

PEOPLES OAKLAND

VISION

Peoples Oakland will continue to build an organization that, with partners and through networks, will make this region a leader in supporting people who are recovering from serious and persistent mental illness and substance abuse disorders through building healthy and productive lives.

MISSION

Peoples Oakland strives to be a premier recovery and wellness center, and is committed to holistic, comprehensive, member driven recovery. To carry out holistic and innovative approaches to mental health, we have constructed a facility with a multi-purpose social center, a commercial kitchen, a fitness center equipped with fitness machines and with space for yoga, dance and exercise classes, meeting rooms, offices, a large secure outside deck and a resource and information center staffed by peers and equipped with computers for access to e-mail and to the internet.

PEOPLES OAKLAND

Peoples Oakland has a unique history and mission in the Pittsburgh area. Peoples Oakland has pioneered high quality programs engaging mental health consumers in powerful voluntary partnerships leading to ongoing recovery from mental illness and substance abuse.

RECOVERY & WELLNESS

Peoples Oakland programs are based on recovery and wellness principals and holistic interventions assisting those with psychiatric disabilities in living, learning, and working in the community.

Peoples Oakland is staffed by Master's Level Counselors providing members with regular therapeutic intervention. Counselors work with members to form reparative relationships from long term maladaptive thinking and adverse life experiences.

SERVICES PROVIDED

Counseling and Therapeutic Support

Our Psychiatric Rehabilitation Counselors offer daily crisis intervention, helping to resolve member crises across a variety of domains — psychological, medical, interpersonal, housing, bereavement, victim or accused perpetrator of a criminal or violent act, and financial.

Some additional therapeutic services include:

- Individual Counseling
- Daily Recovery Support Group
- Anger Management
- Mental illness and Substance Abuse Group
- Various Psychoeducational and recovery support groups based on member feedback and therapeutic needs.

Employment Services

Peoples Oakland offers a wide range of employment support services. Support and opportunities are tailored to each member's strengths and needs. Services offered include:

- On-the-job training opportunities
- Resume development
- Job search and interview assistance
- Linkage to benefits counseling

Peer Support

Peoples Oakland continues as a leader in the self help and peer support models.

Opportunities are available to:

- Lead and participate in Recovery groups
- Develop and lead activities
- Attend conferences and workshops
- Assist in managing the drop-in center

Social & Recreation Services

Social activities are fun and give members an opportunity to develop and practice social skills with their peers.

Some of these activities include:

- Breakfast Club
- Board Games, Pool, and Ping Pong
- Arts & Crafts, Bingo
- Community Outings

Nutrition & Fitness Services

Nutrition and Fitness activities assist members in understanding and applying a holistic approach to creating healthy life style.

- Programs subject to rotation based on member needs and requests

10 Key Principles of Recovery

Summary of The U.S. Department of Health and Human Services,
Substance Abuse and Mental Health Services Administration

- **Self-Direction:** Members are encouraged to determine their own path to recovery. They do this by defining their own life goals and design a unique path towards those goals.
- **Individualized and Person-Centered:** The pathway to recovery is different for everyone. It includes participating in activities and programs that foster unique individual strengths and needs.
- **Empowerment:** Members have the authority to choose to participate in all the decisions that will affect their lives.
- **Holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community.
- **Non-Linear:** Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.
- **Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.
- **Peer Support:** Members are encouraged and engage other members in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community
- **Respect:** Self-acceptance and regaining belief in one's self are particularly vital. Respect ensures the inclusion and full participation of members in all aspects of their lives.
- **Responsibility:** Members have a personal responsibility for their own self-care and journeys of recovery.
- **Hope:** Recovery provides the essential and motivating message of a better future- that people can and do overcome the barriers and obstacles that confront them. *Hope is the catalyst of the recovery process.*



COMMUNITY BASED GOALS

Peoples Oakland is committed to continuing to build productive partnerships and networks with other service providers, community partners, institutions, foundations, the Allegheny County Department of Human Services, the Commonwealth of Pennsylvania, the City of Pittsburgh, and the Federal Government. Peoples Oakland is part of a neighborhood partnership program, working with 5 community based partners, institutions and public bodies to improve Oakland as a place to live, work, learn, and have access to medical care and provide regional cultural amenities.

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PEOPLES
OAKLAND

*Putting
People
First In
Recovery*