








OUTLINE

- About the Center
- History
- Mission & Guidelines
- Staff
- Measures
- Facility
- Relocation
- Programming
- Outreach
- Future Plans
- Challenges
- Outcome Measures




TURNING POINT FOUNDATION
THE WELLNESS CENTER

2697 Saviers Road
Oxnard, CA 93033
(805) 653-5045

Center Hours:
Tue, Wed, Fri, Sat – 10:00 am to 4:00 pm,
Thu 2:30 pm to 5:30 pm

Ventura Outreach Hours:
Thu 3:00 to 6:00 pm, Sat 10:00 am to 4:45 pm



HISTORY

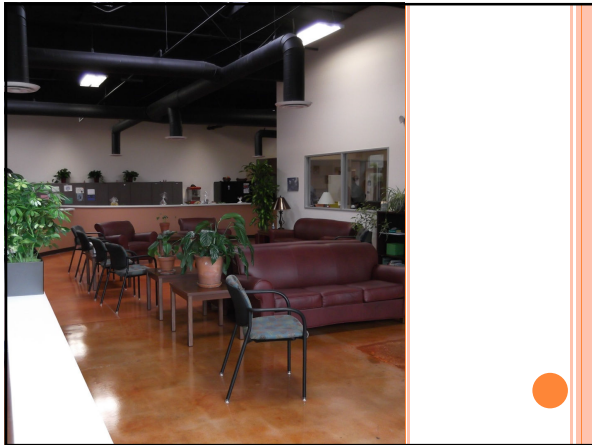
- November 2010
- Where We Started
- Program Manager
- Our Staff
- Training



OUR MOVES

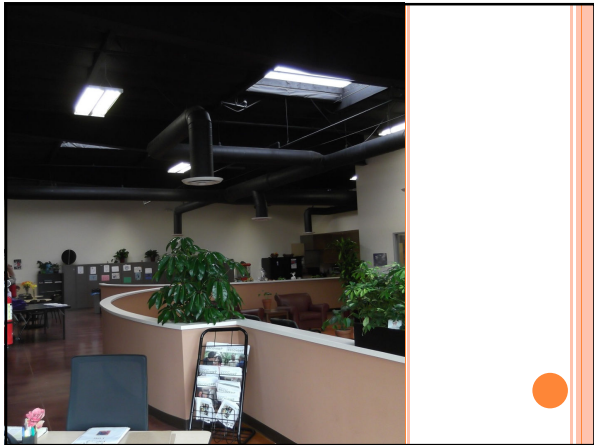
- Ventura Outreach
- Early Days - Temporary Site
 - Nov 2011
- “The Wellness Center” (TWC)
 - Permanent Site
 - March 2012

