

Family Service Coordination

Buckelew Programs Sonoma



Our center is a non-profit Mental Health consumer-operated self-help center

– Agency Highlight

Who are we and what do we do?

The simple answer is that we are a self-help mental health center, run by peers for peers. Our mission is: *“Together, we are working toward mental health recovery in a safe, non-judgmental peer community.”*

What this means is, if you have experienced depression, anxiety, voices, extreme loneliness or isolation or have had difficulty participating in life, and you want to improve your life satisfaction and social connections, come to the Wellness and Advocacy Center!

You’re welcome to come in anytime we’re open. If you need practical assistance such as housing, jobs, food, or financial assistance we’re here to give you a hand. If you need an advocate, we can help you find your voice. If you need an accepting, respectful place to hang out, we are here. If you need someone to talk to who has “been there,” that’s our specialty!

Members are free to join community meetings, support groups, and recreational activities. We have a Career/Computer Lab to help you learn computer skills, put together resumes and search for jobs. In the lab you can email, surf the net or use social media. There are three large Community Gardens and you can contribute ideas about what to grow—and get dirty. The Art Program is a place to paint, color, make jewelry, or investigate other creative mediums (like soldering). We also facilitate community art sales and shows of members’ art. Volunteers in all these areas are welcome!

When you arrive, please sign in at the front desk and let the receptionist know you’re “new,” and we’ll be happy to give you a tour of the program!

Open: Mon, Tues, Thurs & Fri from 10am-2pm, and on Wednesdays from 11am-3pm.

Wellness and Advocacy Center • 3400 Chanate Rd., Santa Rosa CA 95404 • 707-565-7800 •
<http://wellnessandadvocacy.org/>

The Wellness and Advocacy Center is a program of Goodwill Industries ~ Redwood Empire (www.gire.org) contracted by Sonoma County Behavioral Health Department and funded by the Mental Health Services Act.

Good Food for a Good Cause – Good Eats Kitchen

Have you heard of Good Eats Kitchen? Located at the Wellness and Advocacy Center, it is a state-of-the-art kitchen catering business that creates and delivers delicious breakfasts and lunches at affordable prices. It is a remarkable training program where mental health consumers can receive professional training to work in the food industry. Good Eats Kitchen has been

developed in partnership with Goodwill ~ Redwood Empire, Sonoma County Behavioral Health, and the Department of Rehabilitation.

To Place a Food Order: contact Chef Rainey Bochart at goodeatskitchen@gire.org, call (707) 565-4914, or fax (707) 565-4977.

To find out more about the Mental Health Co-Op and the training programs please contact: Consumer Liaison Susan Stone at (707)523-0550 and/or attend the drop-in informational meeting at 651 Yolanda, every Thursday at 3pm.

January- March 2015
Volume 2, Issue 1

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Upcoming Events:

- 2/20 @1pm: Interlink PES/CSU Presentation
- 2/24 @7:30pm: Santa Rosa Symphony: Young People’s Chamber Orchestra (Cloverdale)
- 3/28 @1pm: NAMI Book Discussion Group



Finally, Something Worked! – A story of hope by Noah Henderson

I've spent my whole life feeling different from other people. In the 2nd grade, we had to start saying the Pledge of Allegiance, so they posted the words above the door to our classroom, next to the clock and the flag. Our teacher gave instructions: stand, place your right hand over your heart, and repeat the words. All the students stood up when she motioned for us to do so, placed their hands over their hearts and read aloud the words of the pledge. Except for me. I did stand, but looked around at the other kids. I remember clearly, thinking, "what are we doing, why is everyone doing this without asking what it's for, what are the other [kids] thinking?"

I really didn't understand what the pledge meant or why we had to repeat it, and I especially didn't understand why the other kids simply did what they were told without question. I tried to repeat the

pledge but was halting and uneven, wavering between acquiescing and refusal unless I understood. I wasn't taking a principled stand, I was too young and stands came later. The teacher made a deal with me: I was to stand quietly and not draw attention, and I wouldn't have to say the pledge.

That was the first time I remember feeling different, and it never got any easier or better. Through my life I developed a lot of anxiety since I felt misunderstood, and finally, after two divorces and several failed jobs (bad economy), I was emotionally hurt when a family member disowned me, and I became severely depressed. I was depressed for a long time, withdrawing from public life, not participating in social or community events and feeling worse and worse about myself. It didn't seem like it was going to end. Eventually I couldn't stand it anymore, I had to change this thing or well, just forget it. I looked for support and found

a NAMI group I thought might help with my depression. It did. I felt good in that group and decided to learn more about peer support. I took a class in Peer Support and earned a certificate. I was offered an internship at the Wellness and Advocacy Center, which turned out to be such a great fit that I was hired on staff after a few months. The staff there, and the members too, were amazing.

