

Profiles of Integrated Care: Gathering Hope House Fitness Center



Description

The Gathering Hope House Fitness Center is located within a peer support mental health recovery center and is open to all members and the community at large. The Fitness Center has 19 stations and offers low-impact aerobics, tae kwon do, walking groups, nutrition groups, and personal training assistance. The Fitness Center is a major part of Gathering Hope House's emphasis on lifestyle change for consumers, which includes smoking cessation, regular exercise, and improved nutrition.

Operational Resources

Recovery Specialists spend a total of 25 hours a week staffing the center. There are also about 20 volunteers, many who donate 5 hours of work a week in exchange for a membership to the center. The Fitness Center is an 855-square-foot room with a washable rubber floor and 19 exercise machines. There are three flat screen TVs with radio transmitters so users can tune portable radios to hear the audio feed. The restrooms adjacent to the Fitness Center have showers for members' convenience. The Center also provides work-out gear (sweats and t-shirts), hand towels, bath towels, and sanitizer wipes.

Financial Resources

It cost about \$56,000 to furnish the Fitness Center, part of which was funded through the grant from the Ohio Department of Mental Health that helped start Gathering Hope House as a recovery center. The Lorain County Board of Mental Health and the Community Foundation of Greater Lorain County provide ongoing funding for Gathering Hope House. The county employee assistance program provides some ongoing funding in return for programs run by Gathering Hope House. Users of the Fitness Center also pay monthly membership fees. The Center has 400 members, 175 consumers of Gathering Hope House and 225 community members.

Program Type



Direct clinical service



Psychosocial/psychoeducational



Agency practice



Workforce development



Other: Exercise

Location



Mental health or substance abuse treatment agency



Community



Primary care provider office



Hospital

Provider



Primary care



Mental health or substance abuse treatment



Consumer



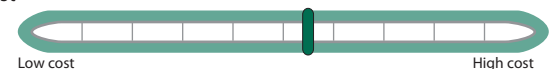
Trainer/consultant



Other

The scales below are meant to be at-a-glance graphic descriptions of this provider's perspectives of issues related to integration projects. For more information, please contact the provider or the Ohio Coordinating Center for Integrating Care.

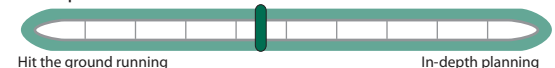
Cost



Staffing



Ease of Implementation



Contact information

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