

## **PR:TNS**

### **What They Say**

*"Through PR:TNS, people see the success of others and know what's possible for themselves."*

**David James, President**  
PR:TNS Advisory Board, 1994

*"Working for PR:TNS not only fulfills my commitment to community service, it represents who I am."*

**Tish Muniz, Regional Aide**  
PR:TNS San Fernando Valley

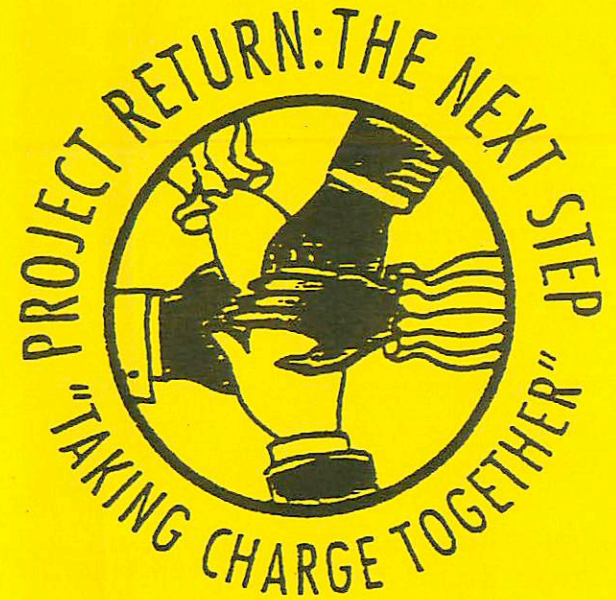
*"We're so proud of the way that PR:TNS staff have taken wing. We're behind them all the way."*

**Richard Van Horn, Pres. & CEO**  
Mental Health Association  
in Los Angeles County

Project Return: The Next Step  
A Mental Health  
Client-Run Program  
of the  
Mental Health Association  
in Los Angeles County  
1336 Wilshire Blvd., Los Angeles, CA 90017  
Primarily funded by the  
Los Angeles County  
Department of Mental Health

To reach PR:TNS staff  
call 213/413-1130, ext. 32 or 33

**Project Return: The Next Step**  
**1336 Wilshire Blvd., 2nd Flr.**  
**Los Angeles, CA 90017-1705**



**A Mental Health  
Client-Run Program  
of the  
Mental Health Association  
in Los Angeles County**

## Project Return:

**M**ental illnesses such as schizophrenia, severe depression and manic-depressive illness usually hit during the teens and early adult years. That's the time when young men and women are just beginning to find their way in the world. They're breaking away from their childhood homes and deciding on the career path they want to follow.

Mental illness can keep them dependent on family members, call a halt to their education and stymie their social growth.

Project Return, established in 1980, and Project Return: The Next Step (PR:TNS) - -- the organization that has evolved from it --- were designed to change all that.

PR:TNS is a network of member-operated self-help clubs in Los Angeles County. Its mission is to offer people with mental illnesses social opportunities and promote self-esteem and community involvement while encouraging and empowering leadership.

Its goal is to become its own independent, consumer-run non-profit organization by the Year 2000.

## The Next Step "Taking Charge Together"

**U**nlike the original Project Return, which was under the direction of the staff of the Mental Health Association in Los Angeles County, PR:TNS is staffed and run by mental health clients at various levels.

As paid club aides, members operate clubs all across Los Angeles County. They are assisted by paid regional aides who, in turn, are supervised by a salaried program director and provided staff support by a paid administrative assistant.

Clubs meet in homes and in community centers in the San Gabriel, San Fernando and Antelope valleys. They get together in Hollywood, San Pedro and Long Beach. And they meet in Los Angeles' Westside, Southeast, South-Central, Central and East Los Angeles regions.

A variety of clubs have been developed to meet the needs of members with various special concerns. Clubs have been organized for monolingual members, gay and lesbian consumers, married and live-in couples and working clients who aren't able to make day-time club meetings.



**A**ll clubs stimulate creativity, foster self-esteem and advocate for the needs of their members, some of whom not only have mental but physical disabilities as well.

Individual club activities are based on the members' interests. Among the favorite pastimes are playing board games, taking in a movie, strolling through museums, matching skills at a bowling alley and trying out new area restaurants.

All-club activities include an annual Awards Picnic where individual members' achievements are recognized, a four-day weekend out of town and planned excursions to local amusement parks, sports events and live theater openings.

Membership is without charge and open to all Los Angeles men and women with psychiatric disabilities.

**PR:TNS welcomes gifts-in-kind  
from theme parks, theaters, sports teams  
and other recreational groups.**

**To make a donation  
or for more information,  
call 213/413-1130, ext. 32 or 33.**