



CIMH Webinar Series

Wellness Centers and Peer-Driven Programs

◆ Session # 2- Wellness Centers: Models and Programming

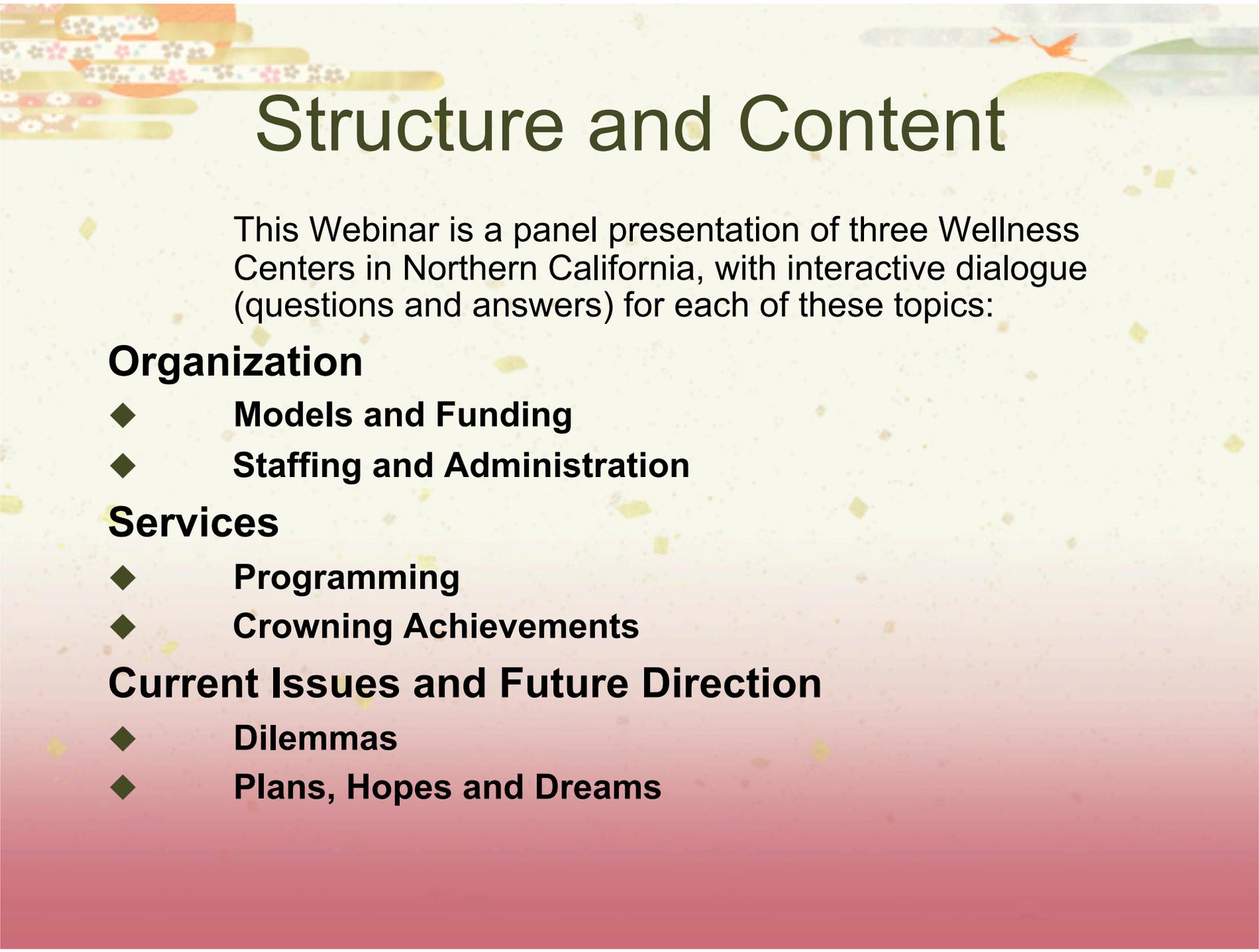
Facilitator: Anne MacRae, PhD, OTR/L, BCMH, FAOTA
Occupational Therapist and Project Consultant (TCBHS)
Professor of Occupational Therapy, San Jose State University

Panel

Marlinda O'Diear & Boe Anna Gorsuch Milestones Wellness
Center (Trinity County) milestoneswellness@yahoo.com

