

OUR CORE VALUES

As we enhanced our program, we developed a number of core values about recovery, self-help, empowerment and equality. Our Core Values include:

HOPE: We hold the belief that things can get better. We never give up and we educate people that no matter how bad things seem, if you take one step at a time, things will change for the better.

EMPOWERMENT: We enhance personal growth and inner strength while motivating, inspiring and guiding ourselves and peers into action. We encourage others to reach their full potential by allowing them to find their internal strengths.

RECOVERY: We believe that individuals who have suffered from mental health challenges can go on to lead successful fulfilling lives. We see individuals grow when they seek out information and utilize the resources offered. Individuals regain their sense of self by taking control of the things which previously seemed beyond their control.

MUTUALITY: Regardless of our job titles, we are all equal and thus treat each other with dignity and respect. We respect the validity of every individual's experiences, thoughts, opinions, and feelings, even if they are different than our own.

INTEGRITY: We practice honesty at all times personally and professionally. We operate using moral judgement, character and leadership values and do things in a fashion of respect and professionalism.

ABOUT PROJECT RETURN

Project Return Peer Support Network (PRPSN) promotes wellness, personal growth and self-determination for all people who have experienced mental conditions by providing social opportunities, education and community involvement. We believe in diversity, acceptance, advocacy and empowerment while encouraging people to transform their lives.

OUR MISSION STATEMENT

PRPSN creates opportunities for connection that enrich and inspire individuals with mental health illness to pursue a life without limits.

OUR PARTNERS

Century Villages at Cabrillo

Los Angeles County Department of
Mental Health (LACDMH)

**Hacienda of Hope accepts phone
inquires 24 hours a day 7 days a
week. Call to schedule a visit!**

CONTACT US

(562) 388-8183

www.prpsn.org

[Facebook.com/prpsn](https://www.facebook.com/prpsn)

Email: info@prpsn.org



PROJECT RETURN
PEER SUPPORT NETWORK
Taking charge together!

HACIENDA OF HOPE

PEER RUN RESPITE CARE HOME



**Located in the
Century Villages at Cabrillo**

**2241 W. Williams Street
Long Beach, CA 90810**

(562) 388-8183

WHO WE ARE & WHAT WE DO

Hacienda of Hope is a safe alternative to emergency hospitalization for anyone age 18+ who is experiencing a stressful life event or a mental health crisis. This short-term respite home offers the space where guests are able to work on their personal growth and wellness in a safe space--free of charge. Hacienda of Hope is a welcoming, non-clinical environment, staffed by others who are able to relate, empathize and offer hope and support through crisis.

Our team is staffed with people who identify as peers, who have found recovery from the stigma, isolation and hopelessness associated with mental health challenges. We share lived experience to instill hope in those who are facing difficulties related to their mental wellness.



One of 10 bedrooms

Every guest has their own room. There are 4 men's rooms on the left wing, four women's rooms on the right wing, and two ADA compliant unisex rooms downstairs.

We offer peer support (one-on-one and support groups) and linkage to other resources during one's stay.

OUR SUPPORT GROUPS

Our groups are based on the 8 dimensions of wellness (Emotional, Social, Physical, Intellectual, Spiritual, Financial, Occupational and Environmental Wellness)

WALKING MEDITATION

Relax your mind, body and spirit

SURVIVING MENTAL HEALTH

Readings, worksheets & meditation

KARAOKE, BINGO, GAMES & MOVIES

Interactive activities for guests' enjoyment

RECOVERY TO A HEALTHIER LIFE

How to live a healthier life with addictions

HEALTHY COPING & LIFE SKILLS

Practice and learn skills to cope

MUSIC APPRECIATION

Play, listen to music & talk about songs

WRAP (WELLNESS RECOVERY ACTION PLAN)

Plan to take care of your mental health

HOW TO GET THROUGH WHAT YOUR GOING THROUGH

Discover new ways of thinking

YOUR VOICE

Guests who hear voices that others don't

Call for more information on groups



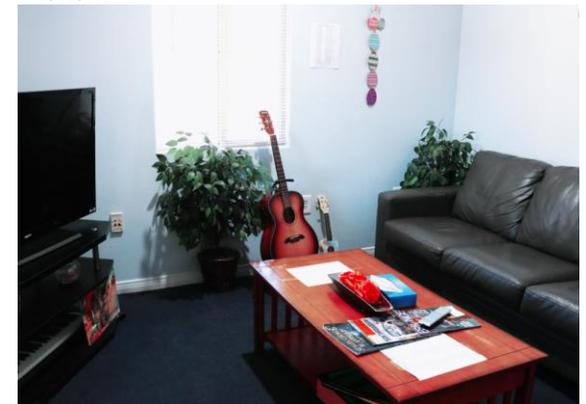
Patio for relaxing and outdoor groups



The left wing leads to the men's rooms as well as dining area, guest kitchen and recreational room.



The right wing leads to the women's rooms, ADA compliant rooms, meeting room and staff kitchen.



Recreational Room