

Profiles of Integrated Care: Recovery Center Exercise Program

Description

The Recovery Center of Hamilton County is a consumer-run center that serves over 300 members who have mental illnesses and who live in Hamilton County, Ohio. It offers a variety of programs to consumers who are ready to advance in their recovery, including educational classes, computer access, an art room, group sessions, and others. In addition, the Recovery Center has several activities to help people improve their physical health:

- Tae Kwon Do helps members build confidence through increased fitness, self defense training, and goal setting.
- Yoga helps members learn relaxation and calming techniques, increase their strength and flexibility, and reduce stress. It is taught by a certified yoga instructor who also teaches in the community.
- The exercise room is open to members Monday–Friday. The room has two elliptical machines, two bicycles, a universal weight machine, exercise balls, exercise tubes, and free weights.

Operational Resources

The Recovery Center has two full-time staff, three part-time staff, nine substitute workers, and several volunteers. It is fiscally and administratively managed by Greater Cincinnati Behavioral Health Services and IKRON Corporation. It is housed in a two-story, all-accessible building with two computer labs, a large meeting room, an art room, several group rooms, and the exercise room.

Financial Resources

Initial funding was provided by the Hamilton County Mental Health and Recovery Services Board and The Health Foundation of Greater Cincinnati. The Recovery Center is sustained through funding from the Hamilton County Mental Health and Recovery Services Board and a variety of private donations and grants.

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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