

## Western Regional Clinics

### **Rustin Conference Center**

2085 Rustin Ave  
Riverside, CA 92507

### **"The Journey" Transitional Age Youth (TAY) Center**

First Floor Entrance #3  
951-358-4100

### **Wellness and Recovery Clinic for Mature Adults**

First Floor Entrance #5  
951-509-2400

### **Substance Abuse & Prevention Program**

First Floor Entrance #3  
951-955-2105

### **Western Full Service Partnership**

First Floor Entrance #4  
951-955-8000

### **Blaine Clinic**

769 Blaine St., #B  
Riverside, CA 92507  
951-358-4705

### **New Life Forensic Full Service Partnership**

771 Blaine St., #C  
Riverside, CA 92507  
951-358-4120

### **New Life AB 109**

771 Blaine St., #D  
Riverside, CA 92507  
951-955-2233

### **Main Street Clinic**

629 N. Main St., #C3  
Corona, CA 92880  
951-738-2400

### **The Navigation Center**

9990 County Farm Rd., Ste. 5  
Riverside, CA 92503  
951-358-4834

## Desert Regional Clinics

### **Indio Clinic**

47-825 Oasis St.  
Indio, CA 92201  
760-863-8455

### **Banning Clinic**

1330 W. Ramsey St., #100  
Banning, CA  
951-849-7142

### **Blythe Clinic**

1297 W. Hobson Way  
Blythe, CA 92225  
760-921-5000

## Mid-County Regional Clinics

### **Hemet Clinic**

650 N. State St.  
Hemet, CA 92543  
951-791-3300

### **Lake Elsinore Clinic**

31764 Casino Dr., #100  
Lake Elsinore, CA 92530  
951-471-4645

### **Lake Elsinore Mature Adults**

31764 Casino Dr., #100  
Lake Elsinore, CA 92530  
951-471-4600

### **Desert Mature Adults**

14320 Palm Dr.  
Desert Hot Springs, CA 92240  
760-773-6767

### **Desert Full Service Partnership**

19531 McLane St., Ste. B  
North Palm Springs, CA 92262  
760-288-4579

### **Recovery Learning Center**

47-825 Oasis St.  
Indio, CA 92201  
760-863-8455

### **Perris Clinic**

1688 N. Perris Blvd., #L7-L11  
Perris, CA 92571  
951-443-2200

### **Temecula Clinic**

40925 County Center Dr., #200  
Temecula, CA 92591  
951-600-6300

### **Temecula Mature Adults**

40925 County Center Dr., #200  
Temecula, CA 92591  
951-600-6420

## HELPLine

HELPLine is a free, confidential crisis / suicide intervention service available 24 hours a day, seven days a week.

**951-686-HELP or 951-686-4357**

## Peer Navigation Line

The Peer Navigation Line provides resources, information, and connection to local services through the use of Peer Support. We offer "known" resources and help you navigate the wide array of choices that will meet your specific needs.

**888-768-4YOU or 888-768-4968**



This information is available in alternative formats upon request. If you are in need of a reasonable accommodation, please contact Consumer Affairs at 951-955-7161

2085 Rustin Ave., Riverside, CA 92507  
951-955-7161 / rcdmh.org

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# What is Behavioral Health Recovery?

*"Recovery is the point in someone's illness, in which the illness is no longer the first and foremost part of his or her life, no longer the essence of all his or her existence. Ultimately, recovery is about attitude and making the effort."*

- Author Unknown

*"We promote an affirming environment that recognizes the gifts all people possess."*

# What is Behavioral Health Recovery?

Mental Health Recovery is defined in many ways.

*"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."*

-SAMSHA

*"...A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness."*

- Anthony (1993)

*"Remembering who you are and using your strengths to become all that you were meant to be."*

- RI International, Inc.

Ultimately, recovery is an individual experience. No two people recover in the same way. One person may desire to find meaning and purpose for their life and another may already be in touch with what brings meaning to them. Both people may have completely separate ways by which they have found this meaning in their lives.

- Daily life with fewer symptoms
- Finding a place to live
- Obtaining employment
- Returning to school
- Volunteering
- Addressing addictions

# Who Can Recover?

## ***Anyone can recover.***

People diagnosed with mental illness and substance use challenges can find ways to move forward in their lives, regardless of the severity of the symptoms or the type of diagnosis. Recovery is relative. Any person can discover ways to change their life in small positive ways. Being diagnosed with a behavioral health challenge can be debilitating. A setback in a person's life can force a person to face the possibility that change is due. A person with a diagnosis can often feel disempowered, helpless and alone. But where there is recovery, there is hope. After finding recovery, people are discovering they can experience a full life according to their dreams and ambitions.

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## **What are people saying about recovery?**

*"I thought my life would always be the same, and after finding I had choices in recovery, my life completely changed"*

*"At one point in my life I couldn't see the future, I couldn't think past today and I couldn't see tomorrow, today I have a future"*

# What promotes or is helpful to recovery?

In mental health recovery, people are not limited or defined by the label of a diagnosis. At Riverside University Health System – Behavioral Health, our clinic staff is here to assist you in moving through the Recovery Pathways on your journey in recovery.

**Hope** presumes a person can recover and will move forward.

**Choice** is a person's power to find new ways to feel and live their own life that brings forth meaning and purpose.

**Empowerment** to be self-effective and to have a voice when making changes or sticking with a plan that works is key.

**Environments** that promote wellness, focusing on what is strong not what is wrong are provided.

**Spirituality** is often a person's biggest support on their journey in recovery and can be explored.

Everyone is recovering from something. People with a diagnosis can struggle in life, much like a person surviving a catastrophic event, a financial setback, or the end of a relationship. **Recovery is possible.**