

# Promising Older Adult Mental Health Programs

California Mental Health Older Adult System of Care Project

*January 2018*



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# California Mental Health Older Adult System of Care Project

## Promising Older Adult Mental Health Programs

ALAMEDA			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Geriatric Assessment and Response Team (GART)</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI)</p> <p><u>Target Population:</u> 60 years and older with SMI</p> <p><u>Description:</u> GART is a mobile geriatric behavioral health team that provides support services to older adults ages with serious behavioral health care needs. GART provides brief voluntary behavioral health care services with the aim of resolving immediate behavioral health needs. The GART Program staffing includes a multi-disciplinary team and support staff.</p>	<ul style="list-style-type: none"> <li>• Mobile services</li> <li>• Evaluation and assessment</li> <li>• Consultation</li> <li>• Case management</li> <li>• Brief therapy</li> <li>• Medication services</li> <li>• Community outreach</li> <li>• Family support</li> <li>• Education</li> </ul>	Prevention Access Recovery Integration	<p><b>Field-Mobile</b></p> <p><b>Contact:</b> 510-891-5650</p>
<p><u>Program Name:</u> Senior Advocates for Hope and Justice</p> <p><u>Target Population:</u> seniors</p> <p><u>Description:</u> St. Mary's Center Seniors for Hope and Justice trains and educates seniors to advocate for policy changes that directly impact their lives. They engage in activities that protect the civil rights and economic benefits for extremely low-income people.</p>	<ul style="list-style-type: none"> <li>• Social engagement</li> <li>• Training</li> <li>• Education</li> <li>• Empowerment</li> </ul>	Prevention Access	<p><b>Community</b></p> <p><b>Contact:</b> St. Mary's Center 925 Brockhurst St, Oakland, CA 94608</p> <p>510-923-9600</p>

<p><u>Program Name:</u> Homeless Senior Services</p> <p><u>Funding:</u> SAMHSA Block Grant <u>Target Population:</u> seniors</p> <p><u>Description:</u> St. Mary's Center's Homeless Senior Services provides services for low-income individuals aged 55 and older, who are homeless or at risk of homelessness. Most of St. Mary's senior participants live on SSI (Supplemental Security Income), a federal program for low-income people who are aged, blind, or disabled. The program provides a maximum stipend of \$10,500 per year and recipients are not eligible for food stamps. Their foremost goal is to help each senior find and keep housing. Social workers provide the intensive case management. Staff includes licensed mental health professionals and recovery trained counselors.</p>	<ul style="list-style-type: none"> <li>• Health assessments</li> <li>• Psychiatric care</li> <li>• Substance abuse addiction recovery</li> <li>• Emergency winter shelter</li> <li>• Permanent supportive housing</li> <li>• On-site meals and food</li> <li>• Money management services</li> <li>• Comprehensive case management</li> <li>• Stipend</li> </ul>	<p>Prevention Access Recovery Integration</p>	<p><b>Community</b></p> <p><b>Contact:</b> St. Mary's Center 925 Brockhurst St, Oakland, CA 94608</p> <p>510-923-9600</p>
<b>ALAMEDA</b>			
<b>Program Name &amp; Description</b>	<b>Strategies &amp; Practices</b>	<b>OASOC Service Domain (s)</b>	<b>Service Setting &amp; Contact</b>
<p><u>Program Name:</u> Pool of Consumer Champions</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI) <u>Target Population:</u> Adults with mental illness and substance abuse issues</p> <p><u>Description:</u> The Mission of the POCC is to improve the quality of life for Alameda County residents who have mental health or mental health and substance use issues and to provide the consumer perspective in transforming Alameda County Behavioral Health Care Services to a recovery vision that is consumer-driven, culturally responsive, and holistic in its services and supports. The POCC provides an empowered and informed voice: of, by, and for consumers in the behavioral health care system, related systems, and in the community.</p>	<ul style="list-style-type: none"> <li>• Social engagement</li> <li>• Training</li> <li>• Education</li> <li>• Empowerment</li> </ul>	<p>Prevention Access</p>	<p><b>Community</b></p> <p><b>Contact:</b> Behavioral Health Care Services, Prevention 2000 Embarcadero 4<sup>th</sup> Floor Oakland, CA 94606</p> <p>Mary Hogden <a href="mailto:mhogden@acbhcs.org">mhogden@acbhcs.org</a></p>

