



## MENTAL HEALTH SERVICES ACT (MHSA) COMMUNITY SERVICES AND SUPPORTS (CSS) PROGRAMS AND SERVICES

The Mental Health Services Act (MHSA), Proposition 63, was approved by California voters in November 2004 and became effective January 1, 2005. The MHSA provides funding for expansion of mental health services in California. As required by the law, the County of San Diego, through the Health and Human Services Agency (HHS) Mental Health Services Division, has completed the MHSA Community Services and Supports (CSS) Program and Expenditure Plan. The MHSA CSS Plan outlines proposed MHSA funded programs and services to be provided locally for Fiscal Year 2005-06 through 2007-08. San Diego County's initial annual allocation will be used to expand and enhance programs for unserved and underserved County residents who are eligible and in need of public mental health services. The County's MHSA CSS Plan will be updated annually based on funding revisions and other program considerations.

The MHSA provides access to services for identified unserved/underserved clients in new or expanded programs, but may not replace or supplant existing services. The first MHSA expansion will target Seriously Emotionally Disturbed (SED) children and youth and Severely Mentally Ill (SMI) adults and older adults. Seriously Emotionally Disturbed refers to children and youth with difficulty functioning in multiple life domains, such as school, home, etc. Serious mental illness is a term defined by Federal regulations that generally applies to mental disorders that interfere with some area of social functioning.

In accordance with the MHSA CSS ***Vision Statement*** and ***Guiding Principles***, services are designed to adhere to the following principles:

- Cultural and linguistic competency
- Promotion of resiliency in children and their families, and recovery/wellness for adults and their families
- Increased access to services, including timely access and more convenient geographic locations for services
- Services that are more effective, including evidence-based or best practices
- Reduced need for out-of-home and institutional care, maintaining clients in their communities
- Reduced stigma towards mental illness
- Consumer and Family participation and involvement
- Increased array and intensity of services
- Screening and treatment for persons with dual diagnoses
- Improved collaboration between mental health and other systems (education, law enforcement, child welfare, etc.)
- Services tailored to age-specific needs
- Address eligibility gaps by serving the uninsured and unserved

## MHSA CSS Plan: TAY-SPECIFIC SERVICES

Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>Integrated Services and Supported Housing</b>	Intensive Assertive Community Services (ACT) including Full Service Partnership services and supports. Housing options will be provided, including short term housing, transitional and permanent supported housing.	Increase mental health services for Transition Age Youth (TAY). Decrease incidence of homelessness. Increase client's self-sufficiency through development of life skills.	<ul style="list-style-type: none"> <li>• TAY, age 16-24</li> <li>• Homeless, clients of the justice system and/or aging out of foster care.</li> <li>• Females are targeted.</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach and engagement</li> <li>• Crisis intervention</li> <li>• Intensive case management</li> <li>• Supported education/employment and housing services</li> <li>• Rehabilitation and recovery services</li> <li>• Care coordination</li> <li>• Skill development</li> <li>• FSP services and supports</li> </ul>	<p><b>Providence Community Services Catalyst Program</b> 7155 Mission Gorge Road San Diego, CA 92120 Phone: (858) 300-0460</p> <p><b>MHS, Inc. Youth Transition Program</b> 550 W. Vista Way Suite 407 Vista, CA 92083 Phone: (760) 758-1092 Fax: (760) 758-8481</p>
<b>Dual Diagnosis Residential Treatment Program</b>	<u>Alpine STC</u> Comprehensive, 24/7, residential dual diagnosis, Full Service Partnership services that are individualized, culturally competent and linguistically appropriate with integrated mental health and substance abuse services and supports.	<u>Alpine STC</u> Reduce hospitalizations, institutionalization and incarcerations. Assist substance-abusing TAY to become alcohol or other drug-free. Increase level of functioning and ability to be self-sufficient and live independently in the community.	<u>Alpine STC</u> <ul style="list-style-type: none"> <li>• San Diego County Transition Age Youth, age 18-24, who have a diagnosis of serious mental illness</li> <li>• Diagnosed with co-occurring mental illness and substance disorders.</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health and recovery counseling groups, Peer support services</li> <li>• Care coordination &amp; linkage to physical health</li> <li>• Independent living skill development</li> <li>• Services and supports under Full Service Partnership</li> <li>• Psycho-education, wellness, employment, education, skill-development, peer support, and mentoring Dual diagnosis treatment in a residential facility</li> </ul>	<p><b>Alpine Special Treatment Center Starting Point</b> 2120 Alpine Blvd. Alpine, CA 91901 (619) 445-7570 and (619) 445-7571 mhrc@astci.com</p>

