

**CIMH Webinar Series**

**Wellness Centers and Peer-Driven Programs**

♦ **Session # 2- Wellness Centers: Models and Programming**

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**Panel**

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**John Stapp** Second Home Drop-In Wellness Center (Shasta County) [secondhome@nvcss.org](mailto:secondhome@nvcss.org)

**Amy Breckenridge & Susan Standen** Wellness and Advocacy Center (Sonoma County) [abreckenridge@gire.org](mailto:abreckenridge@gire.org)

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**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

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**Models & Funding** (Organization)

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

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**Staffing and Administration** (Organization)

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

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**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?

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**Programming** (Services)

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

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### Crowning Achievements (Services)

Trinity	Shasta	Sonoma
<ul style="list-style-type: none"> <li>•Sponsors community events for "May is Mental Health Month" and cultural awareness celebrations</li> <li>•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)</li> </ul>	<ul style="list-style-type: none"> <li>• 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"</li> <li>• From a program standpoint: Our black box theater and the Second Home Players.</li> </ul>	<ul style="list-style-type: none"> <li>•Educating the client community</li> <li>•Publication of a Literary Journal</li> <li>•Creating a safe, stable, welcoming environment</li> <li>•Reducing stigma through outreach, speaker presentations, and art shows.</li> <li>•Creating a positive, recovery-oriented workplace.</li> </ul>

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### 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?

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### Dilemmas (Current Issues and Future Direction)

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

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### Plans, Hopes and Dreams

(Current Issues and Future Direction)

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

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### 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).*

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### 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 27<sup>th</sup> -Employees with Lived Experience within County Systems

May, 18<sup>th</sup> - Sustainability and Funding Streams

**Feedback is welcomed!**

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