<p><u>Program Name:</u> Afghan Elderly Association Programs</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI) <u>Target Population:</u> Seniors</p> <p><u>Description:</u> The Afghan Elderly Association (AEA) works to improve the well-being of Afghan elders in the Bay Area. The AEA accomplishes its mission by providing the elders with culturally appropriate preventative health programs and connecting them to available community resources.</p> <p>Afghan Elderly Association serves seniors including home-bound seniors, providing assistance on matters that concern quality of life and participation in the larger community..</p>	<ul style="list-style-type: none"> <li>• Education</li> <li>• Medication Management</li> <li>• Screening</li> <li>• Nutrition counseling</li> <li>• Social engagement</li> <li>• Culturally appropriate</li> </ul>	<p>Prevention Access</p>	<p><b>Community &amp; Home Based</b></p> <p><b>Contact:</b> Afghan Elderly Association 33532 Third Street, Fremont, CA 94587</p> <p>Najia Hamid, Executive Director, 510-574-2059</p>
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**LOS ANGELES**

<b>Program Name &amp; Description</b>	<b>Strategies &amp; Practices</b>	<b>OASOC Service Domain (s)</b>	<b>Service Setting &amp; Contact</b>
<p><u>Program Name:</u> Geriatric Evaluation Networks Encompassing Services Intervention Support (GENESIS) Programs</p> <p><u>MHSA Funding:</u> Full Service Partnership (FSP) <u>Target Population:</u> 60 years and older with mental illness</p> <p><u>Description:</u> The GENESIS Program offers Field Capable Clinical Services (FCCS) to Older Adults, ages 60 and above. FCCS offers an alternative to traditional mental health services for older adults who may be unable to access services due to impaired mobility, frailty, or other limitations. Older adults who may be uncomfortable seeking services in a traditional clinic, FCCS may be a welcome alternative.</p>	<ul style="list-style-type: none"> <li>• Agency and Community Partnerships</li> <li>• Outreach</li> <li>• hoarding</li> <li>• bio-psychosocial assessment</li> <li>• Individual and family treatment</li> <li>• medication support</li> <li>• linkage</li> <li>• case management</li> <li>• co-occurring disorders.</li> <li>• gero-psychiatric consultation</li> <li>• telepsychiatry</li> <li>• Mobile Services</li> </ul>	<p>Prevention Access Recovery Integration</p>	<p><b>Field-Mobile</b></p> <p><b>Contact:</b> GENESIS program 213-351-7284</p>

<p><u>Program Name:</u> LA County Department of Mental Health Court Linkage Program</p> <p><u>MHSA Funding:</u> Full Service Partnership (FSP) <u>Target Population:</u> Adults with mental illness and substance abuse issues</p> <p><u>Description:</u></p> <p>Jail Transition and Linkage Services are designed to perform outreach and engage individuals involved in the criminal justice system who are receiving services from jail or jail related services (e.g. court workers, attorneys, etc.). The goal is to successfully provide linkage to community-based services upon release from jail. The program addresses the needs of individuals in collaboration with the judicial system by providing identification, outreach, support, advocacy, linkage, and interagency collaboration in the courtroom and in the jail. Jail transition and linkage staff work with the MHSA Service Area Navigators as well as service providers to assist incarcerated individuals with accessing appropriate levels of mental health services and support upon their release from jail, including housing, benefits and other services as indicated by individual needs and situations. The goal of these services is to prevent release to the streets, thus alleviating the revolving door of incarceration and unnecessary emergency/ acute psychiatric inpatient services.</p>	<ul style="list-style-type: none"> <li>• Service Linkage</li> <li>• Outreach</li> <li>• Advocacy</li> <li>• Navigation</li> <li>• Housing</li> <li>• Interagency collaboration</li> <li>• Benefits linkage</li> </ul>	<p>Access Recovery Integration</p>	<p><b>Community</b></p> <p>General information 626-403-4370</p>
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**LOS ANGELES**

