

MHA Affiliate Menu of Services

This document lists all of the services and programs provided by MHAC's affiliates and friends throughout California.

Mental Health Association of Alameda County

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Family Education & Resource Center (FERC)

A new and innovative family/caregiver-centered program that provides information, education and support services to family/caregivers of children, adolescents, transitional age youth, adults or older adults with serious emotional disturbance or mental illness living in all regions of Alameda County. These services are provided in a culturally competent manner, reaching out to people from a variety of language and cultural backgrounds.

FERC offers a telephone warm line/information and referral service; education, training and support for family/caregivers. FERC also offers family support groups in different parts of the County Resource centers, including lending libraries, are located in each office. FERC has offices in Fremont, Livermore, Oakland and San Leandro. It is a component of Alameda County's Mental Health Services Act (Proposition 63) Community Services and Supports plan. FERC's direct phone number is 888-896-3372; information is also available on its website www.askferc.org.

Family Caregiver Advocacy and Support Program

Specializes in assisting families who have a relative with mental illness being served at John George Psychiatric Pavilion or in the criminal justice system. Help is available at the MHAAC main office Monday & Thursday 11:30 a.m. – 4 p.m., Tuesday & Wednesday 11:30 a.m. - 1 p.m. and Friday 2:00 – 5 p.m. by telephone or appointment and at John George Psychiatric Hospital Monday & Thursday 5 p.m. - 7:30 p.m. and Tuesday & Wednesday 1:30 p.m. - 7:30 p.m. and Friday 9:30 a.m. to 1:30 p.m. by drop-in visit. This program's direct phone number is 510-835-0188.

African American Family-Focused Programs

Since the early 1990s, MHAAC has sponsored an African American Family Support Group; the group meets monthly (except December) on the 4th Tuesday from 5:30 – 7:30 p.m. at the MHAAC main office, 954 60th St., Suite # 10 in Oakland
Beginning in July 2017, MHAAC has conducted meetings intended to help African American Families talk about, learn about and cope with mental illness and/or substance abuse in the family. Call 510-697-8533 for information including the date and place of the next meeting.

Capacity & Certification Review Hearing Representation Programs

Assist involuntary patients whose capacity to exercise their right to refuse treatment with antipsychotic medication is in question and patients who have been certified as needing up to 14 days of intensive involuntary mental health treatment. The MHAAC also operates these programs and the Patients' Rights Advocacy Program in San Mateo County.

Patients' Rights Advocacy Program

Responds to questions and complaints from patients in psychiatric hospitals/facilities, and residents of halfway houses or board and care homes who feel one or more of their rights have been denied. (Calls are also received from concerned family members or friends on behalf of a relative or friend.) The program's direct phone number is 800-734-2504.

Consumer and Family Assistance Office

Assists people who are using or are eligible for Medi-Cal-funded mental health services in Alameda County. The program receives complaints or grievances about services from consumers and families, and then works to resolve the problem(s). The direct number is 510-830-3805.

Family Partnership Program

Assists families who have a child or children living with mental illness in several ways including providing peer support and helping a family navigate services offered by County agencies, school systems and other provider agencies. Family Partners have themselves experienced the reality of raising a child or children with behavioral and emotional challenges so they bring the perspective of a parent/caregiver to their work.

Family Partners stand side by side with parent/caregivers to assist in negotiating and resolving conflicts with public agencies including schools. They will assist and accompany families to IEP meetings and in treatment team meetings. Family Partners can help ensure that parent/caregivers are seen and heard in meetings concerning their child. The main phone number for the program is 510-383-5129.

[Mental Health America of Los Angeles](#)

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MHALA provides integrated, comprehensive services tailored to the needs of each individual. MHALA's recovery model began at MHALA's Village and has been recognized as an "exemplary practice" nationally and a "best practice" in California. With the goal of assisting each

“member” to achieve meaningful, engaged and self-sufficient lives, MHALA provides psychiatry, mental health, employment, housing, substance abuse recovery, social/life skills, money management and educational services. Direct services are provided primarily in south LA County and in north LA County (Antelope Valley). Training services are County-wide. Specific programs include:

Outreach Programs

MHALA’s outreach teams connect with individuals in both north and south LA County who are living on the streets, parks and other public spaces. Through ongoing interaction, the teams establish relationships that will lead to housing and other needed services.

