

Empowering Autistic Adults Through the Clubhouse Model: A Psych Rehab- Inspired Approach to Participation and Communication

Author Names

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Authors

- List

Disclosures

- Hubbell + Dallman = paid, f/t employees of RU
- Paul = adjunct clinical educator
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Objectives

By the end of the session, participants will be able to:

1. Describe 3 key principles of the Clubhouse model
2. Create an action plan identifying resources, potential partners, and outreach strategy to implement a Clubhouse program in their setting
3. Explain three strategies that can be used to support members within self-directed Clubhouse activities

What is the Clubhouse Model?

- A community-based psychosocial rehabilitation approach originally designed for individuals with serious mental health conditions, emphasizing a strengths-based, collaborative environment where members and staff work side-by-side as equals to address member-driven goals

What is the Clubhouse Model?

- As implemented within Rutgers SHP, a structured, capability-building model that uses real-life, meaningful tasks within a “work-ordered day” to promote autonomy, skill development, belonging, and self-determination—adapted in NEXUS for Autistic young adults using guided discovery and metacognitive skill-building

NEXUS at Rutgers University

- A community-based psychosocial rehabilitation approach originally designed for individuals with serious mental health conditions, emphasizing a strengths-based, collaborative environment where members and staff work side-by-side as equals to address member-driven goals
- Adapted in NEXUS for Autistic young adults using guided discovery and metacognitive skill-building

NEXUS Mission & Story

- Add content here

Clubhouse Programming

- Activity-based programming to meet member goals...

NEXUS Logistics

- Meets weekly during fall, spring, summer semesters
- 2.5-hours sessions within Rutgers SHP
- 1+ supervising clinician per week + OT and SLP students supporting clients through their discipline
- Activity-based group programming to meet individualized member goals

Core Principles Overview

- Membership and belonging
- Side-by-side work
- Strengths-based practice
- Work-ordered day
- Community and relationships
- Meaningful roles
- Choice, autonomy, agency
- Metacognitive skill development

Membership & Belonging

- Participants are members (not clients), participation is voluntary, collaborative, and identity-affirming, and the environment emphasizes safety, inclusion, and shared community responsibility.

Side-by-Side Work

- Staff and members work together as equals; support is “done with,” not “done for,” emphasizing guided discovery and shared responsibility

Strengths-Based Practice

- Activities build on members' strengths, promote autonomy, and support communication, sensory, and executive functioning needs
- **Examples??**

Work-Ordered Day

- Programming is organized around meaningful, functional life, social, and vocational tasks that build capability through real-world participation.

Community & Relationships

- Emphasis on peer bonding, conversation initiation, shared decision-making, and mutual problem-solving

Meaningful Roles

- Members take on leadership roles (e.g., facilitating discussion, ordering steps, presenting), supporting ownership and agency

Choice, Autonomy, Voice

- Members consistently make choices (activities, recipes, job goals, task roles), reinforcing self-advocacy and personal preference

Metacognitive Skill Development

- Activities embed Goal → Plan → Do → Check routines, encouraging reflection, strategy use, and internal problem-solving scripts

Clinical Training & Collaboration

- Content to be added/edited

Why It Works for Autistic Young Adults

- Content to be added/edited

Intervention Approach Overview

- Goal setting
- Plan, do, check
- Declarative language
- Situational problem solving

Intervention Components: Goal Setting

- Content to be added/edited

Intervention Components: Plan, Do, Check

- Content to be added/edited

Student Responsibilities Overview

- Content to be added/edited

OT Role

- Content to be added/edited

SLP Role

- Content to be added/edited

Team Based Communication

- E.g., Team Stepps

Weekly Debrief Structure

- Content to be added/edited

PT Role

- Content to be added/edited

Interprofessional Collaboration

- Content to be added/edited

Intervention Strategies Overview

- Content to be added/edited

Personalized Skill Development

- Content to be added/edited

Visual & Tactile Supports

- Content to be added/edited

Self-Advocacy & Leadership

- Content to be added/edited

Sample Activity: Bed Making

- Content to be added/edited

Sample Activity: Laundry

- Content to be added/edited

Sample Activity: Cleaning

- Content to be added/edited

Sample Activity: Shopping List

- Content to be added/edited

Sample Activity: Smoothies

- Content to be added/edited

Sample Activity: Baking

- Content to be added/edited

Sample Activity: Resume Writing

- Content to be added/edited

Sample Activity: Interview Practice

- Content to be added/edited

Sample Activity: Prioritizing Tasks

- Content to be added/edited

Sample Activity: Microsoft Word

- Content to be added/edited

Benefits of Clubhouse Program

- For members:

Benefits of Clubhouse Program

- For students:

Benefits of Clubhouse Program

- For professionals:

Implementing a Clubhouse

- Logistics → Timing

Action Plan

- Resources
- Potential partners
- Outreach strategy

Conclusion & Q&A

- Content to be added/edited