

**MISSION**

.....  
*To improve the quality of life  
of mental health peers  
within Alameda County  
by promoting freedom of choice,  
empowerment,  
& independent living  
in the community...*

.....  
*Reach Out is a  
peer-led program*



**PARTNERS**

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Alameda County Behavioral  
Health Care Services  
(ACBHCS)

Alameda County Peer-Run  
Organizations

Multi Community  
Organizations in Alameda  
County

Multi Board & Care Homes in  
Alameda County

Multi Wellness Facilities in  
Alameda County

Simply The Basics

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*FEEL FREE TO CONTACT  
OUR OFFICE IF YOU HAVE  
ANY QUESTIONS OR NEED  
SUPPORT...*



# Reach Out

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[reachout@peerwellnesscollective.org](mailto:reachout@peerwellnesscollective.org)

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***We are who we serve!!!***

## ABOUT US



*Reach Out*, a Peer Wellness Collective (PWC) Program, connects with peers in psychiatric hospitals, board and care homes, and other wellness facilities.

The team at *Reach Out* provides support, offers wellness activities, and assists participants in their transition to independent living. These efforts are accomplished through site visits, access to resources, and assistance in connecting with other programs in Alameda County.

When sharing personal lived experience the *Reach Out* Teams' purpose it to model wellness and recovery. *Reach Out* Team Members have "been there" and they know about the isolation and loneliness that can happen to peers in hospitals, board and care homes, and other wellness facilities.

## SERVICES

### *Reach Out*

## PROVIDES



- *Lived experience*
- *Peer support*
- *Resources*
- *Wellness activities*
- *Wellness tools*
- *Support in navigating the mental health system*
- *Problem-solving assistance*
- *Contact with peers who now live in the community*
- *Referrals to other peer-run self-help groups*
- *Referrals to services in Alameda County*

## OUR HISTORY



*Reach Out* began in 1982 at Towne House Creative Living Center, when Gladys Robertson, a mental health peer, realized that there was a need to develop a team of visitors to reach out to her friends who had been hospitalized.

A team of peer visitors was created and they went to visit her friends. Gladys found that the visits helped ease her friends' loneliness and isolation and from these initial visits, *Reach Out* was born.



*Mental Health Peers  
are not their diagnosis*