

Our Mission

The Wellness Alliance, a Service of Horizon House, provides clinical and peer support, community integration, assistance and accessing resources and education about wellness to adults in Philadelphia who are seeking self-directed services that are based on the principles of psycho-social rehabilitation and recovery.

Is The Wellness Alliance Right for Me?

- Are you seeking access to recovery-oriented mental health support?
- Are you age 18 or older?
- Do you reside in Philadelphia?
- Do you have the desire to take an active role in changing your life?

If so, The Wellness Alliance may be for you.

For more information, please call
215-386-3838.



The Wellness Alliance

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"The Wellness Alliance gives me the opportunity for growth and development so I can achieve my life's goals."



The Wellness Alliance

Recovery forms the roots to shape your journey



Recovery is...

A self-determined and holistic journey that individuals undertake to heal and grow.

Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote individuals their full potential as individuals and community members.

- Written by the PA Recovery Workgroups and endorsed by the PA Office of Mental Health Substance Abuse Services

With the Wellness Alliance...

You can partner with staff to increase your skills in the Psychiatric Rehabilitation Services domains - living, learning, socializing and working - in a holistic supportive manner. Individuals are provided with counseling and psychiatric support and additional support with substance abuse.

You Choose the Supports you Want...

You can receive assistance in accessing resources like housing or independent living, income and benefits, education, employment or vocational training.

You can learn about recovery, build life skills and develop social networks. You can also strengthen relationships with friends and family,

Our Services

Your Support Team

At the Wellness Alliance, you will partner with a group of staff who will be your support team. Team members will meet with you at your chosen location to help you make progress toward the goals you set.

Your Professional Support Team will Include:

- **Certified Peer Specialist** - A professional who is trained and certified to support you in skill building, goal setting, problem-solving and utilizing self-help recovery tools. This person will serve as an example of personal recovery
- **Recovery Coach** - Supports you as you live, learn, work and socialize in your community.
- **Psychiatrist and Nurse Practitioner** - Discusses psychiatric medication options with you and teaches you how to live a healthy lifestyle.
- **Nurse** - Partners with you to help improve and maintain overall wellness to achieve optimal physical and mental health. This includes medication management, education and training.
- **Clinical Specialist** - Meets with you 1-on-1 or in a group setting to help you build communication and coping skills.

Outreach

Wellness Alliance staff will provide home visits to help with the engagement process and increase community inclusion.

Learning Center

We offer support groups and therapy via telehealth and face-to-face meetings as well as psychiatric rehab classes with curriculums designed to help you develop skills, increase your strengths and move forward in your recovery journey.

Warm Line

You can talk with a peer specialist during non-traditional business hours.

Common Ground

A tool used to empower the individual to guide them in their recovery.

