

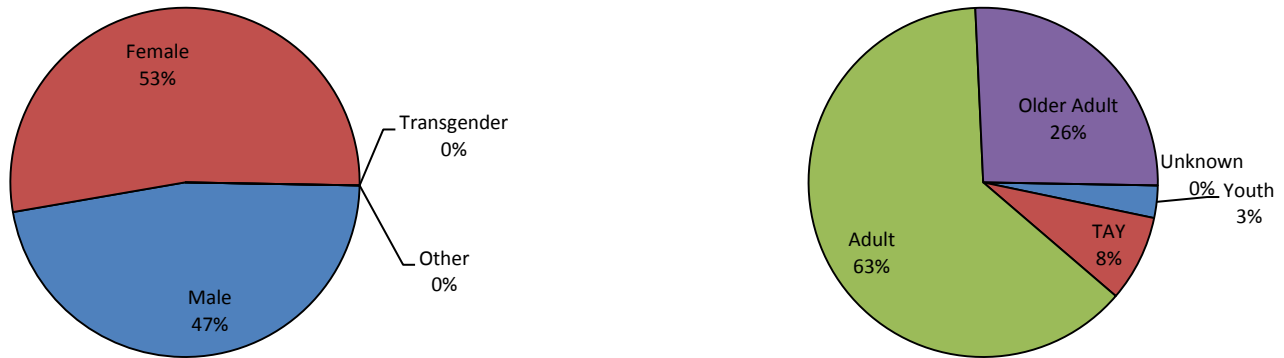
## Wellness Centers Summary Report

Jan 2017 through Dec 2017

Shasta County had two wellness centers in operation during the twelve-month period of January 2017 through December 2017: 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

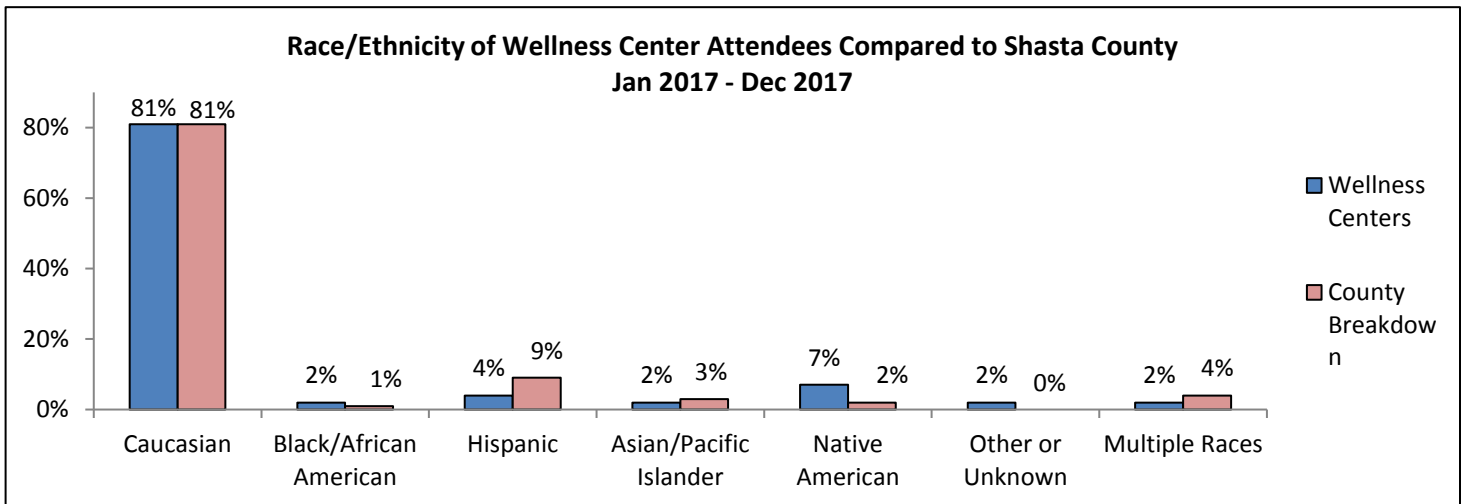
Approximately 48% of wellness center attendees were male, 53% female, and 0% reported as transgender or other.



