

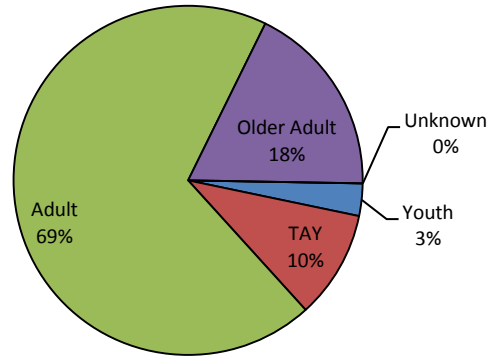
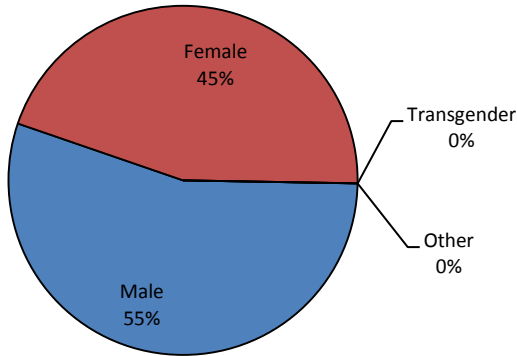
# Wellness Center Summary Report

July 2014 through June 2015

Shasta County had two wellness centers in operation during the twelve-month period of July 2014 through June 2015: Olberg Wellness Center in Redding and Circle of Friends in Burney. Olberg Wellness Center is on a monthly reporting cycle, while Circle of Friends in on a quarterly reporting cycle. Because of this, some averaging was necessary for their data to be comparable, so all combined data is an approximation.

## Demographics

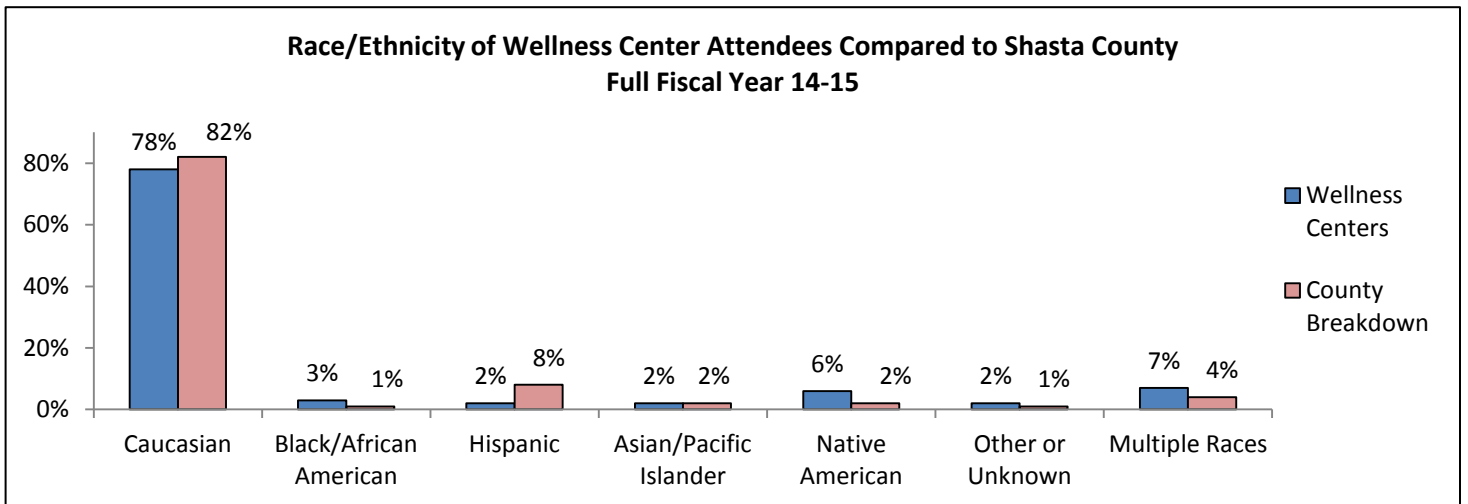
Approximately 55% of wellness center attendees were male, 45% female, and 0% reported as transgender or other.



