

Amplifying Equity and Well-Being: How Westside Clubhouse Addresses Social Drivers of Health

Executive Summary

Health outcomes depend heavily on the conditions in which people live, learn, work, and age. For individuals living with serious mental illness (SMI), non-clinical barriers—such as housing instability, food insecurity, and low financial security—frequently disrupt well-being and lead to expensive, frequent healthcare utilization.

Since 2023, Atlas Clarity has tracked member¹ outcomes at Westside Clubhouse. In December 2025, seven survey questions were introduced to capture members' Social Drivers of Health (SDOH) needs.

The initial findings demonstrate both the intense vulnerabilities of Westside's members and the direct, measurable impact of Westside's peer-driven, low-barrier support model. By functioning as a comprehensive hub for daily SDOH intervention, Westside Clubhouse bridges critical gaps in the public health safety net, stabilizing high-risk community members at a fraction of clinical care costs.



Member Demographics and Baseline Needs

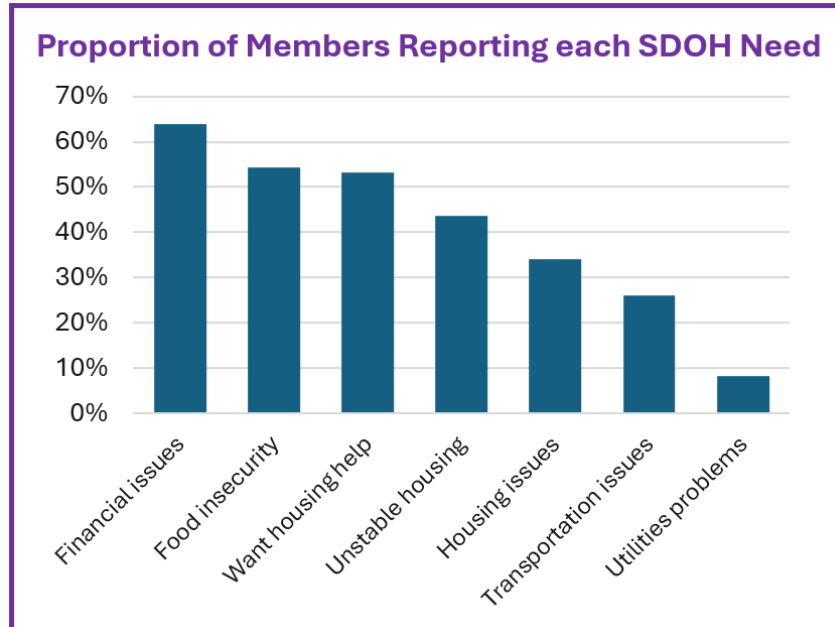
Between December 2025 and July 2026, 48 Westside members completed the SDOH items in the member survey.² These data offer critical visibility into a high-need population navigating intersecting systemic challenges:

- **Age & Diversity:** Members range in age from 24 to 69. The community is racially diverse—35% White, 19% Black, 19% Multiracial, and 13% Asian—with women representing 50% of respondents.
- **Justice & Employment History:** Just over 50% of members have a history of incarceration. 73% are unemployed³, leading to financial strain, exacerbated anxiety and depression, and reduced access to healthy food and medical care.⁴
- **Clinical Vulnerabilities:** All surveyed members live with SMI, most commonly anxiety, depression, substance use disorder, schizophrenia, schizoaffective disorder, and bipolar disorders.
- **Social Isolation:** 69% of members report feeling socially isolated "some of the time" or "often." (Historical evaluation data indicate that longitudinal attendance at Westside reduces social isolation over time.)

Prevalence of SDOH Needs

The majority of surveyed members face multiple overlapping non-clinical stressors:

- **87.5%** (n = 42) screened positive for at least **one** SDOH need.
- **54.0%** (n = 26) screened positive for **three or more** co-occurring SDOH needs.



