

A description of a five-day course  
programme for the EMPAD training

# EMPAD

## Clubhouse training course

### Preparation

Before the training participants receive reading material and a short questionnaire.

### Available training courses

Clubhaus Schwalbennest and Clubhaus Giesing, Munich Germany 24.6–28.6.2013

Fountain House Stockholm, Stockholm Sweden 13.5–17.5.2013

Clubhouse De Waterheuvel, Amsterdam The Netherlands 7.10 – 11.10. 2013

### Registration

Registration for the training programme is administrated by the respective host organization.

Please contact the organization directly in order to enrol.

For registration instructions and updated training course information, see

- [www.empad-training.eu](http://www.empad-training.eu)
- Comenius Grundtvig training database:  
<http://ec.europa.eu/education/trainingdatabase/> (search for "EMPAD")

### Funding for participants

Participants can apply funding for the training fee and travelling expenses from their National Lifelong Learning Agency. For more information, see the selection timetable for Comenius and Grundtvig of your national agency.

### Training fee

Training fee is 690€. Accommodation and travel costs are not included in the fee but the participants can apply for funding for them from their national agency.

List of national agencies:

[http://ec.europa.eu/education/lifelong-learning-programme/national\\_en.htm](http://ec.europa.eu/education/lifelong-learning-programme/national_en.htm)

## Objectives

As an end product of the project "Empowering Adults with Mental Illness for Learning and Social Inclusion" (EMPAD), a five-day training programme has been developed to introduce the Clubhouse method to professionals working in the field of mental health rehabilitation.

Participants gain knowledge in understanding empowerment in the context of Community-Based Rehabilitation.

The course provides participants with useful ideas on how to use lessons learned in their own work environment.



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## MONDAY

Welcome to the Clubhouse!  
 BREAKFAST, introducing oneself and the training team to other participants  
 Schedule of the week  
 Tour around the Clubhouse  
 BREAK  
 A short historical overview of the development of the rehabilitation programme (Clubhouse, CBR or this particular course?)  
 Clubhouse members share their stories  
 LUNCH  
 Unit meeting  
 Group work  
 Introducing the International Centre for Clubhouse Development (ICCD), national and European networks  
 Discussion and summarizing remarks

## TUESDAY

BREAKFAST  
 Unit meeting  
 Group work  
 BREAK  
 Clubhouse standards, part one  
 LUNCH  
 Unit meeting  
 Group work  
 Following a decision-making meeting in the Clubhouse  
 Discussion and summarizing remarks  
 A presentation on the topic Members and staff working side by side and voluntary nature of the Clubhouse

## WEDNESDAY

BREAKFAST  
 Unit meeting  
 Group work  
 BREAK  
 Clubhouse standards, part two Transitional employment programme  
 LUNCH  
 Unit meeting  
 Watching a short film „1 in 4“, and listening to a member story  
 Visit to a place of employment  
 Discussion and summarizing remarks  
 A presentation on the topic Supported employment  
 DINNER

## THURSDAY

BREAKFAST  
 Unit meeting  
 Group work  
 BREAK  
 Clubhouse standards, part three  
 LUNCH  
 Unit meeting  
 A short film on stigma  
 Clubhouse standards, part four Supported education  
 Discussion and summarizing remarks, suggestions for additional topic on Friday  
 A presentation on the topic Supported education  
 DINNER with the board members of the clubhouse

## FRIDAY

BREAKFAST  
 Unit meeting  
 Group work  
 BREAK  
 Discussing the requested topic and a summarizing discussion on the training experience  
 LUNCH  
 Assessment of the week, benefits of the training program  
 > Next steps  
 > Follow-up  
 The training ends at 2 p.m.  
 Have a safe trip back home!

Methodology

Learning-by-doing  
 Presentations  
 Clubhouse members stories  
 Study visits  
 Group discussions  
 Articles

PROJECT COORDINATOR  
 National Institute for Health and Welfare (THL)  
 www.thl.fi

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