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<b>Clubhouse and Peer Support Services</b>	A member-run Clubhouse for TAY who have a SMI (Severe Mental Illness) and are in need of social and recreational activities, skill development and employment and education opportunities.	Increase mental health services for Transition Age Youth (TAY). Increase client's self-sufficiency through development of life skills, creating and maintaining relationships and sustaining housing and supportive employment.	<ul style="list-style-type: none"> <li>• TAY, age 18-24</li> <li>• Underserved youth with Severe Mental Illness</li> </ul>	<ul style="list-style-type: none"> <li>• Peer education and support</li> <li>• Advocacy</li> <li>• Employment and educational support services</li> <li>• Skill development classes</li> <li>• Age appropriate social and recreational activities</li> </ul>	<b>Providence Community Services</b> <b>Oasis Clubhouse</b> <b>7155 Mission Gorge Road</b> <b>San Diego, CA 92120</b> <b>Phone: (858) 300-0460</b>
<b>Enhanced Outpatient Mental Health Services for TAY</b>	Enhanced outpatient mental health services for Transition Age Youth (TAY) in need of mental health, rehabilitation and recovery services.	Increase the number of Severely Mentally Ill (SMI) Transition Age Youth receiving integrated, culturally specific mental health services countywide.	<ul style="list-style-type: none"> <li>• TAY, age 18-24</li> <li>• Are not currently utilizing mental health services due to access barriers, lack of engagement or awareness of services</li> </ul>	<ul style="list-style-type: none"> <li>• Mobile outreach and engagement</li> <li>• Mental health assessment &amp; treatment</li> <li>• Rehabilitation and recovery services</li> <li>• Linkage to community services and care coordination</li> <li>• Employment &amp; Education Support</li> </ul>	<p style="text-align: center;"><b><u>EAST REGION:</u></b></p> <ul style="list-style-type: none"> <li>• CRF Heartland Center TAY (619) 440-5133</li> </ul> <p style="text-align: center;"><b><u>SOUTH REGION:</u></b></p> <ul style="list-style-type: none"> <li>• CRF South Bay Guidance TAY (619) 427-4661</li> <li>• CRF Maria Sardiñas TAY (619) 428-1000</li> </ul> <p style="text-align: center;"><b><u>CENTRAL REGION:</u></b></p> <ul style="list-style-type: none"> <li>• CRF Areta Crowell TAY (619) 233-3432</li> <li>• UCSD Gifford Clinic (619) 229-3510</li> <li>• NHA Project Enable TAY (619) 263-6155 x124</li> </ul> <p style="text-align: center;"><b><u>NORTH CENTRAL REGION:</u></b></p> <ul style="list-style-type: none"> <li>• CRF Douglas Young TAY (858) 695-2211</li> <li>• UPAC East Wind Clinic (858) 268-4933</li> <li>• UPAC Midtown Center (619) 229-2999</li> </ul> <p style="text-align: center;"><b><u>NORTH COASTAL REGION:</u></b></p> <ul style="list-style-type: none"> <li>• MHS, Inc. Vista Clinic TAY (760) 758-1092</li> </ul> <p style="text-align: center;"><b><u>NORTH INLAND REGION:</u></b></p> <ul style="list-style-type: none"> <li>• MHS, Inc, Kinesis North TAY (760) 480-2255</li> </ul>

