

The Westside Clubhouse: Methadone Client Experience

In early 2025, the San Francisco Department of Public Health Substance Use Services invited Westside Community Services to open its Clubhouse for the Seriously Mentally Ill (SMI) to clients of its Methadone Clinic. Funding was provided to support efforts to recruit Methadone clients, incorporate them into Clubhouse activities, and track their participation, experience, and outcomes. This report details methadone clients' experiences of Clubhouse membership.

What Has Been the Experience of Methadone Clients at the Clubhouse?

As of March 2026, five Methadone clients regularly attend the Westside Clubhouse. All started coming to the Clubhouse by recommendation of a Methadone clinic staff member or client, or a Clubhouse staff member. All have responded to at least one Clubhouse Member Survey, and four have responded to the updated version, released in December 2025. The updated version added questions in the following domains:

- **Social Drivers of Health** – seven items from the CMS AHC HRSN Screening Toolⁱ, including housing status and need for employment assistance
- **Quality of Life** – 16 items (entire scale) from the Quality of Life Enjoyment and Satisfaction Questionnaire – Short Form (Q-LES-Q-SF)ⁱⁱ
- **Self-Efficacy** – 10 items (entire scale) from the Generalized Self-Efficacy Scaleⁱⁱⁱ

Demographic Characteristics

- **Age:** Ranges from 34 to 64
- **Marital Status:** Two living with partner, three never married
- **Education:** 60% have a high school diploma, 40% have an associate's degree or some college
- **Employment:** None are employed
- **Housing:** All have a steady place to live

Social Drivers of Health (SDOH)

- Two clients would like help finding work, two would not (one has not answered yet)
- **Range of SDOH positive screening rates and topics**
 - The highest number of social drivers a client screened positive for was 3 out of 7 (wanting help finding work, housing problems such as pests, and lacking transportation access)
 - The lowest number of social drivers a client screened positive for was 0 out of 7
 - The most commonly reported social driver was housing issues (such as mold/pests)

Quality of Life and Self Efficacy

- Reported quality of life and self-efficacy varied greatly among members

Loneliness

- 80% of clients reported the lowest possible loneliness score (3) on their last survey
- All clients who have responded to the loneliness scale multiple times and scored above 3 on their first survey have reported their loneliness has decreased over time

The Westside Clubhouse: Methadone Client Experience

Client Participation at the Clubhouse

Clients from the Methadone Clinic have been members of the Clubhouse for over a year now and have contributed greatly to the community. They all agree that the Clubhouse has helped them:

- Enjoy socializing with and getting to know other members
- Develop interests in Clubhouse activities and work units
- Take care of themselves and manage their substance use

Recent Clubhouse Activities that Clients Enjoyed Participating In

Holiday Program

Poetry

Ceramics

Healing Circle with Mattie Scott

Bingo

Overwhelmingly, clients have reported appreciating the people—both members and staff—at the Clubhouse.

“Yes - helps person not succumb to isolation. Gets people in motion and helps them stay in motion.”

“I tell my friends in the methadone program they ought to come with me here.”



“...peaceful friendly very mellow. Helps me to stay calm and not use drugs.”

“I am a people person. I like being around people. This clubhouse is different. People here respect you, people want me to be happy.”

ⁱ The Accountable Health Communities Health-Related Social Needs Screening Tool. <https://www.cms.gov/priorities/innovation/files/worksheets/ahcm-screeningtool.pdf>

ⁱⁱ Endicott J, Nee J, Harrison W, Blumenthal R. Quality of Life Enjoyment and Satisfaction Questionnaire: A New Measure. *Psychopharmacology Bulletin* 1993;29:321-326.

ⁱⁱⁱ Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-NELSON.