Campaign.

Following her role with Heads Together, Elisha dedicated her time to understand mental health around the world. Prior to her work with Heads Together Elisha was a leader in development campaigning, having founded Global Poverty Project ("Global Citizen") in the UK. Using this experience and passion for mental health Elisha saw the huge gap that exists in addressing mental health around the world, especially in low and middle income countries, and has brought together the world's leading experts on global mental health, resource mobilisation and campaigning to address it through her work at UGMH.



Shekhar Saxena MD Harvard University

Shekhar Saxena is Professor of the Practice of Global Mental Health at the Department of Global Health and Population at the Harvard T. H. Chan School of Public Health.

A psychiatrist by training, Dr. Saxena has served in the World Health Organization (WHO) since 1998. From 2010 to 2018 he was the Director of the Department of Mental Health and Substance Abuse at the WHO. In 2017, he received the prestigious Leon Eisenberg Award from Harvard Medical School.

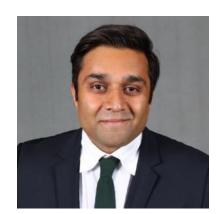
Author of more than 300 academic papers, he functioned as an editor of the Lancet Series on Global Mental Health 2007 and 2011, and the Lancet Commission on Global Mental Health and Sustainable Development 2018. Dr. Saxena's expertise includes providing advice and technical assistance to policy makers on prevention and management of mental, developmental, neurological and substance use disorders and suicide prevention.

### **GUEST SPEAKER BIOS**



**Tone Wilhelmsen Trøen**President, Norwegian Parliament

Tone Wilhelmsen Trøen is a member of the Conservative Party in Norway and has been President of the Storting [Parliament] since March 2018. First elected from Akershus in 2013, she was a member of the Standing Committee on Health and Care Services in her first term as a member of parliament. She was re-elected in 2017 and appointed to the Election Committee, and also as chair of the Standing Committee on Family and Cultural Affairs. She became the Conservative Party's candidate for President on 14 March 2018 and was formally elected as President of the Storting on 15 March 2018. She is the second female President of the Storting.

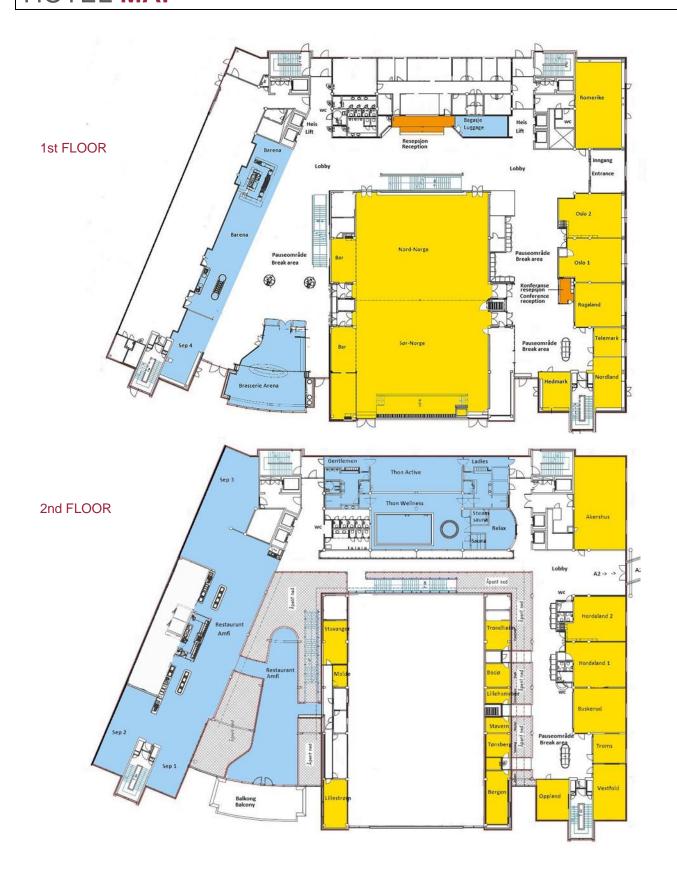


Ashwin Vasan MD PhD
President & CEO, Fountain House, New York

Ashwin Vasan, MD PhD is the recently appointed President and CEO of Fountain House New York. A primary care physician, academic, and public servant committed to improving the lives of vulnerable people, Dr. Vasan has worked at the non-profit, Partners In Health, and at the World Health Organization (WHO) to increase access to HIV/AIDS treatment in the global South. As the founding Executive Director of the Health Access Equity Unit at the New York City Department of Health and Mental Hygiene, he led the first municipal health department program focused explicitly on the intersection of health, clinical systems, and the social welfare needs of marginalized populations, including people living with mental illness involved in the justice system.