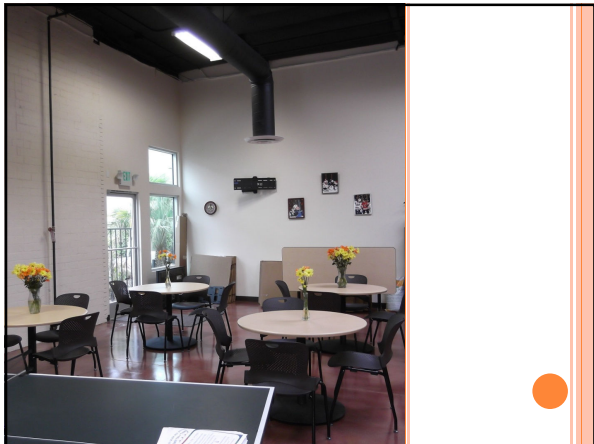














100% LIVED
EXPERIENCE
(PEERS) WITH 20%
FAMILY MEMBERS
7 BILINGUAL
STAFF

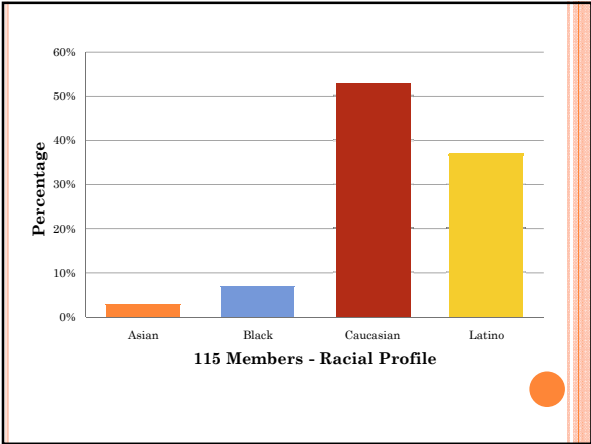


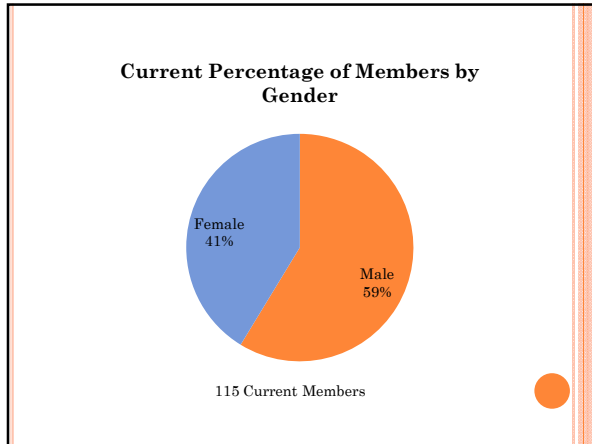












EVIDENCED BASED PRACTICES

Recovery Model

Social and Community Integration Model

Principles of W.R.A.P. Mary Ellen Copeland

Focus on Self-Advocacy

A DAY AT THE CENTER

- “Check-In.”
- Groups are at 10:30am, 12:00pm & 1:30pm.
- Center days end with “Stations”
- Peer staff facilitate
 - groups, activities, 1:1 peer sharing of experience, strength and hope, and outings.

STATIONS

- Peer Sessions
- Computer Technology Instruction
- Use of Exercise Equipment
- Reading
- Listening to Music
- Socialization



GROUPS

- Bilingual W.R.A.P.
- Dealing with anger
- Depression and anxiety
- Men's group
- Women's group
- Spirituality
- Art
- Kitchen club in which staff assist members to plan nutritious wellness meals, purchase, prepare, consume and clean up
- Meditation/relaxation
- Dealing with symptoms
- Medication
- Co-occurring substance recovery



QUALITY IMPROVEMENT DATA

The program helps me be more social and positive.

The knowledge I have gained is great.

The staff are a positive role model.

They helped me believe in myself again.

The staff are the most helpful and positive piece.

Very helpful and friendly staff.



CENTER PHOTOS



MEETINGS

Opportunities for Input

- o Community Meeting – every Tuesday at 10:30 am
- o Stakeholder Meeting
- o Family Tea (Café)
- o Council Meeting (being formed)
- o Suggestion Box
- o 1:1
- o Group Sharing of Ideas for Groups
- o Outings and Activities

JANUARY CALENDAR - VENTURA

TURNING POINT FOUNDATION
The Wellness Center
 (located 1/2 mile from St. Anthony's Church)
 2697 Squiere Rd. Oxnard Ca 93033
 (805)453-5045




