

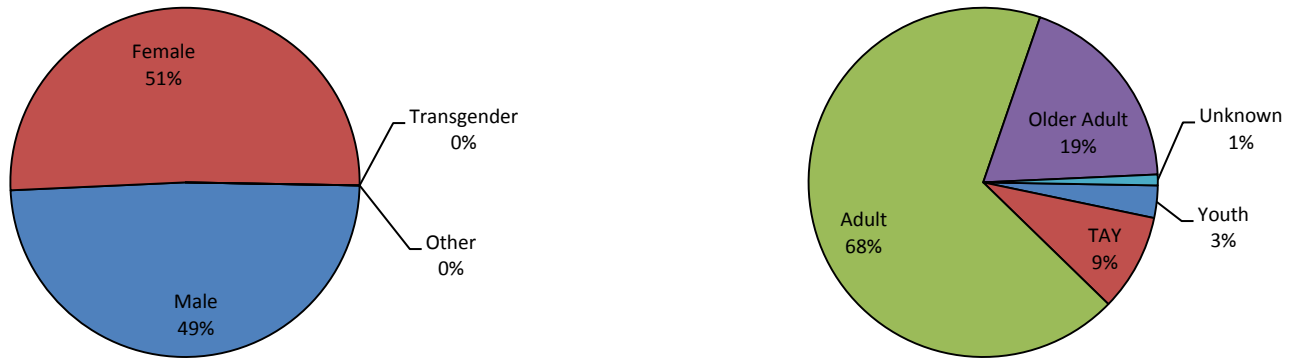
Wellness Center Summary Report

July 2015 through June 2016

Shasta County had two wellness centers in operation during the twelve-month period of July 2015 through June 2016: 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

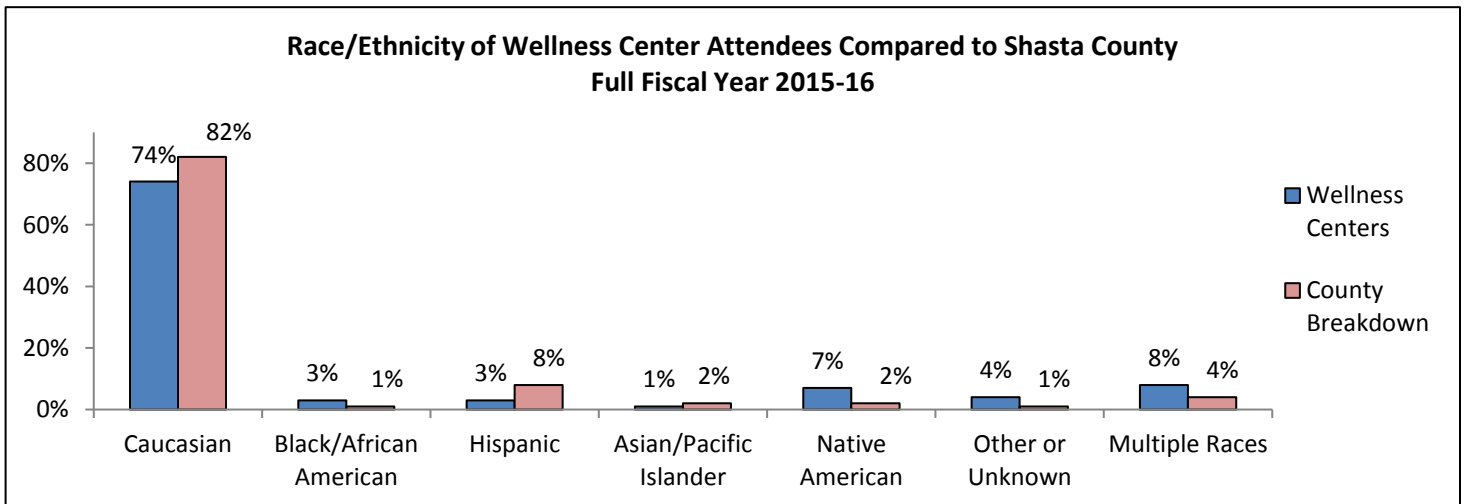
Approximately 49% of wellness center attendees were male, 51% female, and 0% reported as transgender or other.