Approximately 3% of wellness center attendees were Youths (0-15 years of age), 8% were Transitional Age Youths (16-25 years of age), 63% were Adults (26-59 years of age), and 26% were Older Adults (60+ years of age), with 0% of unknown age.

Approximately 68% of wellness center attendees were consumers, 7% were family members of consumers, and 17% identified as both consumers and family members, with 8% unknown or declining to state.

Asian/Pacific Islanders, Multiple Races and Hispanics were under represented. Black/African Americans, Native Americans and Other or Unknown were over represented.



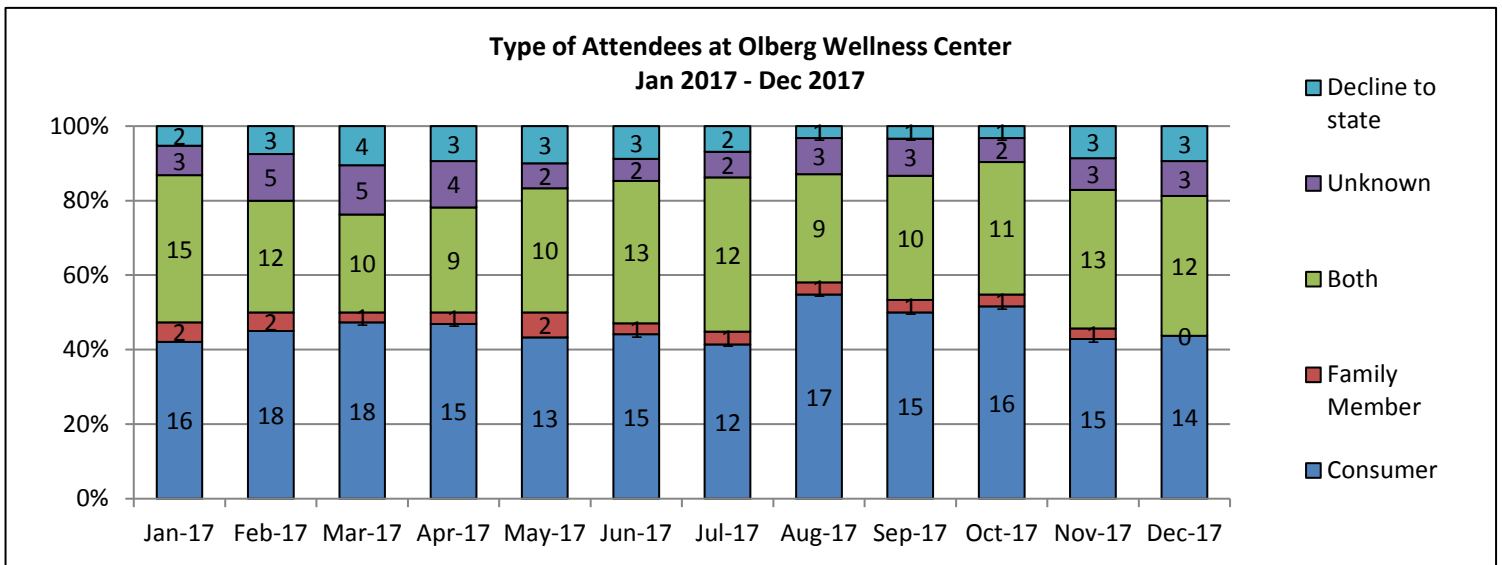
### Services Provided

Overall, a total of 2,347 individual workshops, groups, activities, and 12-step recovery meetings were held during this twelve-month period.

# Olberg Wellness Center

## Attendance

Attendance was down 32% from the previous twelve-month period, with an average of 34 unduplicated participants each month.



