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Original research article

"Life does not feel hopeless anymore…"

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Abstract

Introduction: The Clubhouse concept is a therapeutic community with the philosophy that its members, including those with mental illness as well as the staff, are all colleagues working side by side to perform the work important to the Clubhouse community. This qualitative study aims to explore the experiences that members of a Clubhouse in Norway had with social support and takes a salutogenetic approach.
Methods: Ten members of a Clubhouse in Norway contributed to this study; six persons with mental illness participated in semi-structured in-depth interviews and four staff attended a focus group interview.
Results: Participants expressed three main themes: (i) a fellowship promotes belonging (ii) increasing belief in one's own skills, and (iii) self-decision-making promotes the use of resources.
Conclusion: This study summarises the importance of belonging, autonomy, and participation as the fundamentals of the social support experience. Future research should be focussed on Clubhouse members from minority backgrounds and differences in experiences within psychosocial recovery outcomes.

Keywords: Clubhouse membership; Interview; Mental illness; Norway; Salutogenesis; Social support

Introduction

The World Health Organisation (WHO) Comprehensive Mental Health Action Plan (2013–2030) specifically emphasises the need to implement comprehensive, integrated, and responsive mental health and social care services in community-based settings so that "persons affected by these disorders are able to exercise the full range of human rights and to access high-quality, culturally-appropriate health and social care in a timely way to promote recovery, in order to attain the highest possible level of health and participate fully in society and at work, free from stigmatisation and discrimination". The National Institute of Public Health, the Norwegian Board of Health Supervision, and the Norwegian Directorate of Health have joint responsibility for safeguarding public health work in Norwegian society (Norwegian Ministry of Health and Care Services, 2020). The government's goal is a society with opportunities for all, where everyone participates in working life. When people do not enter or drop out of working life, they can lose opportunities to create a good life for themselves. The purpose of the Public Health Act and Working Environment Act (Lovdata, 2020 and 2022) is to contribute to societal development; promote the population's health, well-being, and good social and environmental conditions; and contribute to the prevention of mental and somatic illness, injury, or disorder. It also provides the basis for meaningful work situations in line with technological and social development in society and contributes to an inclusive working life.

The Clubhouse concept is one of the services available in work-ordered programmes in Norway for people who have or have had mental disorders or previous substance abuse challenges. According to Clubhouse International (2018), the word "Clubhouse" derives from the original language that was used to communicate the work and vision of Fountain House – the very first Clubhouse, founded in New York in 1948. Since its inception, Fountain House has served as the model for all subsequent Clubhouses worldwide. Fountain House began when former patients of a New York psychiatric hospital began to meet informally, as a kind of "club". It was organised as a support system for people living with mental illness, rather than as a service or treatment programme. Communities around the world that have modelled themselves on Fountain House have embraced the term "Clubhouse", because it clearly communicates the message of membership and belonging. This message of inclusion is at the very heart of the Clubhouse's way of working.

The concept is a therapeutic community with the philosophy that all members work side by side as colleagues to perform the work that is important to their community. The primary benefit of this is to provide a meaningful activity that helps people with mental illness gain independence. Several studies emphasised that attendees of Clubhouses have higher rates of employment, reduced rates of hospitalisation and

incarceration, and improved well-being (Fekete et al., 2021; Halvorsrud et al., 2018; McKay et al., 2018; Rollings, 2022; Russell et al., 2021). Additionally, the Clubhouse model is estimated to cost one-third of inpatient services. Gowda and Isaac (2022) pointed out that the Clubhouse model is a psychosocial rehabilitation model that has been utilised for more than 70 years and comprises non-clinical, integrated therapeutic working communities for people with severe mental illness. The model's concept is based on the empowerment of people with severe mental illness and facilitating "peer-help". It has four guiding principles: (a) a place to go; (b) meaningful work; (c) meaningful relationships; and (d) a place to meet. Persons with severe mental illness can develop a sense of community through supportive relationships between all members (staff and persons with mental illness) and daily employment activities in the safe environment of the Clubhouse.

