



## Santa Barbara County AmeriCorps Partnership For Veterans & People Experiencing Homelessness



### Mental Health Services in Santa Barbara County

Santa Barbara County's Dept. of Behavioral Wellness (BWell) serves adults who are Medi-Cal beneficiaries with severe/persistent mental illness and/or have substance use disorders, as well as individuals experiencing mental health crises. A referral or intake is typically needed to access these services. In some cases, service providers can make referrals for services via fax referral form. The access line can be utilized by anyone countywide 24/7 for questions about services, to determine need and eligibility as well as entry into certain programs **888-868-1649** Alternative assessment processes are available for people experiencing homelessness who, due to their disability, are not able to access services via the access line or clinic appointment.

#### Who is Served

There are several different ways to qualify for services, depending on whether you are covered by Medi-Cal or Medicare. If you are covered by any other health insurance plan, you are not eligible for Behavioral Wellness services, and you need to contact your health insurance company. As our resources permit, we also provide mental health services to people in crisis and to those with a serious, persistent mental illness who have no insurance coverage. To receive services through the Department of Behavioral Wellness, your needs must be evaluated by a mental health professional. There are different "medical necessity" criteria for Medi-Cal, Medicare, and people with no insurance. If you meet medical necessity criteria, you will be referred to a program that meets your needs. If your mental health needs do not meet medical necessity criteria, you will be referred to other agencies or programs in the community.

To obtain more information or for an evaluation, please contact the Access Team at 888-868-1649.

#### Drug and Alcohol Treatment

The CalWORKs program provides temporary financial assistance and employment services to eligible families with minor children. CalWORKs recipients are eligible for alcohol and other drug (AOD) assessment, referral, and case management and treatment services.

**Court-Ordered and Grant Eligible Individuals:** The County of Santa Barbara has limited funding for several court-ordered programs including Proposition 36 (Substance Abuse and Crime Prevention Act), Drug Court and Federal Grants. Eligible individuals can have some, if not all, of their treatment funded through these programs so long as they comply with program requirements and contribute to the cost of treatment based on ability to pay. **Drug Medi-Cal (DMC) Beneficiaries:** Many ADP programs are funded by the Drug Medi-Cal program. All individuals who are Drug Medi-Cal recipients are entitled to substance use disorder services. Driving under the Influence (DUI) and PC 1000- Drug Diversion programs are self-pay. Other AOD treatment services are based on a sliding fee scale with an assessed fee based on ability to pay. Cost should not be a barrier to seeking out treatment, as many AOD programs have supplemental funding. You may also find information about ADP services and contracted providers by calling ADP at 681-5440.

**\*\*NOTE: this is not an exhaustive list of Behavioral Wellness provided services but meant to serve as an overview of common supports used by AmeriCorps beneficiaries\*\***

This program is administered by CaliforniaVolunteers and sponsored by the Corporation for National and Community Service



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### **Santa Barbara**

#### **C.A.R.E.S. (Crisis and Recovery Emergency Services)**

Ph: 805-884-6850 2034 Address: De La Vina Santa Barbara, CA 93101

Walk-in hours Monday 11am – 1pm and 2pm – 4pm Wednesday 10am – 12pm Friday 10am – 12pm for assessments and to start receiving services. Consolidates intake, mobile crisis response and access to service for mental health and alcohol and drug emergencies. Staffed by mental health professionals, CARES provides crisis support on a 24/7 basis, serves children and adults with Medi-Cal and Medicare as well as offers sliding scale fees. Provided by BWell and Council on Alcoholism and Drug Abuse.

#### **Homeless Outreach**

Provides clinical behavioral health support for individuals at risk of homelessness. Provided by BWell

#### **Carpinteria Outreach**

Department of Behavioral Wellness staff members are available two days a month to see individuals by appointment or on a walk-in basis. Behavioral health education and support, resource and referral guidance, brief therapeutic interventions and behavioral health screenings are available.

#### **Integration of Behavioral Health Care in Community Clinics**

Ph: 805-681-5190; Address: 4444 Calle Real Santa Barbara 93110

Accepts appointments and walk-ins. Walk-in hours for assessments Wednesday & Thursday all day

Sanctuary Centers Integrated Care Clinic 115 W Anapamu st. Santa Barbara Mon – Fri 11am – 6pm (closed 2-3pm for lunch) provides medication bridging and assistance making and attending appointment, does NOT provide BWell intakes,

#### **Provider Network**

Licensed mental health professionals contracted to provide short-term outpatient individual, family and group therapy for Medi-Cal beneficiaries with specialty mental health needs. Holman Group is a main provider in Santa Barbara.

