



WHITTIER WELLNESS COMMUNITY GRAND RE-OPENING

A family-friendly event to highlight the services and resources offered by the Whittier Wellness Community and community partners.

EVENT INFORMATION

Saturday, April 6, 2024

7643 S. Painter Ave.

Whittier, CA 90602

11am-2pm

THE ISSUE

Underserved communities face significant barriers in accessing mental health, substance use, and wellness resources and services. Compounded by the COVID-19 pandemic, these communities have been further isolated from vital support systems necessary for maintaining overall health and wellbeing. Moreover, the ongoing opioid epidemic has emphasized the critical necessity for personalized mental health and substance use services that are tailored to the needs of the individual and community.

HOW IT IMPACTS THE COMMUNITY

The lack of access to mental health, substance use, and wellness services exacerbates the prevalence of chronic diseases and substance use within our communities. This negatively impacts not only an individual's physical health, but also their mental health, social wellbeing, and connection to their community.

WHAT PUBLIC HEALTH IS DOING

The Whittier Wellness Community emphasizes three primary areas: healing and trauma prevention, the Connecting to Opportunities for Recovery and Engagement (CORE) Center, and general health and wellness.

- **Healing and Trauma Prevention:** The center offers healing and trauma prevention services through various mental health workshops and resources.
- **Connecting to Opportunities for Recovery and Engagement (CORE) Center:** Situated within the WWC, the CORE center staff conduct screenings to determine alcohol/drug treatment needs and connects community members to substance use prevention, treatment centers, and risk reduction services.
- **Health and Wellness:** WWC offers health and wellness programs with the goal of connecting residents and improving health outcomes through various nutrition, physical activity, and produce distribution events.

BY THE NUMBERS

- **Produce Distribution:** Since inception (October 2021) to December 2023, the Whittier Wellness Community monthly produce distribution has provided 3,336 households and 13,206 individuals with fresh produce.
- **Mental Health:** 748 individuals have participated in WWC mental health workshops and/or support groups, such as Coping with COVID, Life in the Pandemic, Grief and Loss Support Group, and Perinatal Support Group (data point: July 2020 to December 2023).
- **Wellness and SUD:** 1,337 individuals have participated in WWC wellness and substance use workshops, such as yoga, financial literacy, youth art and writing, self-defense, sexual health, and more (data point: July 2020 to December 2023).
- **Partnerships/Collaborations:** Whittier Wellness Community has partnered with 25 community organizations to provide health and wellness programming, mental health support, and art and life skills workshops (data point: July 2020 to December 2023).

RESOURCES & SUPPORT

TELEPHONE: (562) 775-6104

WEB:
publichealth.lacounty.gov/chs/WWC.htm