Adult Integrated Services

MHALA operates multiple integrated service teams for adults with mental health needs. The teams provide a full range of mental health, physical health, substance abuse, benefits, employment, and community integration services provided by multidisciplinary staff.

Transition Age Youth (TAY) Programs

MHALA’s TAY Programs serve young adults with mental health needs, many of whom are aging out of the foster care system or leaving the streets or difficult home situations. Our TAY Programs help these young people find housing, learn daily living skills, go back to school and enter the work world with the goal of productive lives as adults.

Operation Healthy Homecoming (for Veterans)

Operation Healthy Homecoming serves low-income Veterans and their families who are homeless or at risk of homelessness. Our programs are in Antelope Valley, Santa Clarita Valley and Long Beach and concentrate on housing stability and community integration. We collaborate with the VA healthcare system and coordinate with fellow service providers to help individuals obtain Veteran and other public benefits.

Homeless Innovations Program

MHALA’s Homeless Innovations Program blends mental health care, physical health services, substance abuse recovery and housing for homeless people with mental health needs. Using a “street medicine” model, our mobile teams build relationships with vulnerable homeless individuals and assist them with housing, services and stability plans. Our mental health staff collaborate with our primary care partners in this effort.

Wellness Center

Located in Long Beach, MHALA’s Wellness Center provides an array of mental health and physical health interventions, groups and programs, including health assessment and education and skill-based classes and support groups.

Housing

MHALA assists multiple individuals to move off of the streets and into interim and permanent housing. Members are assisted with the housing search process, the application process, and

skill building to succeed in permanent housing. MHALA also assists with emergency housing during the housing search process.

Employment

MHALA believes that gainful employment is not only a path to overall comfort and stability but a way of achieving a full and meaningful life. A wide range of services and opportunities are available to members. These include work-related classes, one-on-one instruction, paid vocational training, work opportunities in MHALA-run businesses, and ultimately assistance with placement in community based competitive employment. Hands-on experiences in paid positions include food service and restaurant kitchen management and operations in our own deli and award winning cookie shop.

Drop-In Programs

MHALA's drop-in centers offer showers, washers, clothing and a safe haven from the streets. These programs work with MHALA's integrated services to provide long-term solutions to homelessness.

Discovery Resource Center

Antelope Valley's Peer Run Discovery Resource Center offers a range of integrated services provided by peers who have lived experience to address the challenges participants are facing.

HealthLink

Homeless individuals are overrepresented among frequent users of hospital emergency departments and account for disproportionate health care visits and costs. To better address the needs of homeless individuals and reduce costs at St. Mary's Hospital in Long Beach, MHALA's HealthLink multi-disciplinary team is stationed in the Emergency Room to efficiently connect with and coordinate the care of homeless individuals through onsite linkages to ongoing case management, mental health services, permanent supportive housing and other needed services.

Training and Consultation

- **Workforce Development** offers a pipeline toward mental health careers, focusing on underrepresented groups. The program includes partnerships with local colleges and offers a Mental Health Worker certificate for entry level mental health staff. MHALA's Jump Start program provides training and a certificate in recovery services leading to employment opportunities. MHALA also provides training and consultation in Recovery Oriented Practice, Recovery-Oriented Supervision, and Recovery Oriented Internships.
- **Milestones of Recovery Scale (MORS)** is an evaluation tool designed by MHALA to measure where people are in their process of recovery (from needing an intensive level of support to having achieved an advanced level of recovery).

- **Mental Health First Aid** is community training to help individuals recognize and respond to mental health needs of family and friends. It gives participants tools to understand the early signs of mental health problems and to reach out to help others find resources.
- **Law Enforcement Mental Health Training** is a partnership to provide officers, deputies, first responders, and public safety personnel with practical strategies and service resources as they encounter individuals who are homeless and/or have mental health needs.