## MHSA CSS Plan: PROGRAMS PROVIDING SERVICES TO TAY

Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>Services for Deaf &amp; Hard of Hearing</b>	A specialized outpatient service for underserved/unserved individuals of all ages who are deaf or hard of hearing, including those who may have a co-occurring substance use disorder.	Assist clients who are deaf and hard of hearing to achieve a more adaptive level of functioning.	<ul style="list-style-type: none"> <li>• Underserved/unserved</li> <li>• Seriously Emotional Disturbed and Seriously Mentally Ill individuals of all ages</li> <li>• Deaf or hard of hearing.</li> <li>• Targets individuals with co-occurring substance use disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Crisis intervention</li> <li>• Individual therapy</li> <li>• Collateral contact</li> <li>• Group therapy services</li> </ul>	<p><b>National Center for Deaf Advocacy</b>  <b>707 Broadway, 2nd Floor</b>  <b>San Diego, CA 92101</b>  <b>(858) 410-1067</b>  <b><a href="http://www.ncda-usa.org">www.ncda-usa.org</a></b></p>
<b>Services for Victims of Trauma and Torture</b>	Countywide specialized outpatient mental health services to unfunded clients who are victims of trauma and torture.	Increase specialized services to uninsured, unserved clients who are victims of trauma and torture.	<ul style="list-style-type: none"> <li>• Uninsured, unserved SED/SMI individuals who are victims of trauma and torture</li> <li>• Children (age 0-17)</li> <li>• Transition Age Youth-TAY (age 18-24)</li> <li>• Adults (age 18-59)</li> <li>• Older Adults (age 60 years and over)</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health assessment</li> <li>• Dual diagnosis services</li> <li>• Individual and group therapy</li> <li>• Case management and referrals</li> </ul>	<p><b>Survivors of Torture, International</b>  <b>(619) 278-2400</b>  <b><a href="http://www.notorture.org">www.notorture.org</a></b></p>
<b>Mental Health &amp; Primary Care Services Integration</b>	Mental health assessment and treatment services at community health clinic settings across San Diego county.	Increase countywide access to mental health services to unserved and uninsured people who have SED/SMI.	<ul style="list-style-type: none"> <li>• Unserved, uninsured</li> <li>• Children, Adolescents, Transitional Age Youth, Adults, Older Adults and their families</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health assessment</li> <li>• Dual diagnosis screening</li> <li>• Information</li> <li>• Brief mental health services</li> <li>• Referrals as needed</li> </ul>	<p><b>Council of Community Clinics</b>  <b>(619) 542-4300</b>  <b><a href="http://www.ccc-sd.org/">http://www.ccc-sd.org/</a></b></p>

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<b>Intensive Case Management</b>	To provide short-term intensive case management services to help individuals connect with relevant resources, which include housing and employment.	To reduce psychiatric hospitalization and improve community support through short-term intensive case management services.	<ul style="list-style-type: none"> <li>• TAY, age 18-24</li> <li>• Adults, age 18-59</li> <li>• Who have a diagnosis of serious mental illness</li> <li>• Are users of acute psychiatric inpatient care</li> <li>• Have Medi-Cal or are indigent</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach and engagement</li> <li>• Mental health counseling</li> <li>• Intensive case management</li> <li>• Short-term rehabilitation services</li> <li>• Linkage and care coordination</li> <li>• Transition to longer-term case management as indicated</li> </ul>	<b>Telecare Corporation</b> <b>3211 Jefferson St.</b> <b>San Diego, CA 92110</b> <b>(619) 683-3100</b> <b>www.telecarecorp.com</b>
<b>Dual Diagnosis Residential Treatment Program</b>	<u>Casa Pacifica</u> Comprehensive, 24/7, residential and bio-psychosocial rehabilitative services, Full Service Partnership (FSP) program offering services including medical support, case management/brokerage, crisis intervention, rehabilitation, and recovery interventions.	<u>Casa Pacifica</u> Increase independent living and reduce hospitalizations. Provide residents with a variety of services to improve their quality of life, self-sufficiency and independence. Provide educational and employment opportunities. Ensure linkage to primary care physicians.	<u>Casa Pacifica</u> <ul style="list-style-type: none"> <li>• Adults, age 18-59, of San Diego County who have a diagnosis of serious mental illness</li> <li>• Primary Axis I Diagnosis</li> <li>• Clients who will benefit from unlocked transitional residential rehabilitative services</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health and recovery counseling groups, Peer support services</li> <li>• Care coordination &amp; linkage to physical health</li> <li>• Independent living skill development</li> <li>• Services and supports under Full Service Partnership</li> <li>• Psycho-education, wellness, employment, education, skill-development, peer support, and mentoring</li> </ul> <u>Casa Pacifica</u> <ul style="list-style-type: none"> <li>• Residential and In-House psychosocial rehabilitative services</li> </ul>	<b>Casa Pacifica</b> <b>321 Cassidy St.</b> <b>Oceanside, CA 92054</b> <b>(760) 721-2171</b> <b>www.comresearch.org</b>

