



The WMR curriculum is presented through a 10 week psycho-educational group that is co-facilitated by a Qualified Mental Health

Specialist and a person who is receiving services for a mental health issue. The WMR program is delivered in small group-level interventions with adults who have a psychiatric disorder and may have a co-occurring substance use disorder. It is based on the Social Cognitive Theory and focuses on the development of skills, positive expectations, and promoting self efficacy. New behaviors are learned through modeling and practicing new skills.

In the WMR program, knowledge about good health and recovery is developed collectively which supports individual empowerment.

WMR is an evidence based program in collaboration with the Ohio Department of Mental Health and other agencies.

Topics Covered

- Mental Health Recovery
- Wellness
- An understanding of Mental Health
- The Role of Medication in Recovery and Wellness
- Learning to Manage Symptoms and Side Effects
- Effective Communication
- Coordinating Your Care
- Building Social Supports & Involving Others
- Planning for Wellness



BENEFITS OF WMR

- Participants showed improvements that lasted even after the group ended.
- Increased knowledge and skills to manage their mental illness.
- Increased sense of empowerment
- Improved quality of life
- Decreased symptom distress
- Ability to integrate a recovery philosophy into their lives.

“Life isn’t about finding yourself. It is about creating yourself.”

George Bernard Shaw

Service Locations

Defiance

419-782-8856 | Fax: 419-784-4506
211 Biede Ave., Defiance, Ohio 43512

Bryan

419-636-2932 | Fax: 419-636-1982
203 N. Lynn St, Bryan, OH 43506

Napoleon

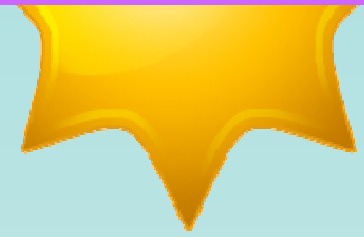
419-592-5981 | Fax: 419-592-4522
407 Independence Dr, Napoleon, OH 43545

Wauseon

419-337-5941 | Fax: 419-337-6439
222 Depot Street, Wauseon, OH 43567

TOLL FREE NUMBER: 800-569-3980

WEB SITE: maumeevalleyguidancecenter.org
EMAIL: mvgc@defnet.com



Enhancing the Quality of Life For Those We Serve



Wellness Management & Recovery



Maumee Valley Guidance Center is a Behavioral Healthcare Center serving residents of Defiance, Fulton, Henry and Williams Counties for over 50 years. We are here to meet the diverse behavioral health needs of individuals and families in our community.

The professionals at Maumee Valley Guidance Center work as a team to bring clients the following services:

- Medication Management

- Psychiatrists that specialize in Adults and Children
 - Registered Nurses

- Individual, Couples and Family Counseling

- All of our therapists are Master's Level Clinicians

- Community Psychiatric Support Treatment

- Our Qualified Mental Health Specialists work with clients to assist them within the community.