John Stapp Second Home Drop-In Wellness Center (Shasta
County) secondhome@nvcss.org

Amy Breckenridge & Susan Standen Wellness and Advocacy
Center (Sonoma County) abreckenridge@gire.org



Structure and Content

This Webinar is a panel presentation of three Wellness Centers in Northern California, with interactive dialogue (questions and answers) for each of these topics:

Organization

- ◆ **Models and Funding**
- ◆ **Staffing and Administration**

Services

- ◆ **Programming**
- ◆ **Crowning Achievements**

Current Issues and Future Direction

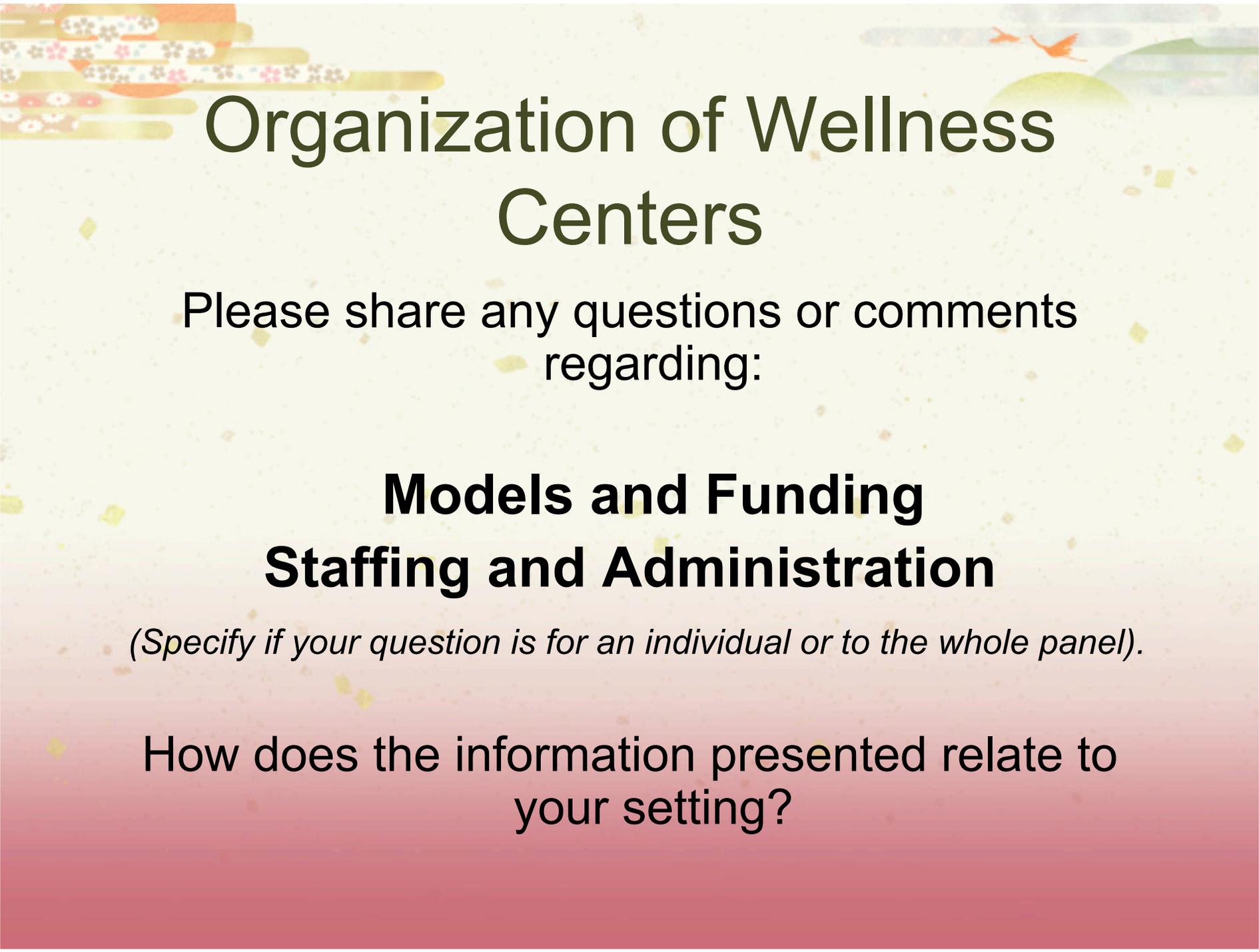
- ◆ **Dilemmas**
- ◆ **Plans, Hopes and Dreams**