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<b>Chaldean Outpatient Services</b>	Outpatient mental health services for Chaldean and Middle Eastern populations in SD County.	Provide culturally appropriate mental health, case management and linkage to services to Iraqi refugees and other Middle Eastern populations.	<ul style="list-style-type: none"> <li>• Children, Adolescents, Transitional Age Youth, Adults, and Older Adults with Serious Mental Illness</li> <li>• Target Middle Eastern populations.</li> </ul>	<ul style="list-style-type: none"> <li>• Mental health services including:</li> <li>• Medication management</li> <li>• Individual and group treatment</li> <li>• Case management and linkage to other needed services.</li> </ul>	<p><b>Chaldean-Middle Eastern Social Services Behavioral Health Program</b>  <b>343 East Main Street, Suite 201</b>  <b>El Cajon, CA 92020</b>  <b>(619) 631-7400</b>  <a href="http://www.c-mss.org">www.c-mss.org</a></p>
<b>Cultural Language Specific Outpatient</b>	Culturally competent Full Service Partnership mental health services to Latino and Asian/Pacific Islander children, youth and their families. Services “do whatever it takes” to assist clients in meeting their mental health goals.	Increase the number of Latino and Asian/Pacific Islander SED children, youth & their families receiving mental health services.	<ul style="list-style-type: none"> <li>• SED children and youth up to age 18 and their families</li> <li>• Latino and Asian/Pacific Islander</li> <li>• Uninsured and underserved, with a secondary focus on Medi-Cal underserved</li> <li>• Family Partners targeted to Southeast Mental Health Clinic and Region. Expanded services to include TAY</li> </ul>	<p>Culturally and linguistically competent services, including:</p> <ul style="list-style-type: none"> <li>• Outreach &amp; engagement</li> <li>• Parent Partners</li> <li>• Mental health education</li> <li>• Crisis intervention</li> <li>• Individual, group and family counseling</li> <li>• Trauma focused CBT (EBP)</li> <li>• Case management</li> <li>• Psychiatric services including medication</li> <li>• Full Service Partnership services and supports</li> <li>• Treatment plans for obesity and diabetes</li> </ul>	<p><b>Community Research Foundation – CARE</b>  <b>8775 Aero Drive Suite 333</b>  <b>San Diego, CA 92123</b>  <b>Phone: (858) 836-1090</b>  <b>Fax: (858) 836-1094</b></p> <p><b>Harmonium Inc. FPP</b>  <b>5275 Market Street, Suite G</b>  <b>San Diego, CA 92114</b></p> <p><b>Southeast Children’s Mental Health</b>  <b>3177 Oceanview Boulevard</b>  <b>San Diego, CA 92113</b>  <b>Phone: (619) 595-4400</b>  <b>Fax: (619) 595-7927</b></p>

