

August 2025

Promoting Mental Health, Social Inclusion, and Recovery Across Europe: The Clubhouse Model



Clubhouse Europe

Changing the World of Mental Health

Dear EUCOMS Members and Friends,

As summer winds down, we're excited to share the latest updates, collaborations, and upcoming events shaping our network and the broader field of community mental health in Europe and beyond.

In this edition, we are proud to feature Clubhouse Europe, a Full Participant of EUCOMS, and their powerful article highlighting how the Clubhouse model serves as a pathway to inclusion, recovery, and stigma reduction. With a deep alignment to EU mental health priorities, this model is transforming communities across the continent.

We also share inspiring insights into the story of Emily Adamberry Olivero MBE, a lifelong mental health advocate and Chair of Clubhouse Europe, whose dedication continues to empower countless individuals.

Looking ahead, we bring you all the details about the upcoming Lille Congress (Nov 2025) and the September EUCOMS Webinar on Addiction, showcasing complex support for people navigating addiction in Romania.

Topics

Clubhouse Europe joins
EUCOMS – spotlight on
recovery and inclusion

Meet Emily Adamberry
Olivero MBE – a lifetime of
mental health advocacy

Save the Date: September
Webinar on addiction and
complex support in Romania

Explore the upcoming Public
Mental Health Congress in Lille
– in partnership with EUCOMS

The EUCOMS network offers a unique opportunity to engage with leading voices in mental health, and we're thrilled to introduce Clubhouse Europe, a subsidiary of Clubhouse International, as an ally in promoting inclusion, community-based care, and recovery-oriented practices across Europe. Clubhouse Europe's core values align closely with the European Union's mental health focus areas, and our model shows significant potential for reducing mental health stigma and promoting social inclusion across diverse cultural landscapes.

The Clubhouse Model

A Pathway to Social Inclusion and Recovery

At the heart of Clubhouse Europe's mission is a commitment to social inclusion. The Clubhouse model, established over several decades, provides a supportive environment where individuals experiencing mental health challenges can find community, purpose, and mutual support.

Unlike traditional mental health services that focus primarily on clinical treatment, Clubhouses are designed as vibrant communities where members can actively participate in daily operations, contribute to meaningful work, and develop social connections.

The Clubhouse model supports recovery-oriented practices by fostering an environment where members are respected as equal partners in their recovery journey.

This approach moves beyond symptom management, encouraging individuals to rediscover personal strengths, build resilience, and develop new life skills. By promoting agency and empowerment, the Clubhouse model has a profound impact on members' self-esteem, overall well-being, and long-term recovery outcomes.

Compatibility with EU Policy Frameworks

on Mental Health

The European Union has increasingly emphasized the importance of community-based mental health care, social inclusion, and strategies to reduce stigma. Clubhouse Europe is aligned with these EU policy priorities, providing an example of community-based care that emphasizes inclusion, personal growth, and active participation within a supportive social structure.

By positioning members at the centre of operations and focusing on shared responsibilities, the Clubhouse model combats the isolation often experienced by those with mental health challenges. Additionally, as Clubhouses focus on work, education, and personal relationships, they foster reintegration into society, breaking down the barriers and prejudices that individuals with mental health issues frequently face.

Reducing Stigma and Social Exclusion through the Clubhouse Model

Mental health stigma and social exclusion remain pervasive challenges throughout Europe, often discouraging individuals from seeking the support they need.

The Clubhouse model actively counters stigma by providing a community that embraces individuals' strengths and potential rather than focusing on illness or limitations. Clubhouses foster a sense of belonging, where every member is valued and supported in their personal goals.

By encouraging social interaction, creating opportunities for personal achievement, and promoting awareness, Clubhouses across Europe help dismantle stereotypes surrounding mental illness and demonstrate the resilience and capabilities of those who experience it.



Flexibility to Adapt Across Cultural and National Contexts

One of the Clubhouse model's strengths is its adaptability across different national and cultural settings. Clubhouses have successfully launched in diverse communities worldwide, proving that the model can respond to unique cultural needs while remaining true to its core principles. This flexibility makes it an ideal complement to the EU's goals of creating inclusive societies that respect and address the particular needs of each region.

In countries with varied healthcare systems, resources, and cultural approaches to mental health, the Clubhouse model has demonstrated that it can be shaped to meet local conditions without compromising its core mission. Whether in urban centres or smaller communities, Clubhouses provide welcoming environments tailored to support members in meaningful and culturally relevant ways.

Building a Foundation for Inclusive Societies in Europe

In alignment with the EU's mental health focus, Clubhouse Europe offers a scalable, community-centred approach that could contribute significantly to building more inclusive societies across Europe. Our vision is one of shared progress, where communities work together to ensure that individuals with mental health challenges have equal opportunities to thrive, contribute, and be seen as valuable members of society.