Most recently Dr. Vasan was an Assistant Professor at Columbia University's Mailman School of Public Health and Vagelos College of Physicians & Surgeons. He continues his academic affiliation with Columbia while leading Fountain House.

### HOTEL MAP



### INTERNATIONAL STANDARDS

### International Standards for Clubhouse Programs TM

The International Standards for Clubhouse Programs, consensually agreed upon by the worldwide Clubhouse community, define the Clubhouse Model of rehabilitation. The principles expressed in these Standards are at the heart of the Clubhouse community's success in helping people with mental illness to achieve social, financial, educational and vocational goals. The Standards also serve as a "bill of rights" for members and a code of ethics for staff, board and administrators. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.

The Standards provide the basis for assessing Clubhouse quality, through the Clubhouse International Accreditation process.

Every two years the worldwide Clubhouse community reviews these Standards, and amends them as deemed necessary. The process is coordinated by the Clubhouse International Standards Review Committee, made up of members and staff of Accredited Clubhouses from around the world.

#### **MEMBERSHIP**

- 1. Membership is voluntary and without time limits.
- 2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
- 3. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.
- 4. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.
- 5. Members at their choice are involved in the writing of all records reflecting their participation in the Clubhouse. All such records are to be signed by both member and staff.
- 6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.
- 7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

#### RELATIONSHIPS

- 8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.
- 9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

- 10. Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.
- 11. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

#### **SPACE**

- 12. The Clubhouse has its own identity, including its own name, mailing address and telephone number.
- 13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.
- 14. All Clubhouse space is member and staff accessible. There are no staff only or member only spaces.

#### WORK-ORDERED DAY

- 15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.
- 16. The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.
- 17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.
- 18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.
- 19. All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training.
- 20. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

#### **EMPLOYMENT**

21. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

#### Transitional Employment

22. The Clubhouse offers its own Transitional Employment program, which provides as a right of membership opportunities for members to work on job placements in the labor market. As a defining characteristic of a

Clubhouse Transitional Employment program, the Clubhouse guarantees coverage on all placements during member absences. In addition the Transitional Employment program meets the following basic criteria.

- a. The desire to work is the single most important factor determining placement opportunity.
- b. Placement opportunities will continue to be available regardless of the level of success in previous placements.
- c. Members work at the employer's place of business.
- d. Members are paid the prevailing wage rate, but at least minimum wage, directly by the employer.
- e. Transitional Employment placements are drawn from a wide variety of job opportunities.
- f. Transitional Employment placements are part-time and time-limited, generally 15 to 20 hours per week and from six to nine months in duration.
- g. Selection and training of members on Transitional Employment is the responsibility of the Clubhouse, not the employer.
- h. Clubhouse members and staff prepare reports on TE placements for all appropriate agencies dealing with members' benefits.
- i. Transitional Employment placements are managed by Clubhouse staff and members and not by TE specialists.
- j. There are no TE placements within the Clubhouse. Transitional Employment placements at an auspice agency must be off site from the Clubhouse and meet all of the above criteria.

#### Supported and Independent Employment

- 23. The Clubhouse offers its own Supported and Independent Employment Programs to assist members to secure, sustain, and better their employment. As a defining characteristic of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired supports.
- 24. Members who are working independently continue to have available all Clubhouse supports and opportunities as well as participation in evening and weekend programs.

#### **EDUCATION**

25. The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

#### **FUNCTIONS OF THE HOUSE**

- 26. The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited.
- 27. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in accessing quality medical, psychological, pharmacological and substance abuse services in the community.

- 28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.
- 29. The Clubhouse is committed to securing a range of choices of safe, decent and affordable housing including independent living opportunities for all members. The Clubhouse has access to opportunities that meet these criteria, or if unavailable, the Clubhouse develops its own housing program. Clubhouse housing programs meet the following basic criteria.
  - a. Members and staff manage the program together.
  - b. Members who live there do so by choice.
  - c. Members choose the location of their housing and their roommates.
  - d. Policies and procedures are developed in a manner consistent with the rest of the Clubhouse culture.
  - e. The level of support increases or decreases in response to the changing needs of the member.
  - f. Members and staff actively reach out to help members keep their housing, especially during periods of hospitalization.
- 30. On a regular basis the Clubhouse conducts an objective evaluation of its effectiveness, including Clubhouse International Accreditation.
- 31. The Clubhouse director, members, staff and other appropriate persons participate in a comprehensive two or three week training program in the Clubhouse Model at a certified training base.
- 32. The Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.

