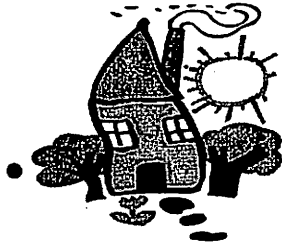


Wellness Center



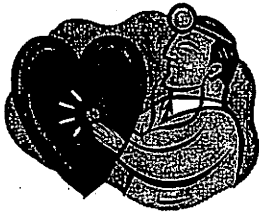
Mission Statement: All individuals, including those with psychiatric disabilities, should have access to holistic services that promote physical and emotional wellness and recovery. The Wellness Center has the responsibility to ensure self-determination through the direct and voluntary involvement of consumers in all aspects of program development and service delivery. The Wellness Center will strive to create a more inclusive community by increasing contact between all individuals with or without “labels of differentness” and working to change the capacity of our community to support individuals with psychiatric disabilities with an emphasis on developing better services and using the broader community as the major resources for helping.

DOES THIS SOUND LIKE YOU?



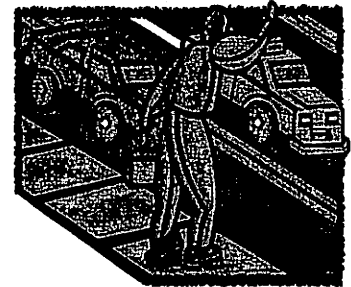
- You have the ability to maintain your desired choice of housing.

• You are skilled in managing your finances. You are either your own representative payee- or you have a payee in the community who you trust to do this for you on a long-term basis.

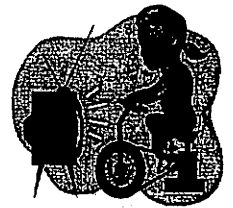


- You are skilled in managing your own health care appointments and health care needs.

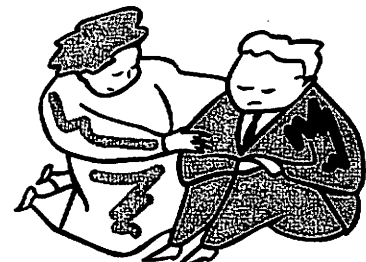
• You know how to take care of yourself each day. You have a plan to meet your needs each day, allowing you to do what you need on your own, or with support in the community- so you no longer need medication management or life skills coaching.



- You are interested in maintaining or improving your wellness. You probably haven't had many hospitalizations in the recent past.



- When you have a problem, need advice, or a simple hug, there are people in your life that you count on for this.



IF SO, EXPLORE YOUR OPTIONS WITH MAIN STREET & THE WELLNESS CENTER!

Contact Brandon at (562) 285-1330 Ext. 200

If you are interested in learning more about Main Street or enrolling in the Wellness Center:

1. Please refer to the membership guidelines on the reverse side to determine if it's a good match for you.
2. You can sign up on the Wellness Center/Main Street membership interest sheet today, and we'll call you.
3. You can call Brandon @ 562 285-1330 ext. # 200. He will forward your call to the appropriate person.

Please consider being part of the ongoing development of this effort by attending one of the two focus groups where you can share your ideas. (Please sign up today, or call Brandon! Your opinion matters!)

September 23rd 6-7:30PM @ 440 E. Ninth St. Long Beach

September 24th 1:30-3PM @ 440 E. Ninth St. Long Beach

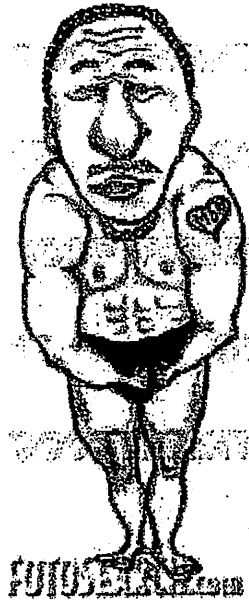
Other upcoming events include....