Social support is described as a social resource that persons perceive to be available, consisting of emotional, instrumental, informational and appraisal support (Schiefloe, 2015). It is an important component of recovery-based interventions for persons with mental illness, and Clubhouses facilitate the development of meaningful relationships among persons with mental illness through an empowering structure and engagement with the work-ordered day (Meyer et al., 2023). Clubhouses provide insights into the role of supportive relationships in mental illness recovery, including the size and features of the social networks of Clubhouse members, trends, and the associations between social networks, recovery, health, and perceived social support. Social support benefits the well-being, relational development, and health of both the giver and the receiver (Schiefloe, 2015; Taylor, 2011). Focussed psychosocial support also protects against negative outcomes, promotes well-being, and improves functioning, hope, coping mechanisms and social support (Kohrt and Song, 2018).

This study aimed to explore the experiences of members of Clubhouse Norway with social support and a work-ordered programme using a salutogenic approach. The research question was: *What experiences do Clubhouse members have with social support and a work-ordered programme?*

The theoretical framework

Walseth and Malterud (2004) described "salutogenesis" as the doctrine of what gives good health, what makes humans healthy, and how stress tolerance and resistance resources are important when dealing with illness and disease development. Antonovsky (2018) believed that humans are neither healthy nor sick, but rather on a multidimensional continuum between health and unhealthiness. Discovering where everyone is on the continuum between health and unhealthiness at any given time should be the goal. Antonovsky emphasised that there are several resistance resources in a human being that create life experiences characterised by inner coherence, co-determination, and a balance between underload and overload. It is the experience of coherence that makes it possible to put the countless stress factors that we are constantly bombarded with into a meaningful context. Stress factors that can be seen as negative can be prevented to eliminate harmful consequences. Antonovsky (2018, p. 17) further defines the experience of coherence as a holistic attitude that expresses the degree to which a person has a pervasive, lasting, but dynamic trust that one's internal and external environment is predictable and that there is a high probability that things will go as well as it is reasonable to expect. Experience of coherence is part of Antonovsky's understanding of salutogenesis and the doctrine

of freshness, and the term involves three components: *comprehensibility, manageability,* and *meaningfulness*.

Eriksson and Contu (2022) and Lundström et al. (2019) pointed out that *comprehensibility* involves the extent to which the stimuli one is exposed to in the internal or external environment are cognitively understandable as well-ordered, coherent, structured, and clear information. Comprehensibility is necessary to a certain extent to experience manageability. *Manageability* is the extent to which we have an experience of being able to do something about our own situation, our resources, and the available support. If we have a health problem, it will have an impact on whether we feel a situation is socially acceptable or not. It is often the case that illnesses and ailments that are perceived as bad luck are more accepted than ailments perceived to be one's own fault. Manageability is also about the extent to which one experiences having sufficient resources to be able to handle the requirements mentioned above. Resources can belong to the individual, other people, or be public. *Meaningfulness* is about the extent to which one feels that life is emotionally comprehensible, that in any case, some of life's challenges are worth spending energy and commitment on. Meaningfulness also involves the extent to which we experience it as meaningful to make an effort to maintain our own health. Meaningfulness is closely linked to motivation. There are many elements that can give such meaning, such as a sense of responsibility towards one's family, workplace, society, outlook on life and/or religious beliefs.

Materials and methods

This study used a qualitative research design with a hermeneutic-phenomenological approach and was carried out using a semi-structured in-depth focus group discussion method. Semi-structured in-depth interviews give the participant time and space to discuss experiences and considerations that require security and reflection to be shared (Malterud, 2017, p. 133). Johannessen et al. (2019) mentioned that a one-to-one interview is appropriate when the topic to be discussed is intimate or personal and when standing out from the group can be considered negative.

A focus group can be understood as an in-depth interview conducted in a group setting where the participants are selected according to the organiser's inclusion criteria relevant to the objective they wish to achieve (Mishra, 2016). Focus groups, due to their synergistic nature, often produce data that is seldom produced through individual interviews. Four members of staff attended this focus group interview. Nonverbal communication was also noted. Digital recordings were helpful in gathering information on minor voice nuances, tone, pauses, and feelings.

Data collection

The recruitment of participants was strategically composed of both new members and well-established members, comprising men and women in different age groups. All members used Clubhouse at least twice a month on average. The recruitment took place in the period of September to December 2021 through direct contact. Two groups were asked to attend the interviews. The first group were members with mental illness who received a work-ordered programme at Clubhouse (15 persons) and were sent a consent cover letter prior to the interview. The second group were six staff members who were asked to contribute to this study.

