

Wellness Center Summary Report

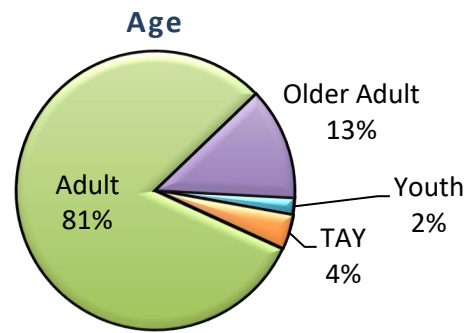
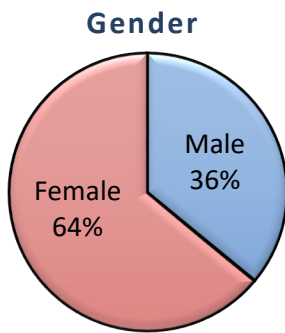
July 2020 – June 2021

This report provides quarterly data collected from two wellness centers in Shasta County: Sunrise Mountain Wellness Center in Redding and Circle of Friends in Burney. Wellness centers provide support to anyone with mental health challenges through facilitated discussions and activities, transportation to community events, workshops, education, referrals to resources, and fellowship. Wellness center operations are funded by the Mental Health Services Act (Proposition 63).

Sunrise Mountain Wellness Center and Circle of Friends are both on a quarterly reporting cycle. Data from both Wellness Centers will be combined for the first section of this report. In the next section, both wellness centers will be reported on individually.

Combined wellness center demographics

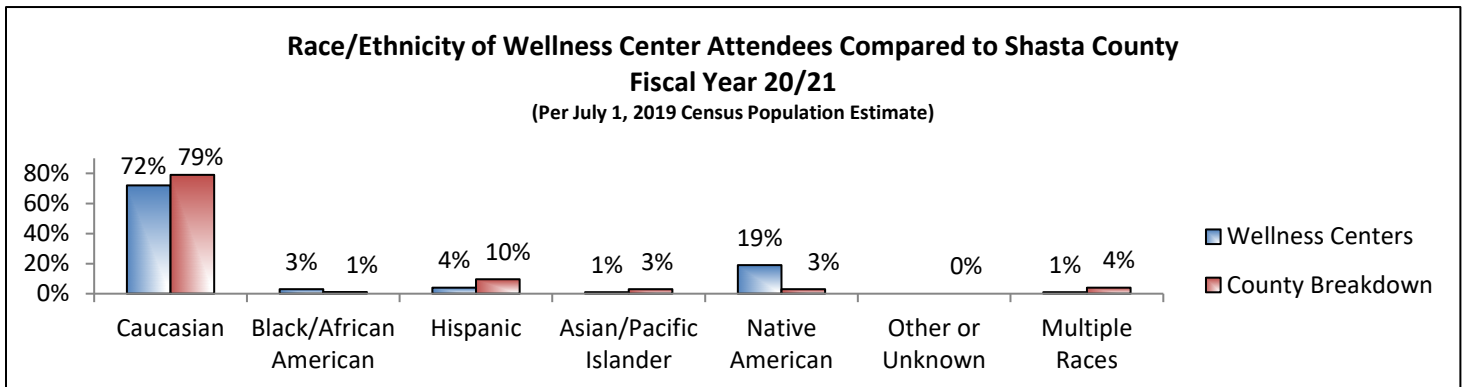
Approximately 36% of wellness center attendees were male and 64% female. None reported as transgender or other.



Approximately 2% of wellness center attendees were Youths (0-15 years of age), 4% were Transitional Age Youths (16-25 years of age), 81% were Adults (26-59 years of age), 13% were Older Adults (60+ years of age), and none were of unknown age.

Approximately 97% of wellness center attendees were consumers and 3% were family members of consumers.

Caucasian, Hispanic, Asian/Pacific Islander, and Multiple Races were under-represented while Native American and Black/African American were over-represented.