"Introduction to Diabetes" on Sept. 27th 2-3PM @ 440 E. 9th St. Long Beach (FREE Blood Sugar Testing on site. This is a \$20 value!) Tim will rock your world. ☺

Open House for the yet unnamed community meeting room
Sept. 22nd 2-5PM @ 440 E. 9th St. Long Beach, Ca. 90802

Target Date for Wellness Center Opening is Oct. 1st. Stay tuned for details.

Power in Information!!!!



Please join us for our first in a series of
Health Related Topics.

“Introduction to Diabetes”

What is diabetes?

- What Causes diabetes?
- Prevention strategies.
- Living with diabetes.
- FREE blood sugar testing onsite (\$20 value!)

440 East Ninth Street, Long Beach CA 90802
September 27th, 2-3:00 p.m.



[Send To Printer](#) [Back to Map](#)

1078 Atlantic Ave
Long Beach CA
90813-3403 US

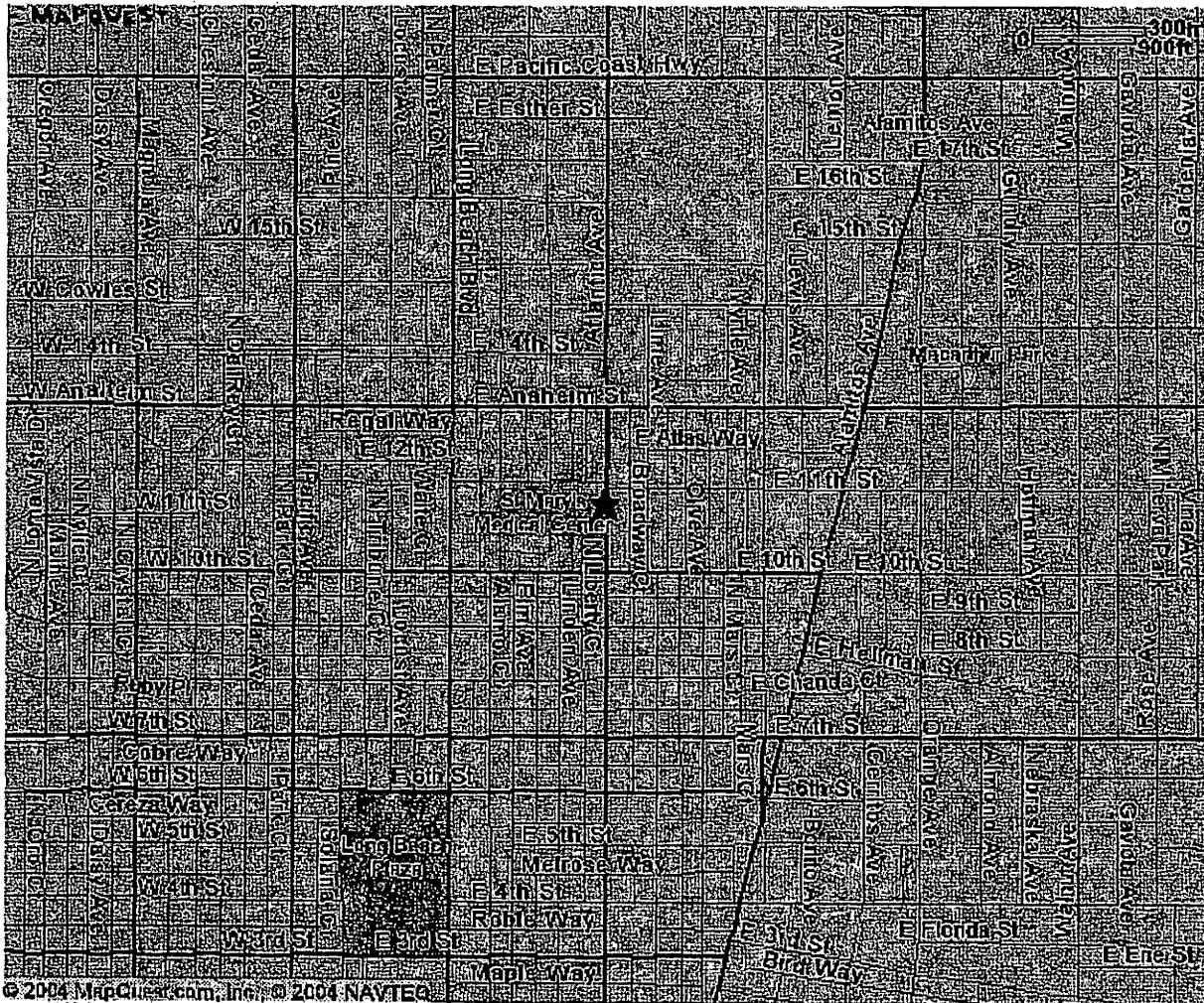
Notes:

