

RAINBOW Center
serves...

The RAINBOW Center serves people with mental illnesses that include Schizophrenia, Bipolar and Major Depression.

An average of 30 members attend the club each day

Anyone from Polk County is eligible for services

Anyone 18 years of age or older can become a member

The RAINBOW Center is accessible to people with other disabilities, as long as they have a primary diagnosis of a mental illness

Facts about the RAINBOW Center

Opened in 1989, started by a group of consumers

Moved to its present location in 1995

Currently has five full time staff, two less than in previous years, with staffing cuts due to decreased funding

Volunteers include Board Members and students from colleges in the greater Des Moines area doing short-term internships

RAINBOW Center funding comes from...

- Medicaid*
- Polk County*
- State of Iowa*
- Donations (from individuals, corporations and grants)

* Billed based on member attendance, not given in blocks

Responsible
Adults
Investing and
Networking to
Better
Optimize
Wellness

The RAINBOW Center
Gateway to Clubhouse
Meeting

A Clubhouse is...

- a place to focus on abilities, not disabilities
- a place to belong and to have a voice
- an opportunity to do productive work, improve your skills and your self-confidence
- a chance to work with other people and to develop relationships
- a road to returning to paid work
- a place to belong with lifetime membership

The Clubhouses Movement is...

- an international community that seeks to remove barriers of stigma, dependency and isolation
- an international human rights effort
- a social movement—developing clubhouses, creating opportunities for recovery

Certification

- The RAINBOW Center is the only certified clubhouse model program in the State of Iowa
- The certifying body is the International Center for Clubhouse Development (ICCD)
- The ICCD is made up of 331 programs located in 27 countries throughout the world, with 197 programs in the United States
- We have received the highest level of certification each of the four times we have gone through certification

RAINBOW Center

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Facts about mental illness:

- Mental illnesses are biologically-based brain disorders. They cannot be overcome through “will power,” and are not related to a person’s “character” or intelligence.
- Mental illness is treatable. Recovery is possible through a combination of support, education, medication and programs – like the RAINBOW Center clubhouse.
- More than 1 in 4, or 26.2% of Americans, ages 18 and older, suffer from a diagnosable mental disorder in a given year.
- Mental illnesses are more common than cancer, diabetes and heart disease and affect people of any age, race, religion or income.
- People with a mental illness are 2.5 times more likely to be the victims, rather than the perpetrators of violence.
- Research has shown that there is no difference between the productivity of workers with and without mental illness. However, roughly 80-90% of people with serious brain disorders like mental illness are unemployed.
- Up to 40% of workers will experience a mental disorder during their working lives.
- 18% of people do not seek treatment because they are too afraid to ask for help.