<b>Program Name &amp; Description</b>	<b>Strategies &amp; Practices</b>	<b>OASOC Service Domain (s)</b>	<b>Service Setting &amp; Contact</b>
<p><u>Practice Name:</u> Seeking Safety (SS)</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI) <u>Target Population:</u> Older adults 60 + that have minor symptoms of depression and/or anxiety that are interfering with their daily functioning</p> <p><u>Practice Description</u></p> <p>The goal of SS is to assist individuals develop safe coping skills to reduce anxiety symptoms related to their experience of trauma and substance use, and to increase access to community resources. SS utilizes cognitive, behavioral and interpersonal techniques as well as case management to achieve goals.</p>	<ul style="list-style-type: none"> <li>• Case management</li> <li>• Therapy</li> <li>• Substance use intervention</li> <li>• Community resource linkage</li> <li>• Evidence Based Practice</li> </ul>	<p>Prevention Access</p>	<p><b>Community</b></p> <p><b>Contact:</b> LA County Department of Mental Health</p> <p>213-738- 4715</p>

<p><u>Practice Name:</u> Program to Encourage Rewarding Lives for Seniors (PEARLS)</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI)</p> <p><u>Target Population:</u> Older adults</p> <p><u>Practice Description</u></p> <p>This program provides skills to older adults with chronic illness in their homes in order to reduce symptoms of depression and anxiety. This program takes a team-based approach, and involves coordinating with a psychiatrist for medication management and a case manager if required</p>	<ul style="list-style-type: none"> <li>• Home-based care</li> <li>• Team-based approach</li> <li>• Medication management</li> <li>• Case management</li> <li>• Evidence Based Practice</li> </ul>	<p>Prevention Access</p>	<p><b>Home Based</b></p> <p><b>Contact:</b> LA County Department of Mental Health</p> <p>Older Adult PEI Administrative direct line 213-738-2305 or the ACCESS Line at 800-854-7771</p>
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**LOS ANGELES**

<b>Program Name &amp; Description</b>	<b>Strategies &amp; Practices</b>	<b>OASOC Service Domain (s)</b>	<b>Service Setting &amp; Contact</b>
<p><u>Program Name:</u> UCLA Geriatric Psychiatry Fellowship</p> <p><u>MHSA Funding:</u> Workforce Education and Training (WET) <u>Target Population:</u> UCLA psychiatry students</p> <p><u>Description:</u> The UCLA Geriatric Psychiatry Fellowship consists of two fellows each year for two days a week, 6 months each. The fellows receive formal and informal training in geriatric psychiatry through the LACDMH community mental health program GENESIS. They are integrated into a team approach requiring home visits in a designated geographic area. They are exposed to the Los Angeles County Elder Abuse Forensic Center and receive training in Field Safety. Fellows provide clinical services for LACDMH clients. They do assessments, as well as conduct ongoing therapy and treatment. They attend and participate in a series of Older Adult Care Teams (OACT) trainings (OACT-HQ, OACT-MD and OACT-MD Seminar with case presentation), in addition to CME-approved and informal trainings</p>	<ul style="list-style-type: none"> <li>• Workforce Development</li> <li>• Clinical care</li> <li>• Assessments</li> <li>• Therapy and Treatment</li> <li>• Home based care</li> </ul>	<p>Access Recovery</p>	<p><b>Contact:</b> Sarah Gelberd, MD</p> <p>LA County Department of Mental Health Countywide Older Adult Services Medical Director</p> <p>550 S. Vermont 6th floor Los Angeles, CA 90020</p> <p>213-351-5268 <a href="mailto:sgelberd@dmh.lacounty.gov">sgelberd@dmh.lacounty.gov</a></p>