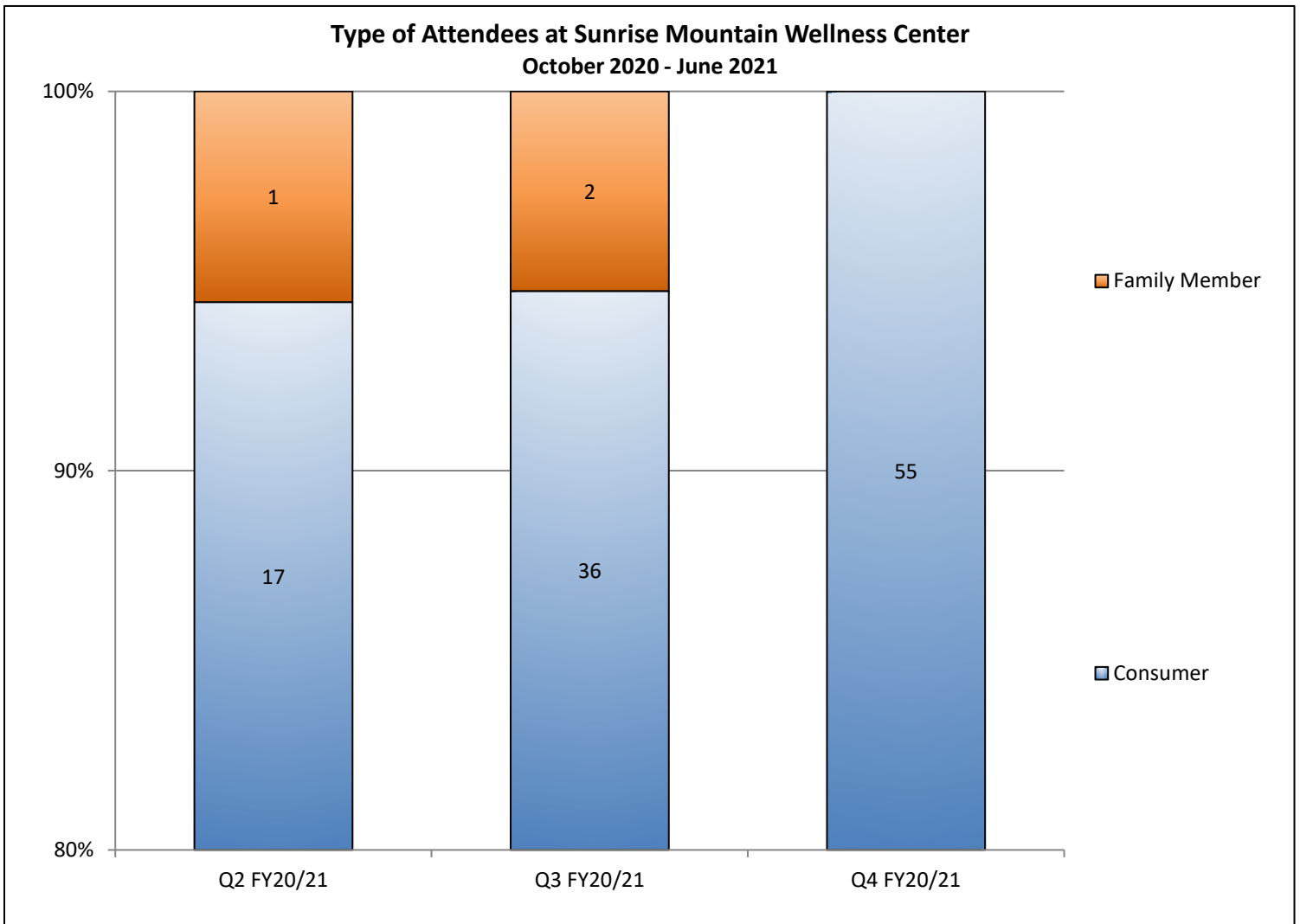


Overall, a total of 2,016 individual workshops, groups, activities, and 12-step recovery meetings were held during this twelve-month period (this count includes 265 activities from Olberg Wellness Center from Q1).

Sunrise Mountain Wellness Center

Attendance

Sunrise Mountain Wellness Center began operations during Q2 of FY 20/21. An average of 37 unduplicated participants attended Sunrise Mountain Wellness Center each quarter.