Approximately 3% of wellness center attendees were Youths (0-15 years of age), 10% were Transitional Age Youths (16-25 years of age), 69% were Adults (26-59 years of age), and 18% were Older Adults (60+ years of age), with 0% of unknown age.

Approximately 61% of wellness center attendees were consumers, 7% were family members of consumers, and 21% identified as both consumers and family members, with 11% unknown or declining to state.

Caucasians and Hispanics were slightly under represented. Black/African Americans, Native Americans, Other or Unknown, and Multiple Races were slightly over represented.



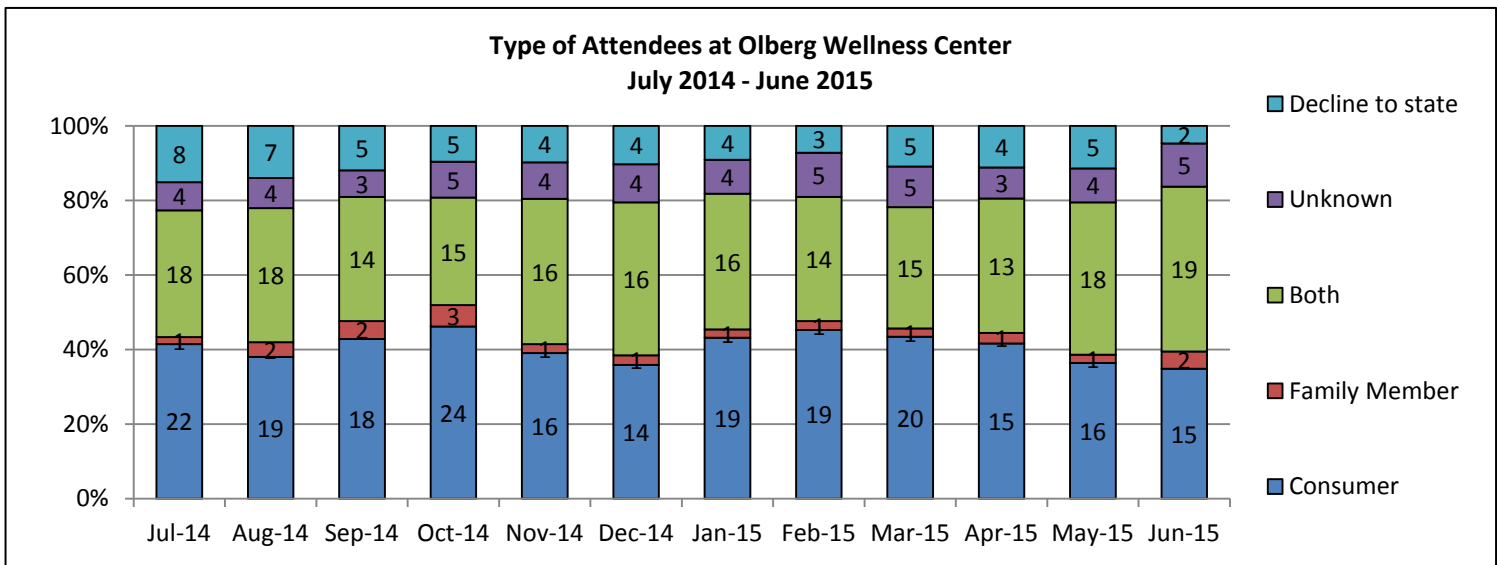
## Services Provided

Overall, a total of 2175 individual workshops, groups, activities, and 12-step recovery meetings were held during this twelve-month period.

## Olberg Wellness Center

### Attendance

Because the Olberg Wellness Center did not exist until mid-May 2014, there is no historical data for comparison. During this twelve-month period, there was an average of 44 unduplicated participants each month.



### Demographics

On average, 41% of attendees were consumers, 3% were family members, and 36% identified as both family members and consumers. On average, 9% of the participants were of unknown type, and 11% declined to state. On average, 90% of staff members (including volunteers) were consumers. In order to maintain confidentiality, age, gender and race/ethnicity is not broken down by individual wellness center.

