

Recovery Through Discovery

Your service team:

- Peer Support Specialists

Silvia Esparza

Alana Reyna

Nicole Rodriguez

Rocio Villasenor

Salina Romero

- Mental Health Workers

Michael Locke

Vanessa Calvo

Rebeca Wood

- Housing Specialists

Angelina De La Paz

Rebeca Wood

- Program Manager

Lila Eslinger



Hope . Wellness . Recovery



Life is like riding a bicycle. To keep your
BALANCE, you must keep moving.

- Albert Einstein

Merced County Behavioral health and Recovery Services

VISION

Inspiring hope and recovery for those we serve as the premier provider for quality whole person care

MISSION STATEMENT

Behavioral Health and Recovery Services is committed to empowering our diverse community with hope, recovery, and wellness by providing comprehensive

VALUES

Customer Service

Innovation

Inclusive

Humility

Compassion



Location

40 West G Street Suite B.
Los Banos, CA

Contact

209-710-6122

Open 9:00-3:00 Monday-Friday





Who can become members of the Transitional Center?

Individuals 18 and older who are open to Behavioral Health and Recovery Services.

How do I enroll?

Access at 209-381-6800 Ext 3301

In 2006, The Wellness Center was opened to Prop 63 Mental Health Services Act (M.H.S.A.).

Since that time, Our Wellness Center has provided members of the Behavioral Health & Recovery Services System (B.H.R.S.) a place to learn and practice Wellness & Recovery goals that will make positive impacts in their life.



Wellness Center

Hope

Hope is most motivating when it takes form as a real, reasonable image of what life can look like. We need to see possibilities – getting a job, earning a diploma, having an apartment – before we can make changes and take steps forward.

Empowerment

To move ahead, we need a sense of our capabilities. To be empowered, we need access to information and the opportunity to make our own choices. At the Transitional Center individuals choose the types of services they want.

Self-Responsibility

As we move toward recovery, we realize we need to be responsible for our own lives. This comes with trying new things, learning from mistakes and trying again. We encourage individuals to take risks, such as living independently, applying for a job, enrolling in college or asking someone out on a date.

A Meaningful Role in Life

To recover, we must have a purpose in our lives separate from our illness. We need to apply newly-acquired traits such as hopefulness, confidence and self responsibility to “normal” roles such as employee neighbor, graduate and volunteer. Meaningful roles help people with mental illness “get a life.”

• *Groups and Activities*

- Employment Development
- Job Finding
- Housing Assistance
- Continuing Education
- Money Management
- Mental Health Recovery Groups
- Substance Abuse Recovery Groups
- Peer to Peer Support

• Self-Discovery Activities :

Arts

Music

Movement

Group Field trips

Fun

Friendships!

- Power of One Passports

Chose your service options to create a passport to your dreams.

imagine
Believe
Achieve