



## COUNTY OF SAN DIEGO, HEALTH AND HUMAN SERVICES AGENCY, MENTAL HEALTH SERVICES



### 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

This program listing is limited to programs in which services have begun by: **June 14, 2007**.

**SERVICES FOR ALL AGE GROUPS:**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
CY 4.1, A-7 & OA-3	Mental Health & Primary Care Services Integration	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>	1/2/07	<b>Council of Community Clinics (619) 542-4300</b>
ALL-1	Services for Deaf & Hard of Hearing	A specialized outpatient service for unfunded 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>• Unfunded</li> <li>• Seriously Emotional Disturbed (SED) 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>	1/10/07	<b>San Diego Deaf Mental Health Services 707 Broadway, 2nd Floor San Diego, CA 92101 (858) 410-1067 www.sddmhs.org</b>
ALL-2	Services for Victims of Trauma and Torture	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>	12/18/06	<b>Survivors of Torture, International (619) 278-2400</b>

**SERVICES FOR CHILDREN, YOUTH AND THEIR FAMILIES:**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
CY-1	School Based Mental Health Services	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 and engagement</li> <li>• Crisis intervention</li> <li>• Individual, group and family counseling</li> <li>• Case management</li> <li>• Psychiatric evaluation, medication monitoring and pharmaceuticals.</li> </ul>	5/5/06	<b>Various school based programs countywide. Please contact your school counselor or principal for contact information.</b>
CY 2.1	Family and Youth Information/Education Program	Conduct forums in each of the six regions emphasizing education and information regarding the de-stigmatization of mental illness and the use of psychotropic medication.	Increase knowledge of mental illness and SED disturbances; improve children/family ability to benefit from services; inform children/family of resources and how to access Children's Mental Health Services; decrease barriers to services.	<ul style="list-style-type: none"> <li>• Children and youth with SED (0-18 years old) and their families.</li> <li>• Emphasis on Latino and Asian/Pacific Islander</li> </ul>	<ul style="list-style-type: none"> <li>• Educational forums</li> <li>• Encourage youth/family to assume leadership role in training</li> <li>• Develop training plan for children/youth and families</li> <li>• Provide outreach and training to under served and unserved population</li> </ul>	4/16/07	<b>Mental Health Systems, Inc. 12344 Oak Knoll Rd Suite C-1 Poway, CA 92064 (858) 513-3887</b>
CY2.2	Family/Youth Peer Support Services	Provide additional support and linkage to other services and community resources to children/youth and their families who are 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 who are unfunded</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> </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> </ul>	4/13/07	<b>San Diego Youth &amp; Community Services 3427 Fourth Avenue San Diego, CA 92103 Phone: (619) 325-3527 Fax: (619) 325-3534</b>

**SERVICES FOR CHILDREN, YOUTH AND THEIR FAMILIES (CONT.):**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
CY-3	<b>Cultural Access and Resource Enhancement (CARE)</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> </ul>	Culturally and linguistically competent services, including: <ul style="list-style-type: none"> <li>• Outreach and engagement</li> <li>• Mental health education</li> <li>• Crisis intervention</li> <li>• Individual, group and family counseling</li> <li>• Case management</li> <li>• Psychiatric services including medication</li> <li>• Full Service Partnership services and supports.</li> </ul>	7/21/06	<b>Community Research Foundation- CARE</b> 7907 Ostrow St, Suite F San Diego, CA 92111 Phone (858) 300-8282 Fax 858-300-8284
CY-4.2 and ALL-3	<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>	4/23/07	<b>Rady Children's Behavioral Crisis Center</b> 2125 El Camino Real, Suite 200 Oceanside, CA 92054 (760) 730-5900
CY 5.1	<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>	4/20/07	<b>Vista Hill Juvenile Court Clinic Services available by referral from the Juvenile Court and/or from the CARE Unit at Polinsky Children's Center.</b>