The Clubhouse model is more than a support system—it's a pathway toward a more inclusive Europe where mental health challenges are met with compassion, understanding, and shared responsibility. We look forward to collaborating with the EUCOMS network and other stakeholders to further the mission of creating inclusive, supportive communities that embrace diversity, promote resilience, and recognize the inherent potential in all individuals.

We invite EUCOMS members to connect with Clubhouse Europe, explore collaboration opportunities, and join us in advancing a future where everyone, regardless of mental health status, has a voice, a purpose, and a place in society.





Emily Adamberry Olivero
Chair of ClubHouse Europe

A Lifetime of Advocacy for Mental Health

For over 60 years, Emily Adamberry Olivero MBE has been immersed in the world of mental health. Her journey began at the tender age of six when her eldest brother, then 16, became mentally ill and was admitted to a lunatic asylum in Gibraltar. As the sixth of eight siblings, Emily has personally experienced the challenges of mental illness—she and three of her brothers were diagnosed with bipolar disorder.

The stigma surrounding mental illness significantly impacted her self-esteem and personal development, but it also ignited a passion for advocacy. Witnessing her three brothers endure outdated psychiatric treatments, all of whom tragically died prematurely at 44, 54, and 57, fueled her determination to make a difference.

Emily became a caregiver for her brothers and gained invaluable insight into the effects of mental health treatments. After her own mental health crisis following the birth of her first child, she developed the confidence to advocate for better care. In 1992, she joined “The Group,” a mental health support initiative, and soon became a driving force for change. This led to the founding of the Psychological Support Group in 1993, providing free access to Gibraltar’s only practicing clinical psychologist at the time. Emily chaired this charity for 20 years, creating a safe platform for self-help and awareness.

In 2009, her dedication was recognized when King Charles III (then Prince Charles) awarded her an MBE for her outstanding contributions to mental health. That same year, inspired by the Clubhouse model at an international seminar in Florida, Emily founded Clubhouse Gibraltar in 2011. This vital resource continues to empower individuals on their recovery journey. Even after retiring as CEO in 2022, she remains actively involved as Chair of the Board of Trustees.

Emily has also contributed to the Clubhouse movement across Europe, serving on the Clubhouse Europe board since 2014 and being elected Chairperson in 2023. While the network currently includes 90 Clubhouses in 20 European countries (and 360 Clubhouses globally across 35 countries), Emily aspires to foster stronger connections among European Clubhouses. Her vision includes significant fundraising to provide robust support for existing Clubhouses and to develop new ones, ensuring the transformative power of the model reaches even more communities.

Emily balances her advocacy with a fulfilling personal life. She adores spending time with her two grandchildren, aged 1 and 4, often exploring parks or plane spotting at the airport. A creative cook, she delights in preparing meals like Sunday roasts and stews. In the evenings, she unwinds by participating in solitaire competitions, a relaxing end to her action-packed days.

Her favorite school subject, mathematics, continues to influence her life philosophy: "I have no time for problems—only solutions." This mindset has guided her in supporting individuals navigating mental health challenges, helping them find hope and empowerment.

Emily's unwavering dedication to mental health advocacy inspires people far beyond her homeland. She attends Clubhouse International World Seminars and conferences across Europe, spreading the transformative message of the Clubhouse model. Her vision is clear: to ensure that everyone affected by mental illness can access the respect, hope, dignity, and opportunities that Clubhouses provide.

If you share Emily's passion for mental health and the Clubhouse model, she would love to connect. Reach out to her at **Clubhouse.europe.chair@gmail.com**



Clubhouse Europe

Changing the World of Mental Health

ADDICTION IS NOT CRIME:

Complex Support for
People with Addiction
in Romania



Dr. Ovidiu Alexinschi, MD, PhD

President – Bridging Eastern and Western Psychiatry Romania; Coordinator – National Addiction Medicine Certification Program; Senior Psychiatrist – “Socola” Institute of Psychiatry, Iași; Associate Lecturer – UMF Gr. T. Popa Iași



Anca Nicoară

Probation Counsellor, Suceava Probation Service, Ministry of Justice; Former Head of Department, Suceava Probation Service; Trainer & Facilitator in Correctional Programs (ICPM, CSC Canada)



Gabriela Sofronia Jucan

Probation Counsellor, Suceava Probation Service, Ministry of Justice; Psychologist; Psychotherapist in supervision; Expert in correctional program implementation with CSC Canada



Diana Ioneac

Clinical Psychologist and Psychotherapist; Coordinator of Outpatient and Residential Services – ALIAT Clinic



Marieke Noort – special guest

Senior Peer Expert, GGZ Noord-Holland-Noord (Netherlands); Specialist in recovery support for addiction and depression; Trainer and facilitator at the GGZ NHN Recovery Academy

Learning From Each Other Webinar Series

Register now at:

<https://bit.ly/AddictionIsNotCrime>

Program Highlights

Opening & Closing by
person with lived
experience from
Netherlands

Addiction medicine skills
training program for
psychiatrists. First-of-its-
kind experiences in
Romanian medicine

Creativity and innovation
on improving drug use
prevention for teenagers.
What really works?

