



WHAT DOES SECOND STEP CLUBHOUSE OFFER?

A PLACE:

- A healthy, stigma-free environment which supports members with their mental health and social needs.
- A safe place where members are treated with dignity and respect.

OPPORTUNITIES:

- To develop meaningful relationships and social supports.
- To contribute and to have a sense of belonging with other Clubhouse members.
- To learn about mental health and to work on your personal recovery.
- To develop new skills by participating in the daily operations of the program.
- To participate in activities of your choice, including support groups, community outings, games, and social events.



MEMBERSHIP:

- Adults 18 and older with a Serious & Persistent Mental Illness (SPMI) who are actively receiving mental health services.
- Individuals who are able to contribute to a safe environment for others and to independently participate in Clubhouse activities.
- Membership to Second Step Clubhouse is voluntary and without time limits.
- Clubhouse staff are responsible for approval of membership applications.



HOW DO I BECOME A SECOND STEP CLUBHOUSE MEMBER?

1. Schedule a time to visit our program and take a tour
2. Complete the Clubhouse application form
3. Receive notification from the Clubhouse Coordinator about approval of your application
4. Attend a new member orientation session

PROGRAM OUTLINE

WEEKDAYS

1:00-2:00 — Clubhouse Opportunities

Members assist as they are able with activities including attendance, outreach, cleaning/maintenance, snack bar, phone messages, mail, and newsletter.

2:00-3:00 — Group Activities

- Mental Health Recovery Support Group
- Mental Health Education
- Clubhouse Meetings
- Group Social Activity

2:00-5:00 — Social / Recreational Time

WEEKENDS

1:00-5:00 — Social / Recreation time



SECOND STEP CLUBHOUSE

SECOND STEP CLUBHOUSE

421 East Hickory St. Suite 404
Mankato, MN 56001

CLUBHOUSE PHONE:

507-304-4414

WEBSITE:

www.sccbi.info
Clubhouse Connections
Second Step Clubhouse

CLUBHOUSE HOURS:

1:00 – 5:00 PM
Weekdays & Weekends

WHAT DOES THE CLUBHOUSE MEAN TO ME? *(Quotes from Clubhouse Members)*

A place to have fun and enjoyment

Bridge the environment from
hospital to the community

Learning new skills that we
can use in our everyday lives

Distracts and lessens my
symptoms of mental illness

Supports my recovery at all stages
(highs to the lows)

Helps reduce stress by feeling
safe and supported

A positive environment free
from negative comments

Offers peer support and
understanding from others
who have been through the
same struggles

A place where people accept
you for who you are, not
what your diagnosis is

Stigma free, no one to
judge me because of my
mental illness

Where I can be honest
and be myself

Gain new and
meaningful relationships



HUMAN SERVICES

SECOND STEP CLUBHOUSE

COMMUNITY SUPPORT PROGRAM

Mission Statement:

Second Step Clubhouse believes that
persons with mental illness have the
right to reach their full potential and
to have fulfilling and productive
lives in the community.