January 2013



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Tuesday/Martha Happy New Year 2013	8 Wednesday/Marcelles 10am Welcome & Coffee 10:30 Community Meeting 12:00-12:30 Wellness WRAP Stations 2:00-2:30 Lunch 2:45 End WRAP/Stations	9 Wednesday/Marcelles 10am Welcome & Coffee 10:30 Strength Exercises 12:00-12:30 Wellness WRAP Stations 2:00-2:30 Lunch 2:45 End WRAP/Stations	10 Thursday/Dames 2:30 Welcome & Refresh 3:00 Healthy Heart 4:00 Meditation 5:00 Wellness Stations	11 Friday/Manita 10am Welcome & Coffee 10:30 Healthy Heart 12:00 Art and wellness 1:30 Yoga stretch/Pranayama 2:45 End WRAP/Stations	12 Saturday/Sabida 10 am Welcome & Coffee 10:30 am Workshop/Workshop 12:00 Kitchan Club 1:30 Man's Fitness & Strength 2:45 End WRAP/Stations
8 Tuesday/Martha 10am Welcome & Coffee 10:30 Community Meeting 12:00 Kitchan Club 1:30-2:00 Instructors workshop 2:45 End WRAP/Stations	9 Wednesday/Marcelles 10am Welcome & Coffee 10:30 Strength Exercises 12:00-12:30 Wellness WRAP Stations 2:00-2:30 Lunch 2:45 End WRAP/Stations	10 Thursday/Dames 2:30 Welcome & Refresh 3:00 Healthy Heart 4:00 Meditation 5:00 Wellness Stations	11 Friday/Manita 10am Welcome & Coffee 10:30 Strengths and more 12:00 Art and wellness 1:30 Special skills 2:45 End WRAP/Stations	12 Saturday/Sabida 10 am Welcome & Coffee 10:30 am Workshop/Workshop 12:00 Kitchan Club 1:30 Man's Fitness & Strength 2:45 End WRAP/Stations	
15 Tuesday/Martha 10am Welcome & Coffee 10:30 Community Meeting 12:00 Kitchan Club 1:30-2:00 Instructors workshop 2:45 End WRAP/Stations	16 Wednesday/Marcelles 10am Welcome & Coffee 10:30 Walk & Talk 12:00-12:30 Wellness WRAP Stations 2:00-2:30 Lunch 2:45 End WRAP/Stations	17 Thursday/Dames 2:30 Welcome & Refresh 3:00 Healthy Heart 4:00 Meditation 5:00 Wellness Stations	18 Friday/Manita 10am Welcome & Coffee 10:30 David to be Happy 12:00 Art & Wellness 1:30 Healthy Training 2:45 End WRAP/Stations	19 Saturday/Sabida 10 am Welcome & Coffee 10:30 am Workshop/Workshop 12:00 Kitchan Club 1:30 Man's Fitness & Strength 2:45 End WRAP/Stations	
22 Tuesday/Martha 10am Welcome & Coffee 10:30 Community Meeting 12:00 Kitchan Club 1:30-2:00 Instructors workshop 2:45 End WRAP/Stations	23 Wednesday/Marcelles 10am Welcome & Coffee 10:30 Strength Exercises 12:00-12:30 Wellness WRAP Stations 2:00-2:30 Lunch 2:45 End WRAP/Stations	24 Thursday/Dames 2:30 Welcome & Refresh 3:00 Healthy Heart 4:00 Meditation 5:00 Wellness Stations	25 Friday/Manita 10am Welcome & Coffee 10:30 Strengths and more 12:00 Art and wellness 1:30 Special skills 2:45 End WRAP/Stations	26 Saturday/Sabida 10 am Welcome & Coffee 10:30 am Workshop/Workshop 12:00 Kitchan Club 1:30 Man's Fitness & Strength 2:45 End WRAP/Stations	
29 Tuesday/Martha 10am Welcome & Coffee 10:30 Community Meeting 12:00 Kitchan Club 1:30-2:00 Instructors workshop 2:45 End WRAP/Stations	30 Wednesday/Marcelles 10am Welcome & Coffee 10:30 Strength Exercises 12:00-12:30 Wellness WRAP Stations 2:00-2:30 Lunch 2:45 End WRAP/Stations	31 Thursday/Dames 2:30 Welcome & Refresh 3:00 Healthy Heart 4:00 Meditation 5:00 Wellness Stations	<p><i>To provide a positive healing environment for adults with mental health challenges, to build on their strengths, develop new skills, connect to the community, and receive support from peers on their journey.</i></p> <p><i>Our Mission</i></p>		

TURNING POINT FOUNDATION
VentureOutreach
1065 E. Main Street Ventura, Ca 93003
(805) 825-3043
Open Thursdays 7:00-8:30
Saturdays 10:00-4:00