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Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>Homeless/Runaway Mental and Behavioral Health Services</b>	A team-based approach to “do whatever it takes” to support homeless and runaway children and youth in attaining mental health services. Provide Assertive Outreach, Full Service Partnership (FSP) services and strong connections with community resources.	Increase access to mental and behavioral health services for homeless and runaway children/youth with SED (Serious Emotional Disturbance).	<ul style="list-style-type: none"> <li>• SED homeless and runaway children and TAY youth up to age 20</li> <li>• Uninsured and underserved, with a secondary focus on Medi-Cal underserved</li> <li>• Located in the Central Metro Region of San Diego County</li> <li>• Serves homeless youth countywide including North, East and Central Regions</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach and engagement</li> <li>• Crisis intervention</li> <li>• Individual, group and family counseling</li> <li>• Case management</li> <li>• Rehabilitative services</li> <li>• Psychiatric evaluation, medication monitoring and pharmaceuticals</li> <li>• FSP services and supports</li> <li>• Assertive Outreach Model</li> <li>• Co-occurring disorders</li> <li>• EMDR trauma intervention</li> <li>• EBP: Trauma Focused CBT</li> </ul>	<p><b>San Diego Youth &amp; Community Services</b>  <b>Counseling COVE</b>  <b>2250 4th Avenue</b>  <b>Suite 301</b>  <b>San Diego, CA 92101</b>  <b>Phone: (619) 525-9903</b>  <b>Fax: (619) 525-9908</b></p>
<b>Wraparound Services</b>	Provide wraparound mental health services to clients and their families to transition children/ youth currently in Child Welfare Services custody and residential placement back to a home environment. Provide FSP services to children, youth and families receiving TBS services and connection of clients to a primary care provider.	Return children/youth to their family or family-like setting, support permanency and enhance long-term success. Maintain children at home or in their current housing situation to enhance long term success.	<ul style="list-style-type: none"> <li>• SED Children/youth age 3-18+</li> <li>• In CWS custody and residential placement</li> <li>• Support client plans that address health issues to include but not be limited to obesity, diabetes, poor diet, inactivity and asthma</li> </ul>	<ul style="list-style-type: none"> <li>• Full Service Partnership</li> <li>• Assessment</li> <li>• Treatment</li> <li>• Case Management</li> <li>• Dual Diagnosis services</li> <li>• TBS services enhanced</li> <li>• Connection to primary care provider and development of a wellness notebook to assist families in organizing children medical information</li> </ul>	<p><b>Fred Finch Youth Center</b>  <b>6160 Mission Gorge Road</b>  <b>Suite 200</b>  <b>San Diego, CA 92120</b>  <b>Phone: (619) 281-3706</b>  <b>Fax: (619) 281-3714</b></p> <p><b>MHS, Inc.</b>  <b>Families Forward/TBS</b>  <b>9445 Farnham Street, Suite 100</b>  <b>San Diego, CA 92123</b>  <b>(858) 380-4676</b></p> <p><b>New Alternatives/TBS</b>  <b>2535 Kettner Boulevard</b>  <b>Suite 1A4</b>  <b>San Diego, CA 92125</b>  <b>(619) 615-0701</b></p> <p><b>Services available by referral from Child Welfare Services.</b></p>

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Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>School Based Mental Health Services</b>	Mental health services provided on over 300 school sites across the County. Expands Medi-Cal funded programs to include unserved clients (those with no access to services).	Increase outreach and access to services to uninsured and underserved Seriously Emotionally Disturbed (SED) children, youth and their families	<ul style="list-style-type: none"> <li>• SED children and youth up to age 18 and their families who are unfunded</li> <li>• Targets underserved Latino and Asian-Pacific Islanders.</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach &amp; engagement</li> <li>• Crisis intervention</li> <li>• Individual, group and family counseling</li> <li>• Case management</li> <li>• Rehabilitative Services</li> <li>• Psychiatric evaluation, medication monitoring and pharmaceuticals.</li> <li>• Integrated co-occurring disorders treatment</li> <li>• Incredible Years EBP for preschoolers.</li> </ul>	<b>Various school-based programs countywide.</b>
<b>Family/Youth Peer Support Services</b>	Provide support and linkage to services and community resources to children/youth and their families who are being served by the Homeless Outreach program or currently receiving mental health treatment. Assist with continuity of treatment and transition from program to program or community resources.	Improve the ability of children and youth and their families to benefit from mental health services.	<ul style="list-style-type: none"> <li>• Severely emotionally disturbed (SED) children and youth and their families</li> <li>• Currently receiving mental health services</li> <li>• Priority access to clients in the MHSA funded program CY-5.3 (Services to Homeless and Runaways)</li> <li>• Target populations expanded to serve TAY Homeless to age 20</li> </ul>	<ul style="list-style-type: none"> <li>• Support services provided by family and youth partners</li> <li>• Coordinated and integrated with County of San Diego, HHSA regions, Probation, Child Welfare Services, Regional Center, Education, physical health providers, community resources.</li> <li>• Case management</li> </ul>	<b>San Diego Youth &amp; Community Services 2250 4th Avenue Suite 301 San Diego, CA 92101 Phone: (619) 525-9903 Fax: (619) 564-8108</b>