Approximately 3% of wellness center attendees were Youths (0-15 years of age), 9% were Transitional Age Youths (16-25 years of age), 68% were Adults (26-59 years of age), and 19% were Older Adults (60+ years of age), with 1% of unknown age.

Approximately 60% of wellness center attendees were consumers, 7% were family members of consumers, and 23% identified as both consumers and family members, with 10% unknown or declining to state.

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



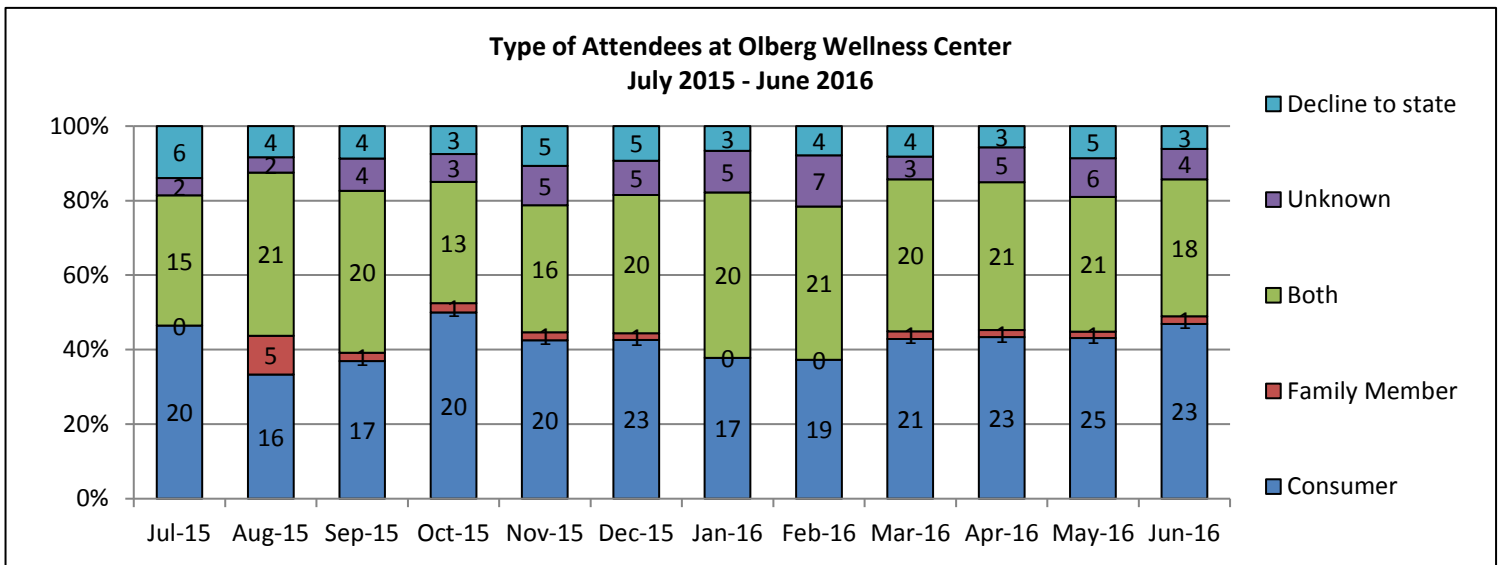
Services Provided

Overall, a total of 2,566 individual workshops, groups, activities, and 12-step recovery meetings were held during this twelve-month period.

Olberg Wellness Center

Attendance

Attendance was up 11% from the previous twelve-month period, with an average of 49 unduplicated participants each month.



Demographics

On average, 42% of attendees were consumers, 2% were family members, and 39% identified as both family members and consumers. On average, 9% of the participants were of unknown type, and 8% declined to state. On average, 91% of staff members (including volunteers) were consumers and/or family members. 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 1,310 individual activities and groups were available for participants, with the average being 6 groups or activities offered per day. On the average, there were approximately 6 participants per activity.

