

Recovery Concepts and Definitions

Hope ~ believing that things can and do get better.

Personal Responsibility ~ taking ownership for the choices you make.

Education ~ learning about ourselves so that we can make good decisions.

Self-Advocacy ~ standing up for your needs in an effective manner.

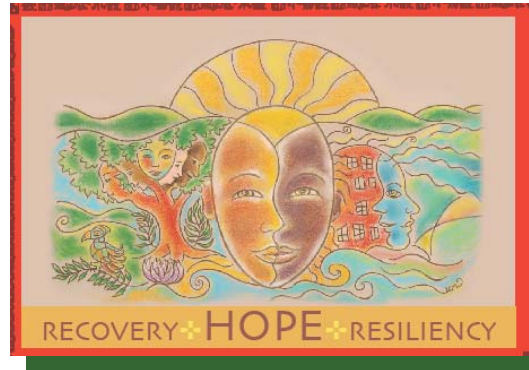
Support ~ gathering a network of trustworthy helpers to assist you on your recovery journey.

Meaningful Role ~ leading the life you want to live.

Choice ~ having opportunities and the empowerment to decide many things that affect your life, including your own mental health decisions.

Spirituality ~ having a connection to a power greater than yourself.

Humor ~ being able to find laughter; sometimes in unexpected times and places.



*For more information
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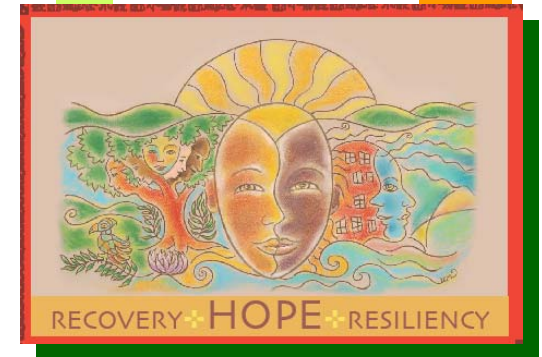
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Alameda County
Behavioral Health Care Services

**Wellness
Recovery
Resiliency
Hub**

Check us out at
<http://wellness.acbhcs.org>

Mission Statement

The Wellness Recovery Resiliency Hub seeks to engage the strengths of consumers, family members and providers so that people-in-recovery can live meaningful lives guided by their own choices in their communities. We do this by offering workshops, ongoing classes and events that build wellness-oriented experience, knowledge, skills and practice.

The Wellness Recovery Resiliency Hub provides training, technical assistance and consultation to BHCS county and contract programs, family and consumer organizations.

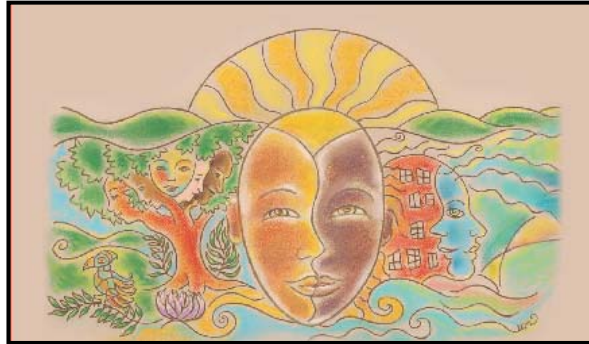
We offer workshops and ongoing classes designed to help teams of consumers, family members, providers and administrative staff share and expand their knowledge and skills in “how-to” build resilience, pursue recovery and experience wellness.

Our goal is to help programs build on their strengths and increase the kinds of services and supports people-in-recovery need to live meaningful lives, guided by their own choices, in their community.

Hub Team Members share lived experience as family members and consumers of behavioral health services. We bring extensive knowledge, skills and experience in recovery curriculum development, facilitation of recovery workshops, event planning, direct services.

Alameda County Behavioral Health Care Services

WELLNESS RECOVERY RESILIENCY HUB



What We Offer

Recovery Education Dialogues ~ where any combination of staff, consumers and family members have an opportunity to further their understanding of wellness, recovery and resiliency by listening to the perspectives of other participants. Builds rapport among teams holding diverse understandings of recovery.

"Appreciative Inquiry" Focus Groups~ consumers, family members and providers talk about “What works, What gets in the way and What provides hope” in finding a life with meaningful choices in the community. Helps teams understand which services and community experiences have the biggest impact on a person’s recovery.

Recovery Event Planning~ Our team will help you design meetings, retreats and other events where: decisions are made; wellness knowledge, skills and experiences are shared; and community is built.

Consensus Workshops~ a facilitation method used to assist participants with diverse perspectives to find common ground on a variety of wellness, recovery, resiliency issues. This method can be used to choose which new wellness practices your program may want to offer to consumers and family members.

Action Planning~ a structured, concise technique for identifying and planning short-term wellness, recovery resiliency events or projects. This method can be used to figure out “next steps” in how to develop and implement a new wellness practice for your program or organization.

Customized Trainings ~Our team can put together specialized trainings that fit your particular needs. They may include any of the above in any combination or we may work with you to create something unique.

Consumer Empowerment / Leadership Training~

- **L.I.F.E. (Living Intentionally Fully Empowered) Workshops**~ interactive, experiential sessions where consumers have the opportunity to define their own wellness and recovery, develop self-advocacy skills and set wellness recovery goals. Open to consumers on the BHCS Adult Service Teams.
- **C.O.R.E. Consumer-provider Ongoing Recovery Education Seminars**~ ongoing training and mentorship for consumer providers working in ACBHCS.

**Recovery is a journey,
not a destination!**