Mental Health Association of Orange County

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Outpatient Services

MHA, through contract with the County of Orange, operates clinics in Costa Mesa, Garden Grove and Lake Forest where mental health professionals provide primary mental health treatment, medication management and support to individuals referred by the Orange County Health Care Agency.

SSI Outreach

Trained staff assists consumers with the SSI application process, from arranging for medical records, to completing initial paperwork, interfacing with Social Security, in-service trainings, consultations and referrals.

Clubhouse/Recovery Center

Consumer-run/member driven Clubhouse Programs in Costa Mesa, Garden Grove and Lake Forest offer self-help, support and education, skill development, problem solving techniques and socialization. Membership for MHA clinical clients.

Administration

Administration houses the Executive Director, Accountant, Human Resources, Medical Billing/Data Management, Operations and Development activities. Agency wide information and referrals are recorded here.

Hearing Advocacy

MHA provides all probable cause hearings in Orange County representing mental health consumers regarding involuntary hospital stays. Advocates fill a state-mandated role, explain the process and provide support.

Rep Payee Program

Approved by the Social Security Administration, provides financial case management services to disabled individuals to assure appropriate use of income, to address needs and strengthen basic skills and money management.

Homeless Services

Homeless and Veterans Outreach Team provides linkage with other providers, including VA, shelter and income resources for homeless persons with mental illness.

“Options” is a multi-service center open 365 days per year offering services to the homeless mentally ill, including hot meals, showers, access to mental health/medical services, a variety of support programs, educational groups and rehabilitation opportunities.

The Back to Work Programs assist homeless mental health consumers prepare for secure and retain competitive, meaningful employment .The Housing Programs work with individuals in locating housing, prepares consumers for independent living, provides case management services, while developing housing options within the community.

Project Together Mentor Program

Matches youth receiving mental health services from Orange County Health Care Agency, with an adult volunteer to increase self-esteem and improve social skills and realize his/her potential Traditional Age Youth and Parent mentors complete the program.

Thrift Shop Job Training Center

MHA first consumer operated businesses and supportive employment Centers. Clients are prepared for competitive community employment in the retail industry. Thrift Shop community contributions are made available to newly housed homeless and retail sales support MHA programs.

Orange County Task Force on Hoarding

Orange County Task Force on Hoarding is a volunteer advisory group that meets monthly to review residential hoarding situations that affect the health and safety of individuals in Orange County. The task force provides educational workshops and seminars on hoarding disorder.

[Mental Health America of San Diego County](#)

Daphyne Watson

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Breaking Down Barriers

A mental wellness program dedicated to improving the lives of individuals and cultural groups through outreach, education, support, linkage to mental health treatment, and other needed services. Breaking Down Barriers focuses on African, Latino, Native American, African American, LGBTQ and provides education, referrals, and other support services. The goal of the program is to increase understanding and access to mental health care and an awareness of prevention, early intervention and treatment.

Father to Child

A unique 12 week parenting program which engages dads (with an emphasis on dads of color) in being positive, active influences in the lives of their children. This program builds an environment of support, knowledge, and assistance to Dads in recognizing their vital role and they learn how to support and strengthen child/parent bond.

Second Chance Father-2-Child Mentoring

This program works with multi-ethnic fathers ages 16-25 as they re-enter the community following incarceration. Program begins its engagement prior to release from incarceration and blends mentoring, coaching, parenting, case management, and linkage services. This program is geared to teach fathers how to improve their attitude towards parenting, increase fatherhood knowledge and skills.

Visions Clubhouse

A client-operated rehabilitation and vocational center offering self-help support groups, life skills, social activities, pre-vocational and vocational skills, and psychosocial rehabilitation for adults with mental health diagnosis. This clubhouse is located in the South Region of San Diego.

Self-Help Directory

List various self-help services in San Diego County.

Mental Health First Aid

This 8 hour training certification course teaches participants how to respond to a mental health emergency. Mental Health First Aid is delivered in English, Spanish; for adults, youth, veterans, higher education, law enforcement. This is non-clinician training program. Participants who successfully complete training will receive a 3 year certification in Mental Health First Aid.

