

The funding authorities have commissioned in Finland already 3 evaluation studies about CH model, published in years 2000, 2004 and 2009. In addition at least 12 other Clubhouse “pro gradu” studies or thesis reports for master’s and upper degrees are published in Finnish universities during last 10-12 years.

The researchers have summarized the main results of all these Finnish studies that the data shows quite consistently – irrespective of the source - that:

- **Clubhouses for mental health rehabilitees play a crucial, cost-effective and complementary role in the mental health service system in Finland.** The results on cost-effectiveness of the Finnish Clubhouses are similar with the USA studies.
- **The results demonstrate the evidence** that regular participation in the Clubhouse activities is decreasing the use of psychiatric inpatient services, as well as, that Clubhouse participation is improving the general well-being of the Clubhouse members in Finland (evidence is similar with the previous studies in USA and other countries).
- **The multi-method Finnish study findings (published 2009) indicate that a key strength of clubhouse activities is the sense of community they provide.** At its best, it enables members to share their experiences of living with a mental disorder and break out of the circle of helplessness and victimisation. Despite the fact that the mental illness may become chronic, the clubhouse community provides a place where members can feel valuable and productive, a place where they can be themselves. Members also have access to help and support for the challenges of daily life, whenever they need it. Especially for those members with long-term illnesses, this combination of improved self-esteem and social support was the most important benefit of the clubhouse.
- **According to the mentioned Finnish study (2009)** In terms of the established norms and framework, what separates the clubhouse model from other rehabilitation services and community-based rehabilitation models is the distinctiveness of the sense of community.

Based on the growing evidence on the positive outcomes and impacts, the Clubhouse model has been approved in Finland (2009) as a part of National Mental Health Services Development Programme. According to the programme objectives, Clubhouse model should be taken in use in all Finnish mental health service regions and districts by the year 2015.

This means that in Finland the network of Clubhouses will be - at least - doubled by the year 2020 as compared to situation in 2010.

Also in Sweden, Denmark, Norway, Iceland and Scotland the Clubhouse model has been accepted to be part of the official national mental health services’ development policies.