**SERVICES FOR CHILDREN, YOUTH AND THEIR FAMILIES (CONT.):**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
CY-5.2	Mobile Adolescent Services Team (MAST)	Mental health assessment and treatment services located at Juvenile Court and Community School (JCCS) sites. Expands Medi-Cal funded program to include unserved clients (those with no access to services).	Increase access to services to Seriously Emotionally Disturbed (SED) youth who attend JCCS and expand services to North County JCCS school sites.	<ul style="list-style-type: none"> <li>Children and youth attending JCCS classes and their families</li> <li>Uninsured and underserved</li> <li>Expelled from home school districts and/or involved with juvenile justice system.</li> </ul>	<ul style="list-style-type: none"> <li>Individual, group and family therapy</li> <li>Medication monitoring</li> <li>Integrated services to youth with co-occurring disorders.</li> </ul>	6/22/06	<b>Community Research Foundation-Mobile Adolescent Services Team (MAST)</b> <b>1202 Morena Blvd.</b> <b>Suite 100</b> <b>San Diego, CA. 92110</b> <b>(619) 398-3261</b>
CY-5.3	Homeless/Runaway Mental and Behavioral Health Services	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 youth up to age 18</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> </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</li> <li>Co-occurring disorders</li> </ul>	7/19/06	<b>San Diego Youth &amp; Community Services-Counseling COVE</b> <b>3427 Fourth Avenue</b> <b>San Diego, CA 92103</b> <b>Phone: (619) 325-3527</b> <b>Fax: (619) 325-3534</b>
CY-6	Early Childhood Mental Health Services/ChildNet SED	Mental health outpatient services to SED children ages birth through 5 years and their families using the “Incredible Years” evidence based practice model.	Increase access to mental health services to SED children ages birth through 5 and their families, while strengthening parenting skills. Increase parent competency and reduce behavioral problems.	<ul style="list-style-type: none"> <li>Children ages birth through 5 and their families</li> <li>Assessed and diagnosed with aggressive behavior problems</li> <li>Residents of the North Region of San Diego County</li> <li>Uninsured or Medi-Cal eligible</li> </ul>	<ul style="list-style-type: none"> <li>Assessment</li> <li>Behavioral intervention</li> <li>Teacher intervention at designated preschools</li> <li>Implementation of Incredible Years.</li> </ul>	8/11/06	<b>Palomar Family Counseling Services ChildNet</b> <b>1002 East Grand Avenue</b> <b>Escondido, CA. 92025</b> <b>(760) 741-2660</b>

**SERVICES FOR CHILDREN, YOUTH AND THEIR FAMILIES (CONT.):**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
CY 8	Placement Stabilization Services	Provide mental health services to clients and their families to stabilize and maintain children and youth in home-like settings.	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> <li>• Case consultation and other needed mental health interventions</li> </ul>	4/6/07	<p><b>Comprehensive Assessment and Stabilization Services (CASS)</b></p> <p><b>Fred Finch Youth Center</b></p> <p><b>(619) 258-4012 ext. 300</b></p> <p><b>Services available by referral from Child Welfare Services.</b></p>

**SERVICES FOR TRANSITION AGE YOUTH (16-24) AND THEIR FAMILIES:**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
TAY-1	Integrated Services and Supported Housing	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>	9/20/06	<b>Providence Community Services- Catalyst</b> <b>3635 Ruffin Road,</b> <b>Suite 100</b> <b>San Diego, CA 92123</b> <b>858-300-0460</b>
TAY-2	Clubhouse and Peer Support Services	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>	11/06	<b>Providence Community Services</b> <b>Oasis Clubhouse</b> <b>3635 Ruffin Road</b> <b>Suite 101</b> <b>San Diego, CA 92123</b> <b>858-300-0470</b>

