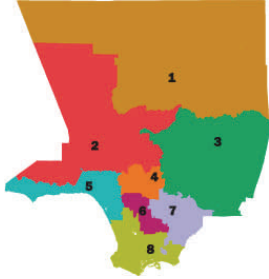


THE ROAD AHEAD

- 21 Wellness Centers and 8 Client-Run Centers are planned.
- Each Service Area will have at least one Wellness or Client-Run Center.
- Most agencies are still determining where their Centers will be located.
- For more information about Wellness/ Client-Run Centers in your community, contact your Service Area District Chief's Office listed below.

DMH SERVICE AREAS



Service Area 1: (661) 575-1800

Service Area 2: (818) 832-2400 or
(818) 598-6900

Service Area 3: (213) 738-3572

Service Area 4: (213) 738-3765

Service Area 5: (213) 738-3190

Service Area 6: (310) 668-6958 or
(323) 298-3680

Service Area 7: (213) 738-3499

Service Area 8: (562) 435-3037

County of Los Angeles

Board of Supervisors



Gloria Molina

First District

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Second District

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Third District

Don Knabe

Fourth District

Michael D. Antonovich

Fifth District

Los Angeles County Department of Mental Health
550 South Vermont Avenue, 12th Floor
Los Angeles, CA 90020

KKXNDOMPWRCRCBROC507

Los Angeles County Department of Mental Health



Mental Health Services Act

Wellness & Client-Run Centers



Director

Marvin J. Southard, DSW

**"Promoting Community Integration,
Client Empowerment, Social, Emotional,
and Physical Well-Being"**

<http://dmh.lacounty.gov>

How do Wellness and Client-Run Centers Help Recovery?

- Transitions clients who no longer need intensive services or traditional outpatient services into the community.
- Focuses on peer support services and groups, which research shows greatly assists in recovery.
- Helps clients access services in the community.
- Focuses on the client's physical and mental health well being.
- Provides services in the threshold languages recognized by Los Angeles County.

Wellness/Client-Run Center Activities and Services	Wellness	Client-Run
Psychiatric Services; medication support services & prescription management	X	
Case Management; support client goals for recovery, plan & coordinate services	X	X
Health Screenings; body mass index, blood pressure, diabetes, cholesterol, etc.	X	
Healthy Living Activities, including recreation, health education, and referral to primary healthcare services	X	X
Peer led Self-help Groups	X	X
Peer Support Services	X	X
Supports for clients with co-occurring disorders	X	X
Linkages and Referrals	X	X
Outreach, Collaboration, and Connection with the Community	X	X

Frequently Asked Questions

Q: Who does a Wellness Center serve?

A: Clients who are stable in treatment and looking to further progress their recovery goals.

Q: Who does a Client-Run Center serve?

A: Any client seeking additional support provided from peers, like support groups.

Q: What are Peer Support services?

A: Peer support can include self-help groups or one-on-one services like mentoring. Through peer support, clients with similar experiences can relate to each other and offer advice, suggestions, and strategies for managing their lives in recovery.

Q: How is a Wellness or Client Run Center different than a Mental Health Clinic?

A: Clients in recovery have an important decision-making role in the management of the Centers. All staff at Client-Run centers and at least 50% of staff at Wellness Centers are consumers in recovery.