Wellness Center Location
-call Brandon for interest/info
562-285-1330 Ext. 200

Do you know your credit score?

780

[Click Here!](#)



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Project Return: The Next Step
Members

Recovering ISA/ACT
Members

Wellness Recovery Action Plan

Medication

Groups

WRAP - Procovery
Anger Management - Domestic Violence
Dual Diagnosis - Ups and Downs
Voices Anonymous

Goal-Oriented Counseling

Cognitive Restructuring of Emotional Issues
Personal Relationships
Depression Management

WELLNESS CENTER

Mind - Body - Spirit
A Guided Exploration
of Personal Recovery

Healthy Lifestyles

Traditional Medicine

(Health Management)
Smoking Cessation - Nutrition
Exercise - Weight Management
Senior Health

Holistic/Alternative Medicine

Stress/Anxiety Reduction
"Chicken Soup for the Soul"
Yoga - Tai Chi
Meditation

Education

Skills-Building - Self-Advocacy
Understanding SSI

Certificated Para-Professionals

Peer Supporters
Life Coaches

Wellness Center Focus Group Meeting
August 26, 2004
Conference Room

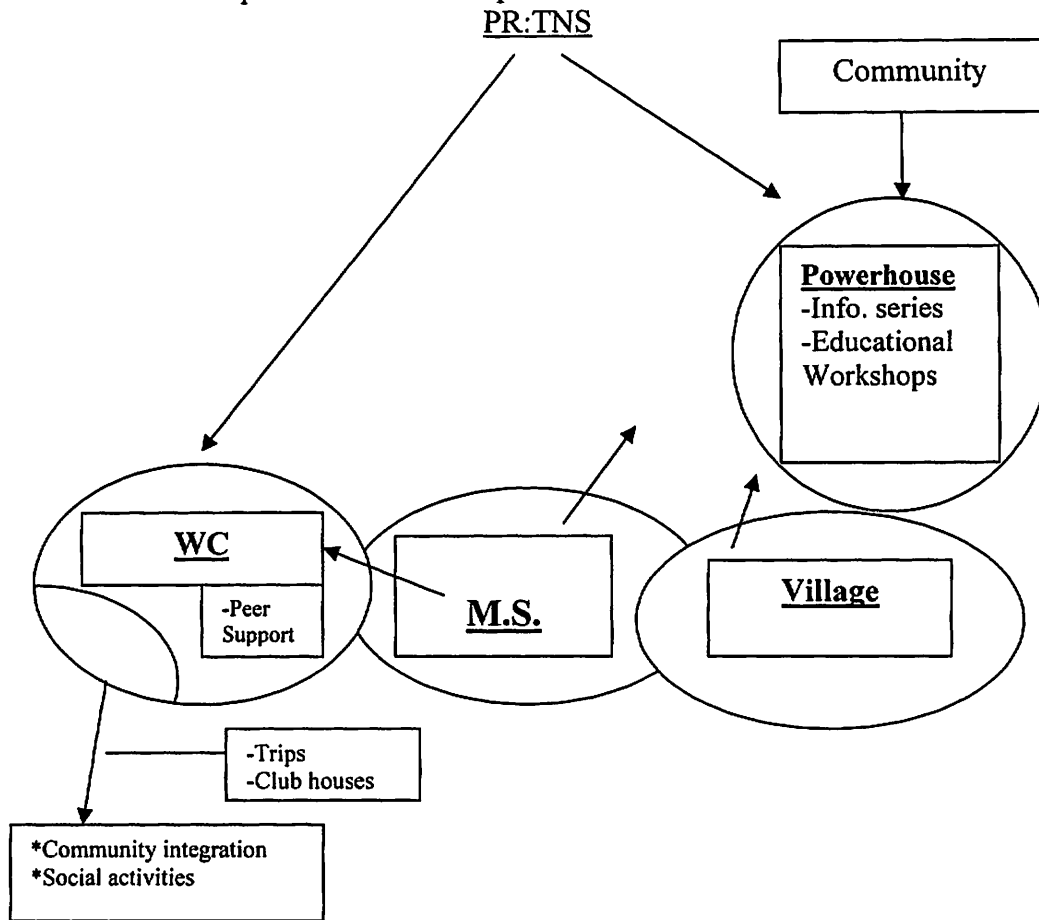
Present: Tim Morrisse, Dr. Janet Farhie, Kelly Motyka, Maya Douglas, John Travers,
Isabelle Nelson, Kerry Kile, Allison Steward, Joe Verrone