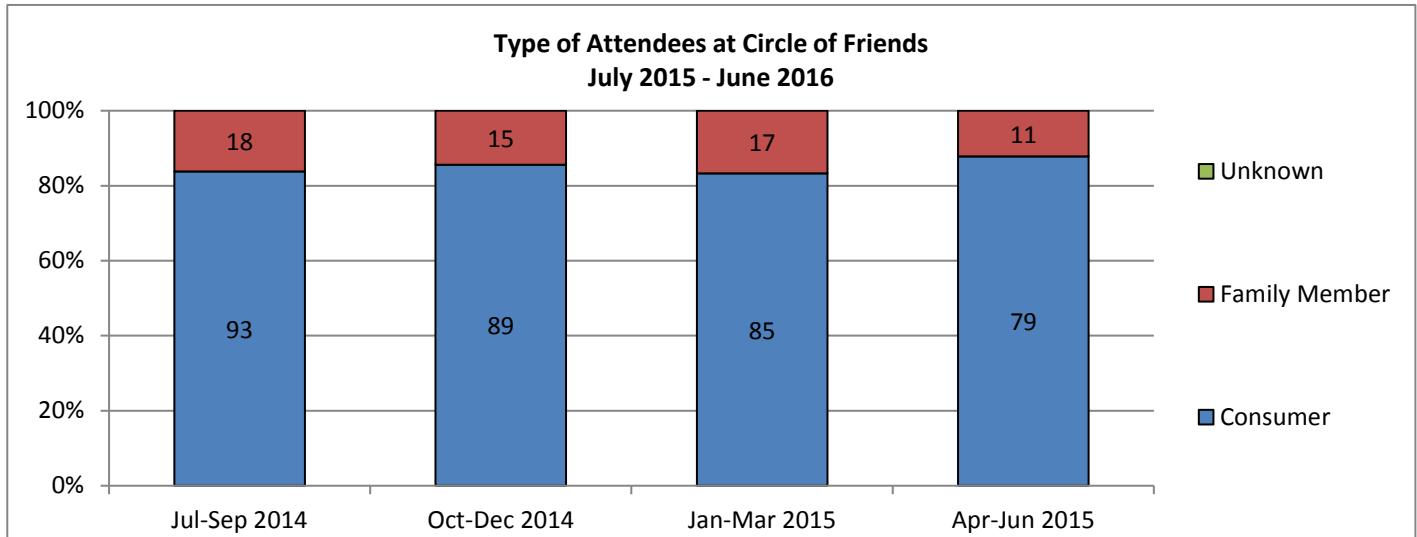
Attendee Direction

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 49 of these types of meetings, and they had an average of 14 participants per meeting.

Circle of Friends

Attendance

Attendance was up 3% from the previous twelve-month period, with an average of 102 unduplicated people attending Circle of Friends each quarter.



Demographics

Eighty-five percent of attendees were consumers and 15% were family members. Eighty-three percent of staff and 88% of volunteers were consumers and/or family members. In order to maintain confidentiality, age, gender and race/ethnicity is not broken down by individual wellness center.