#### **Partners in Hope & Recovery Learning Center**

Includes family partners, peer recovery staff, alcohol and drug treatment specialists and vocational rehabilitation staff who provide outreach and linkage to recovery-oriented activities, support groups, and social opportunities. Operates at Mental Wellness Center

#### **Community Health Educators (Promotora)**

Community health educators from culturally under-served populations who provide educational workshops, discussion groups and support groups to address individual and family mental health and wellness topics. Culturally and linguistically appropriate services ensure linkages to services. Cultural

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wellness practices are integrated into outreach, consultation and early intervention activities. Provided by La Casa De La Raza

### **Crisis Triage**

Crisis Triage Teams assist individuals to gain access to effective outpatient and crisis services in the least restrictive manner possible, including individuals in a pre-crisis state and those being discharged from inpatient care. The field-based triage work force engages in proactive case management, during and after a mental health crisis. Provided by BWell staff

### **C.A.R.E.S. Mobile Crisis**

Serves adults (18 years +) experiencing a psychiatric crisis or mental health emergency. The CARES Mobile Crisis Program substantially enriches crisis services, providing clients appropriate alternatives to hospitalization whenever possible.

### **Co-Occurring/Dual Diagnosis Outpatient**

Specialized Alcohol and Other Drug (AOD) services available for individuals who have both a substance use disorder and a mental health issue. COD/DDX services may also include supportive and psychiatric services. Provided by Crescent Health, BWell staff and Sanctuary Psychiatric Centers

### **Vocational Rehabilitation - Santa Barbara County Mental Health CO-OP Program**

A collaborative program between the Department of Behavioral Wellness and the California State Department of Rehabilitation, offers consumers a variety of employment support services to successfully obtain and maintain employment. Provided by Mental-Health CO-OP

### **Supported Housing**

Provides intensive, multidisciplinary services to adults who require a higher level of care than offered by mental health clinics, but less than that provided by ACT programs. Provided by PathPoint

### **Assertive Community Treatment (ACT)**

A multidisciplinary team providing housing assistance, supported employment and education, vocational skills enhancement, medication support, counseling, peer support and social skills development. Provided by BWell staff.

### **Assertive Community Treatment Outreach and Engagement (ACTOE)**

Outreach and engagement for adults who would otherwise qualify for court-ordered outpatient treatment under AB 1421 (Laura's Law), with the goal of providing them voluntary ACT services. Provided by BWell staff.

### **Intensive Outpatient Treatment (formerly called Day Care Rehabilitative)**

An intensive outpatient (IOT) program. The IOT program provides perinatal substance abuse services to pregnant or postpartum women (up to 60 days). Services include individual and group

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counseling, case management, on-site child care and transportation. IOT services will soon be expanded to include men. Provided by Council on Alcoholism and Drug Abuse Project Recovery

### **Crisis Stabilization Unit (CSU)**

Ph: 805-884-1640 305; Address: Camino Del Remedio Santa Barbara 93110

Safe, nurturing short-term, voluntary, emergency treatment option for individuals experiencing a mental health emergency. Services available up to 23 hours. Capacity: 8-10 provided by BWell staff

### **Crisis Residential South**

Short-term crisis residential services for adults. Capacity 16, provided by Anka Behavioral Health

### **Intensive Residential Services**

Provide 24/7 structured mental health rehabilitation services and residential care at Mountain House and Crescend Health for individuals at high risk for acute inpatient or long-term residential care. Provided by Crescend Health, Telecare Corp, Casa Juana Maria, Casa del Mural, McMillian Ranch, PathPoint

## Santa Maria

### **Integration of Behavioral Health Care in Community Clinics**

Ph: 805-934-6380; Address: 500 West Foster Road Santa Maria 93455

The Community Health Centers of the Central Coast (CHCC) offer mental health services for individuals with mild or moderate mental illness. Expanded mental health resources strengthen the capacity to assess, treat, and refer individuals at risk of developing a serious mental health condition.

