



WHAT WE DO

Empowerment Center (EC) is a culturally diverse center where behavioral health consumers and their support persons and/or family members can gain peer support and recovery-oriented input from others to reduce isolation, increase the ability to develop independence, and create linkages to mental health and substance abuse treatment services. It is also a safe and friendly environment where they can flourish emotionally, while developing skills toward becoming more independent and empowered in their recovery. Daily access to computers, the Internet, community presentations and informational brochures allow for consumers and their support persons and/or family members to become educated and informed about the resources and access points in their community.

OUR SERVICES ARE DESIGNED TO ENHANCE PERSONAL EMPOWERMENT AND PROFESSIONAL CONFIDENCE.

THIS INCLUDES:



Peer support and training of coping skills; modeling of safe and ethical behaviors



Promotion of self-determination, empowerment, and lifelong learning



Linkages to housing, employment, and education and other community resources



Provision of space for all community organizations to reserve for meetings and support groups

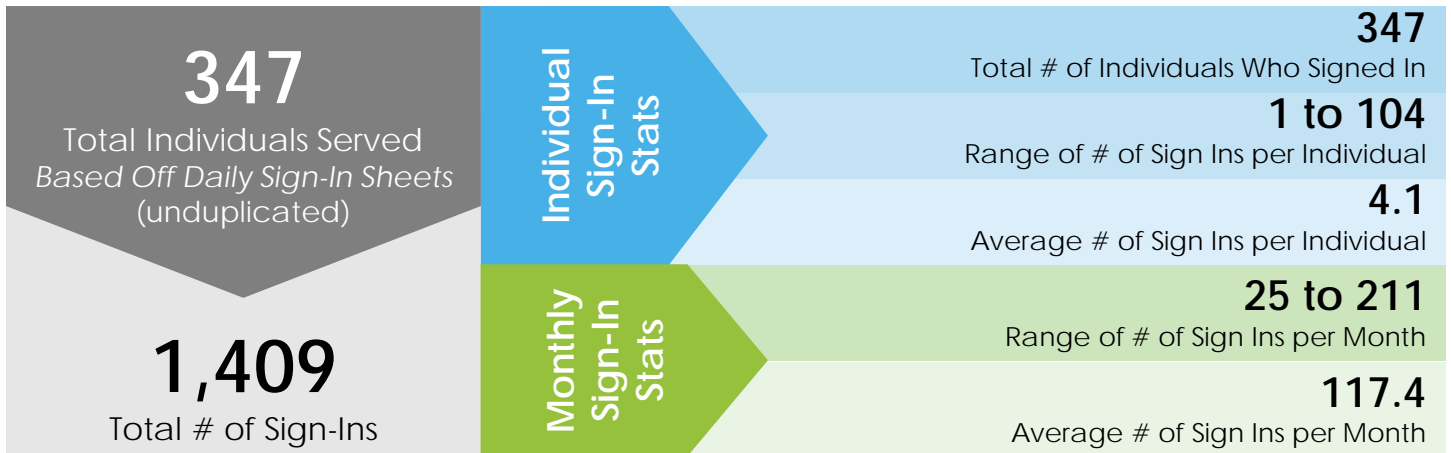
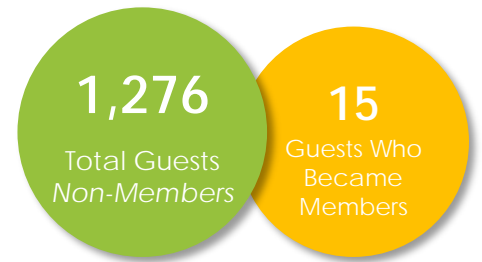
Structured Activities/Events

The EC promotes events for its members that provide an opportunity to collaborate with Center Staff and express themselves to their families, case-managers, and their peers.

- Addiction Support
- Advisory Committee
- Anti-Stigma
- Arts & Crafts
- Behaviors Group
- Clothing Closet Extravaganza
- Conflict Resolution
- Coping Skills
- Dual Recovery
- Dungeons & Dragons
- Empowerment Center Support
- Get Fit! Fitness Group
- Game Day
- Giving Tree
- Goal Setting
- Learning Quest
- Love Needham
- Luau Party
- Meditation Group
- Men's Group
- Monterey Bay Aquarium Field Trip
- NAMI Presentations
- PTSD Support
- Seasonal Support
- Self-Esteem
- Social Hour
- Summer Fest
- Thankful Gathering
- Wellness Group
- Women's Addiction
- Wreaths Across America
- Yoga

CENSUS

Membership Status Breakdown



An individual may hold a membership or be a guest of the EC but may not be present at the EC for various lengths of time; thus, the total membership and guest count may not equal the total individuals served.

