

2019/2020

Changing lives and strengthening communities through the dignity and power of work.



The mission of Interlink Self-Help Center is to provide a safe environment in which those of us facing our mental health challenges can improve our quality of life through self-help, mutual support and empowerment.

Location and Hours

1033 4th Street
Santa Rosa, CA 95404

Monday, Tuesday,
Wednesday, Friday,
Saturday
10:00 AM-3:00 PM

Thursday
10:00 AM-2:00 PM

Contact:
Sean Kelson
Manager
(707) 546-4481

Funding

Behavioral Health Division

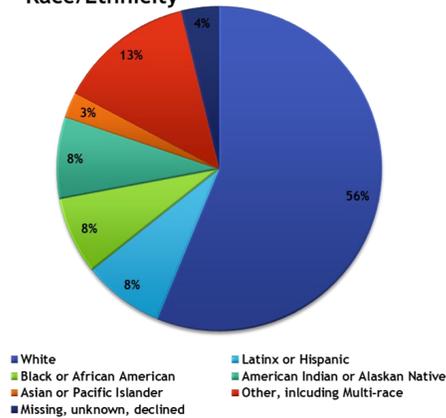


Interlink Self-Help Center

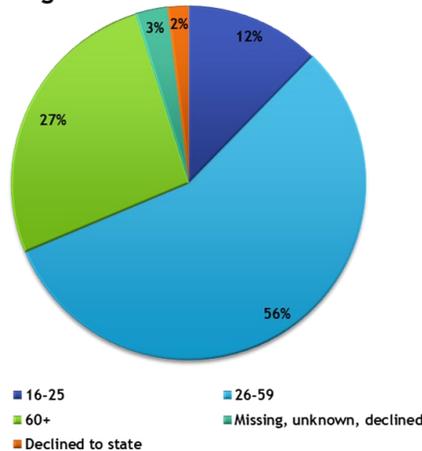
One-to-One Peer Support Sessions:	9,138
Support and Education Groups:	888
Socialization Activities:	416
Warmline Calls:	1,320
Total incidents of service:	25,310



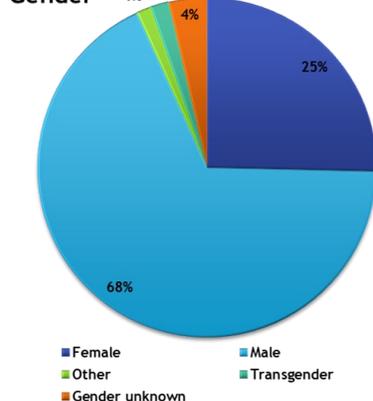
Race/Ethnicity



Age



Gender



This has been another particularly challenging year starting out with a bit of relief from the County and community acknowledgement of the value of peer services. Although our funding was not threatened as the MSHA funded programs were, we were very involved and concerned. The system of care depends on peer services from numerous programs and we were thankful to be part of a peer support system and not a lone Center, as had been the fear. More fires, power outages and budget concerns flavored the experience of our members and staff this year, resulting in a lot of uncertainty and concern. The transition from Goodwill – Redwood Empire to West County Community Services as of July 1, 2020, has been smoother than could have been expected, and although a change and a loss, being with a mental health-focused organization under the same umbrella as the Russian River Empowerment Center, is bringing anticipation for new possibilities, cohesion and growth opportunities.

Dealing with the COVID-19 pandemic has had an incredible impact on our members and staff, and we were able to provide services throughout the pandemic. Minimally staffed, we offered telephone peer support and safely-distanced peer support outside, providing opportunities to share, vent, gather feedback, offer support navigating resources, and distributed member mail and small food bags and popsicles in a safely distanced, sanitized manner. We have developed new protocols, made more shade areas and prepared for providing more services onsite. We look forward to continue being a part of solutions and support for our members and all of our community as we take our next steps, together.