



HEROHouseNW

**Giving
Opportunities**

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Introduction

What is a Clubhouse?

A Clubhouse is a community-based service dedicated to supporting and empowering people living with mental illness. Based on the Clubhouse model of psychosocial rehabilitation, each Clubhouse offers a collaborative, restorative environment where Clubhouse members can recover by gaining access to opportunities for employment, socialization, education, skill development, housing, and improved wellness.

Why do we need Clubhouses?

Serious mental illness can have a drastic impact on all areas of a person's life—including family, relationships, job loss, failure in school, and homelessness. In today's broken mental health care system, people with serious mental illness are not receiving holistic care in each of these areas.

Current solutions typically focus on medication and housing but neglect to address social needs that keep people tethered to their communities. What's often missing in mental health care—and what Clubhouses aim to address—is the treatment of social symptoms. Social symptoms can include social isolation, social withdrawal, apathy, and the absence of self-worth.

Much of the suffering experienced by people with serious mental illness is the result of their isolation from society. Serious mental illness can, and often does, spill over into the social fabric of people's lives, causing a breakdown in social relationships, a detachment from society, family and friends, and stigma. Despite this, social symptoms regularly go unaddressed, causing more suffering and more severe symptoms.

With a Clubhouse model, we recognize that for recovery to be achieved, attention must be paid to social symptoms, focusing on community, and the entirety of a person's well-being.

About Us

Since 2005, HERO House NW has been providing Hope, Empowerment, Relationships, and Opportunities for adults with mental health diagnoses in Washington State.

What is HERO House NW?

We are the administrative and advocating body for three Clubhouses in Western Washington as well as the consulting partner for all Clubhouses across Washington State. Our Clubhouses are located in Bellevue, Seattle and Everett.

We formed because of the clear need to develop more Clubhouses in the state. Using economies of scale, we have been able to set the stage for our vision of a Washington State where Clubhouse communities not only survive, but thrive.



Mission

To champion mental health recovery and awareness by facilitating Clubhouse expansion.

We know that people thrive when they are in caring communities. We call those communities **Clubhouse!**



Vision

We envision a world where people living with mental illness thrive in communities of hope and opportunity.

Clubhouses

HERO HOUSE BELLEVUE

12838 SE 40th Pl, Bellevue, WA 98006
www.bellevueclubhouse.org

Since 2005, Bellevue Clubhouse has served as HERO House NW's headquarters and flagship Clubhouse, leading the way to increased mental health services on King County's Eastside. Accredited by Clubhouse International since 2009, we have demonstrated unwavering commitment to mental health recovery. By members having the opportunity to do meaningful work of the clubhouse, they regain a sense of self-worth and confidence that is often lost from living with mental illness without social support. Members work on self-made goals to improve their lives and reconnect with their communities. Every day, we foster relationships and celebrate accomplishments. Clubhouse offers hope that changes lives.



HERO HOUSE EVERETT

1901 Wetmore Ave c, Everett, WA 98201
www.everettclubhouse.org

Everett Clubhouse, established in 2019, is the latest addition to HERO House NW's network, and our only location offering services in Snohomish County. Situated near Grand Avenue Park, we are uniquely positioned to serve both urban and rural communities, fostering close-knit relationships that help us advocate for continued mental health supports throughout Snohomish County. Wellness is an integral part of Everett's programs. That emphasis shines through waterfront walks and our healthy meals program supported by community partnerships.

HERO HOUSE SEATTLE

711 6th Ave N Suite 101, Seattle, WA 98109
www.seattleclubhouse.org

Established in 2017 to address the unmet needs of people in the Seattle area experiencing mental illness, Seattle Clubhouse stands as a beacon of support. Located near the iconic Space Needle, our member-led community fosters recovery through meaningful work and engagement with members of the community. With a focus on routine, structure, and intentional relationships, Seattle Clubhouse's mission is to give people whose lives have been disrupted by mental illness the opportunity to recover meaning, purpose, and dignity through work and community.

Clubhouse Programs

Work-Ordered Day

The daily activity of a Clubhouse is organized around a structured system known as the work-ordered day. Members and staff work side by side as colleagues to perform the work that is important to their community. Members and staff share responsibility for running every aspect of the Clubhouse.

Employment Program

Returning to work is one of the biggest goals our members have, and we proudly support our members in going back to work. Our Clubhouses support members through resume building, interview preparation and skill building, transportation, dress code and on the job coaching. We offer three different tiers of employment supports: Independent, Supported and Transitional Employment, all geared to the support a member desires.