Before conducting the interview, the interviewer asked participants if they had any questions and reminded them that, by agreeing to be recorded and interviewed, they were providing consent to participate. This manuscript followed the Standards for Reporting Qualitative Research (O'Brien et al., 2014). Ten members with mental illness were open to attending the interview, but four members consequently decided they did not want to participate; the final sample was, therefore, six members in the age group 18–75 years, three females, and three men. Of the six Clubhouse staff members, four agreed to attend, making ten participants in total.

The semi-structured interview guide with open-ended questions was developed based on a review of available literature and input from the research expert (MT) to capture experiences and perspectives in connection with social support. The interviews were conducted between December 2021 – January 2022. Open-ended questions invited participants to speak about their experiences. These questions included: "Please tell me about your experience with the Clubhouse work-ordered programme"; "Can you describe the type of support you received from other members?"; "How did membership of Clubhouse contribute meaning to your everyday life?". The interviewer used non-directive probes to seek additional detail and description from the participants. Interviews were audio-recorded with participants' consent and later transcribed by one of the researchers (LAK). The duration of the interviews varied from 25 to 120 minutes.

Data analysis

The data analysis was inspired by systematic text condensation as a method for thematic analysis of qualitative data. The analysis performed by both authors included coding the data and consisted of four steps: (1) total impression: attempt to identify the main themes; (2) identify and sort meaning units: themes to codes; (3) condensation: code to meaning, and (4) summarise the significance – synthesis. Finally, patterns across the data were identified and agreed on (Malterud, 2012) – Table 1.

Table 1. Example for data analysis regarding systematic text condensation (Malterud, 2012)			
Meaning units	Condensate	Coding	Theme
Female participant 4: *"To get to a place where you can be yourself… find people you get on well with and it becomes easier to do things, you might get a bit of motivation…"* (P4) Female participant 5: *"Even though I may be having a bad day when I come here, I suddenly see myself standing with an apron on and (laughs) I'm in the kitchen and I'm at work… and that joy of giving and working together with others… it seems like the equivalent of being at work, giving me a backbone. I sort of get a little straighter in my life"* (P5)	To be yourself in a safe and motivating community and be given meaning	Social support	A fellowship promotes belonging

Results

Three main themes with concomitant subthemes were derived from the patterns across the semi-structured in-depth and focus group interviews with supportive notes: (i) *a fellowship promotes belonging* (ii) and *increases belief in one's own skills,* while (iii) *self-decision-making promotes the use of resources.*

A fellowship promotes belonging

Social support was stressed as fundamental in helping persons with mental illness gain reassurance. The factors involved in creating social support are providing information, trust, encouragement, inclusion, hope, and coping mechanisms that address patients' anxieties and fears. Several members mentioned that having a place to go is of great importance for mental health. P1, a man, explained: *"… if it hadn't been for Clubhouse, I would have just sat at home alone and rotted."* P4, a woman emphasised: *"It gives me pleasure to meet others. You can come as you are… I feel joy at work or from the company of others, and a sense of belonging."*

Many members use Clubhouse regularly, but several state that just having the opportunity gives them a sense of belonging. P3, a man, said: *"It has become normal to drop in and say hello to the people I know, and ask for a little help here and there depending on how much I need."*

This sense of belonging applies to several members who use the house as a kind of base where they are always welcome. P7, a staff member, explained: *"There are many members who describe Clubhouse as their second home … the fact that Clubhouse*

is available acts as a sense of security." Another staff member, P8, stressed: *"… there is the opportunity to explore it in a safe environment and something like a circle of safety, and you can also feel … that, ok … do it* (explore) *… until you become more independent and secure."*

Both members and staff further emphasise the significance of acceptance for who you are as an important factor for the experience of belonging in a community. In their statements, the interview participants described how the Clubhouse allows them to leave the space at any time, but also to return. A safe space promotes belonging and the feeling that they belong somewhere and can return to someone, as P9 expressed: *"… you can come back even if you haven't carried out the rules of the herd. You will be corrected for that, but you are still welcome to come back if you want."* P7, a staff member, pointed out: *"… you can just be yourself and work on the things that are important to you without having to put on a facade."*

Creating relationships in a community is also mentioned as important, and several members remarked that they had reduced their social networks before attending Clubhouse. Voluntary membership of Clubhouse is a great way to carefully learn again and to create and maintain relationships with staff and other members.