Agenda

- I. Mixer
- II. Main Street vs. Wellness Center (criteria)
- III. Relationship between Main Street and Wellness Center
- IV. Alumni
- V. Initiative
- VI. Projects
 - i. Boards, etc.

- I. Mixer - 110 members and 15 staff were invited to the Wellness Center mixer. It was noted that PSCs in attendance could dilute the focus of the mixer and the Wellness Center. PSCs could help members get there. Food for 60 people will be ordered from and catered by the Village deli. The menu will feature grilled chicken salad, iced tea, water, 100% juices, and fruit. Updated information on the Wellness Center (WC) will be provided to the attendees as well as an explanation of what the WC is and what it isn't.
- II. Main Street vs. the Wellness Center – Members were asking what is the difference between the two programs. Why would someone choose one over the other? It was explained that Main Street (MS) is a place where people can find out about their options, one of which is the WC. The WC provides psychiatric services and a community based doctor. MS is for Medi-Medi and private insurance holders who need to obtain psychiatric services. The WC is for people who have reached a point in their life where they have put some things together like housing and insurance, but have health care needs and concerns. MS is a bridge; a marked transitional period. Is there an exit plan for the WC? Dr. Janet said that the program is not time limited. It was iterated that there should be a mindset to have a goal of leaving and one would evaluate their progress towards that goal yearly. Tim thinks people will move on in their recovery. There will be a fee for service arrangement. The goal is to not create a dependant relationship. Lack of insurance has been a barrier to members accessing low level psychiatric services. Those without insurance can receive some level of service at the WC. We want members to have a positive experience. Participants must have a level of functioning to utilize the services at the WC, but anyone can go to the groups. Acceptable participants would have to meet the MS criteria and attend an initial interview.

III. Relationship between Main Street and Wellness Center – The following diagram was drawn to explain the relationship:



IV. Alumni – If the initiative passes it will help with the formation of an alumni committee of graduated members. The focus would be to provide a financial safety net where members could borrow in tough times and in case of emergencies. Many members are scared to transition because of the fear of financial instability. The money would come from donations/fundraising and could be put in an escrow account. A concern was brought up that members would not want to leave MHA if the alumni committee was in place. Alumni would encourage people to get a life outside of mental health services. It was noted that the Village has had bad experiences with loans.

