

Cultivating hope and inspiring change to promote mental health recovery

WHO WE ARE

Vail Place is a Minnesota nonprofit (501(c)(3)) that provides community-based recovery services, support and resources for adults with serious mental illness. We offer our members:

- ▶ **HOPE** by reconnecting to community.
- ▶ **CHANGE** through healthcare, employment, housing, and social opportunities.
- ▶ **RECOVERY** through education, inspiration and dedication.

WHO WE SERVE

People struggling with long-term, serious mental illnesses including schizophrenia, bipolar disorder, major depression and addiction issues.

WHERE WE ARE

We have two Community Clubhouse locations and two residential housing facilities in the Twin Cities metro area:

- ▶ **UPTOWN CLUBHOUSE** serving SW Minneapolis and surrounding area
- ▶ **HOPKINS CLUBHOUSE** servicing NW Minneapolis suburbs
- ▶ **VAIL HOUSE** group housing facility in SE Minneapolis
- ▶ **VAIL IN THE PARK** apartment complex in St. Louis Park

We also provide home visits or come to other locations within our service area to reach those in need.

WHAT WE'VE ACCOMPLISHED

For over 40 years, **Vail Place** has assisted:

- ▶ over 3,000 people annually.
- ▶ 98% of individuals who sought housing, to obtain it.
- ▶ our clubhouse members to achieve competitive employment rates close to 60% compared to 24% of U.S. adults with mental illness not in supported employment programs.
- ▶ 74% of members receiving our Case Management services to achieve greater independence.

HOW WE SERVE THE BROADER COMMUNITY

By saving lives and dollars:

- ▶ We help people help themselves and contribute to the community, thus reducing costly interventions in hospitalization, homelessness, incarceration, law enforcement and other public resources.
- ▶ We help each person for less than \$6 a day rather than \$2,600 per day/person for psychiatric hospitalization.
- ▶ We help restore broken relationships and build healthy ones within families, with friends, and within the broader community.

HOW WE CAME TO BE

Vail Place – named after Minnesota’s nationally recognized mental health pioneer Dr. David Vail – opened its doors in Hopkins in 1981. Our origins came from the vision and persistence of a small group of individuals with serious mental illness who were released from a New York psychiatric institution in the 1940s. Misunderstood and devalued for their worth in society and potential for recovery, they realized there was no community support available to them or those like them, so they started their own support group called WANA – We Are Not Alone. WANA soon attracted the attention of progressive community leaders and mental health professionals and it grew into the *Clubhouse Movement*, a model of mental health rehabilitation based on helping people manage and control their own lives. Through building a community around them that provided links to relationships, safe and stable housing, employment, access to health care, and other necessary services, they had the ability to engage in a productive, more self-sufficient life. The Clubhouse Model is now practiced in over 300 locations all over the world. Vail Place’s first clubhouse in Hopkins opened its doors in 1981 and in 1988, added a second location in Uptown Minneapolis. As members of the global organization **Clubhouse International**, they are the only accredited clubhouses in Minnesota.