Strengthening Futures

Strengthening Futures Program is utilizing a therapeutic family system model called Functional Family Therapy. This model will engage participants in **home-based clinical interventions** to strengthen the family system and improve well-being and family functioning. Improving entire family functioning and decreasing the negativity and hopelessness that is embedded in many troubled families, will be addressed through use of the FFT model. This model focuses on

helping to prevent the continuation of delinquency, violence, disruptive behaviors and substance abuse. This program is focused on probation population.

Meeting of the Minds

An annual behavioral health conference and resource fair which highlights innovative and unique behavioral health care. At the conference there is a noted keynote speaker, several workshops, and awards luncheon. The conference has a large resource fair where attendees' network with other professionals related to new approaches in care. The conference promotes collaboration, knowledge, and innovative learning related to mental health.

Mental Health Association of San Francisco

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SOLVE (Sharing Our Lives: Voices and Experience)

SDR (Stigma and Discrimination Reduction) Speakers Bureau comprised of 30 individuals who share their experiences with mental health conditions via 50 presentations per year.

Peer Response Team for Hoarding and Cluttering

Rapid peer support and empowerment for individuals dealing with hoarding and cluttering challenges. 1:1 support and support/ empowerment groups provided by 4 part-time staff from MHASF with lived experience of hoarding challenges.

Institute for Compulsive Hoarding and Cluttering

Education, training, and support for individuals dealing with hoarding challenges and service providers/family members. Includes weekly support group, 2 intensive treatment groups, information and referral, bimonthly community task force, and trainings/ presentations for community based organizations and others.

Prevention and Recovery of Early Psychosis (PREP)

Early intervention program for individuals dealing with early onset/high risk of psychosis. MHASF coordinates outreach presentations, educational materials, youth engagement, anti-stigma messaging, and yearly conference for program.

Resource Development Program

3 year Project that provides Training and Technical Assistance to SDR (Stigma and Discrimination Reduction) Programs across California as well as research on best practices in stigma reduction.

Promising Practices Program

3 year Project that provides Training and Technical Assistance for programs in ethnic/cultural communities in California that hold promise in stigma reduction as well as research on promising practices (PP).

Mental Wellness Center

AKA, Mental Health Association in Santa Barbara County

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The Recovery Learning Center at the Fellowship Club (RLC)

The Recovery Learning Center at the Fellowship Club (“Fellowship Club”) is a peer run program for adults living with serious mental illness. The Fellowship Club offers learning groups, an art studio, a computer lab, a music room, supported employment, daily nutritious lunches, recreational outings – and much more! The onsite store, the [Care Closet](#), is staffed by club members and provides gently worn clothing and hygiene items for club members.

The all-peer staff experienced in mental health recovery leads both group and individual activities each day for support and information. The Club’s greatest strength lies within the members and staff who together build a community for wellness.

The Fellowship Club is open to adult residents of Santa Barbara County who live with a mental illness. Services are offered in English and Spanish.

Residential Programs

GARDEN STREET APARTMENTS: An Onsite Manager is available. These apartments hold fifty one affordable units in a downtown complex next to the Mental Wellness Center’s main offices and on-site programs. Mostly one-bedroom or studio units, these apartments are for independent living.

ELEANOR APARTMENTS: An Onsite Manager is available. This is a complex for independent living, with eight two-bedroom units specifically for families where at least one member lives with a mental illness.

CASA JUANA MARIA ADULT RESIDENTIAL FACILITY: Care staff is available 24/7. This licensed board-and-care home provides supervised care for six adults who need support and supervision. *Residents must be referred by Santa Barbara County’s Department of Behavioral Wellness.*

ALAMEDA HOUSE ADULT RESIDENTIAL FACILITY: Care staff is available 24/7. This adult residential facility offers supervised care to six residents. *Residents must be referred by Santa Barbara County's Department of Behavioral Wellness.*

CG HOUSE ADULT RESIDENTIAL FACILITY: Care staff is available 24/7. This adult residential facility offers supervised care to six residents. The home is for permanent placements for people who need this level of help. *Residents must be referred by Santa Barbara County's Department of Behavioral Wellness.*

