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Los Angeles County Department of Mental Health
550 South Vermont Avenue, 12th Floor
Los Angeles, CA 90020

Mental Health: Hope, Wellness, and Recovery

http://dmh.lacounty.gov

Directory to Wellness/Client-Run Centers in Los Angeles County

Service Area 1
(WC) Antelope Valley Mental Health Center (MHC) 251 East Avenue K-6, Lancaster, 93535 (661) 223-7800
(CRC) National Mental Health Association 1629 E. Palm鞭la Blvd., Palmdale 93550 (661) 947-1595
(WC) Palmdale MHC 1529 E. Palm鞭la Blvd., Ste. 150, Palmdale 93550 (661) 575-1800

Service Area 2
(WC) Hillview MHC 12450 Van Nuys Blvd., Pacoima 91331 (818) 886-1161 ext. 271
(WC) San Fernando MHC 10605 Bobo ave., Granada Hills, 91344 (818) 832-6161
(CRC) San Fernando Valley CMHC 14411 Varnerow St., Van Nuys 91405 (818) 989-7475
(WC) West Valley MHC 7621 Canoga Ave., Canoga Park 91304 (818) 586-6937

Service Area 3
(WC) Arcadia MHC 330 E. Live Oak Ave., Arcadia 91006 (626) 821-5880
Bill Compton, Jr. Wellness Center Pacific Clinics 66 Hubert, Pasadena 91105 (626) 441-4221 ext. 319
(WC) Social Medial Recovery System 510 S. Second St., Covina 91723 (626) 332-3145 ext. 241

Service Area 4
(WC) Hollywood MHC 1224 Ws St., Los Angeles 90038 (323) 769-6100
(WC) Northeast MHC 5321 Vac Marst, Los Angeles 90042 (323) 478-6200
(CRC) Special Services for Groups 2120 W. 8th St. # 210, Los Angeles 90067 (213) 368-1888 ext. 12

Service Area 5
(WC) Edmund D. Edelman Westside MHC 1900 Westwood Blvd., Los Angeles 90025 (310) 966-6500
(CRC) Step Up on Second 1326 Second St., Santa Monica 90405 (310) 394-6889 Ext. 53

Service Area 6
(WC) Compton MHC 921 E. Compton Blvd., Compton 90221 (310) 688-6878
(WC) Exodus Recovery 8401 S. Vermont Ave., Los Angeles 90044 (323) 789-6492

Service Area 7
(WC) Portals 3881 S. Western Ave., Los Angeles 90062 (626) 254-5003
(WC) West Central MHC 3751 Stedler St., Los Angeles 90067 (323) 286-3660

Service Area 8
(WC) Harbor-UCLA Medical Center (Children & Adolescents) 1000 W. Carson St., Torrance 90509 (310) 222-2083
(CRC) Pacific Clinics 11731 Telegraph Rd., Santa Fe Springs 90670 (626) 441-4221 ext. 319
(WC) Rio Hondo MHC 17707 S. Studebaker Rd., Centa 90703 (562) 402-0999

Service Area 9
(WC) Social Model Recovery System 13402 Van Nuys Blvd., Los Angeles 91402 (818) 287-0707
(CRC) California Hispanic Commission 10012 Norwalk Blvd., Santa Fe Springs 90670 (562) 941-2537
(CRC) Pacific Clinics 11731 Telegraph Rd., Santa Fe Springs 90670 (626) 441-4221 ext. 319
(WC) South Bay Mental Health Center 231 W. El Segundo Blvd., Hawthorne 90250 (310) 241-6730

KEY:
WC—Wellness Center
CRC—Client-Run Center
What is the Mental Health Services Act (MHSA)?

California’s voters passed Proposition 63 in the November 2004 General Election. On January 19, 2005, Proposition 63 was signed into law and renamed the Mental Health Services Act (MHSA).

What does the MHSA fund?

Each county in California has or are in the process of developing local plans for new kinds of mental health services. The first of these plans is the Community Services and Supports Plan (CSS). The objective of the CSS Plan is to provide an array of 24-hour/7 days a week services to children, transitional age youth, adults and older adults who need are not currently met through other funding sources.

What is a Wellness/Client-Run Center?

Wellness/Client-Run Centers provide two new options for adult clients to assist them on the road to recovery from their mental illness.

This brochure will also assist clients in answering questions about the types of activities and services being offered, in addition to how to contact a Wellness/Client-Run Center nearest to them.

### Wellness/Client-Run Center Activities and Services

<table>
<thead>
<tr>
<th></th>
<th>Wellness</th>
<th>Client-Run</th>
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<tbody>
<tr>
<td><strong>Psychiatric Services:</strong></td>
<td></td>
<td></td>
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<tr>
<td>medication support services &amp;</td>
<td>X</td>
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<tr>
<td>prescription management</td>
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<tr>
<td><strong>Case Management:</strong></td>
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<td>X</td>
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<tr>
<td>support client goals for recovery, plan &amp; coordinate services</td>
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<tr>
<td><strong>Health Screenings:</strong></td>
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<td>X</td>
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<tr>
<td>body mass index, blood pressure, diabetes, cholesterol, etc.</td>
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<tr>
<td><strong>Healthy Living Activities,</strong></td>
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<td>X</td>
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<tr>
<td>including recreation, health education, and referral to primary healthcare services</td>
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<tr>
<td><strong>Peer led Self-help Groups</strong></td>
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<tr>
<td><strong>Peer Support Services</strong></td>
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<td>X</td>
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<tr>
<td><strong>Supports for clients with co-occurring disorders</strong></td>
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<td>X</td>
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<tr>
<td><strong>Linkages and Referrals</strong></td>
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<td>X</td>
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<tr>
<td><strong>Outreach, Collaboration, and Connection with the Community</strong></td>
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### Frequently Asked Questions

**Q: Who does a Wellness Center serve?**

A: Clients who are stable in treatment and looking to further progress their recovery goals.

**Q: Who does a Client-Run Center serve?**

A: Any client seeking additional support provided from peers, like support groups.

**Q: What are Peer Support services?**

A: Peer support can include self-help groups or one-on-one services like mentoring. Through peer support, clients with similar experiences can relate to each other and offer advice, suggestions, and strategies for managing their lives in recovery.

**Q: How is a Wellness or Client Run Center different than a Mental Health Clinic?**

A: Clients in recovery have an important decision-making role in the management of the Centers. All staff at Client-Run centers and at least 50% of staff at Wellness Centers are consumers in recovery.