**SERVICES FOR TRANSITION AGE YOUTH (16-24) AND THEIR FAMILIES (CONT.):**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
TAY-4	Enhanced Outpatient Mental Health Services for TAY	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><b>EAST REGION:</b> CRF Heartland Ctr. (619) 440-5133</p> <p><b>SOUTH REGION:</b> CRF South Bay Guidance Ctr. (619) 427-4661 CRF Maria Sardinias Center (619) 428-1000</p> <p><b>CENTRAL REGION:</b> CRF BPSR Areta Crowell Ctr. (619) 233-3432 UCSD OP Services (619) 229-3510 *NHA BPSR Project Enable (619) 263-6155 x 124</p> <p><b>NORTH CENTRAL REGION:</b> CRF BPSR Douglas Young (858) 695-2211</p> <p><b>UPAC</b> Linda Vista (858) 268-4933</p> <p><b>NORTH COASTAL REGION:</b> MHS BPSR Vista (760) 758-1092</p> <p><b>NORTH INLAND REGION:</b> MHS BPSR Kinesis (760) 480-2255</p>

\*MHSA services under NHA are slated to begin by 8/15/07.

**SERVICES FOR ADULTS:**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
A-1	Homeless Integrated Services and Supported Housing	A team-based approach to “do whatever it takes” to support clients in attaining housing and employment. Assertive Community Treatment (ACT), Full Service Partnership (FSP) and housing services are offered.	Reduce homelessness and provide comprehensive ‘wraparound’ mental health services for those adults who are most severely ill, most in need due to severe functional impairments, and who have not been able to be adequately served by the current system. Increase timely access to mental health services.	<ul style="list-style-type: none"> <li>• North Inland, North Coastal, North Central and Central Region residents</li> <li>• Adults, age 25-59, who have SMI (Severe Mental Illness) and are homeless or at risk of becoming homeless.</li> <li>• Targets unserved, high users of inpatient care, medical services or locked long-term care facilities</li> <li>• Targets women and African-Americans.</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach</li> <li>• Crisis intervention</li> <li>• 24/7 intensive case management</li> <li>• Mental health services</li> <li>• Supported education, employment and housing services (short-term, transitional and permanent supported housing)</li> <li>• Rehabilitation and recovery services</li> <li>• Liaison with Justice system</li> <li>• FSP services and supports</li> </ul>	8/21/06	<p><b>Community Research Foundation-IMPACT</b> <b>(619) 398-0355</b></p> <p><b>Mental Health Systems-North Star</b> <b>(760) 432-9884</b></p>
A-2	Justice Integrated Services and Supported Housing	A team-based approach to “do whatever it takes” to support justice system clients in attaining housing and employment. Assertive Community Treatment (ACT), Full Service Partnership (FSP) and housing services are offered.	Reduce incarceration, institutionalization and homelessness. To provide comprehensive ‘wraparound’ mental health services for those adults who are most severely ill, most in need due to severe functional impairments, and who have not been able to be adequately served by the current system. Increase timely access to mental health services.	<ul style="list-style-type: none"> <li>• Adults, age 25-59, who have SMI (Severe Mental Illness) are homeless or at risk of becoming homeless with active or recent criminal justice involvement.</li> <li>• Targets unserved, high users of inpatient care, medical services or locked long-term care facilities</li> <li>• Targets women and African-Americans.</li> <li>• Targets clients re-entering the community from the justice system.</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach</li> <li>• Crisis intervention</li> <li>• 24/7 intensive case management</li> <li>• Mental health services</li> <li>• Supported education, employment and housing services (short-term, transitional and permanent supported housing)</li> <li>• Rehabilitation and recovery services</li> <li>• Liaison with Justice system</li> <li>• FSP services and supports</li> <li>• Diversion, re-entry and probation services</li> </ul>	10/20/06	<p><b>Mental Health Systems, Inc.</b> <b>Center Star ACT</b> <b>3078 El Cajon Blvd.</b> <b>San Diego, CA 92104</b> <b>(619) 521-1743</b></p>

