

## LOMPOC RECOVERY LEARNING COMMUNITY

### Transitions-Mental Health Association

*A Peer-operated Community for People in  
Lompoc in Mental Health Recovery*



Opened in June 2004, the Lompoc Recovery Learning Community (RLC) is run entirely by peers – people in mental health recovery who oversee the daily activities and facilitate the involvement of other members. It provides a combination of wellness and recovery-oriented services in a comfortable, supportive meeting place. The RLC also has a Peer Advisory Council to support the interest of the participants who attend this program.



Open four days a week, the program promotes independence and revitalization through self-governed activities as members work toward recovery.

#### What Activities Are Provided?

- Recreational equipment at the center include billiards, exercise equipment, on-line computers, TV with VCR and DVD players, piano and guitars, and opportunities for hobbies such as woodworking and art.
- The RLC offers different options for support, including WRAP, DBSA, Double Trouble, and men's and women's support groups.
- Participants are welcome to prepare their own meals and snacks.
- Each day participants sign in, they choose a chore to do that day. This fosters shared responsibility for the center's upkeep and ensures a clean and home-like setting.
- Participants are offered the opportunity to earn stipends by teaching or leading a group activity related to their interests and talents. For example teaching an art class or presenting a personal experience with recovery.

#### Who Can Attend?

Attendees are required to present a referral from Santa Barbara County Alcohol, Drug and Mental Health Services or Vida Nueva Lompoc ACT.

#### Lompoc RLC Hours

Tuesday, Thursday, Friday, 9 a.m.–5 p.m.

Wednesday, 11:30 a.m. – 5:30 p.m.

Transitions – Mental Health Association

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