DEMOGRAPHICS (individuals served; N = 347)

	#
Age Group	
18 – 25 years (TAY)	12
26 – 59 (Adult)	274
60+ (Older Adult)	60
Unknown/Data Not Available	1
Gender	
Female	119
Male	226
Unknown/Data Not Available	2
Race	
African-American/Black	40
American Indian/Alaska Native	15
Asian/Pacific Islander	17
Caucasian/White	198
Other	11
Other Race not Listed /Hispanic	63
Unknown/Data Not Available	3

	#
City of Residence	
Ceres	17
Hilmar	1
Manteca	1
Modesto	256
Patterson	1
Riverbank	66
Salida	1
Turlock	3
Unknown/Data Not Available	1
Veteran Status	
Yes	11
No	323
Unknown/Data Not Available	13
Primary Language	
English	337
Spanish	5
Other (non-English)	3
Unknown/Data Not Available	2

EMPOWERMENT CENTER EVENTS PARTICIPANT COUNTS



	Total # of Participants	Total # of Groups
Addiction Support	8	6
Advisory Meeting	1	1
Anti-Stigma	1	1
Arts & Crafts	46	9
Computer Group	2	2
Conflict Resolution	15	9
Coping Skills	108	20
Dungeons and Dragons	93	16
Dual Recovery	8	5
Espresso Yo Self	21	9
Games	45	14
Goal Setting	29	17
Meditation/Journaling	11	5
Peer Support	3	3
PTSD Support	14	5
Seasonal Support	1	1
Self-Esteem	14	9
Thankful Luncheon	74	3
Wellness Group	10	8

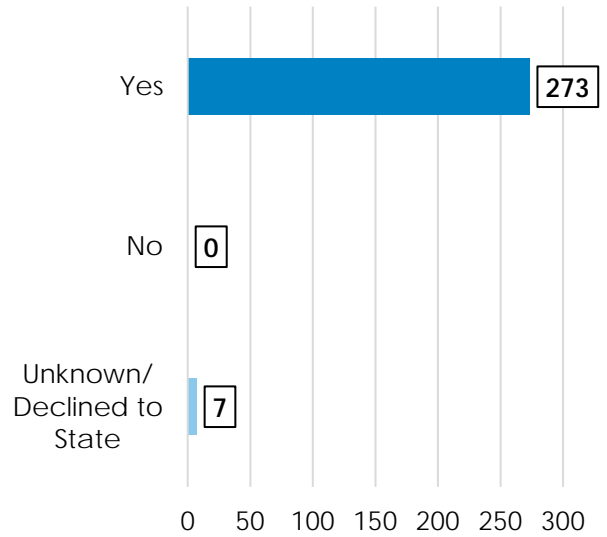
GROUP/ACTIVITY FEEDBACK FORMS



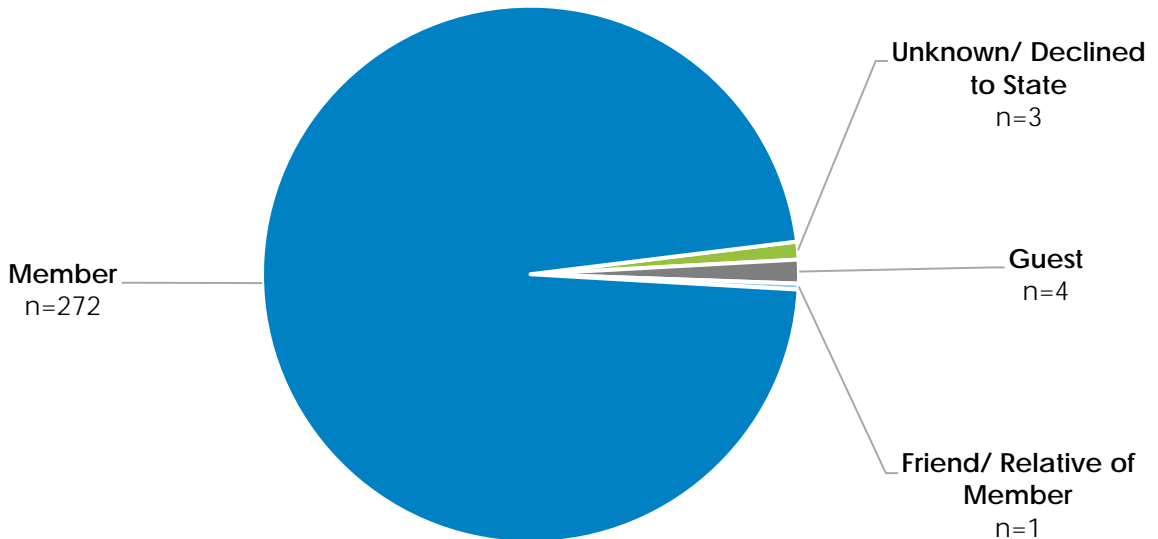
The reason I came to this activity today. (Check all that apply)

