

## OUR VISION:

To promote concepts key to the recovery of individuals who suffer from mental illness and/or co-occurring disorders. And advocate hope, personal empowerment, respect, social connections, responsibility, and self-determination.

“Recovery is a process and experience we all share”



The San Pedro Wellness Center employs consumer and professional staff to provide individual and group supports.

Over the last 10 years Mental Health providers have increasingly recognized the value of including persons with psychiatric disabilities in the Mental Health Workforce.

Hiring consumers reflects the most basic values of psychosocial rehabilitation.

Services are consumer directed and may include:

- ◇ Supportive Employment
- ◇ Supportive Education
- ◇ Supportive Housing
- ◇ Peer Support Group
- ◇ Integrated Dual/Diagnosis Treatment

# **SAN PEDRO WELLNESS CENTER**

**LOS ANGELES COUNTY  
DEPARTMENT OF MENTAL HEALTH**

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**150 WEST 7th STREET**

**SAN PEDRO, CA 90731**

**(310) 519-6100**

# RECOVERY

## IS NOT ABOUT

Having no symptoms  
Level of Functioning  
Program Compliance  
Med-Compliance  
Dependence  
Maintenance  
Being a Consumer  
Disability

## IS ABOUT

Managing symptoms  
Quality of Life  
Having a Choice  
Med -Awareness  
Self-sufficiency  
Growth  
Rekindling Hope  
Meaningful Activity

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## OPPORTUNITIES

- ◇ Decrease and prevent intrusive or troubling feelings and behaviors
- ◇ Increase personal empowerment
- ◇ Improve quality of life
- ◇ Assist people in achieving their own life goals and dreams

## What is Wellness Center?

A Wellness Center is a program designed to support consumers in their recovery from mental illness and/or addictions.

It serves consumers who have already begun the recovery process, have stabilized, and wish to improve the quality of their lives.

The Wellness Center creates a environment where members can feel confident in themselves in accomplishing their goals.

**“RECOVERY MEANS  
MOVING AHEAD TOWARD  
THE LIFE YOU DESIRE”**



The Wellness Center provides help with:

- ◇ Psychiatric Services
- ◇ Case Management
- ◇ Health Screenings
- ◇ Healthy Living Activities
- ◇ Peer Led Self-Help Groups
- ◇ Peer Support Services
- ◇ Support for Consumers with Co-Occurring Disorders

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Linkages and Referrals  
Outreach, Collaboration,  
and Connection with  
the Community.