MONTEREY			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Drake House</p> <p><u>MHSA Funding:</u> Full Service Partnership (FSP) <u>Target Population:</u> Seniors with mental illness</p> <p><u>Description:</u> Drake House is a 49 bed Residential Care Facility for the Elderly locate in the city of Monterey. The facility is designed to enable seniors with a variety of disabilities and problems of daily living to live in a supportive setting. The facility allows clients previously placed in facilities outside the county to live closer to their families..</p>	<ul style="list-style-type: none"> <li>• Housing</li> <li>• Case management</li> <li>• Assessment</li> <li>• Co-occurring disorders</li> <li>• Disability services</li> </ul>	<p>Access Recovery Integration</p>	<p><b>Residential</b></p> <p><b>Contact:</b> Drake House 399 Drake Ave. Monterey, CA 93940</p> <p>831-643-9069</p>
<p><u>Program Name:</u> Senior Peer Counseling</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI) <u>Target Population:</u> Seniors with depression, anxiety, grief and other mood disorders</p> <p>The Senior Peer Counseling Program (SPC) provides no-cost mental health intervention and emotional support to older adults suffering from depression, anxiety, grief, loss, adjustment to chronic illness, and other stressors that can occur in the later life. Peer Counselors, trained and supervised by mental health professionals, provide short-term one-on-one counseling that may be home-based, office-based, or at long term-care facilities. Volunteers and staff facilitate support groups that foster emotional support, encouragement, self-empowerment and connection to others. Staff hold wellness workshops and lectures (led by professionals in the field) to prepare older adults to understand and better cope with common concerns that arise in later life.</p>	<ul style="list-style-type: none"> <li>• Service Linkage</li> <li>• Outreach</li> <li>• Advocacy</li> <li>• Navigation</li> <li>• Social engagement</li> <li>• Training</li> <li>• Education</li> <li>• Empowerment</li> <li>• Mobile services</li> <li>• Counseling</li> <li>• Support Groups</li> </ul>	<p>Prevention Access</p>	<p><b>Field-Mobile</b></p> <p><b>Contact:</b> Alliance on Aging Nan Heflin, LMFT 831-646-4921</p>



MONTEREY			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Bienestar</p> <p><u>MHSA Funding:</u> Funded in part by Prevention and Early Intervention (PEI) <u>Target Population:</u> Adults with mental illness</p> <p><u>Description:</u> Bienestar is a primary care program geared toward individuals suffering from co-morbidities and severe mental illness. Primary care services are co-located in Behavioral Health buildings, in addition to health education and wellness programming on site for consumers. The team consists of a Primary Care Provider, a Medical Assistant, Integration Coordinator, and two Wellness Navigators. They aim to serve as their clients' primary health home, where the team works closely with case managers and psychiatrists to provide comprehensive services.</p>	<ul style="list-style-type: none"> <li>• Primary Care</li> <li>• Case management</li> <li>• Assessment</li> <li>• Co-occurring disorders</li> <li>• Co-located services</li> <li>• Education</li> <li>• Treatment</li> <li>• Comprehensive services</li> <li>• Peer Support</li> </ul>	<p>Prevention Access Recovery Integration</p>	<p><b>Clinic</b></p> <p><b>Contact:</b> 1441 Constitution Blvd, Bldg 400 Suite 201 (2nd floor) Salinas, CA 93906</p> <p>831-755-4353</p>

SAN DIEGO			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Uptown Safe Haven Transitional Housing</p> <p><u>MHSA Funding:</u> <i>MHSA-CSS and San Diego Housing Commission (SDHCD) fund project based vouchers through Housing Assistance Payments (HAP)</i></p> <p><u>Target Population:</u> Adults and older adults who are homeless with serious mental illness</p> <p><u>Description:</u> The adult residential transitional housing program provides supportive services for those who are homeless and have a serious mental illness. The goals are to reduce homelessness and provide comprehensive 'wraparound' mental health services for adults who are most severely ill, most in need due to severe functional impairments, and who have not been adequately served by the current system.</p>	<ul style="list-style-type: none"> <li>• Housing</li> <li>• Homelessness</li> <li>• Wrap-around services</li> <li>• Case Management</li> </ul>	<p>Prevention Access Recovery</p>	<p><b>Residential</b></p> <p><b>Contact:</b> Uptown Safe Haven Transitional Housing 2822 5th Ave San Diego, CA 92103</p> <p>Program Manager Ashley Nanr 619-294-7013</p>
<p><u>Program Name:</u> Senior Impact</p> <p><u>MHSA Funding:</u> Full Service Partnership (FSP)</p> <p><u>Target Population:</u> Older adults age 60+ with serious mental illness</p> <p><u>Description:</u> Senior Impact includes full fidelity assertive community treatment (ACT) teams—which include psychiatrists, nurses, mental health professionals, employment specialists, peer specialists, and substance-abuse specialists. Clients receive services in their homes, at their workplace, or in other settings in the community they identify as the most beneficial to them or where support is most needed.</p>	<ul style="list-style-type: none"> <li>• Medication management</li> <li>• Vocational services</li> <li>• Substance abuse</li> <li>• Team based approach</li> <li>• Mobile Services</li> <li>• Evidence Based Practice</li> </ul>	<p>Access Recovery Integration</p>	<p><b>Field-Mobile</b></p> <p><b>Contact:</b> Senior IMPACT 928 Broadway San Diego, CA 92102 619-977-3716</p>

