

### ***Our Mission***

To offer an environment of learning that promotes wellness and personal growth designed to empower individuals in recovery to live more meaningful lives in the community.

### ***Our Goal***

To increase empowerment, improve quality of life and promote community involvement for people with severe mental illness by providing consumer-directed education, vocational programs/activities and support.

***Funded by Hamilton County  
Mental Health and Recovery  
Services Board and The Health  
Foundation of Greater Cincinnati***

**Fiscally and administratively managed by  
Greater Cincinnati Behavioral Health  
Services and IKRON, Corporation**

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**A consumer driven center that offers a variety of peer support/self help, education, vocational, and community involvement services and activities.**

## ***Recovery Center of Hamilton County***

***A stepping stone into the community for  
persons in recovery from mental illness***



***Hours of Operation:  
Monday thru Friday  
9:30 to 4:00  
Closed on Holidays***

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## Recovery Center of Hamilton County

The Recovery Center is a unique program whose goal is to help consumers overcome the last hurdles to reaching recovery and full integration into the community. We offer services and activities in the primary areas: self-help/support, education/vocation, and community outreach/integration. In addition to being structured and goal driven, The Recovery Center is viewed as a stepping-stone to full integration into community living. A primary goal of The Recovery Center is to help consumer's perceptions of themselves shift from that of being "mentally ill" to that of being an individual who happens to have a mental illness.



Staff at The Recovery Center

Open to all consumers residing in Hamilton County. For an intake tour, please call 513-241-1411, and ask to speak with any of our staff.

## Classes

Classes are held Monday thru Friday, from 10:30a till 4:00p. Each morning at 10:00a, we have a Member Meeting. During this time, staff share upcoming events and happenings as well as provide time for members to share ideas and provide input. Every Monday, from 10:30a to 11:30a, a New Member Orientation is held. During this time we explain our programs in depth. On Fridays, members are given opportunities to facilitate workshops on an interest or hobby of theirs. Workshops must be approved by staff and scheduled in advance.

Examples of classes we offer are:

- Pathways to Recovery
- Illness Management & Recovery
- Wellness Management & Recovery
- Recovery Workbook for Boston University
- Intro. to Computers
- Microsoft Word
- Microsoft Excel
- Web Design
- Leadership and Advocacy
- Creative Expressions
- Personal Growth
- Personal Empowerment
- Spirituality
- Educational Skills for GED
- Successful Employment

## Creative Expressions

Art opportunities abound at the Recovery Center to inspire the many creative members we serve. We have various art classes through out the week ranging from simple and relaxing arts and crafts, to more challenging projects like mural painting and batikting. Our Creative Expressions Class on Wednesday's includes monthly collaboration with the *Art for Life* Program at the Cincinnati Art Museum, and also provides opportunities for our members to share creative talents by facilitating workshops. We frequently go on art outings, like trips to the Cincinnati Art Museum or to an artist's studio.



Art Exhibit at GCBHS/IKRON Thanksgiving Luncheon

## Computer Labs

The Computer Training Lab is used for our staff instructed computer classes offered at various times through the week. In the lab we have six computers and a projector system which enables our



Computer Training Lab



Self Directed Computer

instructors to provide real world learning examples for their students. The Self Directed Computer Lab is open Monday through Friday from 10:30a-4:00p. All computers have internet access and many are loaded with graphics programs such as Adobe PhotoShop and Microsoft Publisher; learning and development programs such as Career Scope, Resume Developer, Personal Finance, Typing Skills, Advantage 2006 (English Skills), Grammar Builder, Learn to Speak Spanish, Music Maker, Music Song Writer, Visual Creative Studio, Scrap Book Designer, Greeting Cards Deluxe and several others.

## Volunteering/Community Outreach

One of the most important factors in recovery is the opportunity to give back; to share your experiences, hopes and growth. Consumers feel less isolated, a greater sense of self-worth, and a sense of "normalcy". The Recovery Center provides opportunities for consumers to be involved in such ways as advocates for the local mental health system, participants in community projects, panelists for local police trainings, volunteering at places such as Gorman Farms and the Mt. Airy Shelter as well as several other non-profits. By doing this, consumers have the opportunity to explore various interests in the community, to give back to the community and to fight stigma by educating the community.



Center Pieces made by members of the center for NAMI Hamilton County Annual Dinner