To learn something	103	To have fun/be with friends	102
To get help	14	Other	8
To get support from peers	56	Unknown/ Declined to State	1

I got what I came for today.

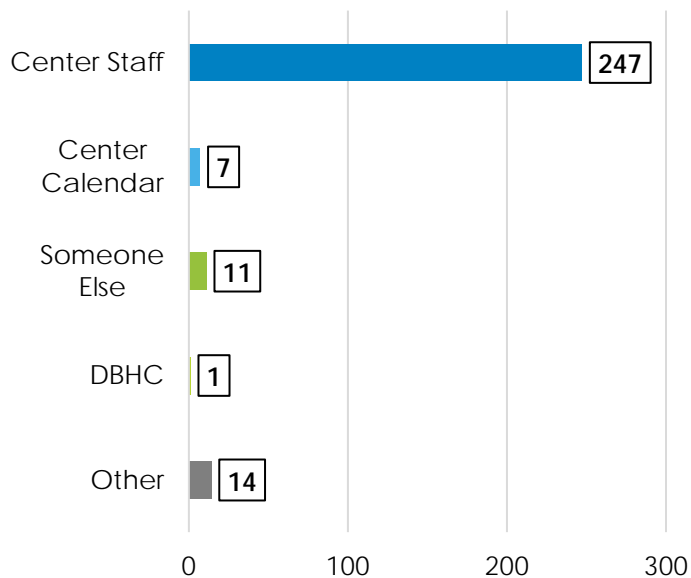


I am a...

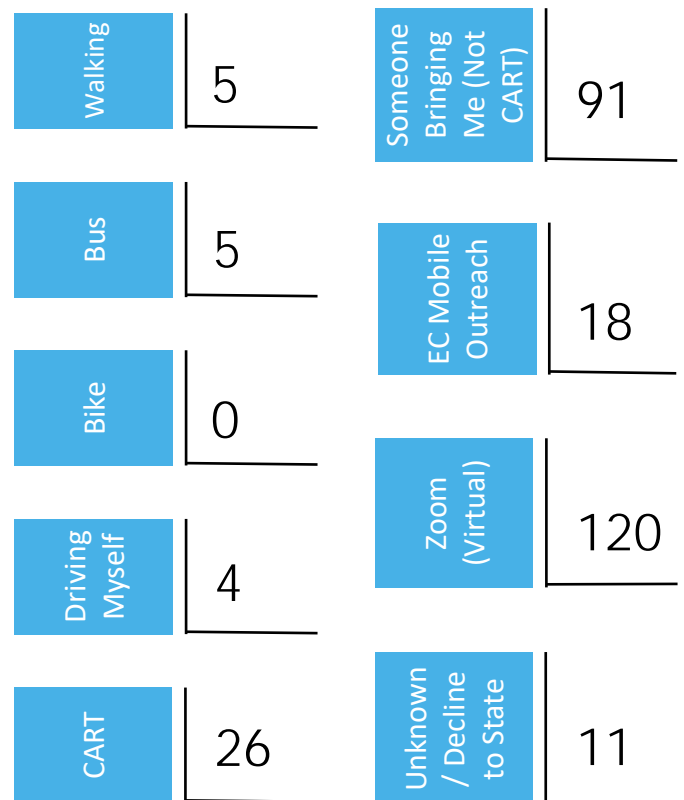


GROUP/ACTIVITY FEEDBACK FORMS (CONTINUED)

I heard about this activity from...



I attended the event today by...



"[It feels good] to be a part of something."

-Arts & Crafts Group Attendee

"This group was really...something to look forward to."

-Wellness Group Attendee

"It was a wonderful group and I enjoy coming."

-Games Group Attendee

"Coping Skills was very therapeutic."

-Coping Skills Group Attendee

"It was a good mind refresher to remember how to deal with conflict successfully."