**SERVICES FOR ADULTS (CONT.):**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
A-3	Client Operated Peer Support Services	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, increasing self-identified valued roles and increasing self-sufficiency.	<ul style="list-style-type: none"> <li>• Persons age 18 and over with a SMI</li> <li>• Unserved and underserved individuals</li> <li>• Outreach to Latinos, Asian/Pacific Islanders &amp; those living in locked or Board &amp; Care facilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Peer education, support &amp; advocacy</li> <li>• Employment support services</li> <li>• Skill development</li> <li>• Social/ recreational activities delivered by peer counselors</li> </ul>	2/21/07	<b>Recovery Innovations, Inc.</b> 2047 El Cajon Blvd San Diego, CA 92104 (619) 542-1660
A-4	Family Education Services	Family-centered education about major mental illness, stigma reduction and resources to improve access to care.	Promote integration of family education services throughout the County. Increase family involvement, coping skills and improving supportive relationships.	Family members or significant others of Transition Age Youth, Adults, & Older Adults with a SMI.	<ul style="list-style-type: none"> <li>• Family education curriculum taught by families</li> <li>• Outreach to and engagement with family members of persons with SMI</li> </ul>	11/06	<b>NAMI San Diego</b> 4480 30th Street San Diego, CA 92116 (619) 584-5563
A-5	Clubhouse Enhancement and Expansion for Employment Services	Expanded capacity for social and community rehabilitation activities and employment services.	Increase countywide social and community rehabilitation activities and employment services. Increase client's self-sufficiency through development of life skills.	<ul style="list-style-type: none"> <li>• Adults, age 18 years and over, with SMI (Severe Mental Illness)</li> <li>• Targets African-Americans, Latinos, Asian-Americans/ Pacific Islanders Native Americans and females.</li> </ul>	<ul style="list-style-type: none"> <li>• Skill development classes</li> <li>• Social rehabilitation and symptom management.</li> <li>• Employment screening, job placement and support.</li> </ul>		<b>EAST REGION:</b> <b>CRF</b> East Corner Clubhouse (619) 440-5133 <b>SOUTH REGION:</b> <b>CRF</b> Casa del Sol Clubhouse (619) 428-2253 <b>CRF/MHA</b> Visions (619) 420-8603 <b>Bayview</b> Clubhouse (619) 585-4646 <b>CENTRAL REGION:</b> <b>CRF</b> Corner Clubhouse (619) 683-7423 <b>The Meeting Place</b> (619) 238-2711 <b>CRF/ECS</b> Friend-to-Friend (619) 294-9582 <b>API</b> Discovery Clubhouse (619) 667-6176 <b>*NHA</b> Friendship Clubhouse (619) 263-6269 <b>NORTH CENTRAL REGION:</b> <b>UPAC</b> East Wind Clubhouse (858) 268-4933 <b>NORTH COASTAL REGION:</b> <b>CRF</b> Mariposa (760) 439-6006 <b>NORTH INLAND REGION:</b> <b>MHS, Inc.</b> Escondido Clubhouse (760) 737-7125

**SERVICES FOR ADULTS (CONT.):**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
A-6	Supported Employment Services	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> </ul>	10/27/06	<b>Mental Health Services, Inc.</b> <b>San Diego Employment Solutions</b> <b>3078 El Cajon Blvd</b> <b>San Diego, CA 92104</b> <b>(619) 521-1743</b>
A-8	Enhanced Outpatient Mental Health Services	Enhanced outpatient mental health services for Adults.	Increase access to mental health services and overcome barriers such as language, wait times, lack of knowledge or awareness of available services.	<ul style="list-style-type: none"> <li>• Adults, ages 25-59, with SMI (Severe Mental Illness)</li> <li>• Targets Asian/Pacific Islanders and Latinos</li> </ul>	<ul style="list-style-type: none"> <li>• Mobile Outreach</li> <li>• Bio-psychosocial assessment</li> <li>• Dual diagnosis screening &amp; treatment</li> <li>• Crisis intervention and prevention</li> <li>• Medication support services</li> <li>• Individual and group therapy</li> <li>• Rehab &amp; Recovery Services</li> <li>• Employment Support</li> </ul>	<b>SOUTH REGION:</b> <b>CRF</b> South Bay Guidance Center (619) 427-4661 <b>CRF</b> Maria Sardinias Center (619) 428-1000 <b>CENTRAL REGION:</b> <b>CRF</b> BPSR Areta Crowell (619) 233-3432 <b>FHC</b> Logan Heights (619) 515-2355 <b>FHC</b> Hillcrest (619) 686-3603 <b>*NHA</b> BPSR Project Enable (619) 263-6155 x 124 <b>UPAC</b> BPSR Mid-City (619) 229-2999 <b>NORTH CENTRAL REGION:</b> <b>CRF</b> BPSR Douglas Young (858) 695-2211 <b>NORTH INLAND REGION:</b> <b>MHS</b> BPSR Kinesis, Ramona and Fallbrook (3 sites) (760) 480-2255	