Increases belief in one's own skills

Several members mentioned that mastering tasks and being cheered on by other members and staff are important when it comes to believing in one's own skills. As P2, a man, explained: *"It makes you feel wanted in Clubhouse, and feel you are good at something!"* He added: *"I become confident in myself … able to*

communicate more easily … stand up for my opinions … and carry out a day's work. They are values I can transfer to other areas of my life." Some members described how they began to grow in the Clubhouse and gradually learned to take on more responsibility and tasks. The process of relearning one's own existence among others is slow, and divided into individual simple steps that move them forward. Members' comments focussed on their experiences of improving their skills and increasing their confidence in their abilities.

P10, a staff member, highlighted a challenge which, in the outside world, contributes to many falling wayside the fold and losing faith that they have something to contribute: "We live in a knowledge society which has managed to ostracise some people because they don't all follow that knowledge regime … but it is just as important to realise that everyone is equal, whether they follow the crowd or not…" After a long absence from ordinary working life, many members have limited confidence in their own ability to work, and some have negative experiences from both their school and working life. Being cheered on is mentioned by staff as a factor that strengthens self-confidence.

Staff work on the principle of teamwork and take on the role of players and coaches. They teach all members to accept failure and find strategies to improve their abilities. Everyone teaches each other not to give up and keep going. Mutual support increases belief in one's own abilities, despite failures.

P6, a woman, confirmed this through her own story; she talks about a situation where she experienced increased belief in her own skills and felt encouragement from a staff member to carry out a work task: "I know, … you can do this and that, and I've heard that you're good at that…" However, P6 did not initially succeed in finishing her task, despite her efforts. A staff member then told her that she would continue to support her to give her the resolve to complete her task and P6 explained: "… then I feel like I've learned something new today. It's a feeling of mastery…" P4, a woman, agreed and said, "… the constructive feedback makes me endure more, meaning I may not necessarily have the time to go back into my depression, but that I get the opportunity to continue with more constructive experiences."

One of the members P3, a man, also tells a story where the experience of coping together with others contributes to a renewed faith in one's own skills: "We travel and give lectures and that is part of how I spend a lot of the day … those trips have given me a lot of mastery … and self-confidence … and built security for myself and how I relate to my own life story and challenges. I have grown a lot from that, and also grown in my everyday (outside) life."

One member of staff underlined the importance of the ability to stand up for oneself in the community and thus influence the belief in one's own abilities. Members move forward, albeit at a slow pace, while simultaneously exploring their own resources and interests along with others and influencing each other. Increasing faith in one's own abilities is the team's business, and this principle is the foundation of the philosophy of providing Clubhouse services.

Self-decision-making promotes the use of resources

Several members have life experiences that have influenced their beliefs in what they are capable of and what they are able to handle. For many, health challenges have also affected their definition of who they are and has set limits in relation to their expectations of their own abilities. P1, a man, described this as follows: "… to slowly build up the belief that you have something to give … maybe dare to move on … then your mental health might improve because the negative part won't gnaw away at you. It has become positive and is now a strength …"

Clubhouses place a lot of emphasis on the resources, and the work-ordered day engages members (which includes staff) in the running of a Clubhouse. The organisation uses the resources that members possess as a bridge to improved mental health, and members become their own building blocks. Giving concrete and constructive feedback and purposeful distribution of work according to the abilities of their members can influence the identity of the individual. P3, a man, explained that the members of Clubhouse "… use a part of you to build yourself up and then you get greater identity security … and … a greater sense of mastery as a much bigger overall picture … these feelings transfer to other aspects of life." A Clubhouse is a place where members carefully learn to live their own life from the ground up and build it themselves. The support that is constantly provided to them in the form of feedback affects self-determination, which further supports the use of their own functional resources. The daily functioning of the Clubhouse is primarily about discovering forgotten skills and rediscovering who you are. Staff member P8 confirmed how attitudes towards their own resources can be influenced by the working community at the house: "Members discover resources from each other because we are together and work together … and they get to know each other as colleagues, and then they see the opportunities and resources …" Several members had not heard anything positive about themselves for a long time, some dropped to the bottom of society and fell through the network of social assistance and services. Through positive experiences, the relationship to oneself gradually changes. Such a change can bring a change in a person's integrity and self-perception, bringing a better perspective in the long run. P5, a woman, pointed out: "… I got to hear nice things and words that you may never have heard which means that, in the long run, you can see what others see."