<p><u>Program Name:</u> Geriatric Certificate Program</p> <p><u>MHSA Funding:</u> Workforce Education and Training (WET) <u>Target Population:</u> Staff at San Diego County in Behavioral Health services</p> <p><u>Description:</u> The certificate program includes an intensive 6-month certificate training with a culminating project and continuing education with the Academy. There is an application process and selection for the positions for clinician case managers who will be clinic-based</p>	<ul style="list-style-type: none"> <li>• Workforce development</li> </ul>	<p>Access Recovery</p>	<p><b>Contact:</b> San Diego State University, Academy for Professional Excellence Behavioral Health Training Curriculum (BHTC)</p> <p>619-594-0923 <a href="mailto:bheta@mail.sdsu.edu">bheta@mail.sdsu.edu</a></p>
<b>SAN DIEGO</b>			
<b>Program Name &amp; Description</b>	<b>Strategies &amp; Practices</b>	<b>OASOC Service Domain (s)</b>	<b>Service Setting &amp; Contact</b>
<p><u>Program Name:</u> Project One for All for Homeless</p> <p><u>MHSA Funding:</u> Tenant Based Subsidies for Adults and Older Adults who are eligible. Funding for these subsidies are provided by HUD to SDHCD</p> <p><u>Target Population:</u> homeless individuals</p> <p><u>Description:</u> Project One For All for Homeless is an extensive effort by the County of San Diego and its partners to provide intensive wraparound services, including mental health counseling and housing, to homeless individuals with serious mental illness.</p>	<ul style="list-style-type: none"> <li>• Housing</li> <li>• Outreach</li> <li>• Engagement</li> <li>• Treatment</li> <li>• Wrap around services</li> </ul>	<p>Access Recovery Integration</p>	<p><b>Community</b></p> <p><b>Contact:</b> San Diego Housing and Community Development Services</p> <p>Todd Henderson. <a href="mailto:Todd.Henderson@sdcounty.ca.gov">Todd.Henderson@sdcounty.ca.gov</a> 858-694-8750.</p>

<p><u>Program Name:</u> Positive Solutions</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI) <u>Target Population:</u> Homebound older adults (60+ years) at risk for depression or suicide.</p> <p><u>Description:</u> The program provides outreach, mental health prevention and early intervention to homebound seniors (60+) who are at risk of becoming depressed or have minor depression from all cultural backgrounds in the County's Central, North Central, North Inland and North Coastal Regions. The program uses evidence-based PEARLS (Program to Encourage Active and Rewarding Lives).</p>	<ul style="list-style-type: none"> <li>• Screening/assessment</li> <li>• Brief intervention</li> <li>• Psycho-education</li> <li>• Referral and linkage</li> <li>• Follow-up care</li> <li>• Home based care</li> <li>• Evidence Based Practice</li> </ul>	<p>Prevention Access Recovery</p>	<p><b>Home based</b></p> <p><b>Contact:</b> 9360 Activity Rd. Suite B San Diego, CA 92126</p> <p>Program Manager, Syed Imam <a href="mailto:msimam@upacsd.com">msimam@upacsd.com</a></p> <p>619-238-1783</p>
<p><u>Program Name:</u> Telecare Age-wise</p> <p><u>MHSA Funding:</u> SD/MC FFP, Realignment and MHSA _FSP <u>Target Population:</u> Older adults 59 + with SMI</p> <p><u>Description:</u> Age-Wise was created to improve the quality of life and promote recovery for older adults. The program provides most supports in the community, but includes two main components: a Strengths-Based Case Management FSP and the Institutional Case Management Program. The Strengths-Based Case Management component provides comprehensive case management, crisis prevention and intervention, skill building and community integration services. The Institutional Case Management program focuses on improving the quality of life and promoting recovery for older adults living in long-term care placements. AgeWise serves a maximum of 600 individuals, age 59+</p>	<ul style="list-style-type: none"> <li>• Care Coordination</li> <li>• Field –based</li> <li>• Skilled nursing</li> <li>• Rehabilitation</li> <li>• Case management</li> <li>• Crisis prevention</li> <li>• Skill building</li> </ul>	<p>Access Recovery Integration</p>	<p><b>Field-Mobile</b></p> <p><b>Contact:</b> 6160 Mission Gorge Rd, Suite #108 San Diego, CA 92120</p> <p>Stefan Bain Program Administrator</p> <p>619-481-5200 x136 <a href="mailto:sbain@telecarecorp.com">sbain@telecarecorp.com</a> or Mary Woods <a href="mailto:mwoods@telecarecorp.com">mwoods@telecarecorp.com</a></p>

