

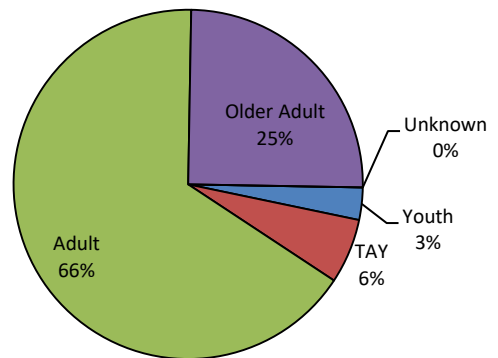
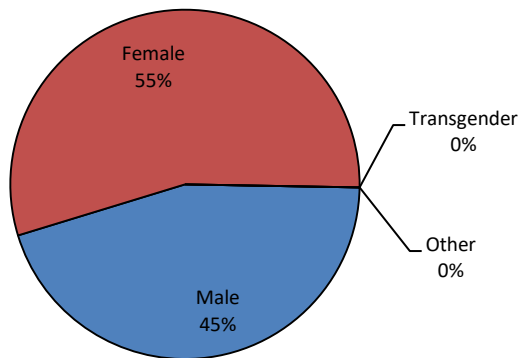
Wellness Center Summary Report

July 2017 through June 2018

Shasta County had two wellness centers in operation during the twelve-month period of July 2017 through June 2018: 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

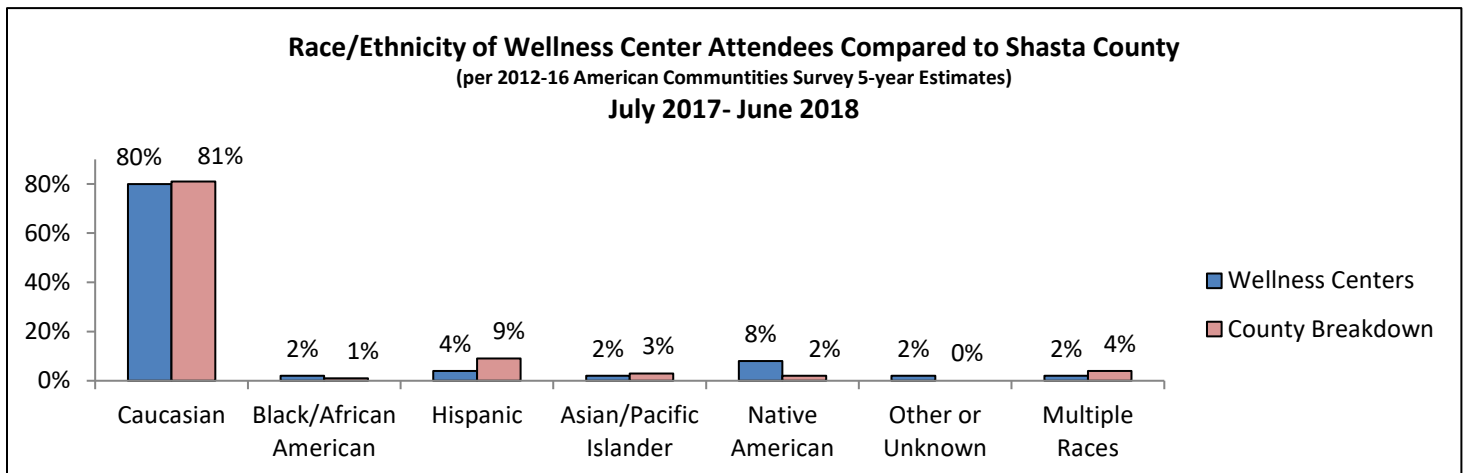
Approximately 45% of wellness center attendees were male, 55% female, and 0% reported as transgender or other.



Approximately 3% of wellness center attendees were Youths (0-15 years of age), 6% were Transitional Age Youths (16-25 years of age), 66% were Adults (26-59 years of age), 25% were Older Adults (60+ years of age), and 0% were of unknown age.

Approximately 65% of wellness center attendees were consumers, 7% were family members of consumers, and 20% identified as both consumers and family members, with 8% unknown or declining to state.