Demographics

On average, 97% of attendees were consumers. 3% were family members. On average, 76% 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

Sunrise Mountain Wellness Center's physical location was under construction during 2021 amid the covid-19 pandemic, but virtual meetings were available Monday through Friday 10 am to 3 pm. From Q2 through Q4, there were 1,269 individual activities and groups available for participants.

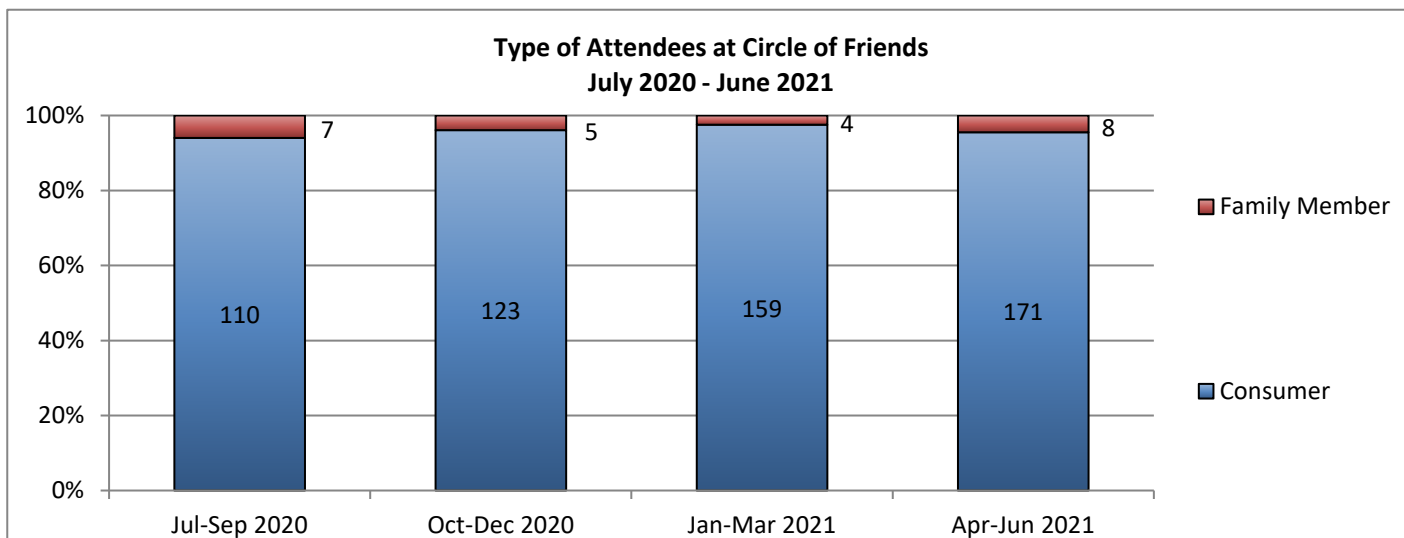
Attendee Direction

Sunrise Mountain Wellness Center had weekly center advisory meetings (open to consumers and family members) to contribute to the direction and planning of the program. From Q2 through Q4, they had an average of 9 participants per meeting.

Circle of Friends

Attendance

Attendance increased 22% from the previous twelve-month period, with an average of 147 unduplicated people attending Circle of Friends each quarter.



Demographics

Eighty-nine percent of attendees were consumers and 11% were family members. Eighty-two percent of staff and 99% 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

