

# BENEFITS OF MENTAL HEALTH PEER & FAMILY SUPPORT

- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends and connecting to others who understand you
- Learning how to talk about things that bother you and how to ask for help
- Learning to trust other people
- Hearing new perspectives from others with similar challenges

## RESEARCH HAS SHOWN THAT PEER AND FAMILY SUPPORT CAN:

- Increase self-esteem & confidence
- Lead to empowerment
- Facilitate social inclusion
- Improve quality of life
- Support stability
- Decrease stigma
- Enhance the belief that recovery is possible



### SOLANO COUNTY WELLNESS & RECOVERY

Call 707-784-8066

Email [WRU@solanocounty.com](mailto:WRU@solanocounty.com)



## SOLANO COUNTY BEHAVIORAL HEALTH

# Wellness & Recovery Unit

Supporting wellness and recovery principles across the BH system of care

### BEHAVIORAL HEALTH ADMINISTRATION

275 BECK AVENUE, FAIRFIELD, CA 94533

PHONE: 707-784-8320

FAX: 707-421-6619

[WWW.SOLANOCOUNTY.COM/DEPTS/BH](http://WWW.SOLANOCOUNTY.COM/DEPTS/BH)

## FOR ADDITIONAL SUPPORT

### CALIFORNIA PEER RUN WARM LINE

Call or Text 855-845-7415

24/7 peer support for non-emergency situations

### 988 SUICIDE & CRISIS LIFELINE

Call or Text 988

en español 888-628-9454

Reach a crisis specialist 24/7

Press "1" for Veterans

To learn more about Solano County Behavioral Health follow us on the following social media platforms:



@SOLANOCOUNTYBH

DEPARTMENT OF HEALTH & SOCIAL SERVICES  
Behavioral Health Services Division



# SOLANO COUNTY





## ABOUT SOLANO COUNTY BEHAVIORAL HEALTH

SCBH is committed to equity, diversity, and inclusion. Our services aim to empower all community members throughout their journey towards wellness and recovery. It is also of equal importance for us to improve access to quality care for underserved and under-represented ethnic and minority populations who have been historically marginalized by health care systems. We value the importance of employing staff who possess valuable life experiences and expertise to ensure our workforce is culturally and linguistically responsive and leverages diversity to foster innovation and positive outcomes for the people we serve.

SCBH has implemented a change process that recognizes and highly values people’s lived experience of mental health challenges, including family members. Utilizing a Peer Support and Person First Approach in the day-to-day work achieves an environment that is anchored in a recovery-oriented system of care.

## THE WELLNESS & RECOVERY UNIT

The Wellness & Recovery Unit is comprised of a team including a Peer Recovery & Resilience Liaison, a Family Liaison, and Peer/Family Support Specialists who are embedded in county-operated treatment programs. The team offers supportive services to the community through education about mental health and co-occurring substance use challenges, and support for individuals and their family members through personal wellness, responsibility, empowerment and hope.

### SERVICES & SUPPORT AVAILABLE:

- Peer Support Groups including peer led groups
- Family Support Groups
- Short-term support & advocacy both, in-person or by phone, for peers and family members
- Education and linkage to resources
- Recovery-Oriented Trainings
- Facilitation of the Solano Peer Network
- Advocacy and community partnerships



## SUPPORT GROUPS

Peer and Family Support Groups transitioned to a hybrid format with a mixture of weekly in-person and virtual meetings to better serve a broader range of those in need. please email us at [wru@solanocounty.com](mailto:wru@solanocounty.com) or give us a call at 707-784-8066 for meeting times and locations

### SUPPORT GROUPS PROVIDE:

- Emotional Support
- Social Support
- Education
- Mentoring
- Practical Help
- Information
- Linkage to Resources
- Hope

## VOLUNTEER OPPORTUNITIES

### DO YOU HAVE LIVED EXPERIENCE?

We encourage you to join the Speaker’s Bureau which prepares volunteers to share their stories of recovery in order to help, encourage and motivate others.

### BECOME PART OF THE SOLUTION

We are always seeking volunteers to be the “Voice of the Community”—in particular peers and family members with lived experience—for various Committees, focus groups and Speaker’s Bureau, and to assist with outreach or co-facilitation of support groups. We provide opportunities to learn how to facilitate groups and how to tell your story of recovery to motivate others.