## Demographics

On average, 46% of attendees were consumers, 4% were family members, and 34% identified as both family members and consumers. An average of 9% of the participants were of unknown type, and 7% declined to state. On average, 93% 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, 1338 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 5 participants per activity.

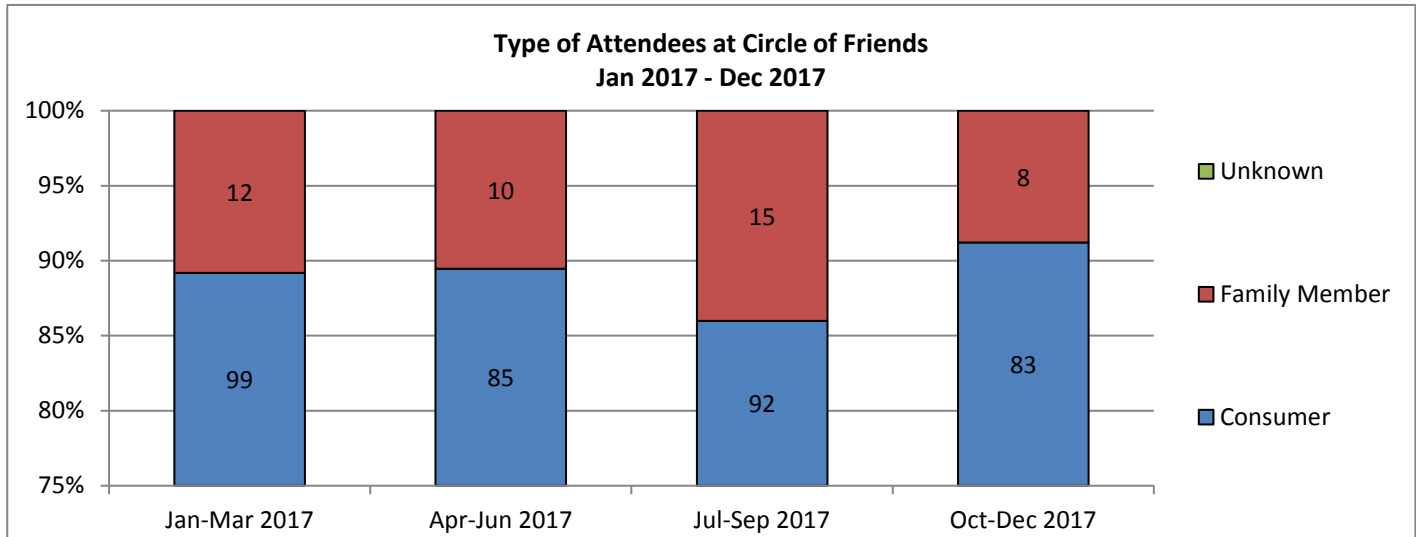
## Attendee Direction

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 55 of these types of meetings, and they had an average of 11 participants per meeting.

## Circle of Friends

### Attendance

Attendance was down 7% from the previous twelve-month period, with an average of 101 unduplicated people attending Circle of Friends each quarter.



### Demographics

Eighty-nine percent of attendees were consumers and 11% were family members. Eighty-six percent of staff and 97% of volunteers were consumers. In order to maintain confidentiality, age, gender and race/ethnicity is not broken down by individual wellness center.