### Services Provided

Olberg Wellness Center is open Monday through Friday 10 am to 3 pm. During this twelve-month period, 1201 individual activities and groups were available for participants, with the average being 5 groups or activities offered per day. On the average, there were approximately 7 participants per activity.

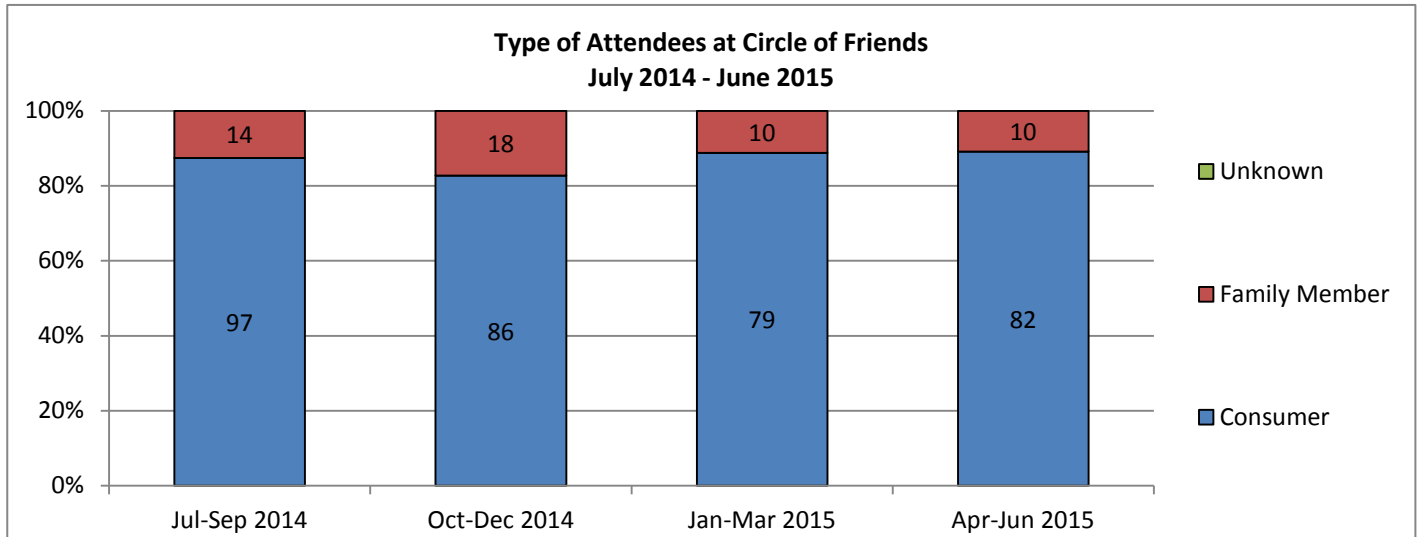
### Attendee Direction

Olberg Wellness Center has weekly Members' Meetings and monthly Steering Committee Meetings, open to consumers and family members. During this twelve-month period, there were 45 of these types of meetings, and they had an average of 12 participants per meeting.

## Circle of Friends

### Attendance

Attendance was up 6% from the previous twelve-month period, with an average of 99 unduplicated people attending Circle of Friends each quarter.



### Demographics

Eighty-seven percent of attendees were consumers and 13% were family members. Sixty-nine percent of staff and 86% of volunteers were consumers. In order to maintain confidentiality, age, gender and race/ethnicity is not broken down by individual wellness center.

