

WHAT ARE WELLNESS ADVISORY COUNCILS?

As an extension of Tri-City Mental Health's Cultural Inclusion and Diversity Committee (CIDC), the Wellness Advisory Councils were created to form a joint alliance with community members, service providers and local organizations to advocate for and effectively meet the diverse mental health needs of consumers, individuals, families and communities in Pomona, Claremont and La Verne.

Wellness Advisory Councils provide guidance and recommendations to the Tri-City Mental Health Commission and Executive Team. Council members are encouraged and empowered to share their collective voices, knowledge and experiences to promote learning and to advance inclusion, equity and culturally-responsive policies, practices and services at Tri-City Mental Health (TCMH).

WHO CAN BE A WELLNESS ADVISORY COUNCIL MEMBER?

TCMH Wellness Advisory Councils thrive on inclusivity and collective partnership, with membership consisting of consumers, peers, families, advocates, community members, TCMH staff and representatives of local organization and service providers.

Membership is open to any person who resides in or is affiliated with the cities of Pomona, Claremont and La Verne.



Creating a Behavioral Health
Center of Excellence That
Recognizes and Values Our
Different Communities, Cultures,
Languages, Traditions and
Experiences

BECOME A WELLNESS ADVISORY COUNCIL MEMBER

For more information, please contact:

Andrea Espinosa,
Diversity, Equity & Inclusion (DEI) Coordinator
cidc@tricitymhs.org | (909) 784-3052

We welcome your participation
and feedback.



TRI-CITY MENTAL HEALTH

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WELLNESS ADVISORY COUNCILS

Be a Voice for Your Community





WELLNESS ADVISORY COUNCILS

HOLISTIC ASIAN AMERICAN AND PACIFIC ISLANDER (HAAPI)

2nd Tuesday of the month
2:00 pm - 3:00 pm

¡ADELANTE! LATINO AND HISPANIC

2nd Thursday of the month
10:00 am - 11:00 am

RAINBOW (LGBTQ+)

3rd Tuesday of the month
11:00 am - 12:00 pm

TRANSITION AGE YOUTH (TAY)

3rd Wednesday of the month
3:30 pm - 4:30 pm

AFRICAN AMERICAN FAMILY WELLNESS

4th Thursday of the month
10:30 am - 11:30 am

FUTURE ADVISORY COUNCILS

Wellness Advisory Councils for Older Adults and Native American and Indigenous communities are in development.

For more information, please contact:
cidc@tricitymhs.org

WHAT DO WELLNESS ADVISORY COUNCIL MEMBERS DO?

You can help ensure mental health services reflect and serve the needs of individuals and families in your community

- Attend a monthly meeting to discuss and share your ideas and experiences on projects and programs to enhance the consumer and family experience at TCMH.
- Provide valuable insight, feedback and recommendations to improve access to and quality of culturally and linguistically appropriate services that better meet the community's needs.
- Plan and implement culturally-relevant resources, trainings, workshops, celebrations and practices.
- Collaborate and engage with other consumers, peers, community members, advocates, local organizations and TCMH staff and leadership to address community-identified mental health needs and to respond to gaps in services.
- Increase awareness of available mental health resources and reduce mental health stigma.