|  |
| --- |
| **Title of Research Presentation** (Sentence case)  Understanding the role of mental health Clubhouses in promoting wellness using Pilinahā – an indigenous framework for health |
| **Maximum 2500 characters (including spaces but excluding title)**  **Background/Objectives**  Individuals with severe and persistent mental illness face a variety of challenges to their health, wellness, and quality of life. Many of these are perpetuated by discrimination related to mental illness, and intersect with historical and current prejudices determined by race and class (Gray, 2012). In order to improve systems and services for ethnically diverse individuals with mental illness, we need to include them in the discussion and to uplift and incorporate their perspectives (Nelson, Kloos, & Ornelas, 2014). To that end, the purpose of this research is to identify and share mental health Clubhouse member’s views on drivers of recovery and wellness.  **Methods**  This research was conducted following a community-based participatory research methodology, and involved an ethnically diverse group of 34 Clubhouse members from four Clubhouses on the island of O`ahu. Following a Photovoice process, members chose a topic of interest, were assigned cameras and taught how to use them, and shared photographs in a focus group format. Thematic analysis of photos and focus groups was conducted by multiple coders using NVivo 11 to identify core aspects of wellness and recovery. Analysis was both inductive and deductive as results aligned closely with Pilinahā, an indigenous framework for health (Odom, 2017).  **Results**  The Pilinahā framework was used to organize and present emergent themes. Pilinahā has four main elements that are vital for health and healing: connection to place, connection to others, connection to past and future, and connection to your better self. Results illustrate how aspects of self, place, reciprocity, community, culture and the Clubhouse promote wellness among members.  **Discussion**  This research contributes unique perspectives on health and wellness that are driven by the participants and grounded in cultural knowledge. As such, it has the potential to improve health systems for those they serve.  **Keywords**  Wellness, community mental health, mental illness, recovery, Native Hawaiian health |