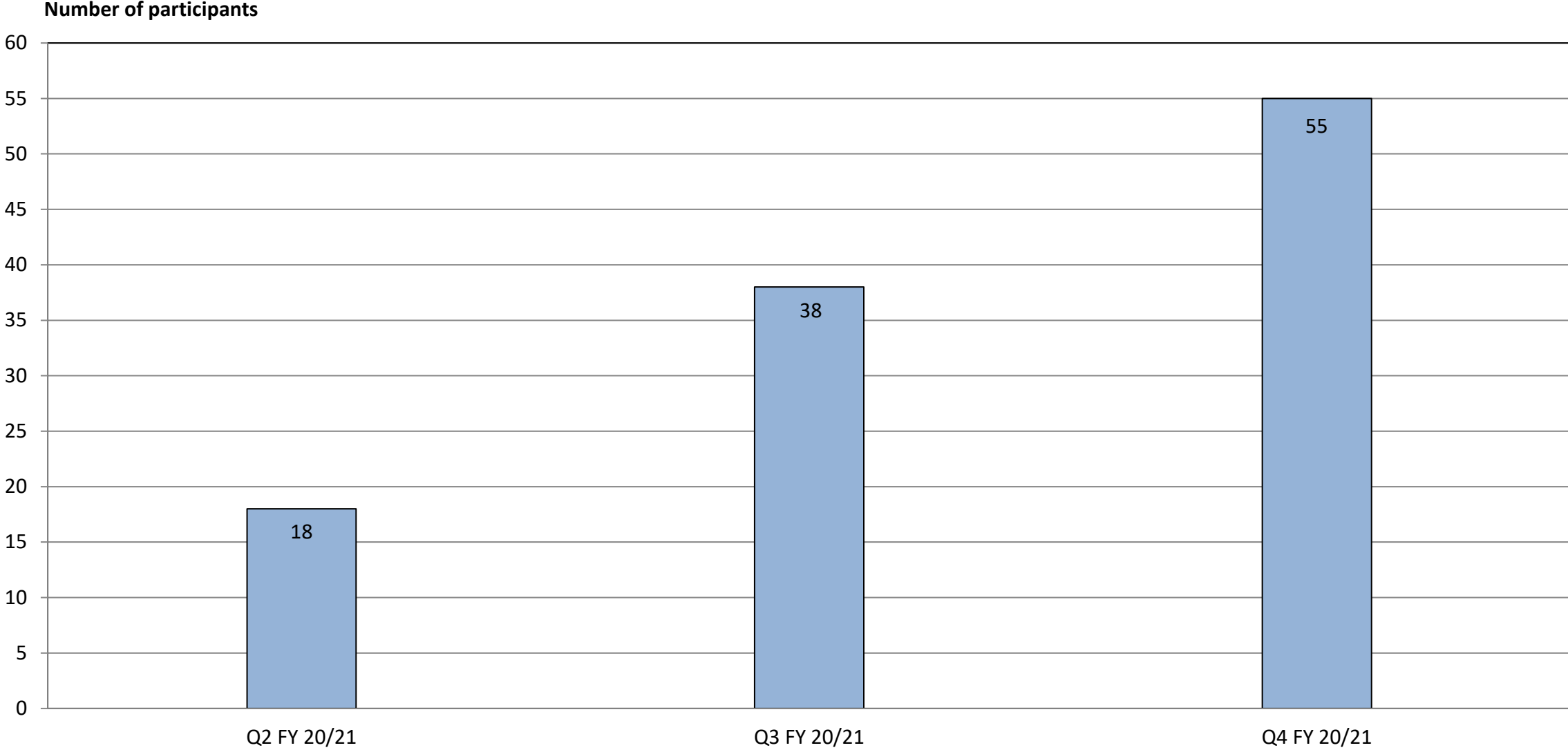
Virtual hours of operation were scheduled for Monday, Wednesday and Friday, 12:30-2:00 via Zoom. When the weather warmed up, the center resumed weekly outdoor gatherings in April and continued through mid-June until they reopened. Since reopening on June 16th, they have resumed normal operating hours. Circle of Friends is open for participant activities Monday, Wednesday, and Friday from 12:30pm to 3:30pm. They are open for food and clothing distribution Monday through Friday from 8:00am to 4:30pm. And during those hours they are available to address most concerns and requests that come their way; everything from using their phone or Wi-Fi to managing homelessness. Showers are available Tuesdays and Thursdays from 9:00am to 11:00am.

162 different activities provided 493 individual activities/groups for participants during this twelve-month period.

Attendee Direction

An average of 28 attendees (10%) contributed to the planning and direction of the program each quarter. All decisions relating to the center were based on participant input through activity-specific planning meetings.

Attendance Over Time - Sunrise Mountain Wellness Center



Attendance Over Time - Circle of Friends

Number of participants

