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Testimony provide to: Senate Ways and Means Committee and the House Social Service Budget Committee. Concerning KDADS supplementary Budget proposal.

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Today I want to talk with you about Mental Health Funding for certified Clubhouses as identified and funded by the Lottery Vending Machine legislation that became law in 2018.

First let me explain what a clubhouse is. A Clubhouse is organized to support adults living with mental illness. During the course of their participation in a Clubhouse, members/participants gain access to opportunities to rejoin the worlds of friendships, family, employment and education. Think of a Clubhouse as a dynamic community center with a purpose to provide a restorative environment for people whose lives have been severely disrupted because of their mental illness, and who need the support of staff, volunteers and peers who believe that mental illness is treatable.

The Clubhouse Model is part of the Community Support services mentioned in the Adult Continuum of Behavioral Health Care described in the Mental Health Task Force Report. Clubhouse programs provide services that include: case management, crisis diversion, integrated care, peer support, mentoring, recovery supports and supported employment. Clubhouses work *alongside* mental health centers and other community nonprofits to fill the gap in services. It is a rehabilitation process that helps people live productive lives in the community.

People living with severe and persistent mental illness need an intentional Clubhouse community to overcome the psycho-social barriers of living with a mental illness. There is research that shows a bidirectional relationship between poverty and mental illness: poverty may exacerbate mental illness, and mental illness can lead to poverty. The rate of adults experiencing mental illness is highest among those with family income below the federal poverty line. Further, adults living in poverty are more likely to experience severe mental illness and have serious thoughts of suicide (http://mcsilver.nyu.edu/sites/default/files/reports/Mental_Health_and_Poverty_one-sheet.pdf).

The Clubhouse Model program works to provide quality services that promote recovery. Members have access to services and can walk in without an appointment. Trained staff provides mental health support and rehabilitation opportunities to all members. Peer support is

an important part of the Clubhouse culture and members are taught to provide healthy suggestions to peers who are experiencing difficult mental illness symptoms.

Clubhouse programs have a positive effect on individuals living with mental illness by:

1. Reducing loneliness and increasing social networking:
 - Persistent loneliness reduces a person's life span twice as much as heavy drinking and three times more than obesity.
 - Loneliness is not just isolation but rather the inability to find meaning in one's life. The Clubhouse counters a culture of loneliness by demonstrating that everyone is needed and wanted.
2. Decreasing psychiatric symptoms and improving self-esteem:
 - Developing impulse control and managing anger
 - Learning to be assertive and managing conflict
 - Remembering the importance of medication and taking it regularly
 - Refocusing the mind on tasks rather than distorted thoughts
3. Increasing motivation to build life skills in areas of education, meaningful work, and employment:
 - Completing high school, GED, or college degrees
 - Trying out a variety of employment sites to explore career options
 - Volunteering in the Clubhouse work units and at other nonprofits to build job skills
 - Utilizing a community of caring people to be motivational coaches that support a person as they start a new job or educational class

Clubhouse Services demonstrate cost saving and life-enhancing outcomes that include:

- Reduced Hospitalizations: At Breakthrough, active members are healthier and spend less time in the hospital. 86% of active members report eliminating or reducing hospital stays.
- Reduced utilization of Medicaid services (Two Medicaid studies show a reduction of Medicaid costs in Clubhouse members)
- Increased levels of pre-vocational activity (work in kitchen, cleaning, data entry, and more volunteer activity)
- Increased employment for Clubhouse members (Clubhouse member employment rate of 30 - 40% which is greater than the national rate of 15-22%)

The accredited Clubhouse program is an evidence-based model. This accreditation is a mark of quality, and a clear demonstration of a Clubhouse's commitment to excellence.

Clubhouse Expansion

In 2017, staff and members of Breakthrough started working with other communities in Kansas to explore the idea of developing Clubhouses in their local communities. Today we are proud to say that we have 3 additional communities in the process of starting up new Clubhouse programs. These communities include: Hutchinson, Topeka, and Olathe, Kan.

Breakthrough Club, a Clubhouse mental health program in Wichita, Kan., received a \$500,000 contract from KDADS in FY18 for services provided and was to continue those services in FY19 with funding expected to be received from the lottery vending machines. As you know, the installation of the vending machines was delayed and they are now expected to be installed in May or June. The Lottery vending machine legislation provided \$1 million for FY19 and \$2M for FY20 forward for existing and developing Clubhouse Model programs in Kansas. Due to the delay in expected revenue from the Lottery Vending Machines, Breakthrough Club received \$250,000 for the first six months of FY19 with the remainder contingent upon legislative action in 2019. Continued funding was not included in the Supplemental FY19 budget. Therefore, we are asking for a total funding request of \$750,000 to bridge the Statewide Clubhouse project until Lottery revenue is established for these programs. Funds will be utilized to:

1. Fund Breakthrough Clubhouse program in Wichita (\$500,000 - \$250,000 to backfill funding already provided and \$250,000 for the remainder of FY19)
2. Provide two weeks of training (plus travel) for 20 people from the clubhouse expansion communities at the Clubhouse training base (Independence Center) in St. Louis, Mo. (\$50,000)
3. Provide start-up funding for Clubhouse programs in Olathe, Topeka and Hutchinson (\$200,000)

Without this funding much will be lost. In Wichita, we have stopped accepting new applications for Clubhouse memberships and we have discontinued our outreach to people leaving psychiatric hospital units, crisis management centers, and nursing homes. We are not replacing open staff positions and will be forced to lay off staff if funding is not made available.

The new Clubhouses are feeling the pressure in their communities to build capacity for new Clubhouse programs. Law enforcement and mental health centers are supportive of having a new community resource to lessen the burden on their systems. It is critical to have Clubhouse funding added to the proposed KDADS supplementary budget request.