The Correctional Program
ICPM Multitarget – a great
experience in using
specific techniques with
the addicted offenders

Post-Treatment Therapy
and the Multidisciplinary
Therapeutic Approach to
Addiction



24 September 2025



19:00 - 20:30 CET



Zoom Webinar

www.euoms.net



This webinar is part of the EUCOMS Network's "Learning from Each Other" series, and is organised in collaboration with the NoAddict Clinic Iași, ALIAT Clinic Suceava, Psychiatric Hospital Siret, and GGZ Noord-Holland-Noord (Netherlands).

In Romania, substance use continues to be both criminalised and heavily stigmatised. Despite these legal and cultural barriers, professionals across the country are pioneering innovative approaches to addiction prevention, treatment, and recovery—often under the radar and with limited public recognition.

Join us for an inspiring conversation on how multidisciplinary teams and individuals with lived experience are reshaping addiction care in Romania. This webinar will highlight creative youth prevention methods, new therapeutic models in probation and correctional services, post-treatment recovery support, and the country's first national certification program in addiction medicine for psychiatrists.

We are proud to feature professionals from probation, psychiatry, psychology, and peer expertise—sharing real stories of change from within the system.

Speakers:

- Marieke Noort – Senior Peer Expert, GGZ Noord-Holland-Noord (Netherlands): Opening & Closing Reflections
- Dr. Ovidiu Alexinschi, MD, PhD – Senior Psychiatrist, Socola Institute of Psychiatry: Addiction medicine skills training program for psychiatrists. First-of-its-kind experiences in Romanian medicine
- Anca Nicoară – Probation Counsellor, Ministry of Justice: Creativity and innovation on improving drug use prevention for teenagers. What really works?
- Gabriela Sofronia Jucan – Probation Counsellor & Psychologist: The Correctional Program ICPM Multitarget – a great experience in using specific techniques with addicted offenders
- Diana Ioneac – Clinical Psychologist & Psychotherapist, ALIAT Clinic Suceava: Post-Treatment Therapy and the Multidisciplinary Therapeutic Approach to Addiction



REGISTER HERE



Join the Public Mental Health Congress 2025 in Lille

We are pleased to invite mental health professionals, service users, researchers, policymakers, and advocates from across Europe and beyond to the Public Mental Health Congress, taking place from 5–7 November 2025 in Lille, France.

The event is organized by the French Public Health Society (SFSP) and the WHO Collaborating Centre for Research and Training in Mental Health in Lille, in partnership with EUCOMS Network.

A European Gathering With Full English Access

While the congress takes place in France, English-speaking participants are fully welcomed:

- A comprehensive English-language program is available throughout the congress
- All EUCOMS-led sessions will be in English
- Plenary sessions will include simultaneous translation into English

Whether you're attending to connect with peers, share your expertise, or learn from leading innovations in public mental health, this is a space where international voices and diverse perspectives meet.

Why Attend?

This congress will bring together hundreds of participants to explore population-level approaches to mental health, focusing on:

- Community-based services
- Recovery-oriented care
- Mental health promotion
- User and carer involvement
- Policy innovation and intersectoral collaboration

EUCOMS will contribute to several sessions and symposia, reflecting our commitment to inclusive, integrated mental health systems grounded in lived experience and community leadership.

👉 [Download the English Program](#)

📝 Register now via the SFSP Congress Portal:

👉 <https://www.congres.sfsp.fr/inscription/>

- The standard public registration fee is €540.
- EUCOMS Full Participants benefit from a special discounted rate of €190. If you are not yet a Full Participant in the EUCOMS network, this discount does not apply.

To learn more about joining EUCOMS as a Full Participant, please [contact us](#).

👉 Be Part of the Movement

The Public Mental Health Congress 2025 is more than an event—it's a collective step toward a future of inclusive, person-centered, and community-based mental health care across Europe.

We warmly invite you to join us in Lille and take part in shaping the future of public mental health.

More details at: <https://www.congres.sfsp.fr/>



[Click here to review the previous and future webinars](#)

DO YOU WANT TO BECOME A PARTNER?

That is possible! Becoming a partner or collaborator is open for individuals and organisations that provide or support services for people affected by mental illness. For more information and to register please click the link below.

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