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



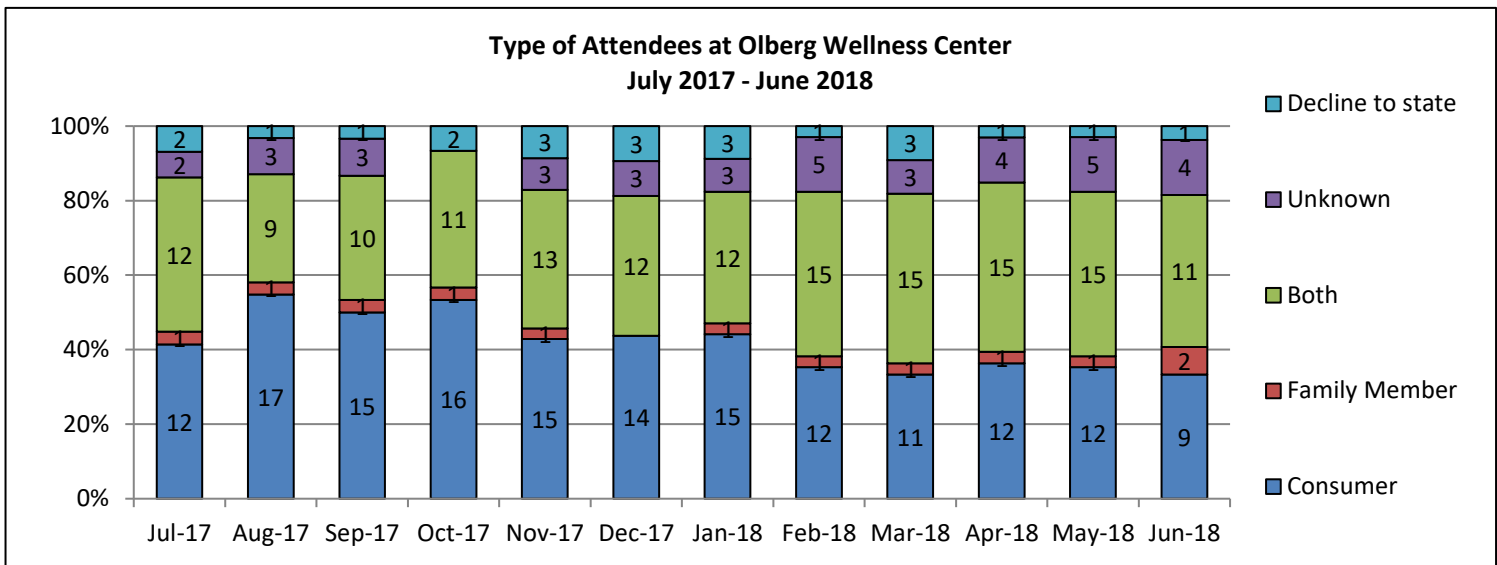
Services Provided

Overall, a total of 2,237 individual workshops, groups, activities, and 12-step recovery meetings were held during this twelve-month period.

Olberg Wellness Center

Attendance

Attendance decreased 15% from the previous twelve-month period, with an average of 32 unduplicated participants each month.



Demographics

On average, 44% of attendees were consumers, 4% were family members, and 38% identified as both family members and consumers. On average, 8% of the participants were of unknown type, and 6% declined to state. On average, 93% 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 1,333 individual activities and groups were available for participants, with the average being 5 groups or activities offered per day. On the average, there were approximately 5 participants per activity.

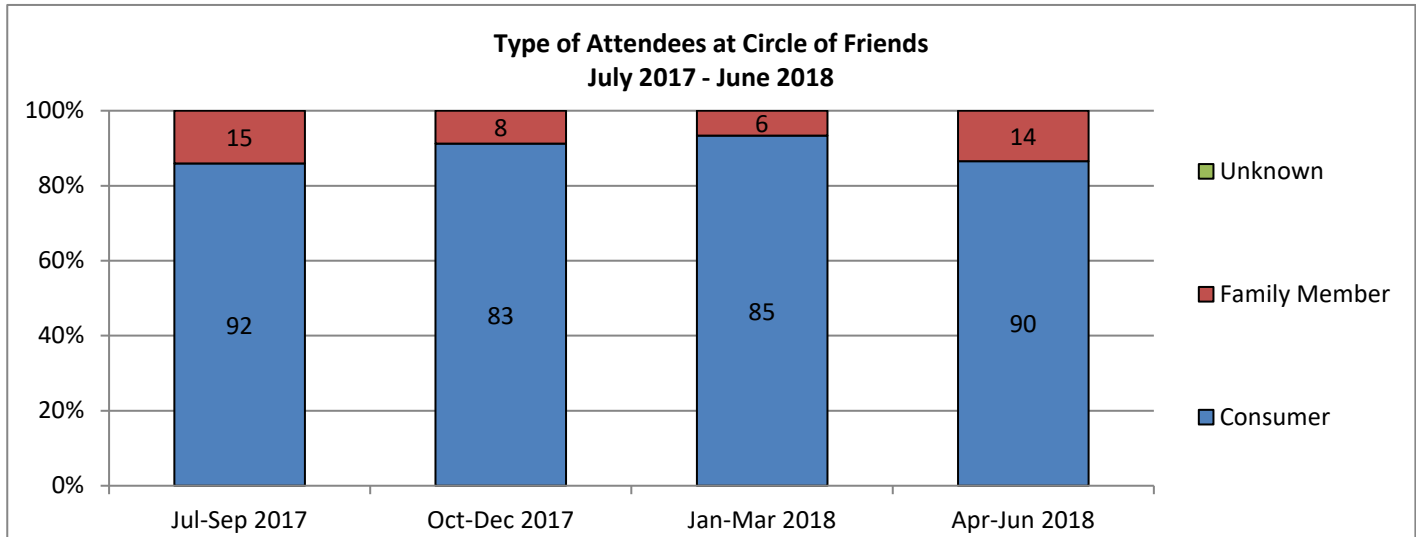
Attendee Direction

Olberg Wellness Center has weekly Members' Meetings and monthly Steering Committee Meetings, open to consumers and family members. During this twelve-month period, they had an average of 12 participants per meeting.