### **Homeless Outreach**

Provides clinical behavioral health support for individuals at risk of homelessness. Provided by Transitions-Mental Health Assoc

### **C.A.R.E.S. (Crisis and Recovery Emergency Services)**

Ph: 805-739-8700; Address: 212 West Carmen Lane Santa Maria 93458

Consolidates intake, mobile crisis response and access to service for mental health and alcohol and drug emergencies. Staffed by mental health professionals, CARES provides crisis support on a 24/7 basis, serving children and adults. Provided by Good Samaritan

### **C.A.R.E.S. Mobile Crisis**

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### **Partners in Hope & Recovery Learning Center**

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Includes family partners, peer recovery staff, alcohol and drug treatment specialists and vocational rehabilitation staff who provide outreach and linkage to recovery-oriented activities, support groups and social opportunities. Provided by Transitions Mental-Health Association

### **Community Health Educators (Promotora)**

Health educators from culturally under-served populations provide educational workshops, discussion and support groups to address individual/family mental health and wellness topics. Cultural wellness practices are integrated into outreach, consultation and early intervention. Provided by Community Health Centers of the Central Coast, Santa Ynez Tribal Health Clinic

### **Crisis Triage**

Crisis Triage Teams assist individuals to gain access to effective outpatient and crisis services in the least restrictive manner possible, including individuals in a pre-crisis state and those being discharged from inpatient care. The field-based triage work force engages in proactive case management, during and after a mental health crisis. Provide by BWell staff

### **Vocational Rehabilitation - Santa Barbara County Mental Health CO-OP Program**

A collaborative program between the Department of Behavioral Wellness and the California State Department of Rehabilitation, offers a variety of employment support services to successfully obtain and maintain employment. Provided by Mental-Health CO-OP

### **Supported Housing**

Provides intensive, multidisciplinary services to adults and older adults who require a higher level of care than offered by mental health clinics, but less than that provided by ACT programs. Provided by Transitions Mental-Health Association

### **Intensive Outpatient Treatment (formerly called Day Care Rehabilitative)**

An intensive outpatient (IOT) program. The IOT program provides perinatal substance abuse services to pregnant or postpartum women (up to 60 days). Services include individual and group counseling, case management, on-site child care and transportation. IOT services will soon be expanded to include men. Provided by Council on Alcoholism and Drug Abuse Project Recovery, Good Samaritan

### **Co-Occurring Outpatient Teams**

Clients have been diagnosed with a severe mental illness and a co-occurring alcohol or drug issue and benefit from a specialized level of service. Provided by Behavioral Wellness

### **Outpatient Drug-Free (ODF)**

Services include assessment, individual and group counseling and other supportive services. Provided by Coast Valley Substance Abuse Treatment, Council on Alcoholism and Drug Abuse, Good Samaritan Services, Mental Health Systems Center for Change

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### **Assertive Community Treatment (ACT)**

A multidisciplinary team providing housing assistance, supported employment and education, vocational skills enhancement, medication support, counseling, peer support and social skills development. Provided by Transitions-Mental Health Assoc.

### **Assertive Community Treatment Outreach and Engagement (ACTOE)**

Outreach and engagement for adults who would otherwise qualify for court-ordered outpatient treatment under AB 1421 (Laura's Law), with the goal of providing them voluntary ACT services. Provided by Transitions-Mental Health Assoc.

### **Crisis Residential North**

Short-term crisis residential services for adults. Provided by Anka Behavioral Health, capacity 16

## Lompoc

### **Integration of Behavioral Health Care in Community Clinics**

Ph: 805-737-6690; Address: 117 B Street

The Community Health Centers of the Central Coast (CHCC) offer mental health services for individuals with mild or moderate mental illness. Expanded mental health resources strengthen the capacity to assess, treat, and refer individuals at risk of developing a serious mental health condition.

### **Provider Network**

Licensed mental health professionals contracted to provide short-term outpatient individual, family and group therapy for Medi-Cal beneficiaries with specialty mental health needs.

### **C.A.R.E.S. Mobile Crisis**

Serves adults (18 years +) experiencing a psychiatric crisis or mental health emergency. The CARES Mobile Crisis Program substantially enriches crisis services, providing clients appropriate alternatives to hospitalization whenever possible.

