

# Who We Are

The Mariposa Clubhouse is a psychosocial rehabilitation program, serving individuals living with mental health issues. Clubhouse members participate in social, educational, and vocational activities that promote self-reliance. Trained staff provide side by side support as clubhouse members work towards achieving their goals.

## What is “Psychosocial Rehabilitation”?

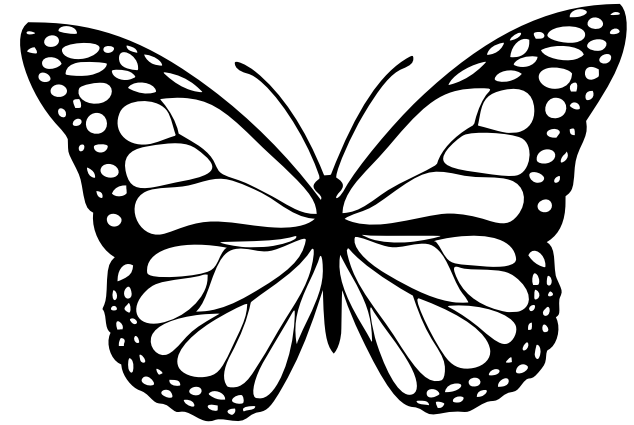
Psychosocial rehabilitation is a model that treats the whole person, instead of addressing only the symptoms of mental illness. Focusing on recovery provides rehabilitation and connections to community resources that meet the needs of each client served.

# Visit Us

Monday - Friday  
8AM-4PM

1701 Mission Ave. Ste. 120  
Oceanside, CA 92057

Phone: (760) 439-2785  
Fax: (760) 439-6902



# Mariposa Clubhouse



Clubhouse International  
Creating Community: Changing the World of Mental Health

# How Can Mariposa Clubhouse Help?

## The Mariposa Clubhouse supports members:

- Enhance their sense of well being
- Set and accomplish goals
- Learn and practice life skills
- Increase their sense of dignity and hope

## **We give this support by:**

- Offering support as members seek employment
- Assisting with continuing education
- Affording the opportunity to help others
- Providing a community and sense of belonging
- Celebrating each success

# 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.

Instead of traditional talk therapy, members and staff share responsibility for running every aspect of the Clubhouse. By sharing responsibility for critical work, members and staff build relationships focused on each other's strengths and gifts, rather than weaknesses and liabilities.

In this environment, the real needs of the community, and individual members, create meaning. Helping each other address those needs builds confidence and self-esteem. It also creates the shared activities through which positive and helpful relationships are developed. These relationships ultimately create the fabric of a profoundly regenerative community.

# To Become A Member

1

Take a tour  
Receive a referral form  
Share your contact information

2

Bring in completed referral form  
schedule orientation

3

Attend orientation  
Complete Goals and paperwork

4

Attend Clubhouse Unit Meeting  
and participate in the work-ordered day

## **Membership**

Membership is open to Adults 18 years and older who have a Mental Health Diagnosis. You must be in treatment for at least 6 weeks prior to enrollment.