

Wellness Recovery Principles Developed By Consumers

- ❖ **Personal Responsibility**-*taking ownership for the choices you make*
- ❖ **Education**- *learning about ourselves so that we can make good decisions*
- ❖ **Hope**- *the belief that things can and will get better*
- ❖ **Self-Advocacy**- *respectfully standing up for that needs of wants for oneself*
- ❖ **Support**- *A network of helpers to assist you along the way*

Common Elements of MHSA-Funded Wellness Centers

- ❖ **Leadership/ Participation in Operations and Decision Making**
 - Members plan and lead groups
 - Members have opportunities for paid or volunteer work in the center
 - Members share responsibility of making decisions pertaining to the wellness center operation and programming (Most have advisory committees or task forces.)
 - Members maintain upkeep of the wellness center
- ❖ **Education**
 - on diagnoses and medications
 - holistic approaches to wellness including Eastern Medicine and nutrition
- ❖ **Center programming reflects the diversity of its members**
- ❖ **Peer counseling**
- ❖ **Connections between mental health and primary care**
- ❖ **Opportunities for creative expression and display of creations**
- ❖ **Employment services for paid and volunteer work in the wider community**
- ❖ **Encouragement and assistance in taking advantage of wellness opportunities in the wider community**
- ❖ **Computer labs/training**

Berkeley Creative Wellness Center
Summary of Survey Results
No. of questionnaires returned: 35

☞ **Creative Expression**

- Art-17
- Creative Writing- 14
- Crafts- 9
- Music group – 2
- Poetry
- Interpretive dance
- Ceramics
- Sewing
- Jin Shin Jatsu
- Qi Gong
- Softball

☞ **Physical / Outdoor Activities**

- Walking- 21
- Yoga- 21
- Gardening- 11

☞ **Vocational -Services 18**

- Computer Classes

☞ **Spirituality- 16**

- Peganism-Pentagrams

☞ **Living Well**

- Health/Wellness- 19
- Benefits/legal-16
- Cooking- 13
- Money Management- 4
- Group pertaining to Finances-income and housing.
- First Aide (nurses visit monthly)

☞ **Support/Therapy Groups**

- Women's- 18
- Support - 17
- Men's- 9
- Drama therapy - 2
- Peer counseling
- Dream group
- Men and Women's group together
- Self esteem (Art)

⌘ **Personal Interests Groups**

- **Current Events- 14**
- **Reading group**