The Wellness Center is the first place I've ever been where I felt okay in my skin, where I was not judged, was accepted and even appreciated for who I am without having to meet some artificial standard. Now I am leading peer support groups and am engaged with people, both staff and members. They are like my new family and they don't disparage me or make me feel broken. I can do whatever I want in terms of my own growth and I don't have to meet expectations that are foreign to me. Sure, I have moments of depression and anxiety, but I also have joy and hope. I never would have guessed that recovery is possible!

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Peer Support Specialist Training (PSST) A three-month class offered by the Consumer Relations Program

The greatest gift of people striving toward mental health recovery can be the growing ability to support others in their own healing journey. Developing this ability for connection and putting it to good use for the benefit of others can lessen the pain and struggle of our own experiences while giving more purpose to our lives.

The PSST class is an excellent opportunity for people who want to learn how to support others with mental health challenges maintain and improve satisfaction in their lives. It is an academically designed training intended to prepare individuals for future employment as Peer Support Specialists throughout the mental health service system, though that is not a requirement to take the class.

In this class we explore ways to transform lived mental health experience into specific skills. This is a learning

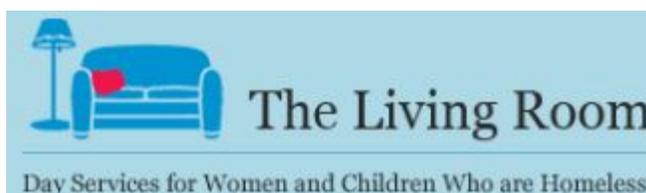
opportunity that is engaging, rewarding and interactive. We learn through a variety of activities including: reading, writing, lectures and videos; role playing, journaling, dialogue, and games; as well as evaluating our increased skills and knowledge through course reviews. For those seeking certification there is a required exam. Our main objective is to gather new knowledge about how to support others while learning how our experience may affect system change in service delivery.

The class is held at the Wellness and Advocacy Center in Santa Rosa, CA, and is taught by Stella Rijeka and many guest lecturers from the community. The next class will begin in summer 2015.

If you would like to know more about this certification course or about employment as a Peer Specialist, please contact: Kate Roberge at (707) 483-7425 or kroberge@gire.org

Community Updates

The Living Room



The Living Room has purchased a new property on Cleveland Avenue in Santa Rosa. A move will take place in 2015! They will have new amenities, like a commercial kitchen. The Living Room is seeking donations to complete their restoration of the property.

To learn more, visit: <http://www.thelivingroomsc.org/>

NEW! Peer Warmline Connection of Sonoma County: Non-crisis Mental Health Support

Hours: 5:30 - 9:30 pm Friday, Saturday, and Sunday evenings

Warmline Number: 707-565-4466



The Warmline desires to provide help *before* a crisis develops. This telephone support is especially for people who are coping with mental illness, and is available during hours when other services are closed. The warmline is staffed by people who have experienced mental health challenges and thus can be empathetic to others' feelings. The peers who answer the phones are not licensed therapists, medical providers or legal advisors.

To learn more, contact: Ann Tate, Warmline Program Coordinator @ (707) 565-7809 or atate@gire.com

Family Service Coordination Updates

Family Service Coordination has welcomed *Nikki Moore, Administrative Assistant* to the program. We are happy to have her as a part of our team. You can catch Nikki at community events, CHOW meetings and in your inbox of your email!

We are also happy to welcome Phillip Tapia, our new Behavioral Health Outreach Worker, for the HOST project.

The SCBH Family Education and Support Group has RELOCATED!

New Location:

3322 Chanate Rd.

Norton Center, West Wing Conference Room

Santa Rosa, CA 95404

(Youth and Family entrance on the right as you are facing the building)

This group is held every 2nd Monday of each month from 4-6pm. Questions? Contact Kelly Kanclerowicz, Family Service Coordinator at (707) 571-8452.

Buckelew Programs Sonoma
Family Service Coordination
144 South E Street
Suite 200
Santa Rosa, CA 95404

This newsletter will be issued on a quarterly basis, and will continually highlight an agency within Sonoma County as well as other supportive services for families and peers.

For more information on Buckelew Programs Sonoma, Family Service Coordination, including support group information and additional support, please contact us at (707) 571-8452.

www.buckelew.org

In addition to Family Service Coordination, Buckelew Programs offers a variety of supportive services for the mental health community in Sonoma County. Some of these services include: Independent Living Programs, Transitional Age Youth Programs, Employment Services and the Forensic Assertive Community Treatment Team. For more information on these services, feel free to contact us at (707) 571-5581, or join us at a weekly Resource Clinic held every Tuesday from 3p.m.-4:30p.m. at 144 South E Street, Suite 200 in Santa Rosa.

Enhancing the quality of life of individuals and families in our community by providing mental, emotional, behavioral health and addiction services that promote recovery, resilience and hope.



If you would like your agency to be highlighted in the Buckelew Programs Sonoma: Family Service Coordination quarterly newsletter, please contact:

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