Models & Funding (Organization)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none">• Weaverville• Located within the agency in a separate living room atmosphere• Membership model for adults• MHSAs Funded	<ul style="list-style-type: none">• Redding• Located in downtown area• Volunteer participation for people 16 and older• MHSAs funded through SCHHSA with additional donations	<ul style="list-style-type: none">• Santa Rosa• Separate setting surrounded by nature and open space• Membership model for adults• MHSAs Funded

Staffing and Administration (Organization)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none">•Peer Board of Directors•Two paid peer counselors•MHSA coordinator•OT consultant•Peripheral role of MH & AOD clinicians (referrals)•Volunteers	<ul style="list-style-type: none">•NVCSS (Fiscal)•Board of Directors (Program)•Program manager<ul style="list-style-type: none">•Program assistants•Consumer advocates•Advocacy coordinator<ul style="list-style-type: none">•Greeter•Volunteers	<ul style="list-style-type: none">•Goodwill Work Force Development (fiscal)•100% consumer operated<ul style="list-style-type: none">•10 paid employees•Approximately 30 volunteers



Organization of Wellness Centers

Please share any questions or comments regarding:

Models and Funding Staffing and Administration

(Specify if your question is for an individual or to the whole panel).

How does the information presented relate to your setting?

Programming (Services)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none">•Light case management and peer counseling•Life skills, leadership, and WRAP groups•Social outings•Special interest groups (e.g. crafts, cooking, reading, creative writing)•Cultural events	<ul style="list-style-type: none">•Computers•Support groups (e.g. dual diagnosis, trauma and grief)•Life skills, leadership, 12 step recovery, and WRAP groups•Recreational and art groups (e.g. Beading, movies, Karaoke)	<ul style="list-style-type: none">•Peer Counseling•Computer Lab•Art Program•Three Community Gardens•Educational Forums•Recreational Activities•Self Advocacy Training•Music Jam Sessions

Crowning Achievements (Services)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none">•Sponsors community events for “May is Mental Health Month” and cultural awareness celebrations•Statewide attention with its Innovation plan, the Milestones Outreach and Support Team (MOST), created to provide peer support to consumers who were admitted to the respite bed. (Program now expanding)	<ul style="list-style-type: none">• From a consumer recovery standpoint: A wellness center which is 80% staffed by consumers who have a voice in how the program is ran and managed. Second Home truly feels like a “Second Home”• From a program standpoint: Our black box theater and the Second Home Players.	<ul style="list-style-type: none">•Educating the client community•Publication of a Literary Journal•Creating a safe, stable, welcoming environment•Reducing stigma through outreach, speaker presentations, and art shows.•Creating a positive, recovery-oriented workplace.



Services within Wellness Centers

Please share any questions or comments regarding:

- ◆ **Programming**
- ◆ **Crowning Achievements**

(Specify if your question is to an individual or to the whole panel).

How does the information presented relate to your setting?

