

Mealtime Occupations within the Clubhouse Model

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Introduction

- The clubhouse model is community based psychosocial rehabilitation to support people with Severe Mental Illness (SMI).³
- Obesity is twice as prevalent among adults with Severe Mental Illness (SMI).¹
- People with SMI are more vulnerable to the health risks associated with obesity.¹
- Loneliness is a barrier to recovery and associated with lower quality of life.²
- Mealtime is uniquely positioned to address quality of life for clubhouse members.

Study Aim

Does participation in mealtime occupations at the clubhouse effect quality of life for clubhouse members?

Methods

- Observation – 6 visits over 3 weeks, 24 hours in the field
- Semi-Structured interviews with 3 Clubhouse members
- Coding with Thematic Analysis

Results

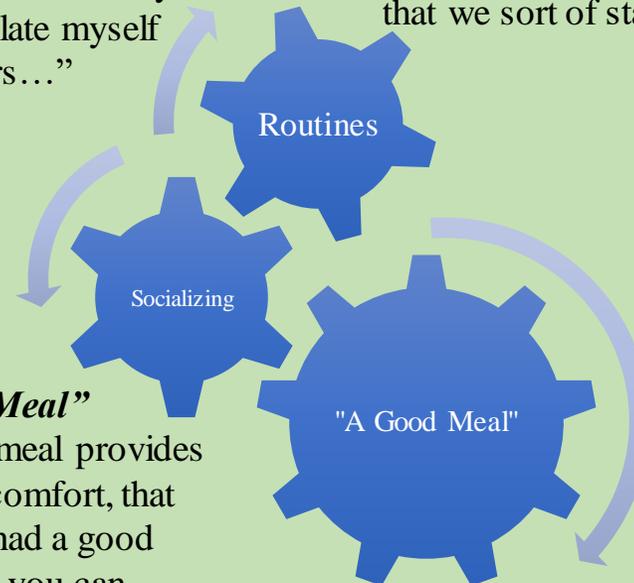
How mealtime occupations contribute to quality of life

Socializing

“It’s really important [to socialize] because outside of here I really tend to isolate myself from others...”

Routines

“[Routines] are related to maintaining my health...we have routines that we sort of stand by”



"A Good Meal"

“I think a meal provides a kind of comfort, that once you had a good meal, then you can socialize and be a good person.”

Discussion

- Mealtime at the clubhouse is the nexus of food security, chronic condition management, mental health maintenance, and opportunities to foster social relationships.
- Food accessibility is an incentive to promote a club member’s attendance.

Implications OT / OS

- The results can assist OT in achievement of better health outcomes and reduce the burden of chronic disease for people experiencing SMI.
- Future research on the clubhouse model should undertake a more in-depth examination of findings of this study.

Resources

1. Battin, C., Bouvet, C., & Hatala, C. (2016). A systematic review of the effectiveness of the clubhouse model. *Psychiatric Rehabilitation Journal*, 39(4), 305-312. doi:10.1037/prj0000227
2. Chang, C.W., Chung, C.L., Biegel, D.E., Pemice-Duca, F., Min, M.O., & D'Angelo, L. Predictors of loneliness of clubhouse members. *Psychiatric Rehabilitation Journal*, Vol 37(1), Mar 2014, 51-54.
3. What clubhouses do. (2018). Retrieved from <http://clubhouse-intl.org/what-we-do/whatclubhouses-do/>