Services Provided

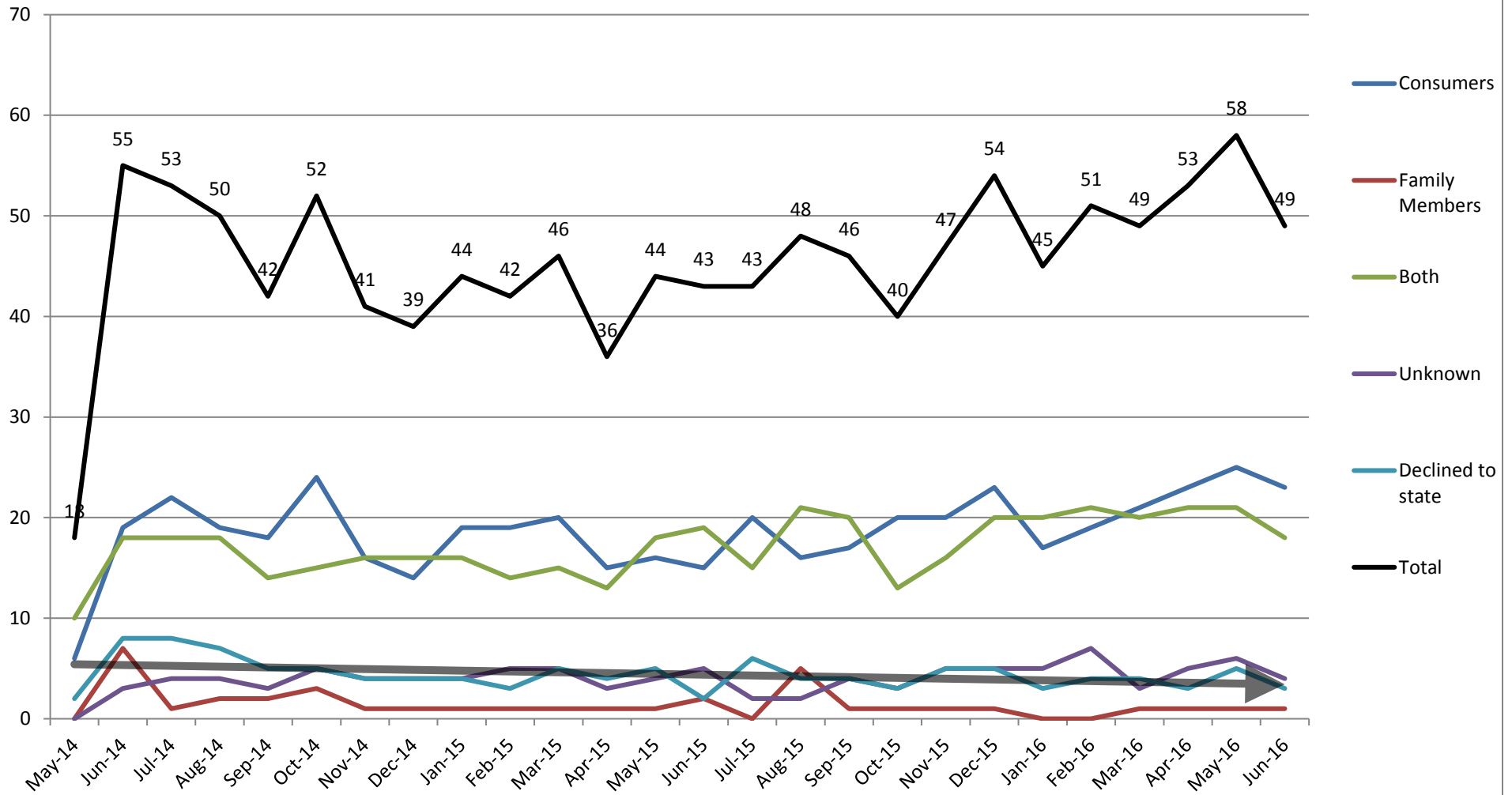
Circle of Friends is open in Burney Monday, Wednesday, and Friday 12:30 PM to 3:30 PM, and varying hours on Tuesdays and Thursday afternoons depending on the scheduled activity. They also offer services in Round Mountain from 9:00 AM to 11:30 AM Thursdays. In addition, many scheduled activities and outings,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

Eight workshops, 164 different activities, and 18 different weekly/biweekly 12 step recovery meetings were held on a regular basis, which provided 1,256 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 each quarter. All decisions relating to the Center are based on participant input through the Steering Committee, Community Education Committee, HEAL group, daily check-in time, daily discussions, Fundraiser Committee meetings, Earth Day planning, preparation for the Minds Matter Health Fair, preparation for the Housing Program Community Meeting, MHSA Advisory Committee Meeting, 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