SAN DIEGO			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Resource for Enhancing Alzheimer's Caregiver Health (REACH)/ (CALMA)</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI)</p> <p><u>Target Population:</u> Caregivers of adults with cognitive impairment. Or 60+ that need assistance with daily living activities</p> <p><u>Description:</u> REACH and CALMA are a free educational series offered to family caregivers of individuals with Alzheimer's disease or related dementias. Southern Caregiver Resource Center, in partnership with La Maestra Community Health Center, San Ysidro Health Center and North County Health Services offers REACH throughout the County of San Diego. REACH educates about memory loss, Alzheimer's Disease and dementia, helps find resources available in the community, better cope with the caregiving situation, teaches stress management techniques, self care and caring for a loved one as well as develop effective communication skills.</p>	<ul style="list-style-type: none"> <li>• Community resource linkage</li> <li>• Support</li> <li>• Education</li> <li>• Skill building</li> <li>• Bi-lingual</li> </ul>	Prevention Access	<p><b>Community</b></p> <p><b>Contact:</b> Southern Caregiver Resource Center 3675 Ruffin Rd, Ste. 230 San Diego, CA 92123</p> <p>858-268-4432</p> <p><a href="mailto:scrc@caregivercenter.org">scrc@caregivercenter.org</a></p>
<p><u>Program Name</u> Cognitive Rehabilitation and Exposure/Sorting Therapy (CREST) Community Program</p> <p><u>MHSA Funding:</u> Innovation (INN)</p> <p><u>Target Population:</u> Older Adults 60+ with hoarding disorder and SMI.</p> <p>The primary purpose is to reduce hoarding behaviors, improve health and safety, quality of life and housing stability through the provision of evidence-based services to older adults suffering from serious mental illness (SMI) and hoarding behaviors who are at risk for homelessness. The mobile nature of the project allows for accessibility to services for a population of older adults who tend to be isolated and who have many times lost their social contacts and family connections due to the hoarding behaviors. The eligible population is uninsured, Medi-Cal and or Medi-Cal/ Medicare beneficiaries who are 60 and older who meet medical necessity criteria for SMI.</p>	<ul style="list-style-type: none"> <li>• Outreach</li> <li>• Referral</li> <li>• Multidisciplinary collaboration</li> <li>• Screening</li> <li>• SBIRT (screening, brief intervention and referral to treatment for older adults substance misuse</li> <li>• Mobile Service</li> <li>• Evidence Based Practice</li> </ul>	Access Prevention Recovery Integration	<p><b>Field - Mobile</b></p> <p><b>Contact:</b> UC San Diego Clinic Location: Hillcrest</p> <p>140 Arbor Drive, San Diego, CA 92103</p> <p>619-543-6904</p>

SISKIYOU			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Six Stones Wellness</p> <p><u>MHSA Funding:</u> Full Service Partnership (FSP) <u>Target Population:</u> adults with serious mental illness</p> <p><u>Description:</u> Provides a member directed wellness program that fosters wellness recovery and resiliency to those living with mental illness including providing programming that uses <b>Wellness and Recovery Action Plans (WRAP)</b>. Members share their ideas to create a setting that is peer led and agency supported. Six Stones is a “stigma free” environment offering activities, groups, life skills training, and social support opportunities. Six Stones promotes and encourages tolerance, acceptance, and growth within its members that reflects respect for diversity and differences.</p>	<ul style="list-style-type: none"> <li>• Peer and Staff-led Groups and Activities</li> <li>• Peer Support</li> <li>• Life Skills</li> <li>• Socialization</li> <li>• Medication Education Group</li> <li>• Evidence Based Practice</li> <li>• Various Mental Health Based Groups</li> <li>• Arts and Crafts</li> <li>• Nutrition Education</li> </ul>	<p>Prevention Access</p>	<p><b>Community</b></p> <p><b>Contact:</b> 1501 South Main Street Yreka, CA 96097 530-841-0810</p>