\*MHSA services under NHA are slated to begin by 8/15/07

A-7: see SERVICES FOR ALL AGE GROUPS.

**SERVICES FOR OLDER ADULTS:**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
OA-1 and OA-2	Higher Utilizer Comprehensive Integrated Services and Supported Housing and Mobile Outreach at Home and in the Community	<p>Comprehensive housing and mental health services using an Assertive Community Treatment (ACT) approach and Full Service Partnership services to Older Adults who have a SMI.</p> <p>Countywide 24/7 mobile outreach services to identify Older Adults in the community who are in need of mental health intervention and provide access to services at the most appropriate level of care.</p>	Increase timely access to services and supports to assist Older Adults and family/ caregivers in managing independent living, reducing isolation, improving mental health, and remaining safely in their homes.	<ul style="list-style-type: none"> <li>• Unserved Latino, Asian/Pacific Islander Older Adults, age 60 and over with any of the following:</li> <li>• History of repeated emergency mental health or inpatient services during the year prior to program admission</li> <li>• At risk for institutionalization</li> <li>• Homeless or at risk for homelessness.</li> </ul>	<ul style="list-style-type: none"> <li>• Outreach and engagement</li> <li>• 27/7 Crisis response &amp; intervention</li> <li>• 24/7 intensive case management</li> <li>• Mental health and substance abuse screening</li> <li>• Geriatric assessment</li> <li>• Mental health services</li> <li>• In-Home respite, rehabilitation and recovery services</li> <li>• Care coordination</li> <li>• Services and supports under Full Service Partnership</li> <li>• Information linkages and referrals</li> <li>• Peer/family counseling</li> <li>• Senior Peer Counseling Program</li> </ul>	1/17/07	<p><b>Heritage Clinic</b>  <b>1940 Market Street</b>  <b>San Diego, CA 92102</b>  <b>(619) 233-3381, ext. 15</b>  <b>cjackson@cfar1.org</b>  <a href="http://centerforagingresources.org">centerforagingresources.org</a></p>

OA-3: see SERVICES FOR ALL AGE GROUPS.

**ADMINISTRATIVE SERVICES:**

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
AS-1	Data Analysis & Performance Monitoring	Data analysis and performance monitoring for Adult and Older Adult mental health services provided by San Diego County and its contractors.	Provide consultation and assistance in the review of the outcomes of MHSAs programs and services.	Adult and Older Adult Mental Health Services programs	<ul style="list-style-type: none"> <li>Collect, analyze and report mental health services data</li> <li>Provide technical assistance and consulting expertise</li> </ul>	12/1/06	<b>Dept. of Family and Preventive Medicine University of California, San Diego, School of Medicine 9500 Gilman Drive - 0628 La Jolla, CA 92093 (858) 534-7596</b>
AS-2	CMHS Data Service Expansion	Provide data services to track client and system outcome measures, evaluate programs and provide service utilization data for child and youth MHSAs clients.	Provide consultation and assistance in the review of the outcomes of MHSAs programs and services.	Children's Mental Health Services programs	<ul style="list-style-type: none"> <li>Provide training and technical assistance to MHSAs Programs.</li> <li>Develop, implement, and maintain a system to measure and track productivity and efficacy of MHSAs programs.</li> <li>Conduct research and evaluation, set up appropriate databases and participate in system planning for MHSAs.</li> </ul>	8/1/06	<b>Rady Children's Hospital of San Diego, Child and Adolescent Services Research Center (CASRC) 3020 Children's Way MC 5033 San Diego CA 92123 (858) 966-7703</b>
AS-3	Administrative Services Organization Expansion	Provide crisis services and referral. Facilitate access through the Fee For Service Provider network.	Increase client access through information and referral.	Clients system-wide.	<ul style="list-style-type: none"> <li>Increase the Fee for Service (FFS) provider network.</li> <li>Provide Access &amp; Crisis Line services to additional clients.</li> </ul>	10/1/06	<b>United Behavioral Health Access and Crisis Line 1-800-479-3339</b>
AS-4	Housing/Capital Facilities Technical Consultant	Technical expertise on housing development, partnership engagement and funding opportunities.	Increase access to housing for clients.	<ul style="list-style-type: none"> <li>Transition Age Youth, Adults and Older Adults</li> <li>Countywide</li> <li>Receiving services through MHSAs</li> </ul>	<ul style="list-style-type: none"> <li>Develop linkages between available housing, subsidies and services</li> <li>Develop new housing resources.</li> <li>Aid in securing new short-term, transitional and permanent supported housing.</li> </ul>	9/26/06	<b>Corporation for Supportive Housing (619) 234-4102</b>