#### FUNDING, GOVERNANCE AND ADMINISTRATION

- 33. The Clubhouse has an independent board of directors, or if it is affiliated with a sponsoring agency, has a separate advisory board comprised of individuals uniquely positioned to provide financial, legal, legislative, employment development, consumer and community support and advocacy for the Clubhouse.
- 34. The Clubhouse develops and maintains its own budget, approved by the board or supported by an advisory board, which provides input and recommendations prior to the beginning of the fiscal year and routinely monitors it during the year.
- 35. Staff salaries are competitive with comparable positions in the mental health field.
- 36. The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader community.
- 37. The Clubhouse holds open forums and has procedures which enable members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.

Clubhouse International

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### LOCAL INFORMATION

#### **Travel to Oslo**

There are two kinds of local trains that you can take from Lillestrøm to Oslo. We recommend that you take the local train that uses the Oslo tunnel. Oslo S station is only a short 10-minute ride away. The next stop is the National Theatre station which is probably the most central station for the city of Oslo.

The other local train stops at all the local stations between Lillestrøm and Oslo S and has a journey time of about 26 minutes.

Purchasing tickets for the local train to Oslo is easy. Lillestrøm (Zone 2Ø) and Oslo (Zone 1) are in 2 adjacent travel zones. Buy a **2-zone ticket** which is also valid for 90 minutes and includes all travel on the subway, trams, buses and boats in both zones. A 2-zone single ticket costs 59 NOK.

You can purchase tickets using the automatic ticket machines or from the Narvesen kiosks.

Important: It is your responsibility to ensure your ticket is validated before you travel.

### **Shopping**

There is a small shopping center in Lillestrøm. In addition there are several large shopping centers close to Lillestrøm, only a short bus ride away. We can recommend Strømmen Storsenter, which is just 5 minutes and 2 stops away on the local train. Travelling to Strømmen requires a single 2-zone ticket which is valid for one hour.



The main shopping street in Oslo is **Karl Johans Gate**. The street starts in front the main railway station Oslo S. The street is just over 1km long and passes the Oslo Cathedral, the Norwegian Parliament (Stortinget), the National Theatre and the university, all the way to the Royal Palace. There are several small shopping arcades and the main department store Steen & Strøm along the way.



Aker Brygge only a few minutes walk from the National Theatre station, is an up-market shopping area with many popular restaurants and the famous Astrup Fearnley Museum of Modern Art.

### **Things To Do**

There are many popular museums and sites to experience in Oslo. Check out the Oslo Guide booklet for some ideas and of course Trip Advisor. However, there are several places that we can recommend that are within easy reach and are also free.

The roof of the Opera House with its view over the Oslo fjord and new Bjørvika development, is one of Oslo's most popular attractions for both locals and tourists. It is about a five-minute walk from the Oslo S railway station.





Vigeland Sculpture Park with more than 200 statues is one of Norway's most visited attractions and is open 24/7. Take the subway to Majorstuen station (Note all subway trains going west stop at Majorstuen). The park is a ten-minute walk away. The park is also 2 stops away on the no 12 tram which leaves in front of Majorstuen station. If you would like to see a little of Oslo take tram 12 from in front of the Oslo S for the 20 minute journey to Majorstuen. Get off at Vigelandsparken.

For a fantastic view over the Oslo fjord, take the number 1 Subway into the Oslo forest all the way to Frognerseteren which takes 38 minutes. Café Frognerseteren is a short 6 minute walk away and offers spectacular views from its terrace.

**Alternatively**, you could hop off at Holmenkollen station on the same line and visit the home of ski jumping, the **Holmenkollen Ski Jump**, which also offers some unforgettable views across Oslo.



If you have a free evening and would like to visit a vibrant area full of bars and restaurants popular with the people of Oslo, then we can highly recommend the part of town known as **Grünerløkka**. Take a number 11, 12, or 13 tram from in front of Oslo S station to Birkelund. Check out the main streets Toftes Gate and Markveien

### Restaurants, Pubs and Shopping in Lillestrøm



**Chi**Chinese,
Asian
Parkalleen 3



Casa Mia Italian, Pizza Storgata 1



Gulating Pub Gastropub, Burgers and craft brew Torvet 3 Storgata 1



Big Horn Steak House Steak house, European Tærudgata 2



Big Bite Sandwiches Torvet 6 (Inside Lillestrøm Torv)



Jekyll and Hyde Public House Gastropub, Steaks and burgers Brøtergata 2



Garcon Bakery Baked goods and cakes Jonas Lies gate 2







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## Helping those in need find the right help and resources

We share your commitment to building a better tomorrow.

Working together toward advancing mental health for all.