TULARE			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Check-in With You: The Older Adult Hopelessness Screening Program (OAHS)</p> <p><u>MHSA Funding:</u> Prevention and Early Intervention (PEI) <u>Target Population:</u> Older adults</p> <p><u>Description:</u> The Check-In With You program assesses levels of hopelessness in older adults using the Beck Hopelessness Scale (BHS) and provides early intervention services to reduce suicide risk, improve quality of care and prevent the development of serious mental illness. This project is hosted at the Tulare County Visalia Health Care Center</p>	<ul style="list-style-type: none"> <li>• Screening/Assessment</li> <li>• Suicide prevention</li> <li>• Care Transitions/Linkage</li> </ul>	Prevention Access Integration	<p><b>Clinic</b></p> <p><b>Contact:</b> Tulare County Health and Human Services Agency 5957 South Mooney Boulevard Visalia, CA 93277</p> <p>Christi Lupkes MHSA Manager, 559-624-8000</p>
<p><u>Program Name:</u> Visalia Adult Integrated Clinic (VAIC)</p> <p><u>MHSA Funding:</u> Full Service Partnership (FSP) <u>Target Population:</u> Adults</p> <p><u>Description:</u> Services provided at the Integrated Clinic include intensive case management along with individual, family and group therapy, medication services, and peer delivered services and other outpatient services. Staff engage consumers in a multidisciplinary process in order to determine how to best meet the consumers' needs from a broad approach focused on wellness, recovery, and resiliency. One program run out of VAIC is the</p>	<ul style="list-style-type: none"> <li>• Case management</li> <li>• Individual, family and group therapy</li> <li>• Medication services</li> <li>• Peer delivered services</li> <li>• Mental Health Court</li> <li>• Integrated care</li> <li>• Mobile services</li> <li>• Evidence Based Practice</li> </ul>	Prevention Access Recovery Integration	<p><b>Clinic</b></p> <p><b>Contact:</b> 520 East Tulare Avenue Visalia, CA 93292 559-623-0900</p>

TULARE			
Program Name & Description	Strategies & Practices	OASOC Service Domain (s)	Service Setting & Contact
<p><u>Program Name:</u> Transitional Living Center (TLC)</p> <p><u>MHSA Funding:</u> Community Services and Supports <u>Target Population:</u> Adults with SMI</p> <p><u>Description:</u> Transitional Living Center (TLC) is a 36-bed licensed residential care facility that is operated by Tulare County Mental Health Department. The basic services provided at TLC include food; shelter; basic clothing; medication management; and transportation to psychiatric, medical, and other community services as needed. Augmented services include individual and group therapy, life skill groups in English and Spanish, recovery support meetings, peer support groups, Wellness and Recovery activities (exercise, internet access, art and social activities, Wellness and Recovery Action Planning, and NAMI functions). Additionally, TLC holds a monthly Family Dinner and Family Support Group to engage resident consumer families in the lives of the residents. The program employs the Wellness and Recovery Action Plan (WRAP). The WRAP model teaches participants recovery and self-management skills and strategies that: promote higher levels of wellness, stability and quality of life; decrease the need for costly, invasive therapies; decrease the incidence of serious mental health challenges; decrease traumatic life events; increase understanding of these mental health challenges and decrease stigma; raise participants' level of hope, and encourages actively working toward wellness; and increases participants' sense of personal responsibility and empowerment.</p>	<ul style="list-style-type: none"> <li>• Housing</li> <li>• Education</li> <li>• Training</li> <li>• Self management</li> <li>• Life skills</li> <li>• Empowerment</li> <li>• Peer support</li> <li>• Evidence Based Practice</li> </ul>	<p>Access Recovery</p>	<p><b>Residential</b></p> <p><b>Contact:</b> 546 E. Tulare Ave. Visalia, CA 93292</p>