Education

As with employment, education is a real and immediate path back into the community. In addition to tutoring, the Clubhouses provide other in-house supports, such as utilizing the Clubhouse computers and a space to study and do their homework. The Clubhouse assists people to access educational opportunities in the community. From adult basic education through graduate school, Clubhouses assist members in pursuing their individual educational goals.

Transportation

We are committed to meeting members' transportation needs. Members unable to use public transportation can schedule drop-offs to and pick-ups from the Clubhouse.

Outreach

Members are always encouraged to participate in Clubhouse activities. Those who stop attending are contacted, in a variety of ways, to be informed of upcoming events as well as to check on their wellbeing. This is done with phone calls, emails, greeting cards, social media, newsletters, and texts. On occasion, members are visited at hospitals and/ or their homes in an effort to lift their spirits when the member is struggling or isolating.

Supported Housing

Our new Supported Housing program is building partnerships around our community to offer safe and affordable housing for our members, including an 8-unit rental home for members. As we expand into the future, we will assist members in securing housing, supporting members with rental assistance, and connecting members with vital housing resources.

Socials and Wellness

Each Clubhouse hosts weekly events to develop social skills. Members mutually support each other in these informal settings while having fun. Socials are usually free, or low-cost to all members and include activities such as museums, advocacy trips to the state capital, outdoor activities, and game nights.

Our Clubhouses support members to lead healthy lives in many different capacities. Our focus on mental wellness shows that our Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives. Many of our wellness activities include healthy meals, yoga, meditation, wellness walks, wellness-focused socials, and many other wellness-related activities.

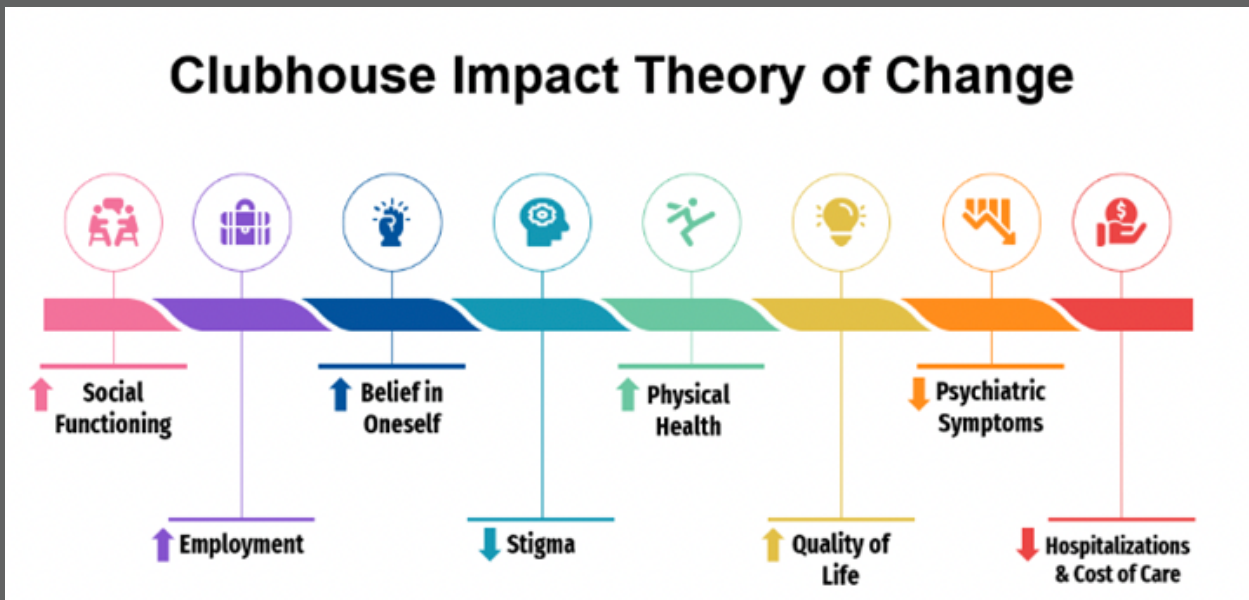
Why Give?



Sustainable recovery from mental illness and social isolation takes a community.

Your donation supports individuals with mental illness at every stage of life, ranging from early intervention programming for college-aged students experiencing a mental health crisis, to a dignified and thriving community for seniors.

It also supports advocacy efforts and policies that change personal trajectories for Clubhouse members.



