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## HELPLine

HELPLine is a free, confidential crisis/suicide intervention service available 24 hours a day, seven days a week.

**951-686-HELP**

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## CARES Line

CARES Line is a free resource line to be connected to mental health services.

**800-499-3008**

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## JEFFERSON WELLNESS CENTER

2085 Rustin Ave., Entrance #4.  
Riverside, CA 92507  
951-955-8000

## HOURS OF OPERATION

**Monday - Thursday**

8 a.m. - 5:30 p.m.

**Friday**

8 a.m. - 4:30 p.m.



[ruhealth.org](http://ruhealth.org)

*This document is available in alternative formats upon request.  
If you are in need of a reasonable accommodation, please  
contact Riverside University Health System - Behavioral Health at  
951-358-4500.*



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## JEFFERSON WELLNESS CENTER

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## OUTPATIENT SERVICES

Jefferson Wellness Center is a specialized Full-Service Partnership program of the Riverside University Health System - Behavioral Health Department.

The program's guiding principles are based on the wellness and recovery model of care. Wellness and recovery promote self-sufficiency in an environment based on consumer choice, voice, empowerment, dignity and respect, and, most importantly, the restoration of hope. Each consumer's active participation in developing their recovery plan is fundamental to long-term success.

Consumers are considered partners in their recovery, and the Jefferson Wellness team is considered equal partners in assisting each person served to achieve their wellness and recovery goals.

## SERVICES PROVIDED

- Behavioral health outpatient services
- Initial assessments
- Service planning focusing on supporting each consumer in recovery by establishing goals and plans for wellness.
- Peer-to-peer education and support
- Evaluation by psychiatric physicians and ongoing medication support
- Individual therapy, support, and education regarding behavioral health
- Specialized groups for consumers recovering from both behavioral health and substance abuse illnesses
- Building support networks through the inclusion of family or support givers in the planning and recovery process
- Case management to facilitate linkage to disability benefits, housing, vocational support services, medical care, or other resources that support healthy living

We partner with adults who have a persistent behavioral health disorder and, as a result of these symptoms, are homeless, have frequent contact with law enforcement, or use crisis services as the primary source of treatment.

## JEFFERSON WELLNESS CENTER

Jefferson Wellness Center serves the following communities:

- City of Moreno Valley
- City of Riverside



## ACCESSIBILITY

Jefferson Wellness Center offers professional interpretation services in other languages. The program staff speaks both English and Spanish.