January 2013

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year 2013	2	3 Thursday/Janets 3:00 Welcome & Refresh 3:15 Kitchen Club 3:45 WRAP: Dealing w/Depression series Part 3 & 4 4:45 Ind. WRAP/Wellness Games	4	5 Saturday/Janets ** 10:00 Wellness & Coffee 10:30 Community Meeting 11:00 Kitchen Club 1:00 ELI: Fogel Finds / DBSA 3:00 Art & Wellness 4:00 Ind. WRAP/Wellness games
14 Our Mission <i>To provide a positive healing environment for adults with mental health challenges, to build on their strengths, develop new skills, connect to the community, and receive support from peers on their journey.</i>		10 Thursday/Janets 3:00 Welcome & Refresh 3:15 Kitchen Club 3:45 WRAP: Dealing w/Depression series Part 3 & 4 4:45 Ind. WRAP/Wellness Games	11 Friday/Janets	12 Saturday/Janets ** 10:00 Wellness & Coffee 10:30 Spirituality 11:00 Kitchen Club 1:30 Health Presentation 3:00 Art & Wellness 4:00 Ind. WRAP/Wellness games
15 Be sure to sign up for eXpresso Night	16	17 Thursday/Janets 3:00 Welcome & Refresh 3:15 Kitchen Club 3:45 WRAP: Dealing w/Depression series Part 3 & 4 4:45 Ind. WRAP/Wellness Games	18 Friday/Janets	19 Saturday/Janets ** 10:00 Wellness & Coffee 10:30 Meet & Connect Groups 11:00 Kitchen Club 1:00 Risk and Club / DBSA 3:00 Art & Wellness 4:00 Ind. WRAP/Wellness games
22	23	24 Thursday/Janets 3:00 Welcome & Refresh 3:15 Kitchen Club 3:45 WRAP: Understanding Meditation 4:45 Ind. WRAP/Wellness Games	25 Friday/Janets Happy New Year eXpresso Welcome and Refresh/ Janets 8:00 am-9:00 am Art Activity 9:00 - 1:15 Spirituality Panel 1:30-4:15 Singer w/ DJ 4:30-5:00 Bingo/ Games/ 5:15 Dancing and more!	26 Saturday/Janets 10:00 Wellness & Coffee 10:30 Reflection 11:00 Kitchen Club 1:00 Movie & Discussion 3:00 Art & Wellness 4:00 Ind. WRAP/Wellness games
29 DBSA ** Meets the 1st and 3rd Saturdays of the Month 1pm-3pm	30	31 Thursday/Janets 3:00 Welcome & Refresh 3:15 Kitchen Club 3:45 Meditation Series 4:45 Ind. WRAP/Wellness Games		

GROUP ATTENDANCE FY 2011-2012

○ July	94	○ Jan	296
○ Aug	116	○ Feb	225
○ Sept	156	○ Mar	455
○ Oct	159	○ April	323
○ Nov	160	○ May	348
○ Dec	241	○ June	409
Total	2982		
Peer led groups to promote leadership		Average 5 members per group	



January eXpresso -
Food For Your Soul
Friday January 25th 2pm - 7pm



Art Activity
Spiritual Panel
Soul Food Supper
Soul Train Dancing

The Wellness Center
(Address 10' Street From St. Anthony's church)
2697 Saviers Rd, Oxnard Ca 93033
(805) 825-3043
Open Tuesday, Wednesday, Friday, Saturday 10:00-4:00
And Open Thursdays 7:00-8:30

EXPRESSO NITE "EXPRESS YOURSELF"

- o Most Popular Event
- o 2pm - 7pm on the last Friday of the month
- o Themed Nights include: karaoke, the main meal, groups and dance.
- o "Circus is in Town"
- o "Discovery of Recovery"
- o "Food for Our Soul."





OUTINGS



OUTREACH 2011-2012

- o VCBH - Oxnard & Ventura Teams
- o Client Network
- o NAMI
- o Prototypes
- o Sunrise Manor and other B&C homes
- o CRT
- o R.I.C.A.
- o Local Sober Living
- o Local Self-Help
- o Oxnard College
- o Therapists



OUTREACH
2011-2012

Person to Person	36
Phone	294
Email	748
U.S. Mail	16

All these numbers have been surpassed since July 2012



PLANS IN PROGRESS

- o Food Share
- o Garden Plot
- o Fishing
- o Bicycle Club
- o Walking Routes
- o Face book Site
- o Website
- o 2x a Month Transport for 7 from East County
- o Increased Outreach Thru "Campaigns."
 - "Bring a friend"
 - "C U Saturday"
 - "Partner with a Peer"
 - "Member Mentors"
 - "TWC" Meet-up
 - "Break the News"




CONTRACT GOALS
2011-2012

GOAL #1
Members
Goal: 75 Actual: 102

GOAL #2
Guests to Member
Goal: 50% Actual: 86%

Cost per Member in 2011/12: \$5,855



CONTRACT GOALS
2011-2012

GOAL #3
Increase in Participation Program Activities
Goal: 20% Actual: 84%


GOAL #4
Increase in community activities
Goal: 20% Actual: 100%

GOAL #5
Family Participation
Goal: 15 families Actual: 9 families



CHALLENGES

- o Providing County wide services
- o Maintaining full staffing
(relapse, relocation, career change, dismissals).
- o Documentation
- o Outreach takes place in waves.
- o Contacting Inactive members.



THE WELLNESS CENTER
TWC

“It’s all about the
Wellness”
“Whatever it takes”