

Within our bright, beautiful building members can socialize in a safe and nurturing environment and engage in fun and meaningful activities that promote mental and physical wellness such as art and sewing instruction, gentle exercise, ping-pong, bingo, and movie night. One of the highlights of our week is the **Friday Afternoon Supper Club** that brings friends together for nutritious food, plenty of fun and fellowship. We also sponsor frequent recovery and advocacy forums prior to the Supper Club that address medication, Social Security, client rights, health and wellness.

Computer Lab

The lab is available to help members strengthen basic computer skills, including typing and word processing tutorials. Internet accessibility is available for those who have an interest in the latest research information on mental health issues or personal interests. We can also assist you in setting up an E-mail address so you can keep in touch with loved ones.

Opportunities for Encouragement

- **Depression and Bipolar Support Alliance (DBSA)** - For persons living with Depression and Bipolar challenges.
- **Drug and Alcohol Recovery for Consumers (DARC)** - For persons living with both substance abuse and mental health challenges.
- **Schizophrenics Anonymous** - For persons living with schizophrenia and related challenges.
- **Women's Peer Club** - For women living with mental health challenges exploring topics of interest to women.
- **Men's Peer Club** - For men living with mental health challenges exploring topics of interest to men.

Membership Opportunities:

| | |
|------------------------------------|-------|
| Receiver of Mental Health Services | \$5 |
| Provider | \$10 |
| Family | \$15 |
| Patron | \$25 |
| Sponsor | \$50 |
| Honorary | \$100 |
| Advocate | \$250 |
| Organization | \$500 |

Support Peer Recovery!

Thomas M. Wernert Center
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Check out our website for current newsletters, programs and upcoming events!

Website: www.wernertcenter.org
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Funded by the:



Thomas M. Wernert Center

*For Mental Health
Recovery and Support*

**YOUR STEPS OF
RECOVERY ARE...**

A JOURNEY



EDUCATION...

IS A TOOL



SELF ADVOCACY...

THE GOAL



PEER SUPPORT...

MAKES THE
DIFFERENCE



The Mission

“To improve the quality of life for persons living with mental illness through peer-driven and focused programs which address recovery through education, advocacy and support.”

Values Statement

The Thomas M. Wernert Center is dedicated to fostering growth in our members living with mental health challenges through peer support and by enhancing recovery with opportunities for education and socialization within a safe, welcoming and diverse atmosphere of trust and mutual respect that leads to a meaningful life.

About Us...

And What is Peer Support?

The Thomas M. Wernert Center (Wernert Center) is funded by the Mental Health and Recovery Services Board of Lucas County, donations, memberships, and grants and is certified by the Ohio Department of Mental Health as a Consumer/Peer Operated Service. In other words, all of the staff (paid peers) at the Wernert Center are on our own journey of mental health recovery and wellness. We are not a clinical agency; we do not have doctors, therapists, or community psychiatric supportive treatment providers (CPST). By contrast, we offer unique peer support and believe that no one can understand the experiences of living with mental health challenges better than someone who has walked down that road. **Peer support** may be defined as the social and emotional support given and received by individuals who receive mental health services. The connection between peers helps to end the feelings of isolation and stigma.

The only requirements for participating in Wernert Center programming are:

- Be at least 18 years of age
- Have a diagnosed mental illness
- Live in Lucas County

Programs

Aim High

The Aim High Program runs Monday through Thursday from 9:15 a.m. to 1:00 p.m. and offers skill building in the areas of nutritious menu and recipe planning, food prep, cooking, serving, clean-up and recycling. Participation in Aim High fosters team work and enhances self-esteem for a job well done.



New Horizons

New Horizons is a social recovery program that provides members an opportunity to visit culturally diverse sights and attractions with their peers that they might not otherwise experience, receive an individual linkage to pursue interests in the community on their own, or to be of service to others through volunteer projects at the Wernert Center and in the community. Outings have included the Charles H. Wright Museum of African American History in Detroit, the Dance for Mother Earth Pow Wow in Ann Arbor and activities such as bowling, movies, lunch and coffee clubs are regularly enjoyed by members. New Horizons also offers bus training for members in a safe and encouraging way.



Education

The Peer Enrichment Program

(PEP) offers opportunities for members at all levels of mental health recovery to learn and grow in all aspects of their lives. The PEP includes the following classes:

The Peer Support/Peer Enrichment Class is an eight-week course that discusses the importance of peer support in recovery, attitude, communication, healthy boundaries and the skills needed to be a mentor and advocate.

The Leadership Education Program

(LEP) is an eight-week course that instructs members in leadership and communication skills, decision making, self advocacy, the importance of community involvement, and *Robert's Rules of Order* for serving on boards. Many graduates of the LEP are elected to serve on the Wernert Center's Board of Trustees. In fact, our Code of Regulations states that at least half (50%) of the board be receivers of mental health services. The skills learned in LEP are also helpful in everyday living.

BRIDGES Building Recovery of Individual Dreams and Goals through Education and Support

is a ten-week course that discusses various mental illnesses, brain chemistry, medications, coping skills, and advocacy.

WMR Wellness Management &

Recovery is a 12-week program that enhances recovery through discussion of total health and wellness and goal setting. This group is highly interactive, fun and thought provoking.

