



Second Step Clubhouse  
421 East Hickory St. Suite 404  
Mankato, MN 56001

### **Clubhouse Phone**

507-304-4414

### **Clubhouse Coordinator**

Mike.Hildebrandt@blueearthcountymn.gov

### **WEBSITE:**

[www.sccbi.info](http://www.sccbi.info)

[www.blueearthcountymn.gov](http://www.blueearthcountymn.gov)

[www.nami.org](http://www.nami.org)

### **CLUBHOUSE HOURS:**

MONDAY - FRIDAY

1:00—5:00

SATURDAY

1:00—5:00

### **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 every day 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

# SECOND STEP CLUBHOUSE



**BLUE EARTH  
COUNTY**

**Adult Mental Health  
Community Support Program  
and Resource Center**

### **Second Step's mission:**

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

## Second Step Clubhouse Offers:

### Healthy Environment

- Members are treated with respect
- Safe and non-hostile environment
- Able to participate in activities of choice

### Work on Recovery

- Members are given opportunities to rejoin the worlds of friendship, family, community, employment, education, and to access the services and supports they may individually need.
- The Clubhouse is a restorative environment for people who have had their lives drastically disrupted, and who need the support of others who believe that recovery from mental illness is possible.

### Learn New / Regain Old Skills

- The Clubhouse engages members in every aspect of its operation, including clerical duties, outreach, maintenance, snack bar operation, planning/organizing of monthly activities and groups.

### Social / Recreational Opportunities

- Develop meaningful relationships through positive interaction with others
- Play cards, pool, internet use, snack bar, TV, movies, Wii games
- Community outings
- Interact with other clubhouse programs
- Fun, fun and even more fun!

## Membership:

- Membership is open to anyone with a primary diagnosis of a serious and persistent mental illness, 18 years or older, actively working with another mental health support service.
- Must not pose a significant or immediate threat to the general safety of the Clubhouse community.
- Membership to Second Step Clubhouse is voluntary and without time limits.
- The Clubhouse has decision making authority over acceptance of new members.

## How to become a Second Step Clubhouse Member:

1. Call and set up a tour of the Clubhouse
2. Fill out required paper work
3. Wait for verification of application information and approval of membership
4. Attend New Member Orientation
5. Welcome to Second Step Clubhouse!

## Program Outline

### **\*\*\*\* Weekdays \*\*\*\***

Monday - Friday 1:00 - 5:00

### DAILY PROGRAMING:

#### 1:00 Clubhouse Duties

Attendance, outreach, maintenance, snack bar inventory, money count, phone calls, check mail, file, type, newsletter, and clean.

#### 2:00 - 3:00 - Groups

Monday Support Group

Tuesday Health & Wellness Education  
Club Meetings on 1st and 3rd

Wednesday Stretching & Walk

Thursday Creative Expressions  
Employment Support 1st & 3rd

Friday Social Group Activity

#### 2:00 - 5:00 Social/Recreation time

### **\*\*\*\*\* Weekends \*\*\*\*\***

#### *Social / Recreation Time*

Saturdays 1:00 - 5:00

Sundays Closed (due to COVID)

Holidays Closed (due to COVID)