-Conflict Resolution Group Attendee

CONSUMER SATISFACTION & WELL-BEING SURVEY

Due to COVID-19 restrictions, Client Satisfaction Surveys and Well-Being Surveys were unable to be completed during the reporting period (July 1, 2020 – June 30, 2021).

COMMUNITY INVOLVEMENT & COMMITTEES

Aegis Methadone Treatment Centers	Josie's Place
BHRS Family Advocates	LOVE Modesto
BHRS Outreach & Engagement Group	Nirvana Drug Treatment Centers
Stanislaus County Faith-based Community Providers & Support Group	Stanislaus County Veteran's Employment Committee
BHRS Cultural Competency, Equity & Social Justice Group	Stanislaus County Shelter Service Providers
Community Liaisons	MHSA Stakeholders
Community Services Agency	Modesto Junior College
CPS Family Maintenance	Salvation Army
Adult Protective Services	Modesto Neighborhoods, Inc.
Veteran's Services Office	Telecare
National Alliance on Mental Illness	Stanislaus County Sheriff's Department
Catholic Charities	TPCP Training Academy
BHRS Consumer-Led Group	Turlock – We Care Program
Social Security	Mental Health Board
Restorative Meeting	Workforce Development
Vine House	Warmline
Celebrate Recovery	Peer Navigators
Crosspoint Collaborative	H.O.M.E. Team
Disability Resource Agency for Independent Living	Community Activities and Rehabilitation Transportation
El Concilio	Integrated Services Agency
Garden Gate Respite	CAL Voices
Genesis Methadone Treatment Centers	BHRS Housing – Stanislaus County
Golden Valley Health Center	Central Valley Pride Center
Government Program: Free Cell Phone	Sr. Access Center, Community Hope Recovery
Health Plan of San Joaquin	Wellness Drop-In Center
High Risk Health Program	PATHWAYS
Modesto Recovery Services	Point-In-Time Court
Community Impact Central Valley	Stanislaus County Office of Education

COMMUNITY INVOLVEMENT & COMMITTEES (continued)

Veteran's Support Services	Housing Authority
Modesto Gospel Mission Team	SCILLS
California Rural Legal Assistance	Stanislaus County Homeless Providers
Victim's Rights Rally	Modesto Junior College Disability Services Team
Modesto Downtown Streets Team	Golden Valley – Stanislaus County
Learning Quest	American Foundation for Suicide Prevention – Central Valley
Parole	Stanislaus Recovery Services COT
Women's Haven Services	Community Housing & Shelter Services
Probation Department	West Modesto King Kennedy Center

RESIDENTIAL LIVING HOMES

The Empowerment Center (EC) maintains relationships with residential homes to connect with and offer services to their residents. In response to COVID-19, the EC has been able to bring services directly to these residential homes via Mobile Curbside Services. This has allowed for continued and safe access to EC support, including linkages to other assistance programs and help with accessing EC's virtual peer support groups.

Angie's Board and Care	Aurora Board and Care
Davis Guest Home	Adena Care Home
Woods Board and Care	People's Care Home
Turner Residential	Modesto Residential
Mar-Ric Board and Care	

GARDEN OF EAT'N

WHAT WE DO

Garden of Eat'n (GOE) is a food service that provides education and structured training that includes weekly meal sales and catering jobs in the community. The program provides initial kitchen training, while addressing barriers, fears, and expectations about employment. The training provides individuals with the necessary life skills to make them successful as employees. The program was created with Stanislaus County Employment Services and the Department of Rehabilitation to provide commercial kitchen training to mental health consumers.

We provide a hands-on kitchen environment to gain skills in food service. There are 3 program components:

- 1 Occupational skills training:** A classroom learning environment where basic skills such as kitchen and food safety are taught.
- 2 Situational assessment:** Used to determine what an individual's barrier to employment is.
- 3 Work Adjustment:** Barriers to employment are addressed and individuals are given hands-on training, in a real work environment.

Participants in the Garden of Eat'n Kitchen Training Program for Fiscal Year 2020-2021

Number of individuals who completed Occupational Skills Training	Number of individuals who completed Work Adjustment	Number of individuals who received their Food Handler card	Number of Situational Assessments completed	Number of individuals that have been taken into the Career Exploration Program via the Empowerment Center Support Program
2	2	0	2	2

This report was developed and distributed by
Turning Point Community Program's
Outcomes & Evaluation Department



A: 10850 Gold Center Drive, Suite 325, Rancho Cordova, CA 95670 P: (916) 364-8395 www.TPCP.org



[/TurningPointCP](https://www.facebook.com/TurningPointCP)



[@TurningPointCP](https://twitter.com/TurningPointCP)