



CRISIS HEALTH RECOVERY CONSULTING

What is Wellness City?

Wellness City is a recovery education center, offering peer support and recovery classes and activities to people on their road to wellness. At *Wellness City*, **Recovery is: remembering who you are and using your strengths to become all you were meant to be.** Our focus is on what's strong, not what's wrong.

Who can come to Wellness City?

Any adult interested in expanding their journey of recovery from mental health / substance use challenges, or any of life's challenges, is welcome at *Wellness City*. Participation in *Wellness City* is free. You do not need insurance, a diagnosis, or a referral. Every person participating in *Wellness City* is an equal "citizen" with rights and responsibilities. Everyone's voice and contribution is valued. All citizens work together to bring out everyone's best, catching each other when we start to fall and sharing what's been learned so we all can benefit.

What do people do at Wellness City?

Individuals who participate in classes and activities at *Wellness City* complete some basic paperwork to become "Citizens". Each citizen is responsible for and directs their own recovery journey. Citizens decide what goal(s) they want to work on and choose classes and activities that relate to their goals. Citizens can work with a Recovery Coach who is a Peer Support Specialist. Some Citizens come to *Wellness City* every day to participate in a class or activity, others come once or twice per week or even just a few times per month.

What kinds of classes/activities do you have at Wellness City?

At *Wellness City*, we look at the whole person, offering classes and activities for all dimensions of a person's life: emotional, financial, home and community living, intellectual, occupational, physical, recreation and leisure, social and spiritual.

(Please see our current calendar for a complete list of our classes and activities.)

What is a Peer Support Specialist?

A Peer Support Specialist is someone who has their own lived experience of mental health or substance use challenges and who has received extensive training in how to provide support and encouragement to others on the path to recovery. Based on their personal experience of "having been there," a Recovery Coach has the credential I.T.E., "I'm the Evidence." All the staff at *Wellness City* are NC Certified Peer Support Specialists.

Wellness City Citizens Speak...



What does *Wellness City* mean to you?

- A place where recovery is real & is the focus of everything
- A great place to learn how to deal with my life
- A place of peace and to learn about approaches to life
- It is a place that is a home away from home
- A safe place to push my comfort zone and improve my life
- Getting a handle on the way I'm feeling, my emotions
- Wellness City is a place to feel safe with space to grow and change, to become more me

What difference has *Wellness City* made in your life?

- It has taught me how I can overcome
- Learn how to socialize with other people
- It gave me a structured type of atmosphere while still having choices to choose your learning at your own pace. It really is a big part of me being part of something good
- Made the difference between life & death
- It has helped me find myself
- Wellness City has opened up new possibilities not only for my own continued development but also to have opportunities to share my experiences and strength with others
- It has given me the opportunity to learn about independent living
- Given opportunity to see others with similar problems to learn from

Being a citizen at *Wellness City* has helped me to...

- Communicate while not being judged and choosing what I need to work on in my life to go forward and express my opinion
- Bounce back
- Become a better person, handle negative situations in a positive way and I share my experience, strength and hope
- Make healthy choices
- Be positive influence in my community
- Focus on recovery and rediscovering myself to make some important decisions in ways that support recovery, rediscovering stability and meeting personal goals

What keeps you coming back to *Wellness City*?

- The positive atmosphere
- Learning about myself
- The realness, the hope & the empowerment
- Smiling faces
- There is always something useful for me no matter what is occurring when I arrive; whether it is a scheduled class, a conversation, or a one-on-one session with a Peer Support Specialist

What do you find at *Wellness City* that you can't find other places?

- Respect – Choices - A safe place to share
- A very authentic place when everyone has a name and their strengths are the focus
- Diversity - others who have experienced things that I have, others with multiple diagnoses, medical and mental. The whole person is the focus
- Love and compassion - Friendly people who care about me