

**Groups & Classes
At The
Wellness Center**

- Consumer Advisory Committee
- Men's Group
- Women's Group
- Karaoke
- South East Asian
- 12 Steps
- Spanish Hour
- Focus Group
- Emotions & Behaviors
- Cooking
- Spirituality
- Art
- Meditation
- Community Resources
- World of Work
- Trauma Group
- Budgeting
- Dual Diagnosis
- Beauty Expressions
- American Sign Language (ASL)
- Community Meeting
- Computer Technology

**Merced County
Behavioral Health
and
Recovery Services**

Vision

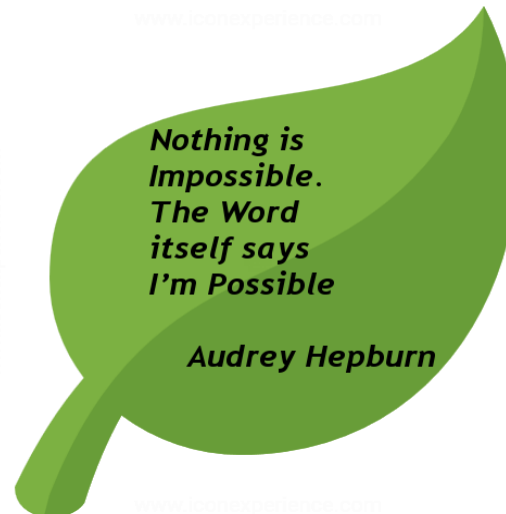
Inspiring hope and recovery for those we serve as the premier provider for quality whole person care

Mission Statement

Behavioral Health and Recovery Services is committed to empowering our diverse community with hope, recovery, and wellness by providing comprehensive holistic care.

Values

- Accountability
- Teamwork
- Respect
- Humor
- Commitment



**Merced County
Behavioral Health & Recovery Services**

**Wellness
Center**

Hours of Operation

Monday to Friday
8:00AM to 4:00PM

Address

301 E. 13th Street Suite B
Merced, CA 95341

Phone Number

Wellness Center (209) 381-6874
B.H.R.S. (209) 381-6800

Hope • Wellness • Recovery



WELLNESS • RECOVERY • RESILIENCE

Wellness Center

The Wellness Center was opened in 2006 thanks to Prop 63 Mental Health Services Act (M.H.S.A.). Wellness Center provides members of the Behavioral Health & Recovery Services System (B.H.R.S.) a place to choose their Wellness & Recovery goals that will make positive impacts in their life.

The Wellness Center has members from all walks of life. We welcome everyone to come and enjoy a program that is free of discrimination and harassment no matter what your mental health status, race, gender, sexual orientation or religion.

Program Eligibility

- Be open client to Merced County B.H.R.S.
- Be 18 years or older

Defining Wellness & Recovery

What is Wellness?

Wellness is a lifelong, active process of becoming aware of and making choices toward a healthy and fulfilling life.

The Substance Abuses and Mental Health Services Administration (SAMHSA) has identified 8 dimensions of Wellness:

Emotional: Developing skills and strategies to cope with stress.

Environmental: Good health by occupying pleasant, stimulating environments that support well being.

Financial: Satisfaction with current and future financial situations

Intellectual: Recognizing creative abilities and finding ways to expand knowledge and skills

Occupational: Personal satisfaction and enrichment derived from ones work

Physical: Recognizing the need for physical activity, diet, sleep, and nutrition

Social: Developing a sense of connection and well developed support system.

Spiritual: Search for the meaning and purpose in human experiences

Staff at the Wellness Center believes that *Recovery* is possible. Each person has strengths, abilities, skills and potential.

Wellness Center Services

Wellness Center offers unique and creative services to meet the needs of its members. Some of the services offered are:

Employment: There are wide variety of employment options. The program has General Employment Services, Career Exploration, Volunteering, and the MCBHRS/DOR Employment Cooperative program. See Vocational Rehabilitation Counselor for more details.

Housing: Program offers different housing services to meet an individuals goals for obtaining housing. There is a Housing Specialist, Path Worker, HSSP Worker that provide members with supportive housing services.

Co-Occurring: Wellness Center has a Dual Diagnosis Specialist that specializes in members with co-occurring disorder. There is counseling and groups that one can attend

Counseling/Case Management: Wellness Center offers clients brief counseling and case management services to meet the needs of clients.

RECOVERY IS POSSIBLE