

Social Prescribing Initiatives: Stepping Stone Clubhouse

Service: Stepping Stone Clubhouse

Main Component: Stepping Stone is a community designed to support individuals affected by mental illness. Focusing on strengths rather than illness, members are given the opportunities to rejoin the worlds of friendships, family, important work, employment, education, housing, social recreation, and access to the services and supports they may individually need.

Stepping Stone Clubhouse commencing in 1994 is situated in Coorparoo on Brisbane south. We are in the process of developing a new Clubhouse in Chermside. This new location will allow service expansion to adults with mental health issues living in northern suburbs. Stepping Stone is guided by the [Clubhouse International model](#). We are one of twelve International Training bases, providing Clubhouse training to 340 Clubhouses in 34 countries across the world. Stepping Stone is one of eight Clubhouses in Australia.

Stepping Stone is a partnership model, where staff and members are responsible for the running of the Clubhouse. Stepping Stone has assisted over 3000 members since commencement and supports 650 members a year.

Who is this for? Adults with mental health experiences

Outcomes: Current International Clubhouse research highlights the benefits of the model and its achievements. Research has demonstrated that compared to other mental health service models, Clubhouse members:

- Are more likely to be employed and to sustain employment.
- Have higher education levels.
- Have reduced risk of homelessness.
- Are less likely to be hospitalised.
- Have an increased sense of wellbeing.

Organisations-involved: Stepping Stone is part of the Clubhouse International model, <https://clubhouse-intl.org/>

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