V. Initiative – Nothing was discussed under this line item.

VI. Projects - Nothing was discussed under this line item.

The focus group's main concerns were:

- The PR:TNS component of the WC will create a problem for the focus of the WC. The group is concerned that it will cause the WC to be a hangout spot.

- Will attrition at the WC be natural?
- Is there an exit plan for the WC?
- What is the difference between the groups at the WC and those at PR:TNS?
- How will TAY members transition to the WC?
- Would alumni participate in the WC?

The focus group's suggestions were:

- Let participants know they have a choice to have another doctor in addition to the doctor at the WC.
- Consider therapy as a possible component of recovery for the WC.
- Powerhouse will be open to everyone.
- Have an alumni focus group.
- Call participants of the WC citizens or clients.
- Present services as opportunities as to make clear that this is not an extension of the Village.
- The atmosphere should distinguish the difference between the WC and the Village.
- Come up with strategies to keep the WC separate from the Village.

Wellness Center Focus Group Meeting
August 19, 2004
Conference Room

Present: Ann Stone, Tim Morrissette, Dr. Janet Farhie, Kelly Motyka, Maya Douglas, John Travers, Isabelle Nelson, Kerry Kile, Lynn O'Brien, Bill Compton, Carole Merwin, Allison Steward

Ann noted that they have found a location for the Wellness Center (WC) and they've put in a proposal and must obtain approval. It is located on 10th Street and Atlantic Ave., which is close to the Thunder Road sanctuary. It was formerly a clinic and it is versatile. Richard, Jim Allen and Debbie Innes-Gomberg are now in talks trying to get it approved.

There will be challenges with the WC, but it will make the program stronger. Its going to be hard on PR:TNS to stick in there. The county will provide the rent and the facility. There was a focus group at Augustus Hawkins. The grand opening is tentatively scheduled for September 30th. There is an interest in getting a lot of publicity for both openings. Richard is talking with DMH about doing a pilot cluster, which was a plan to divide the whole county in clusters by population and they want to do it at MHA. There is an ISA and a series of community satellites that offer services. They see the WC as part of the beginning of that small community. The sanctuary grand opening is scheduled for September 22nd at noon.

On the county level, all ACT programs are getting money to hire peer supporters. The next peer supporter training is on October 30th. The peer supporters would be good candidates for life coaches.

Kelly has been contacting people and inviting them to the Wellness Center mixer to be held on August 30th from 12-2 pm in the Community Resource Center.

The Power of Information series starts in September and the 1st session will be held at the sanctuary and will be opened up to the community and everyone is welcomed.

The medication group will be held on Wednesday, August 25th from 2:00-3:00 pm and snacks will be provided. The medication group is open to all of those who can attend.

The focus group's main concerns were:

- Will Augustus Hawkins' and our Wellness Center be running separately or together?
 - This project is a collaboration with the county, but the programs won't be run together.
- Will there be a move back to capitated funding?
 - Ann noted that its easier and more flexible and there seems to be a move toward that. Capitated is easier to individuals but there are more risks.
- What jobs will be offered at the Wellness Center for members?
 - At the present time we are looking to fill the coordinator position. We will be looking to fill a data entry position, as well as a greeter/clerical position in the near future.

- Will the WC be open to everyone without restrictions?
- What is the process to participate in the program?
- How will we market this program to the community?
- What is the WC today? How will it be in the future so people can correctly inform the community?
- What would distinguish a member from a participant?
 - Psychiatric services
- How will PR:TNS factor into the WC? Are they merging together?
 - It was explained that the Wellness Center is a program of PR:TNS.