POLLY'S HOUSE ADULT RESIDENTIAL FACILITY: Care staff is available 24/7. This adult residential facility offers supervised care to ten residents. The home is for permanent placements for people who need this level of help. *Residents must be referred by Santa Barbara County's Department of Behavioral Wellness.*

DE LA VINA HOUSE: An onsite Manager is available. This home has five rooms for women who have been previously homeless, with complex conditions increasing vulnerability. Interpersonal and programmatic supports provided as needed. *Residents must be referred by Santa Barbara County's Department of Behavioral Wellness.*

Employment Services

The Mental Wellness Center's Employment Services provides assistance to adults, 18 years and older, who have been diagnosed with a mental illness and are seeking competitive employment. A referral for service will be required for all program participants from the Department of Rehabilitation. Employment Services achieved a prestigious three-year accreditation from the independent and nonprofit Commission on Accreditation of Rehabilitation Facilities (CARF) in early 2016.

Family Advocate Program and Caregiver Support Groups

Since our beginning in 1947, the Mental Wellness Center has recognized the impact and importance of families in mental health. The MWC partners with the Southern Santa Barbara County Chapter (SSBCO) of the National Alliance on Mental Illness (NAMI). The Family Advocate and the dedicated group of SSBCO NAMI volunteers continue to work together and are a strong force in keeping families well.

The Family Advocate is a trained family member familiar with issues faced by families impacted by mental health disorders. The Family Advocate can assist families who are trying to understand and deal with the impact of serious mental health disorders on their family. The advocate provides assistance in understanding and navigating the local public and private mental health systems and how to access various clinical and support services available in our community and can also offer one-on-one support in times of crisis. Services are available in English or Spanish by appointment during regular business hours. Drop-ins are welcome on a first come, first serve basis. We also have after hours appointments available Thursday evenings from 5:00 - 6:00 pm.

SPOT

A peer support group for parents and caregivers of teens (ages 12-26) struggling with mental health or substance abuse from crisis to aftercare. Parents can connect with others, find resources, and learn to manage children's needs without sacrificing their own. Tuesdays: For moms of teens and adolescents. Tuesdays: 12 noon- 1:15.

Family Support Group

A group for family members and caregivers of loved ones living with mental illness, providing an opportunity to share with one another in a safe and supportive environment. Thursdays: 6:00-7:30pm at the Mental Wellness Center - 617 Garden St.

Mental Health First Aid

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. It also teaches an action plan to use in a psychiatric emergency. The course fee is \$45, which includes the course book and certification for three years upon passing. Scholarships are available. Help make Mental Health First Aid as common as CPR!

Family to Family Course

This is a free 12 week course to help families of people living with mental health disorders learn about serious mental health disorders – what they are and how they're diagnosed and treated. It also helps families better understand how their ill relative experiences their illness, how to best support their relative's recovery process and how to better cope with the impact of the mental health disorder on the entire family. The course is recommended for families of persons who are living with known or suspected mental health disorders with or without co-occurring substance abuse disorders. The class was created by an experienced family member mental health professional and is taught by specially trained and certified teachers who are also experienced family members. This nationally recognized program has been included in the SAMHSA (Substance Abuse and Mental Health Services Administration of the national Department of Health and Human Services) Registry of Evidence Based Practices. For more information, contact the Family Advocate Office.

Mental Health Matters

Mental Health Matters is an innovative education experience developed by the Mental Wellness Center Education Committee. It focuses on common mental health disorders, treatment, and wellness practices. Two formats are available: one for sixth graders and one for ninth graders. Students learn to recognize symptoms of mental health disorders and that treatment is available. A secondary objective is to directly address the stigma too often associated with mental illness. The highly successful program which has been taught in schools for twenty years in Santa Barbara, California now has this online multimedia resource. This portal provides an interactive online introduction to a highly misunderstood part of our being - our mental wellness.

