

LOMPOC RECOVERY LEARNING COMMUNITY

Transitions-Mental Health Association



A Peer-operated Community for People 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?

- The RLC offers different options for support, including WRAP, SMS (Symptom Management Support), Double Trouble, and men's and women's support groups.
- 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.
- Each day, participants sign in and 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 welcome to prepare their own meals and snacks.
- 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 art.



Who Can Attend?

Visitors need to request a referral from their mental health referral and attend a RLC orientation.

Lompoc RLC Hours

Tuesday through Friday, 8 a.m.–4 p.m.

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