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Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>Mobile Psychiatric Emergency Response &amp; North County Walk-In Assessment Clinic</b>	Provide mobile crisis mental health response in conjunction with a Walk-In Assessment Clinic for the North County. An assessment team of licensed clinicians will respond to client calls within four hours and provide voluntary services.	Reduce the use of emergency and inpatient services, prevent escalation, and promote the management of mental illness.	<ul style="list-style-type: none"> <li>• Unserved, uninsured and underserved SED children/youth up to the age of 17 and their families</li> <li>• Experiencing a mental health crisis or urgent need for mental health services</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Information</li> <li>• Referral</li> <li>• Medication management</li> <li>• Linkage to hospital when required</li> <li>• Follow-up visits</li> </ul>	<b>Rady Children’s Hospital Behavioral Crisis Center</b> <b>2125 El Camino Real</b> <b>Suite 200</b> <b>Oceanside, CA 92054</b> <b>(760) 730-5900</b>
<b>Medication Support for Wards and Dependents</b>	Provide short term (no more than 3 months) stabilization with psychotropic medication and linkage to community-based or private facility for on-going treatment.	Assist the child and family with support, linkage and coordination to community or private ongoing mental health services if needed.	<ul style="list-style-type: none"> <li>• Children/youth and family with SED</li> <li>• Wards and dependents</li> <li>• Without funding and/or have exhausted medication resources</li> <li>• Referred by the Probation Department Child Welfare Services</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Medication management services</li> <li>• Case management</li> <li>• Linkage and referral for on-going care including one-to-one therapy and family counseling when required</li> </ul>	<b>Vista Hill Juvenile Court Clinic</b> <b>Services available by referral from the Juvenile Court and/or from the CARE Unit at Polinsky Children’s Center.</b>
<b>Placement Stabilization Services</b>	Provide mental health services to clients and their families to stabilize and maintain children and youth in home-like settings. Provide peer mentorship services to CWS youth in placement.	Return children/youth to their family or family-like setting; deter children/youth from placement in a higher level of care; and stabilize current placement.	<ul style="list-style-type: none"> <li>• SED Children &amp; adolescents under the age of 18</li> <li>• Reside at home, foster care or small group home (6 or less)</li> <li>• At risk of change of placement to a higher level of care</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Evaluation</li> <li>• Case management</li> <li>• Treatment (including evidence based practices)</li> </ul>	<b>Fred Finch Youth Center Comprehensive Assessment and Stabilization Services (CASS)</b> <b>(619) 281-3706</b>  <b>Juvenile Forensic Services</b> <b>2901 Meadowlark Dr.</b> <b>San Diego, CA 92123</b>

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Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
Placement Stabilization Services (continued))			<ul style="list-style-type: none"> <li>Juvenile probation wards and former foster youth engaged in the THP+ Program</li> <li>Residents at San Pasqual Academy</li> <li>Residents at Clark Center</li> </ul>	<ul style="list-style-type: none"> <li>Case consultation and other needed mental health interventions</li> <li>Peer mentorship</li> <li>Life skills-building EBP</li> <li>Integrated EBP Incredible Years and Family Visitation model</li> </ul>	<p><b>San Pasqual Academy</b> 17701 San Pasqual Valley Rd. Escondido, CA 92025 (760) 741-4300</p> <p><b>San Diego Center for Children Clark Day Treatment Program</b> 3002 Armstrong Street San Diego, CA 92111</p> <p><b>Vista Hill Incredible Families Program</b> 4990 Williams Avenue La Mesa, CA 91942 (619) 668-4263</p> <p><b>Services available by referral from Child Welfare Services.</b></p>
Juvenile Hall Mental Health Re-Entry Program	Provide mental health screening of all youth detained in the Kearny Mesa Juvenile Detention Facility to identify youth with a diagnosed mental illness that can be released with appropriate mental health services.	Reduce the number of youth in juvenile hall, providing advocacy for appropriate education services, and decreasing the number of mentally ill minority youth detained in juvenile hall.	<ul style="list-style-type: none"> <li>Youth, age 12 to 17</li> <li>Detained in the Kearny Mesa Juvenile Detention Facility</li> <li>Identified as having a mental health diagnosis</li> <li>Eligible for release into the community</li> </ul>	<ul style="list-style-type: none"> <li>Screening</li> <li>Evaluation</li> <li>Referral</li> <li>Case management</li> <li>Assertive Community Treatment</li> <li>Multi Systemic Therapy</li> </ul>	<b>TBD</b>