### Services Provided

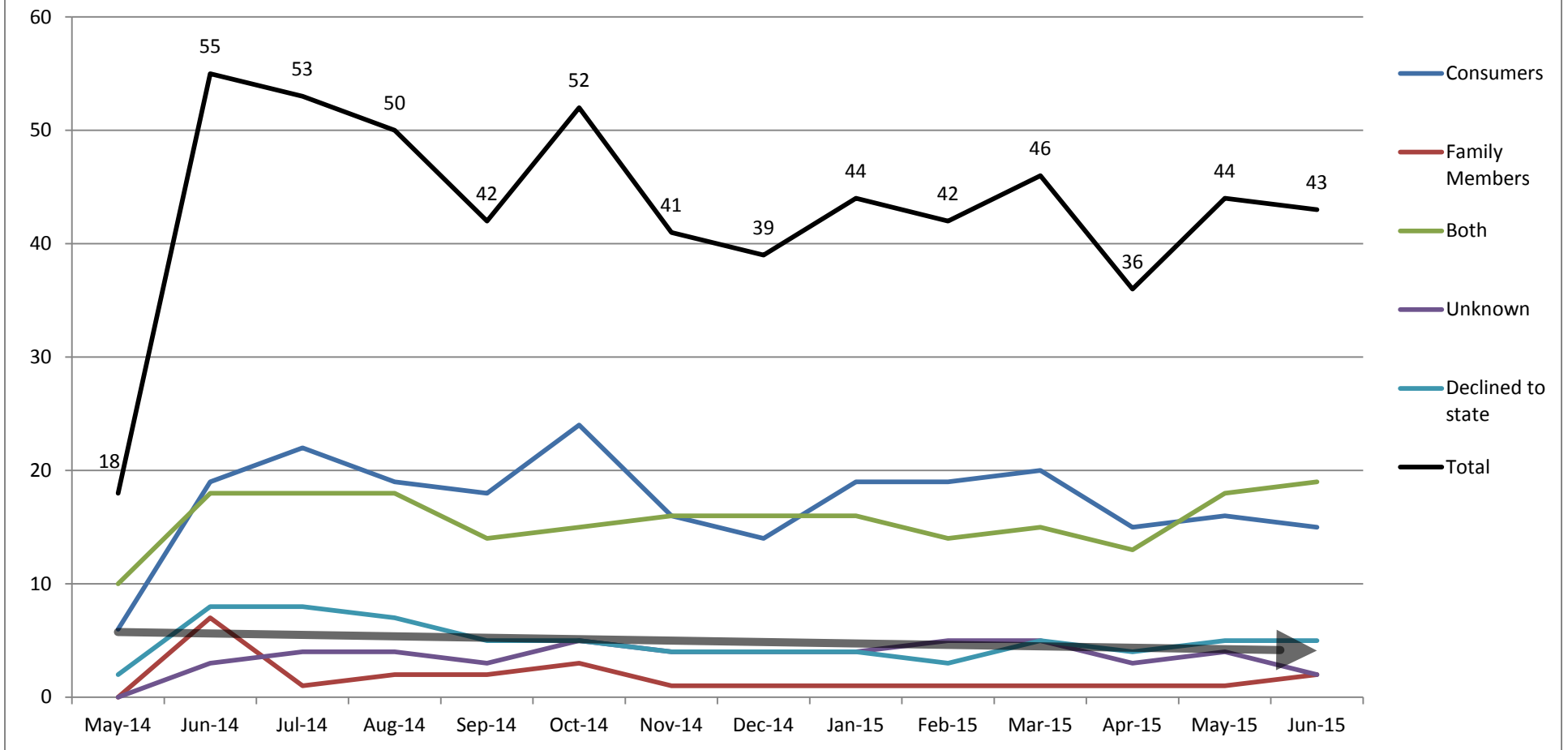
Circle of Friends is open in Burney Monday, Wednesday, and Friday 12:30 PM to 3:30 PM, and varying hours on Tuesdays and Thursday afternoons depending on the scheduled activity. They also offer services in Round Mountain from 9:00 AM to 11:30 AM Thursdays. In addition, many scheduled activities and outings, chosen by consumers, take place at other days and times, including evenings and weekends.

Four workshops, 142 different activities, and 15 different weekly/biweekly 12 step recovery meetings were held on a regular basis, which provided 974 individual activities/groups for participants during this twelve-month period.

### Attendee Direction

An average of 19 attendees (19%) contributed to the planning and direction of the program each quarter. All decisions relating to the Center are based on participant input through the Steering Committee, Community Education Committee Meetings, Walk for Wellness meetings, calendar and newsletter planning meetings, daily check-in time, daily discussions, coach advocate interviewing and other activity-specific planning meetings. Activities offered at the Center are based on participant preferences.

## Attendance Over Time - Olberg Wellness Center



## Attendance Over Time - Circle of Friends