Top Reported SDOH Needs

1. **Financial Stress:** Over 60% of members experience financial hardship when trying to meet basic needs. That number rises to 80% among retired members.
2. **Food Insecurity:** Over 50% of members frequently worry that food will run out before having funds to purchase more.
3. **Wanting/needing help with their housing:** Over 50% actively need help finding stable housing or navigating uncertain living arrangements.

Program Impact: Addressing Social Drivers of Health in Real Time

Westside Clubhouse addresses these self-reported needs through an accessible, culturally responsive, and community-driven model. Rather than relying solely on traditional institutional case management, Westside leverages unit meetings, peer navigation frameworks, and flexible immediate aid.

1. Financial Security & Literacy

- **Peer Knowledge Exchange:** Morning unit meetings serve as daily solution-sharing forums. For example, older and disabled members actively coach peers through the application process for discounted public transit cards (e.g., Clipper cards), immediately reducing daily travel costs.
- **Capacity Building & Micro-Enterprise:** Partnering with JP Morgan / Chase, Westside offers financial literacy workshops twice per year. The Clubhouse also serves as an incubator for member micro-enterprises. One member who sells handmade body lotions and oils sought out help marketing her products. Members made signs,

product labels, and other marketing materials for her goods. She later reported that she sold more products than ever at a local market!

2. Food Security & Immediate Nutrition

- **Daily Meal Service:** Westside provides daily breakfast and member-cooked lunches. To support members with inadequate kitchen infrastructure, the Clubhouse offers packaging for meals to be taken home for dinner.
- **Low-Barrier Emergency Food Pantry:** Unlike rigid traditional food banks, Westside operates an accessible, zero-barrier pantry stocked with easy-to-prepare non-perishables.

Quantifiable Impact: Between December 2025 and July 2026, Westside distributed over 1,500 lbs. of food to members through the pantry, directly addressing an immediate need.

3. Housing Stabilization & System Navigation

- **Navigating Systems:** Westside provides a safe space equipped with internet and phone chargers—preventing members from becoming "lost" to housing authorities—and regularly hosts external housing experts to guide members through complex voucher and unit application processes.
- **Direct Intervention:** When a member faced eviction due to a failed 30-day public housing inspection, Clubhouse staff immediately stepped in, purchasing shelving units and storage containers. The member passed reinspection and successfully maintained her housing.

Strategic Value & Public Health Opportunities

The data highlight areas where local safety-net systems and Clubhouses successfully mitigate risk:

- **Utility & Transportation Stability:** Members reported low rates of utility and transit crises. Affiliation with Westside Community Services enables seamless access to integrated on-site case management.
- **Dynamic Needs Tracking:** Ongoing evaluation allows Westside leadership to continuously adapt internal programming, share real-time trends with co-located clinical case managers, and deploy target resources rapidly as community needs shift.

Conclusion

Westside Clubhouse serves as an essential public health partner. By embedding continuous SDOH **screening** into a supportive, community-based environment, Westside converts raw data into immediate, human-centered **action**: stabilizing housing, relieving hunger, and rebuilding financial agency for individuals living with serious mental illness. Continued investment in Westside guarantees sustained, cost-effective interventions to address members' financial security, food security, and housing security.

¹ "Member" is the term used to describe a person living with serious mental illness who attends Westside Clubhouse programs. For more information, see <https://www.westside-health.org/clubhouses>

² CMS AHC Health-Related Social Needs (HRSN) Screening Tool. Available at: <https://www.cms.gov/priorities/innovation/files/worksheets/ahcm-screeningtool.pdf>

³ Among non-retired members.

⁴ Yang Y, Niu L, Amin S, Yasin I. Unemployment and mental health: a global study of unemployment's influence on diverse mental disorders. *Front Public Health*. 2024 Dec 13;12:1440403. doi: 10.3389/fpubh.2024.1440403. PMID: 39735766; PMCID: PMC11672120.