The instruction is highly interactive and employs a variety of teaching and learning modalities. The course is taught by a team of volunteers who have been involved in the development of the curriculum. While the course content about mental health is relatively stable, the instructional strategies and learning activities are sufficiently flexible so as to align with core classroom instruction in the English language arts, reinforcing standards-based skills such as note taking, oral presentation, summarizing, and response to literature. For this reason, the team leader meets with the classroom teachers prior to scheduling in order to negotiate the learning activities that can reinforce the academic skills that the students are learning. Because mental health issues affect one in four people, we all are likely to know someone who has a mental health disorder. By understanding the basics of mental health disorders, the possible outcomes, and the help which is available, visitors to this site should be better equipped to deal with the mental health challenges that they, their friends or their families might encounter in life.

Youth Wellness Connection Club & Council

The Wellness Connection Clubs on four local high school campuses in Santa Barbara County are promoting mental wellness & erasing stigma by advocating awareness, silencing shame, embracing imperfection, reducing stress, inspiring laughter through connection, prevention, education and outreach!

The Youth Wellness Council (YWC) is a high school leadership program of the Mental Wellness Center that educates, empowers and engages students. Committed to raising awareness & reducing stigma around mental health by promoting self-care and kindness. The YWC provides a student voice and serves as an advisory board to the *YouthWell Coalition* and the Mental Wellness Center.

YouthWell Coalition

The *YouthWell Coalition* Mission -Connect youth, ages 12-25, and their families to mental health supports before the crisis. Mobilize community stakeholders, service providers, schools, and caregivers to establish priorities and set goals, in order to create a coordinated and comprehensive system of care focused on early intervention, prevention and education.

Community Wellness Program

The Community Wellness Program is open to Santa Barbara County residents. We offer a range of free and or low-cost activities incorporating support, awareness, and understanding in a safe space of healing. Most activities are scheduled in the early evenings to accommodate busy day-time schedules. The classes and activities listed below do not require pre-registration, and drop-ins are welcome.

- Spanish Family Support Group – conducted in Spanish and meeting once per week for people living with serious mental illness and adult family members. (contact to verify)
- Education Family Discussion Group - features new topics weekly.
- Family Support Group – weekly information and support for family caregivers of adult children.

- Depression & Bipolar Support Group - a peer-run support group where people with mood disorders find comfort and direction in a confidential and supportive setting. Walk-ins welcome!
- Wellness Recovery Action Plan (WRAP) is an evidence-based, self-directed prevention class that teaches tools for staying well.
- Hearing Voices: A peer support group based firmly on an ethos of self-help, mutual respect and empathy. Facilitated by Catherine Birtalan.

Activities for Young Adults and Their Families

- Support for Parents of Teens (SPOT) – information and support shared by parents of teenagers and young adults with anxiety or depression. Please join us by calling our Family Advocate, Ramona Winner, at 805-884-8440 or emailing rwinner@mentalwellnesscenter.org.
- Keeping Connected - For youth ages 14-18 to learn to better manage emotions and reactions in a fun, safe space. Facilitated by Isis Casteñeda.

California Hope 805 – Crisis Counseling Program

A FEMA AND SAMHSA funded grant to help individuals and communities recover from natural and human-caused disasters through community outreach and access to mental health services. The Mental Wellness Center has formed a 14 member team of counselors to assess and address the post-disaster needs of individuals and communities directly or indirectly affected by the Thomas Fire and 1/9 Debris Flow. Through outreach, education, crisis counseling, and resource referrals, we support the short-term recovery and the long-term resiliency of Santa Barbara County.

Transitions- Mental Health Association

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About TMHA:

Transitions-Mental Health Association (TMHA) is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. We operate over 35 programs at locations throughout San Luis Obispo and North Santa Barbara counties. The emphasis of TMHA's innovative services is to teach vital independent living skills and help build a framework for community re-entry through personal empowerment and hands on experience. Since 1979, TMHA has been dedicated to providing work, housing, case management and life-skills support to teens and adults with mental illness while offering support, resources and education for their loved ones.

SLO Hotline (800- 783-0607)

SLO Hotline is a confidential mental health support, crisis and suicide prevention telephone line which also provides mental health resource information. We are here for you 24 hours a day, 365 days a year. Free of charge. Make the call, any time: 800-783-0607.

