

How do I get started?

By Contacting the:

WELLNESS & RECOVERY **STAFF**

Melanie Cook, MFT,
Unit Manager
(707) 784-2147

Lorena Perswain, LMFT
Family Liaison
(707) 553-5343

Desiree McCoy
Recovery Resilience Liaison
707-557-5735

Cris Hangman
Patients' Rights Advocate
(707) 553-5407

Mary Kashani
Patients' Rights Advocate
(707) 553-5506

Jeri Huey
Office Assistant
(707) 553-5493



For More Information About
Solano County
H&SS
Behavioral Health Services

Please Call:

Lorena Y. Perswain, LMFT
Family Liaison
(707) 553-5343
lyperswain@solanocounty.com

Desiree McCoy
Recovery Resilience Liaison
(707) 553-5735
dmccoy@solanocounty.com

We Value Diversity



1/13/2020 (J. Huey, M. Cook)



Health & Social Services
Behavioral Health Division

WELLNESS & RECOVERY **UNIT**

Serving all of Solano County
355 Tuolumne St. Suite 2500
MS 20-210
Vallejo, CA 94590

Our Mission

We are here to offer supportive services to the Solano County Mental Health Community, individual mental health consumers, family members, and loved ones by utilizing a sensitive and culturally competent approach. Our team provides education about mental health issues and co-occurring concerns, anti-stigma information, and Supports individuals and their family members toward wellness and recovery, through personal health, responsibility, and empowerment hope for one's future."

What Services Are Offered?

Individual and Group Support

- ◆ Short-term Peer Counseling
- ◆ Family Member/Loved One Short-term Support
- ◆ Wellness Recovery Peer & Family Support Groups



Education & Trainings

- ◆ Speakers' Bureaus
- ◆ Peer Employment Readiness Trainings
- ◆ Self and Peer Advocacy and Empowerment
- ◆ Anti-Stigma Events

Assistance with...

- ◆ Housing Resources
- ◆ 5250 Reis Hearings
- ◆ Community Resources
- ◆ Community Referrals
- ◆ Homelessness Prevention



Other Services Offered

Community Based Outreach

- ◆ Mental Health Screening
- ◆ Homeless Support & Resources
- ◆ Service Coordination
- ◆ Organization Referrals
- ◆ Peer, Family, and Patients' Rights Advocacy
- ◆ Peer-run Consultation Services



Speakers' Bureaus

- ◆ Guest Speakers
- ◆ Consumer Speakers
- ◆ Group Lectures
- ◆ Speakers Panels
- ◆ Learning to Speak in Public

What are the Benefits of Contacting Us?

- ◆ Improved Social Relationships
- ◆ Improved Communication Skills
- ◆ Greater Individual and Family Support
- ◆ Collaborative Organizational Support
- ◆ Better understanding of Mental Health Services and how to navigate the Mental Health system