Circle of Friends

Attendance

Attendance decreased 12% from the previous twelve-month period, with an average of 98 unduplicated people attending Circle of Friends each quarter.



Demographics

Eighty-nine percent of attendees were consumers and 11% were family members. Eighty-four percent of staff and 96% 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

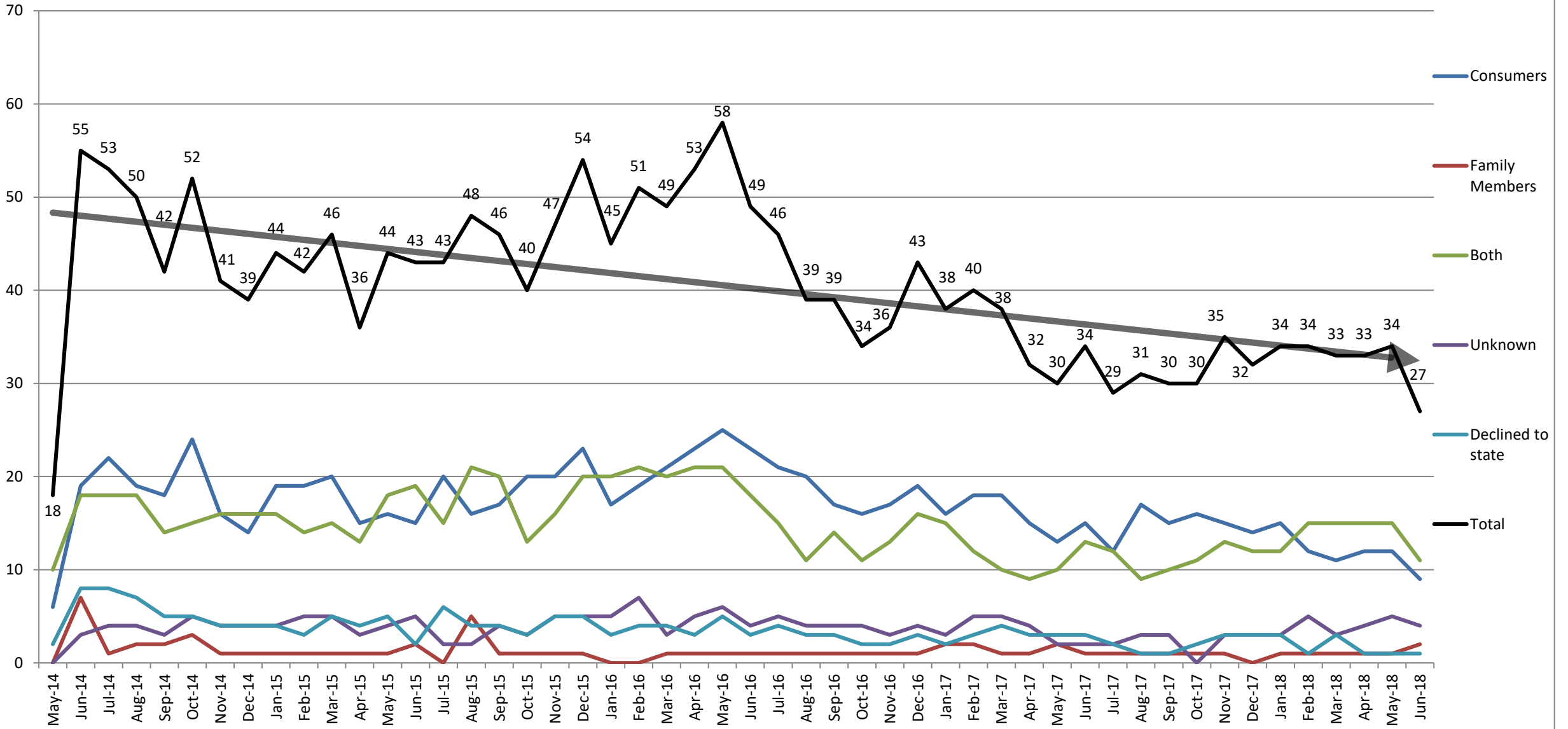
In Burney, the standard hours are 12:30 PM to 3:30 PM Monday, Wednesday, and Friday; and varying hours on Tuesdays and Thursday afternoons depending on the scheduled activity. In Round Mountain, activities are occasionally scheduled on Tuesdays or Thursdays. In addition, many scheduled activities and outings, chosen by participants, take place on other days, including evenings and weekends.

Eleven workshops, 240 different activities, and 21 different weekly/biweekly 12 step recovery meetings were held on a regular basis, which provided 904 individual activities/groups for participants during this twelve-month period.

Attendee Direction

An average of 23 attendees (23%) 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, Stand Against Stigma Committee, Community Education Committee, ACE's Community Meeting, Calendar and Newsletter Planning Meetings, daily check-in time, daily discussions, Burney Basin Days Parade, Community Solutions Forum, Pit River Health Fair Planning, Yard Sale Planning, Women's Group 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