Dilemmas

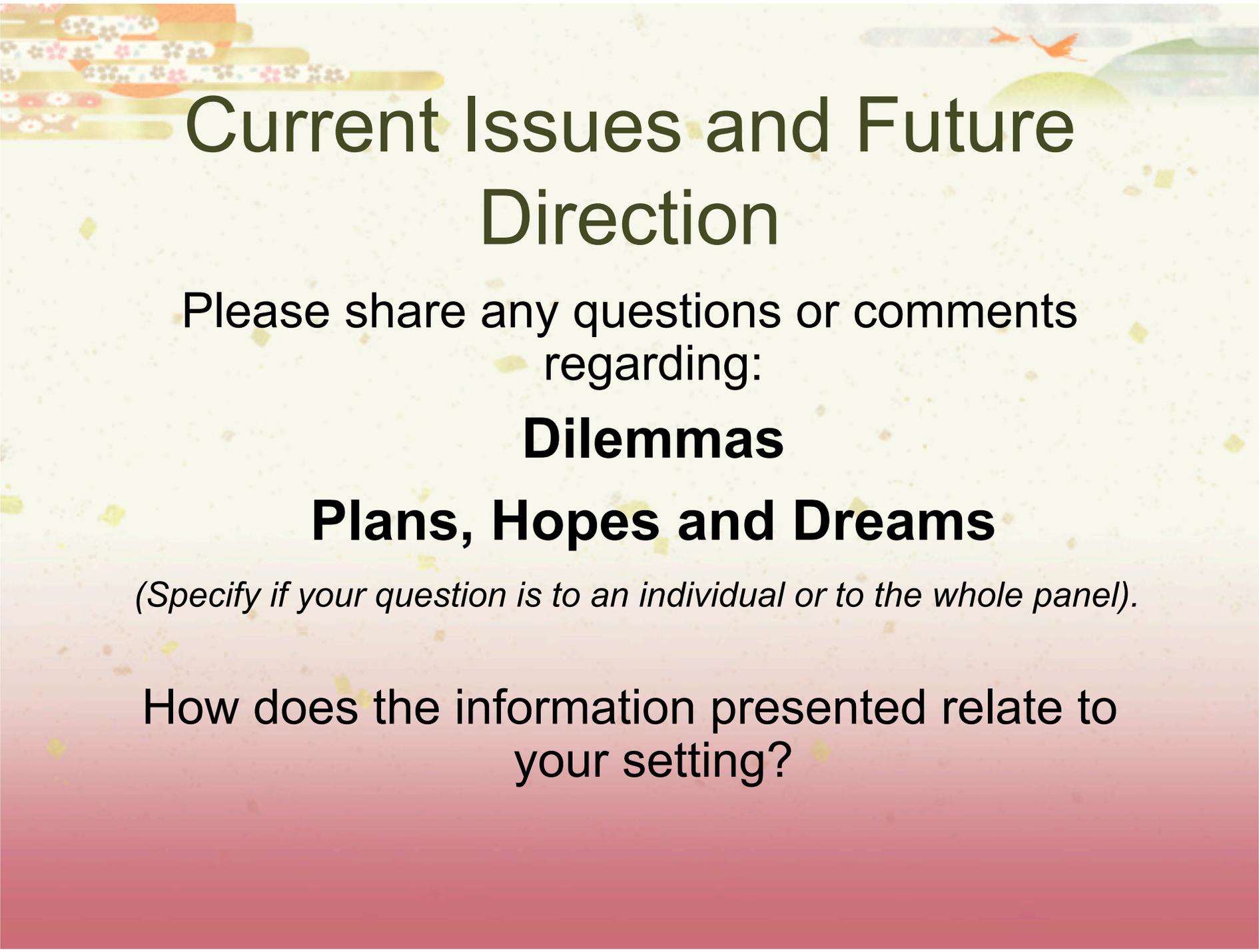
(Current Issues and Future Direction)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none">• Limited Resources <p>Access (transportation)</p> <p>Staff</p> <p>Funding (expansion)</p> <ul style="list-style-type: none">• Need for ongoing education/advocacy regarding conflicts between “traditional” and “wellness” focus	<p>•FUNDING</p> <ul style="list-style-type: none">• Ignorance and stigma• Community awareness	<ul style="list-style-type: none">• Need to educate the general public about the positive effects of self-help vs. stigma• Need additional funding to create more programs and offer staff a living wage• Need funding to create better outreach and education through social media outlets

Plans, Hopes and Dreams

(Current Issues and Future Direction)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none">•Achieving 501C status (non-profit)•Milestones members being active at the state level•Being able to provide more in depth and meaningful trainings•Continue to develop and offer more educational and recreational activities	<ul style="list-style-type: none">•(Hope) Not to worry about our dilemmas!•Continue to develop a consumer workforce who wants to work for agencies, cities, counties and states.•Improved housing advocacy and support for consumers.	<ul style="list-style-type: none">•Increase coordination among agencies which share common goals.•Develop more groups and classes (such as dance and budgeting)•Inform more people in the community about our services-widen our outreach.•Become our own 501C (non-profit)



Current Issues and Future Direction

Please share any questions or comments regarding:

Dilemmas

Plans, Hopes and Dreams

(Specify if your question is to an individual or to the whole panel).

How does the information presented relate to your setting?

Closure

Any questions/final comments?

Action Plan

- ◆ *What can we do to sustain Wellness Models?*
- ◆ *What resources do you need?*
- ◆ *How can we share knowledge and resources more effectively?*

Future Webinars

April 27th -Employees with Lived Experience within County Systems

May, 18th - Sustainability and Funding Streams

Feedback is welcomed!

Shoshana Zatz szatz@cimh.org

Anne MacRae anne.macrae@sjsu.edu