



Schizophrenia Support Groups Referral Criteria & Outcomes

Led by Andi Bengis – Occupational Therapist

Andi's Clubhouse offers occupation-based group support for adults living with schizophrenia or related psychotic disorders, with a focus on function, independence, and quality of life.

Referral Criteria

- Diagnosis of schizophrenia or related psychotic disorder
- Medically stable and engaged in ongoing psychiatric care
- Able to participate in a small, structured group setting
- Difficulties with daily functioning, routine, or social participation
- Would benefit from occupation-based intervention alongside medical and psychological care

Exclusion / Caution Criteria

- Acute psychosis requiring immediate intervention
- Behavioural disturbance that compromises group safety
- Inability to engage in group work even with support
- Requirement for intensive one-to-one or inpatient-level care

Complex referrals are welcomed and may be discussed prior to enrolment.

Intended Outcomes

- Improved independence in activities of daily living
- Increased routine, structure, and meaningful time use
- Improved social participation and communication skills
- Greater insight into illness patterns and early warning signs
- Strengthened self-management and medication adherence strategies
- Reduced isolation and increased confidence and agency

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