The focus group's suggestions were:

- Invite people to the mixer, but inform them that there is no commitment and they can just come and get information.
- Have individuals apply to become members of the Wellness Center.
- The vision of the WC is to foster a level of functioning among the members.
- Anyone at the Village should be able to attend the educational component of the WC as long as they aren't receiving services.
- We must identify who we want to come over from other programs. The flow problem deals with the availability of psychiatric services.
- The WC will be a way for people to do things for themselves through the following services:
 - Psychiatric help
 - Peer support (targeted/limited case management services)
 - Health groups
 - Linkage to services in the community
 - Possibly utilize some of the Village's employment services
- There will be no case management setting.
- We need to have a relationship with employment so people can be referred back. Employment is willing to be present at the WC for a couple hours a day and provide services and information.
- Kelly's role is to target the members who are right/ready for this program and the transition.
- Use current membership process.
- Provide a menu of informal things people can utilize.
- There will be formal things in regards to transferring services.
- We might not want to refer to WC participants as members as to not cause confusion.
 - Bill pointed out that there have been members of PR:TNS for years and there hasn't been any confusion.
- Members can still keep a relationship with their PSC for a limited time while they're seeing Dr. Janet and Tim, which will free up space for other people in that program.
- There are many paths that we must allow people to take.
- There could be a membership category.
- What will be the attraction to the WC?

- The attraction will be a move forward in their life and getting their needs met.
- The WC gives an opportunity for people to be connected. There should be a sense of pride to participate in the Wellness Center.
- Provide a yearly luncheon for participants.
- Ask the 75 candidates of the program what would be appealing/beneficial to them.
- Provide a pamphlet with a list of services provided.
- The mixer could be used to promote upcoming events.
- Develop a core group of participants showing success to help the WC grow.
- Schedule a focus group at the mixer.
 - The focus group could develop into an advisory board so the program is guided by member rights.
- Those who work in the WC cannot receive services at the Wellness Center.
- The kitchen in the pending location would provide an opportunity for healthy cooking classes.
- Partner up with Long Beach City College's Wellness and Exercise Fitness Program, which provides nutrition information and exercise programs. This collaboration would build bridges in the community.
 - The classes could be an introduction to how they obtain the services.
 - Representatives could come and speak to the Wellness Center.
- What will be the purpose of the sanctuary?
- Provide no/low cost CPR classes at the sanctuary.

Wellness Center Focus Group Meeting
July 29, 2004
Conference Room

Present: Ann Stone, Tim Morrisse, Dr. Janet Farhie, Kate McCracken, Kelly Motyka, Maya Douglas, John Travers, Joe Verrone, Isabelle Nelson, Kerry Kile, Lynn O'Brien, Carole Merwin, Allison Steward

Ann explained that if we just opened the doors, we could figure out what we're doing later in regards to the Wellness Center (WC). The goal for the day is to look at the main concerns, the biggest issues and underlying challenges with this project. We don't want to create a Wellness Center that's just like a team.

The focus group's main concerns were:

- How everything will be managed.
- What are those things we can help provide for the members?
- Concern of having the WC become a drop-in or triage, which means we're reacting to what members need and there should be a culture where they get some things for themselves.
- There are members in each neighborhood that are ready to fly and there are things in their way. What are those roadblocks and how can we address them?
 - The group identified that the roadblocks were fear and anxiety of leaving and the inability to find doctors within the community.
 - When asked how we could help them transition, it was suggested that we invite them to the WC and be clear on what services we will offer.
- Concern that when members go out in the community, the community is not welcoming to them.
 - It was suggested that we connect them to something in the community.
- What would be the right amount of support for members?
- We don't want the Wellness Center to fall into a case management service.
- Main Street was discussed and an issue was brought up regarding if a member had a relapse that Kelly would help them use the supports they have in place. If it didn't work out, the backflow plan for 1 month of neighborhood support, which includes minimal neighborhood services and crisis oriented, not financial oriented services, could be provided.
- Backwashing might discourage people to graduate because they might feel embarrassed about having a graduation party just to have to come back later.
- What doctors would serve the members?
 - A point was made that the doctors cater to the members too much, which becomes a shock when they get into the real world.
- Must find volunteers to lead the groups.
- What role will the peer supporters play?
- Must find new location for the Discovery Center.
- How do we help the members cope with things going wrong in their lives?
- Members' transportation to the Center as well as community events.
- What would make the staff more at ease?