Mental Health Advocacy Program

TMHA's [Mental Health Advocacy Program](#) consists of a highly dedicated team of peers who strive to inspire others who are living with mental illness. We offer support, access to resources, mentoring and assistance in creating a plan for wellness for adults and their loved ones.

Wellness Centers

[TMHA's Wellness Centers](#) – with locations in San Luis Obispo, Arroyo Grande, and Atascadero – offer person-centered, recovery-based supports designed for life enrichment, personal development, peer support, community resources, recovery education, social skill development and various wellness workshops.

Recovery Learning Communities

Similar to the Wellness Centers in San Luis Obispo County, the [Santa Maria](#) and [Lompoc](#) Recovery Learning Communities (RLCs) are peer-run and provide a combination of wellness and recovery-oriented services in comfortable, supportive meeting places. Open throughout the week, the programs promote independence and revitalization through self-governed activities as members work toward recovery.

Supported Employment Program

TMHA's Supported Employment Program (SEP) provides on-going job support services necessary for individuals with mental illnesses to choose, get and keep competitive employment, while working in jobs and environments they prefer and with the level of professional support they desire. SEP is a growing program serving well over 100 individuals per year and partnering with more than 30 businesses and community agencies throughout San Luis Obispo and Northern Santa Barbara Counties.

Growing Grounds Enterprises

For over 30 years, Transitions-Mental Health Association (TMHA) has operated the Growing Grounds Farm & Nursery of San Luis Obispo, one of California's most compassionate, proactive forms of treatment for adults experiencing mental illness. Through a combination of vocational training and therapeutic horticulture, the nursery provides employment opportunities for TMHA clients.

Growing Grounds Farm & Nursery proved to be such a successful program that TMHA established a second farm in Santa Maria in 2000. In 2005, TMHA added Growing Grounds Downtown, a retail outlet in the commercial section of San Luis Obispo. These three social enterprises now work in concert with TMHA's Supported Employment Program to create a

structured, multi-step on-the-job training service covering two counties and serving over 325 clients annually.

Housing

TMHA assists clients in creating and sustaining a home they can count on. We all know how important it is to have a home - somewhere to feel safe and secure and develop roots to grow. It's no surprise that stable housing and recovery go hand-in-hand. TMHA, not only provides a safe place, they match housing with varying levels of care, based on each individual's needs. Young people (ages 11-17) receive treatment and practice social, educational and independent living skills in a home with 24-hour supervision and therapeutic care.

TMHA also offers transitional housing for adults learning to stabilize symptoms and develop independent living skills. To those with a history of homelessness, TMHA provides housing and support focused on reintegration into the community. Other participants live independently in permanent and affordable TMHA housing, sharing household responsibilities and interacting with the community at large.

Family Support

TMHA Family Services Program provides free, compassionate, informed assistance for families, friends and loved ones of persons they know or suspect has a mental illness.

TMHA's family services are available in both English and Spanish. Family Services staff assists families in navigating the mental health system of care in both the public and private sector. Services also include orientation classes and weekly support groups with other loved ones.

Intensive Community Services

TMHA operates a number of programs that provide clients with 24/7 services, team-based response, case management and/or licensed clinical treatment. All of these programs require a referral from San Luis Obispo County Behavioral Health Services or County of Santa Barbara Department of Behavioral Wellness. These services include Forensic Re-entry, Homeless Outreach, and Behavioral Health Treatment Court Teams.

Education Programs

TMHA's Education Programs offer a variety of classes and programs designed to provide support and insight into mental illness, promote wellness and recovery, and to provide people with tools to use in their recovery process. These trainings include NAMI's Peer-to-Peer, Wellness Recovery Action Planning, and Mental Health First Aid (MHFA).

TMHA also provides trainings for the general community, including Question Persuade and Refer (QPR), MHFA for youths and adults, mental health forums and a variety of documentaries. Additionally, TMHA's created an original and customized curriculum, [New Perspectives](#), which provides high school and middle school students with mental health awareness, self-care options, and the ability to recognize when peers are in distress.