How one communicates and talks to oneself is also mentioned as important. Changing the mindset of a Clubhouse member using positivity and encouragement in relation to everyday life brings new experiences and enables a constructive change in the way the individual perceives him or herself. This process is important for members as it is a life experience that helps them change the way they think and act. P6, a female, also reflected on the importance of self-decision-making: "… I can take a decision… like wow I'm good … so I don't do it because I have to … I do it because I want to!"

Referring to health issues as 'challenges' and not 'problems' contributed to how one perceives oneself and other. As P2, a man, stressed: "Your diagnosis can be turned into something positive. You manage to make the switch in mindset, for example … that your diagnosis is not a problem, it is perhaps a challenge. You pay close attention to the words you use." Staff member P8 said: "You become each other's role models. You see what others achieve, and through that you also see that when THEY have managed it there is hope for me. You see that self-decision-making is possible for everyone and you see the possibilities for yourself …" Another staff member, P9, supported this opinion and added: "… you get into the community here and find out … there are other people who have similar challenges to you."

Discussion

Our findings highlighted that the participants to be able to handle the demands of their own lives need to increase a sense of trust in their inner resources and closer social outer environment. According to Antonovsky (2018, p. 50), a stress factor can be defined as a life experience characterised by a lack of coherence, overload, and exclusion from participation in

decision-making. How one experiences and copes with stress is individual, but it is known that long-term stress can result in mental health problems such as nervousness, depression, anxiety, and thus poor mental health (Selye, 2013). This, in turn, can have a negative influence on how the person functions in daily life at work, school, during leisure time, and at home. Furthermore, it is known that reduced mental health makes it more demanding for a person to engage in social settings or concentrate on tasks (Samdal et al., 2017). It is reasonable to believe that members reduce their ability to utilise their resources if they have a high level of stress. They cannot think clearly, and the stress takes a lot of energy, both physically and mentally, which reduces the experience of joy, creativity, motivation, and the feeling of coping. The experience of coherence was closely connected with control over job-related demands and affects how one handles work-related stress (Lindstrøm and Eriksson, 2019, p. 50). At Clubhouse, members are allowed to feel that experiencing stress is something they can handle. The members themselves manage which tasks they have the capacity to undertake; space is given to withdraw if the stress load becomes too great, without them having to take responsibility for tasks that are not completed. Stress can also be reduced by being able to work together with others. Feeling confident that one can withdraw when needed, without having to be held accountable, can be interpreted as promoting a sense of security in the work situation, which in turn promotes the courage to dare to challenge oneself in work-related activities, even if one may have experience of not feeling successful. Through coping with challenges over time, one can regard these changes in life as an opportunity for personal development rather than a threat to one's own security (Antonovsky, 2018, p. 59).

A lack of social support in the form of a community will usually mean loneliness (Norwegian Ministry of Health and Care Services, 2020). Loneliness, insufficient social support, and other signs of inadequate relationships are perceived as a challenge for coping with everyday life and a cause of a low quality of life – and in addition, as an outcome requiring independent interest (Barstad and Sandvik, 2015, p. 18). Always having a place to go to in the form of a Clubhouse is important when it comes to preventing loneliness. People with mental health problems are a particularly exposed and vulnerable group because loneliness comes alongside illness and stigma, and loneliness can be both a cause and a consequence of mental illness (Hsueh et al., 2022). Trust, social participation, and support are not guarantees against loneliness and the experience of being on the outside. Loneliness can be perceived as stigmatising; confirming that one feels lonely means admitting a form of "weakness" that one would prefer to hide (Barstad and Sandvik, 2015, p. 18). By being together with other people in the same situation, where one is met with understanding and a feeling of being equal to others, it is natural to believe that the feeling about one's loneliness can change to simply "being alone".