## MHSA CSS Plan: PROGRAMS PROVIDING SERVICES TO TAY

Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>Mental Health Court Calendar Diversion and Supported Housing</b>	Provide comprehensive, integrated culturally competent mental health services for individuals with a serious mental illness who have been found guilty of a non-violent crime and are awaiting sentencing.	Reduce incarceration and institutionalization, increase meaningful use of time and capabilities, reduce homelessness, and provide timely access to needed services.	<ul style="list-style-type: none"> <li>• Adults, 18 to 59 years</li> <li>• Older adults, 60+ years</li> <li>• Who are repeat offenders and</li> <li>• Who may have received mental health services while incarcerated or in the community and</li> <li>• Who will be referred for services via the justice system</li> </ul>	<ul style="list-style-type: none"> <li>• Diversion and re-entry services utilizing 24/7 intensive case management/wrap around services</li> <li>• Community-based outpatient services</li> <li>• Rehabilitation and recovery oriented services</li> <li>• Housing options</li> </ul>	<b>TBD</b>
<b>Client Operated Peer Support Services</b>	Client-driven and client-operated countywide support services in a variety of settings.	Increase client-driven services to empower people with SMI by decreasing isolation and increasing self-identified valued roles and self-sufficiency.	<ul style="list-style-type: none"> <li>• Persons age 18 and over with a SMI</li> <li>• Unserved/underserved</li> <li>• Outreach to Latinos, Asian/Pacific Islanders &amp; those living in Board &amp; Care or Emergency Shelter/Transitional Housing facilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Peer psycho-education, support &amp; advocacy</li> <li>• Employment support services</li> <li>• Skill development</li> <li>• Social/ recreational activities delivered by peer counselors</li> </ul>	<p><b>Recovery Innovations of California, Inc. (RICA)</b>  <b>3565 Del Rey St., Ste. 202</b>  <b>San Diego, CA 92109</b>  <b>(858) 274-4650</b>  <a href="http://www.recoveryinnovations.org">www.recoveryinnovations.org</a></p> <p><b>RICA serves a number of Board &amp; Care, Emergency Shelter, and Transitional Housing facilities throughout the County.</b></p>

## MHSA CSS Plan: PROGRAMS PROVIDING SERVICES TO TAY

Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<b>Supported Employment Services</b>	Supported employment services and opportunities for Transition Age Youth, Adults and Older Adults with SMI.	Increase competitive employment of persons age 18 and over who have a SMI and who want to become competitively employed.	<ul style="list-style-type: none"> <li>• Persons age 18 and over with SMI</li> <li>• Residents of the Central or North Central Region of San Diego County</li> <li>• Interested in becoming competitively employed</li> <li>• Specific outreach to Latino and Asian/Pacific Islander populations.</li> </ul>	<ul style="list-style-type: none"> <li>• Job screening, preparation, development, supports, coaching and placements</li> <li>• Employment opportunities</li> <li>• Supports for educational/vocational training.</li> <li>•</li> </ul>	<b>Mental Health Systems, Inc.</b> <b>San Diego Employment Solutions</b> <b>100981 San Diego Mission Road</b> <b>Suite 100</b> <b>San Diego, CA 92108</b> <b>(619) 521-9569</b> <a href="http://www.mhsinc.org">www.mhsinc.org</a>
<b>SSI Advocacy/Legal Aid Services</b>	Review and submittal of SSI applications to SSA that Clubhouse SSI Advocates have completed with non-General Relief clients	Increase number of applicants that are granted SSI benefits. Review an estimated 300+ applications submitted annually by Clubhouse SSI Advocates for accuracy. Serve six Clubhouses; train new Advocates and consult with them as needed.	Indirectly assisted are: <ul style="list-style-type: none"> <li>• Adults (age 18-59),</li> <li>• Older Adults (age 60 years and over)</li> </ul> not on General Relief, not employed, have Severe and Persistent Mental Illness and who potentially meet the SSA criteria for disability	<ul style="list-style-type: none"> <li>• SSI application training and consultation for peer SSI Advocates employed at Casa del Sol, Friend-to-Friend, The Meeting Place, East Corner, Mariposa and Escondido Club-houses</li> <li>• Review and submittal of applications to the Social Security Administration</li> </ul>	<b>Legal Aid Society of San Diego</b> <b>1475 6th Ave.</b> <b>4th Floor</b> <b>San Diego, CA 92101</b> <b>(619) 471-2648</b> <b>www.lasd.org</b>
<b>North County Walk-In Assessment Center</b>	Provide urgent mental health services to Adults and Older Adults in the North County at a voluntary walk-in assessment center.	Provide urgent services in the North County region of San Diego to meet the community identified need.	<ul style="list-style-type: none"> <li>• Adults (age 18-59)</li> <li>• Older Adults (age 60 years and over)</li> <li>• Medi-Cal beneficiaries and uninsured individuals</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Triage, screening and assessment</li> <li>• Medication support</li> <li>• Case Management and community referrals.</li> <li>• Telepsychiatry</li> </ul>	<b>Exodus Recovery, Inc.</b> <b>(2 sites)</b>  <b>524 W. Vista Way</b> <b>Vista, CA 92083</b> <b>(760) 758-1150</b>  <b>660 E. Grand Ave</b> <b>Escondido, CA 92025</b> <b>(760) 796-7760</b>