A January 2024 report by the Bridgespan Group shows how supporting organizations like HERO House NW plays a critical role in making America's mental health care more effective and equitable. Read the report by clicking the QR code. Article by Margaret Boasberg, Nathan Aleman: [Seven Strategies Philanthropists Can Use to Help Tackle America's Mental Health Crisis](#)





Community Impact

Instead of focusing on correcting serious mental illness symptoms, Clubhouses focus on the strengths of individuals and how they can meaningfully engage in their environment. Clubhouse communities offer peer support, meaningful participation, and equal relationships as a form of social practice to help people with serious mental illness flourish in their environments.

Social practice is a type of psychosocial rehabilitation that specifically targets symptoms of serious mental illness that are most resistant to traditional medical or clinical interventions, empowering people with serious mental illness to have choices about their goals. Social practice also serves as a form of social justice that reduces mental illness stigma in communities.

Clubhouse members can participate fully in the work of the clubhouse, improving their quality of life, and achieving greater social engagement with their communities and loved ones, decreasing serious mental illness symptoms and hospitalizations.

HEROHouseNW



Key Metrics

Effectiveness of the Clubhouse Model

Value created from funding received:

\$14 in societal value for every **\$1** received

Better employment rates:

42% at accredited Clubhouses annually, double the average for people in the public mental health system

Cost effectiveness:

1 year = **2 weeks**
of Clubhouse recovery services for members costs the same as stay at a psychiatric hospital

Success Markets, Inc, Macias, Kinney and Rodican (1995). McKay, Yates, and Johnsen (2005); IPS model reported by Clark et al (1998); ACT model reported by Macias et al (2001).



Corporate Social Responsibility

Let's make a difference together! Our commitment to mental wellness and corporate social responsibility can transform the lives of individuals experiencing mental illness while building a healthier, more compassionate community for all.

We can help you create a Corporate Social Responsibility (CSR) campaign that positively impacts individuals and the community. By investing in programs like those offered by HERO House NW, we're contributing to the overall well-being of our community. Access to mental health support not only improves the lives of individuals and their families but also strengthens our community fabric and promotes social inclusion.

Supporting mental wellness isn't just the right thing to do – it's also good for business. Fostering a culture of empathy and understanding helps create a more supportive and inclusive workplace where employees feel valued and empowered. Did you know that promoting mental health awareness can lead to increased productivity, reduced absenteeism, and a stronger sense of employee loyalty and satisfaction?

The impact of your investment is more than the lives impacted and community benefit. Longstanding benefits are quantifiable, including metrics like brand reputation, net promoter scores, customer loyalty, social media engagement, and community engagement which all contribute to market share and revenue growth.

Please contact us to discuss your next Corporate Social Responsibility Campaign!

Partner with Us!

There are so many ways you can make a difference for Clubhouse members.



HEROHouse**NW**

Give Now

Set up a monthly or yearly contribution via our website. • If your employer matches gifts, be sure to apply for matching funds. • Name HERO House NW as a beneficiary in your will, estate plan, retirement, or life insurance. • Give stock or securities for tax benefits. For more information on HERO House NW, please check out our nonprofit profile on www.guidestar.com and visit our website at www.herohousenw.org

Board Membership

Are you interested in serving a role of governance for the organization and helping HERO House NW become sustainable? If so, email your interest to: KaileyF@herohousenw.org

More Ways You Can Help

For information on ways to give, including annuities and charitable lead trusts, see the Planned Giving page on our website: <https://www.herohousenw.org/ways-to-give>.

HERO House NW is a 501(c)3 nonprofit organization. Our Tax ID is 01-0925282

Your Dollars at Work

We provide partners access to exclusive tours, special events, photos on social media, press releases, and website mentions.



HERO House NW



\$10,000

A transformational gift of \$10,000 will cover the cost of running a Clubhouse program such as wellness or socials for an entire year.



\$5,000

A legacy gift of \$5,000 will cover all of the utilities at one of our three Clubhouses for an entire month.



\$2,500

A HERO gift of \$2,500 will cover the cost of providing a job with Supported Employment for one Clubhouse member.



\$1,000

A partnership gift of \$1,000 will provide lunches at all three Clubhouses for an entire month.

Events

HERO House Fun Run

September 7, 2024



Major
Sponsor
Opportunities

Presenting Sponsor	\$5,000
Platinum Sponsor	\$2,500
Gold Sponsor	\$1,500
Silver Sponsor	\$1,000

Finish Line Sponsor	\$1,000
T-Shirt Sponsor	\$750
Swag Sponsor	\$500
5K Partner	\$250+

Event
Sponsor
Opportunities

**More information about sponsorship, benefits, and registration is available at herohousenw.org*



HERO House NW

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making a
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the lives of
people living
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