CSS Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Start Date	Contact Information
AS-6	Consultant-Community Education Contractor	Contractor will develop a Behavioral Health Training Curriculum and a System Wide Education and Training Plan.	To coordinate the design, planning, development, implementation and evaluation of system wide training.	<ul style="list-style-type: none"> <li>Behavioral Health service providers, administrative staff, consumers and families.</li> </ul>	<ul style="list-style-type: none"> <li>Administrative services. System-wide training sessions.</li> </ul>	2/1/07	<b>San Diego State University Research Foundation</b> <b>6505 Alvarado Road, Suite 107</b> <b>San Diego, CA 92120</b> <b>(619) 594-3917</b>
AS-7	Child and Youth Consumer/Family Liaison	Coordinate client and family input in the areas of policy, practice, program development and implementation of Children's Mental Health Services (CMHS).	Advance authentic client and family partnership in CMHS.	<ul style="list-style-type: none"> <li>Children and youth with SED and their family members.</li> <li>Targets unserved and underserved ethnically diverse populations.</li> </ul>	Administrative services	5/19/06	<b>Family and Youth Roundtable</b> <b>3320 Kemper Street, Ste 201</b> <b>San Diego, CA 92110</b> <b>(619) 546-5852</b>
AS-7	Adult Consumer/Family Liaison	Coordinate client and family input in the areas of policy, practice, program development and implementation of Adult Mental Health Services (AMHS).	Advance authentic client and family partnership in AMHS.	<ul style="list-style-type: none"> <li>Adults with SMI (Severe Mental Illness) and their family members.</li> <li>Targets unserved and underserved ethnically diverse populations.</li> </ul>	Administrative services	1/01/07	<b>Labor Community Services Agency</b> <b>7859 Broadway</b> <b>Lemon Grove, CA 91945</b> <b>(619) 697-5454</b>
OT-2.1	wide Outreach: Educational Radio	Ten one-hour radio shows produced on mental health topics including Suicide Prevention.	Increase awareness of mental health resources and services, and educate public on mental health topics.	All San Diego County residents.	Expert speakers from local community discuss mental health topics and field calls from the audience.	5/01/06	<b>CASH 1700 AM</b> <b>No remaining shows.</b>
OT-2.2	Breaking Barriers Initiative	Collaboration with stakeholder groups in selected pilot communities to challenge stigma associated with severe mental illness. Identify strategies to reach diverse unserved populations.	Minimize stigma and perceived barriers to mental health treatment. Increase access to care.	All ages, with emphasis on unserved/underserved from diverse cultural groups.	<ul style="list-style-type: none"> <li>Mental health education</li> <li>Outreach</li> <li>Community linkage and collaboration</li> </ul>	9/21/06	<b>Mental Health Association in San Diego County</b> <b>(619) 543-0412</b>

### 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.