- Termination training was suggested.
- Does someone do termination training on the outside?
 - Dr. Mina could do the Termination Training, which everyone needs.
- How many people from the Village should come to the Wellness Center?
 - It was estimated that 35 individuals from the Village should come to the Wellness Center.
- What are the standards of care, which will determine what to offer?

The focus group's suggestions were:

- Use the Youth Opportunity Center located on 4th Street and Long Beach Blvd. as a model for the Wellness Center. The center has a business atmosphere with agencies housed in that meet different needs in each agency. There is no sit down or hang out area and no social component. Agencies represent what they offer. This center has a partnership with the Long Beach School for Adults and offers job readiness classes.
- The WC should have a stronger emphasis on accessing health services in the community.
- WC will be doing Wellness Recovery Action Plans (WRAPs) to have something to refer to, which makes it easier to encourage them to do what they've been doing already.
- The Center should offer transportation as a community resource within itself.
- The focus should be on teaching and connecting the clients to the community. There is a need for some mechanism that helps someone avert a downward cycle.
- Use the new Community room to hold training.
- It was identified that this would be a consumer run program so we want peer supporters that won't overwhelm the members and take over their life.
- The Discovery Center's hope is to merge with the Wellness Center.
- Members can talk about WRAP, medications, and work within a group environment to provide support.
- There should be an emphasis on consumer/peer support with some social activity that builds confidence.
- The sanctuary could be used for meetings to give back to the community.
- The WC should have group support.
- Have the center open to the community.
- Incorporate Barbara's class and figure out how we could use the existing talents in a different way.
 - Have the class be taken out of the Wellness Center
- Replicate the community by having no immediate appointments, having non-members attend, and putting advertisements out in the community.
- Goal to have the Wellness Center pleasing to the public from the outside so that it doesn't necessarily look like a mental health facility.
- Experiment with the sanctuary, bridging with the community and making it natural; this has been a successful model in other places.
- Events opened up to the community can have reservations for the community to mix the attendees.

- The interns should come to the WC.
- The Senior Center could serve as a model for the Wellness Center, with careful attention not to replicate what we already have.
- Have a menu of services that would connect individuals to outside resources for the service they need.
- Put together a calendar of resources.
- Those members that are not graduating could come to the WC, which would make the transition easier.
- If there is a class in the community, don't replicate it, but offer transportation to it.
- Relay the information about the community resources and offer transportation for those who are interested.
- Offer space in the WC to someone who provides a service.
- Find out the services offered in the community so we won't duplicate any services already out there.
- Charge for the services.
- Someone who doesn't have a doctor in the groups could come to the WC. Dr. Janet should be the end or final doctor as the members are trying to find a new doctor. Nurse Practitioners are now allowed to prescribe medications, which would help with the difficulties of finding a physician in the community.
- Staff could be a part of the transitioning.
- For those who don't have insurance, the WC could help for awhile.
- The WC should offer an arena for people to open up and get information.
- Try to get members in as soon as possible so they can be a part of the process.
- Psychiatrists should be kept in the loop.
- Have members make appointments with Tim and Dr. Janet and Kelly to coordinate services.
- Those individuals with Medi-Cal should first go to Main Street.
- Communication line between the WC and Main Street should be kept open.
- There should be peer supporters from the training class by September 1, 2004.
- Kelly will have a mixer to invite all of the identified people to inform them about the Wellness Center and Main Street from 4:00 – 6:00 on the 3rd floor.
- The sanctuary should have nothing that can be stolen at the community meetings.
- The goal of the Wellness Center is to build more networks in the community.

Next meeting scheduled for August 19, 2004 from 9:00 am – 12:00 pm