

COUNTY OF LOS ANGELES – DEPARTMENT OF MENTAL HEALTH

ADULT SYSTEMS OF CARE

Wellness Centers and Client-Run Centers

Introduction

Funded through the Mental Health Services Act, Community Services and Supports Plan, Wellness Centers and Client-Run centers are two distinct treatment and support options for adult clients at higher stages of recovery who require less professional care and greater degrees of self-directed, peer support services geared toward community reintegration and an eventual exit from the formal mental health system.

Services at a Glance

Wellness Centers:

- Medication services
- Physical health screenings and linkage to healthcare services with a focus on identifying clients at risk for developing healthcare problems.
- Healthy living activities geared toward health education and health behavior change.
- Linkage to education and employment services.
- Self-help and peer support services.
- Relapse prevention services for clients with histories of co-occurring substance use and mental health disorders.
- Staffing consists of Psychiatrists or Psychiatric Nurse Practitioners, social workers or psychologists and clients in recovery employed as *peer advocates*.

Client-Run Centers:

- Self-help groups.
- Peer support activities
- Peer-led substance abuse and mental health support services.
- Linkage to psychotherapy, medication support, primary care health services and vocational and housing services.
- Staffing consists peers in recovery from a mental illness employed as *peer advocates*.