### Services Provided

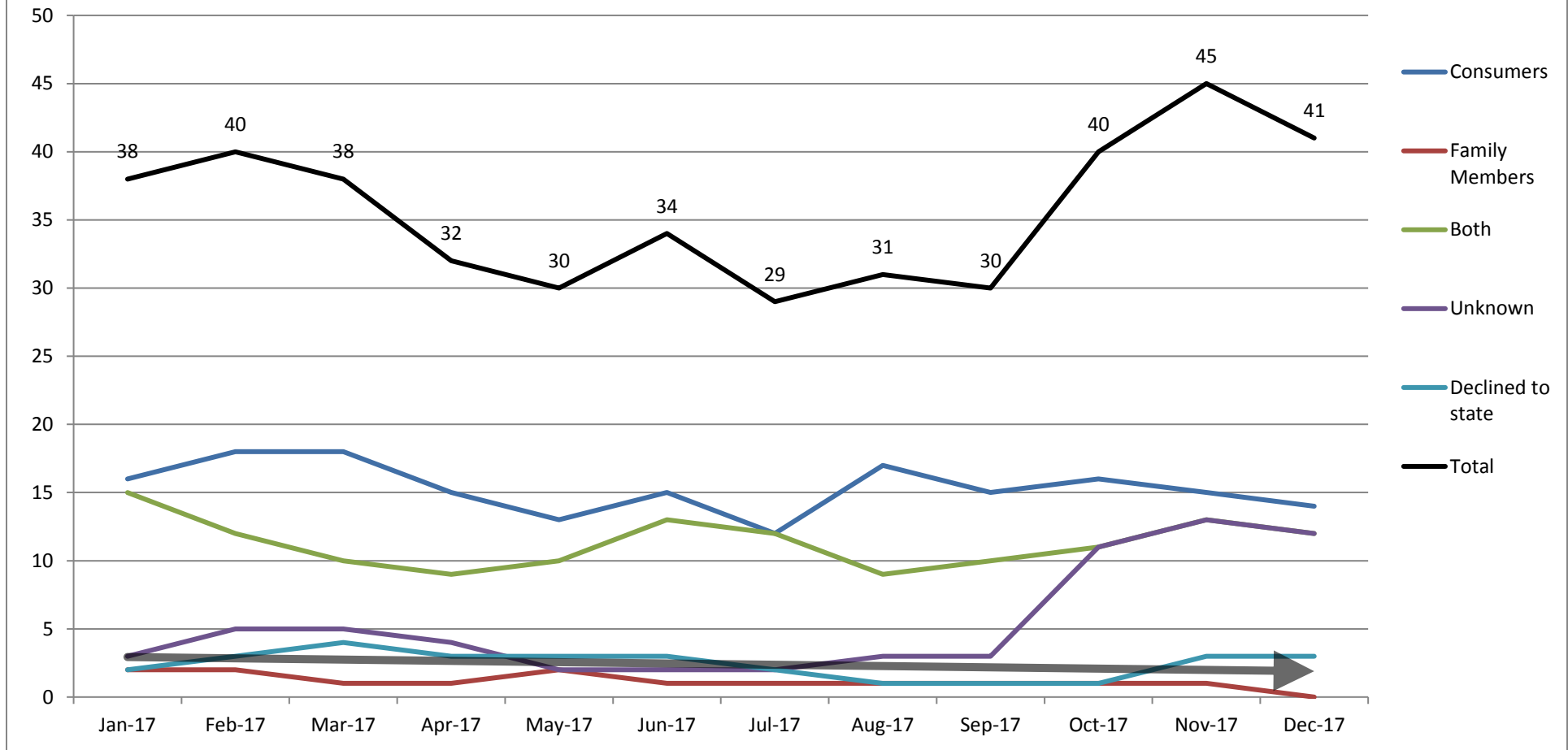
Circle of Friends is open in Burney Monday, Wednesday, and Friday 12:30 PM to 3:30 PM, and varying hours on Tuesdays and Thursday afternoons depending on the scheduled activity. They also offer services in Round Mountain from 9:00 AM to 11:30 AM Thursdays. In addition, many scheduled activities and outings,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

Fifty-six workshops, 2 different activities, and 19 different weekly/biweekly 12 step recovery meetings were held on a regular basis, which provided 1009 individual activities/groups for participants during this twelve-month period.

### Attendee Direction

An average of 18 attendees (18%) contributed to the planning and direction of the program. 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 2017 - Olberg Wellness Center



### Attendance Over Time - Circle of Friends

