## **GETTING WELL WITH US**

## For the community:

Capacity building, collaboration, educational services, presentations and seminars. If you would like to give back to the community, we also have numerous volunteer opportunities. As part of our values and beliefs, we also offer consumers employment opportunities because we not only believe that recovery is possible but that each consumer can become a productive member of a thriving community. Interested?





NOTES:		

Gamaliel Polanco, ACSW

Wellness Center Coordinator

1403 N. Garey Ave.

Pomona, CA 91767

(909)242-7610

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## MHSA WELLNESS CENTER

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R E C O V E R I N G W E L L N E S S

## TRI CITY MENTAL HEALTH CENTER

1403 N. Garey Ave.

Pomona, CA 91767

Phone: (888)593-4448

Fax: (909)242-7691

www.tricitymhs.org

# HISTORY AND BACKGROUND

At the state level...

In 2004 the voters of California, recognizing the needs of the local communities approved Proposition 63 (Also known as the Mental Health Services Act). This new legislation afforded an unprecedented opportunity to provide mental health services through programs designed to address the specific needs of the consumers in the local communities throughout the state.

At the local level, each county implemented programs designed to address the needs of the family: children, young adults (known as Transitional Age Youths), adults and older adults. These programs are formally known as Full Service Partnerships (FSP).

Once consumers have been identified and assisted to regain stability in their lives through the FSP programs, providers were also charged with developing other supportive services and programs to ensure that consumers maintain the level of stability gained. These services are to take place at the local community level in centers, formally known as Wellness Centers.

Wellness Centers are local community centers that provide a wide range of supportive services to consumers in the mental health system. But services are not only exclusive to consumers, rather they are also available to the community at large. Thus, we would like to introduce to you Tri-City's Wellness Center.

### WHO WE ARE

Founded in 1960 with the goal of mitigating the mental health needs of Claremont, La Verne and Pomona, Tri-City Mental Health Authority has been providing mental health services for over 49 years.

It is with great pride that we again embark on the mission of developing, implementing and providing first class mental health services through the Mental Health Services Act.

The opening of our Wellness Center represents our commitment to our consumers, stakeholders and governmental agencies that depend on our services to mitigate the Tri-City community needs.



#### MISSION

To provide first class, culturally competent mental health services to the cities of Claremont, La Verne and Pomona.

### PROGRAMS AND SERVICES

Our Wellness Center is committed to providing programming in a holistic and comprehensive manner. We offer services for the whole family, children, young adults, adults, older adults and the community in general.

For the children: mentoring, skills building classes, groups, recreational activities, arts, music and leadership training.

For young adults: self help groups and peer support, independent living skills, job and vocational training, recreational activities, specialized supports, assessment, linkage and referral and leadership development.

For adults: assessment and linkage, recreational and cultural activities, educational resources, services to promote independence (education, employment and housing) and support networks.

For the family: Supports to the individual member (as previously described) and to the family as a whole through parenting classes, resource development, budgeting and self advocacy.