For many, Clubhouses function as an extended family, a support pillar that can be used for the rest of their life. Members feel safe enough to be themselves, develop at their own pace, and create new relationships. Fekete et al. (2021) described how participants experienced acceptance and inclusion from the Clubhouse community, and reassurance that they would receive ongoing and unconditional support. The study also showed that belonging to a Clubhouse community was of great importance and, in addition to a family-like emotional experience, the Clubhouse community promotes a sense of self-worth, optimism, and hope. Furthermore, a study by Halvorsrud et al. (2018) showed that, for some people, becoming a Clubhouse member means going from a previously lonely existence to being part of a community. The fact that loneliness has been associated with objective social isolation, depression, introversion, or poor social skills is described by Cacioppo and Cacioppo (2018). Belonging helps to promote feelings of security. People who can share experiences with each other will be able to get support and care when they need it. Having the opportunity to be able to contribute to a community provides an experience of feeling wanted, and perhaps of being necessary (Smith and Victor, 2018). Belonging to a Clubhouse and receiving support from its working community can thus contribute to members' well-being. According to Antonovsky's theory of salutogenesis, daring to face new challenges in the Clubhouse environment can show the way to better health, which provides a better starting point for further development. Furthermore, the experience of belonging to a community can promote a sense of meaning when faced with challenges, ensuring the member feels the challenges are worth their effort and commitment. Pahwa et al. (2022) describe "belonging" as an experience of being somewhere or with someone and having a role, being respected, and indicate that being understood is important for health, well-being, and security. Social belonging and positive relationships, where people are influenced by comparing themselves with others in a similar situation and have ties to other people, are a source of perceived belonging and of social interaction. These are important coping conditions and suggest that a person has good mental health and a high quality of life (Barstad and Sandvik, 2015). In addition, connecting with other people and loving and being loved are among the psychological nutrients necessary for personal growth, integrity, and well-being.

Creating a community is more than placing people in the same place at the same time. A community is not a state that can be achieved in an instant; rather, it is a continuous process for all participants. Inclusion requires more than introductory words; it is necessary to feel belonging and acceptance (Smith and Victor, 2018). It is reasonable to assume that, for some, the term "community" could be associated with bullying and expectations of achievements with subsequent social anxiety, and consequently it could take time to adjust to a community that does not make demands on achievements. At Clubhouse, everyone is welcome for an unlimited time to rebuild or strengthen the feeling of security in a community, regardless of their diagnosis or life history.

Limitations and future research
There were several limitations to this research. Firstly, this was a qualitative study describing experiential themes; future research would need to determine the quantitative frequency of specific experiences described in this study, as well as the relationship of specific themes to factors like membership length and other key demographics. Secondly, the study involved a relatively small proportion of participants in relation to the total membership of Clubhouses, and it may not be representative of the experiences of members in different Clubhouses. It could be interesting to compare experiences from various geographical parts of Norway. Finally, Clubhouse is an intentional recovery community with a variety of support services and contexts; future research should be focussed on members with minority backgrounds and differences in experience within psychosocial recovery outcomes.

Conclusion

This study explored how members of Clubhouse describe their experience with social support in relation to the salutogenetic approach. The findings from this study confirmed that availability and support from other members (unlimited by time) are decisive factors in relation to the degree of implementation ability when it comes to managing challenging situations. The words "support", "meaning", "self-decision-making", "belief in one's own skills" and "belonging" were emphasised in one form or another by all the participants. Several referred to the Clubhouse as a family. It is also important to be aware of the challenges that can come with belonging to a community, and that it is not a matter of course that belonging to a community automatically eliminates loneliness. Ownership of one's own progression is a prerequisite, where motivation and an inner desire are essential.

„Život už není beznadějný…"

Souhrn

Úvod: Koncept Clubhouse je terapeutická komunita, jejíž členové, včetně těch s duševním onemocněním, stejně jako zaměstnanci, jsou kolegové, kteří bok po boku pracují pro komunitu Clubhouse. Tato kvalitativní studie si klade za cíl prozkoumat zkušenosti členů Clubhouse v Norsku se sociální podporou a využívá salutogenetický přístup.

Metody: Do této studie přispělo deset členů Clubhouse v Norsku; šest osob s duševním onemocněním se zúčastnilo polostrukturovaných hloubkových rozhovorů a čtyři pracovníci se zúčastnili pohovoru v cílové skupině.

Výsledky: Účastníci vyjádřili tři hlavní témata: (i) společenství podporuje sounáležitost, (ii) zvyšuje víru ve vlastní dovednosti a (iii) vlastní rozhodování podporuje využívání zdrojů.

Závěr: Tato studie shrnuje důležitost sounáležitosti, autonomie a participace jako základů zkušenosti se sociální podporou. Budoucí výzkum by se měl zaměřit na členy Clubhouse z menšinového prostředí a na rozdíly ve zkušenostech s výsledky psychosociálního zotavení.

Klíčová slova: členství v Clubhouse; duševní nemoc; Norsko; rozhovor; salutogeneze; sociální podpora

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