

# TOTAL WELLNESS & RECOVERY

*"For he who has health  
has hope, and he who  
has hope has every-  
thing."*

**~Owen Arthur**



# TOTAL WELLNESS PARTNERS



*Heart & Soul, Inc.*



# TOTAL WELLNESS



**Behavioral Health & Recovery Services  
County of San Mateo**

## WHAT DO OUR CONSUMERS SAY?

*“As a consumer with chronic diabetes as well as bi-polar disorders, it is essential that my provider be aware and treat all of me. For me this is Total Wellness”*

~ Linford G.

*“My quality of life reflects my Total Wellness”*

~ Nancy W.



## WHO WE SERVE?

San Mateo County BHRS (Behavioral Health and Recovery Services) adult and older adult clients. We accept MediCal, MediCare, ACE, MCE, and uninsured clients.



## WHAT DOES TOTAL WELLNESS PROVIDE?

- Access to Primary Care Services
- Care Coordination by Nurse Care Manager
- Individualized Health Education
- Health Education Groups:
  - Nutrition & Exercise
  - Smoking Cessation
  - Well Body
  - WRAP
  - Walking Group & Physical Activities
  - Monthly Health Classes
- Peer Wellness Coaching
- Wellness Follow-up
- Healthy Living Celebrations



## PROGRAM MONITOR & PROJECT DIRECTOR

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## UNIT CHIEF

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## REFERRALS

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