### **Bridge to Care**

Provides psychiatric medication evaluation, prescriptions and medication monitoring in Lompoc to stabilize people in drug and alcohol treatment programs who have a co-occurring mental illness. Provided by BWell staff; Contact: Sandra Fahey, 737-6691

### **Partners in Hope & Recovery Learning Community**

Includes family partners, peer recovery staff, alcohol and drug treatment specialists and vocational rehabilitation staff who provide outreach and linkage to recovery-oriented activities, support groups and social opportunities. Provided by Transitions Mental-Health Association

### **Community Health Educators (Promotora)**

Health educators from culturally under-served populations provide educational workshops,

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discussion and support groups to address individual/family mental health and wellness topics. Cultural wellness practices are integrated into outreach, consultation and early intervention. Provided by Community Health Centers of the Central Coast, Santa Ynez Tribal Health Clinic

### **Crisis Triage**

Crisis Triage Teams assist individuals to gain access to effective outpatient and crisis services in the least restrictive manner possible, including individuals in a pre-crisis state and those being discharged from inpatient care. The field-based triage work force engages in proactive case management, during and after a mental health crisis. Provided by BWell staff

### **Vocational Rehabilitation - Santa Barbara County Mental Health CO-OP Program**

A collaborative program between the Dept. of Behavioral Wellness and the California State Dept. of Rehabilitation, the Dept. of Behavioral Wellness Mental Health CO-OP offers consumers a variety of employment support services to successfully obtain and maintain employment.

### **Outpatient Drug-Free (ODF)**

Services include assessment, individual and group counseling and other supportive services. Provided by Coast Valley Substance Abuse Treatment, Council on Alcoholism and Drug Abuse, Good Samaritan Services, Mental Health Systems Center for Change

### **Co-Occurring Outpatient Teams**

Clients have been diagnosed with a severe mental illness and a co-occurring alcohol or drug issue and benefit from a specialized level of service. Provided by BWell staff

### **Assertive Community Treatment (ACT)**

A multidisciplinary team providing housing assistance, supported employment and education, vocational skills enhancement, medication support, counseling, peer support and social skills development. Provided by Telecare Corp

### **Assertive Community Treatment Outreach and Engagement (ACTOE)**

Outreach and engagement for adults who would otherwise qualify for court-ordered outpatient treatment under AB 1421 (Laura's Law), with the goal of providing them voluntary ACT services. Provided by Telecare Corp

### **Inpatient Acute Services**

Provided for individuals requiring hospitalization for psychiatric conditions. Various providers, including Psychiatric Health Facility (PHF), Aurora Vista Del Mar Hospital and Institutions for Mental Disease (IMDs)

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### **Support for Justice Involved Individuals (county-wide)**

#### **Juvenile Justice Mental Health Services (JJMHS)**

Serves youth in the Santa Barbara County Juvenile Probation institutions, including juvenile hall, the Los Prietos Boys Camp, and the Los Prietos Academy. JJMHS staff members also conduct evaluations for the juvenile court and provide outpatient psychotherapy for Probation youth.

#### **Justice Alliance (Forensic Team)**

Emphasizes treatment, not punishment, for people with mental illness in the justice system. A licensed mental health professional in each region of the County provides linkage to mental health services for individuals with serious mental illness who have had interactions with the legal system including the courts, Probation, Public Defender, and District Attorney. Regional forensic teams that will provide a wider array of services to more clients, including mental health evaluations for persons in jail or recently released from jail. Also includes a jail discharge liaison to serve people with severe mental illness.

#### **PC 1000 - Drug Diversion**

Program for non-violent drug offenders referred to treatment by the Courts. Upon completion of treatment, charges are dismissed. Services include education, individual and group counseling. Provided by Central Coast Headway, Council on Alcoholism and Drug Abuse, Coast Valley Substance Abuse Center, Zona Seca

#### **Adult Probation Services**

Outpatient behavioral health services provided to individuals released from prison who are under the jurisdiction of Probation. Provided by BWell and Probation

#### **VETS (Veterans Entering Treatment Service)**

Expands and enhances treatment options for participants in the Santa Maria and Santa Barbara Veteran's Treatment Court.

Provided by Coast Valley Substance Abuse Treatment, Good Samaritan Services, Mental Health Systems Santa Maria Center for Change. Other community partners collaborate to provide non-mental health support.

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