## MHSA CSS Plan: PROGRAMS PROVIDING SERVICES TO TAY

Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
Peer Telephone Support Expansion	Provide phone support for any consumer of mental health services who is experiencing difficulties or has questions and needs peer support.	Provide phone support services to young adults and adults who desire support from their peers regarding mental health issues/services, social concerns, housing, vocational interests, and benefits.	<ul style="list-style-type: none"> <li>• Transition age youth (TAY), 18-24 years</li> <li>• Adults, 18 to 59 years</li> <li>• Older adults, 60+ years</li> </ul>	<ul style="list-style-type: none"> <li>• Phone support services</li> <li>• Self-help for consumers through support, referrals, and reassurance from a Peer</li> <li>• TAY counselors for TAY clients</li> <li>• Evening and weekend hours</li> </ul>	<p><b>The Meeting Place Warm Line 4034 Park Blvd. San Diego, CA 92103 619-294-9582 1-800-930-WARM <a href="http://www.themeetingplace.org">www.themeetingplace.org</a></b></p>

## Definitions for terms used in this document:

- **Full Service Partnership (FSP):** Provide all necessary services and supports to help clients achieve their mental health goals and treatment plan. FSP services comprehensively address client and family needs and “do whatever it takes” to meet those needs, including intensive services and supports and strong connections to community resources with a focus on resilience and recovery.
- **Severe Mental Illness (SMI):** A diagnosable mental disorder found in persons aged 18 years and older that is so long lasting and severe that it seriously interferes with a person's ability to take part in major life activities.
- **Seriously Emotionally Disturbed (SED),** as defined in the California Welfare & Institutions Code Section 5600.3. A diagnosable mental disorder found in persons from birth to 18 years of age that is so severe and long lasting that it seriously interferes with functioning in family, school, community, or other major life activities.
- **Assertive Community Treatment (ACT)** is a team-based approach to the provision of treatment, rehabilitation, and support services. ACT models of treatment are built around a self-contained multidisciplinary team that serves as the fixed point of responsibility for all patient care for a fixed group of patients. The treatment team typically provides all patient services using a highly integrated approach to care.
- **Underinsured:** A client is underinsured when they lack mental health coverage or have exhausted mental health insurance coverage, as evidenced by a denial letter.
- **Assertive outreach:** An approach for individuals who cannot or will not engage with traditional mental health services. A professional team works with clients in their own environment, be it a cafe, a park or in the street - wherever it is most needed and most effective. This flexibility allows people to get services who might otherwise not receive them and where they feel most comfortable.
- **Biopsychosocial Rehabilitation (BPSR):** Psychosocial rehabilitation is an array of services designed to help an individual to capitalize on personal strengths, to develop coping strategies and skills to deal with deficits, and to develop a supportive environment in which to function as independently as possible.
- **Transition Age Youth (TAY):** youth and young adults age 16-24.
- **Co-Occurring Disorders:** In this context, refers to a dual diagnosis of mental illness and alcohol or substance abuse.
- **SSI:** Supplemental Security Income
- **SSA:** Social Security Administration