



# North Inland Region Behavioral Health Services and Faith Based Community Dialogue

RESOURCE COMPENDIUM | January 2014



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January 30, 2014

Dear North Inland Region Faith Based Community and Service Providers:

In February of this year, we embarked on a Behavioral Health Service (BHS) Faith Based Community Dialogue Initiative to both understand the faith communities' concerns related to mental health, wellbeing, and recovery, and to share available County services and supports. The County of San Diego Health and Human Services Agency (HHSA), acknowledges the faith community as an essential partner who can respond, develop, and implement prevention and early intervention strategies, services and supports to its community. These efforts align and connect with *Live Well San Diego*, the County's 10-year initiative to build a healthy, safe and thriving community. Faith leaders are a consistent source of support, caring, and counseling for their congregants. As such, they are often the first responders and are key advocates to link congregants to needed mental health and alcohol and drug services.

We purposefully chose the word "dialogue" to characterize this initiative because of its very definition: "an exchange of ideas and opinions." This initiative brought together over the past year numerous faith leaders, advocates, and service providers to begin to define how the County, communities of faith, and service providers can work together in partnership. The year of discussion and exchange has been an important learning opportunity for our division. This initiative and community dialogue is a critical step in developing a shared understanding, purpose and goal(s). This process and initiative will be a long term initiative and BHS is committed to continuing the community dialogue to develop shared goals as an important means to improving services to North Inland Region residents.

This Resource Compendium is a culmination of this planning effort and the BHS North Inland Region Faith Based Community Dialogue Breakfast: Healing Hearts and Minds that summarizes our work over the past year. I thank the many faith leaders, community members, service providers, advocates, and County staff who gave their time, heart, and mind in this initiative. I also thank Harder & Company Community Research in their support of this process.

I look forward to the next phase of this initiative, and in working in partnership with all of you to improve the health and wellbeing of our North Inland Region.

Sincerely,

Alfredo Aguirre, LCSW  
Director, Behavioral Health Division



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## History and Purpose of the North Inland Region's Faith Based Community Dialogue

In February of 2013, San Diego County Health and Human Services, Behavioral Health Services Division (BHS), launched a Faith Based Initiative to develop a partnership with faith congregations, communities and with BHS service providers. The impetus for this initiative was multifold; the need to include the faith based communities in an inclusive process as they play a significant and critical role in many African-American and Latino lives. Faith leaders are a consistent source of support, caring, and counseling, and are frequently the first responders during stressful times or personal struggles. In addition, BHS data demonstrated that African-American and Latino individuals are accessing disproportionately mental health services for the first time in jail or in acute hospital settings. BHS contends that prevention and early intervention strategies can reverse this trend, with early identification combined with culturally relevant prevention and early intervention services in partnership with the Faith Based community. As a result BHS embarked on this initiative as a possible solution to these concerns.

### National Research Supporting the Importance of Faith in Wellbeing

- **1 in 5** Americans experience a mental disorder in any given year, and half of all Americans will have a mental disorder at some time in their lives.
- **80%** of Americans describe themselves as religious.
- **Over 70%** of mental health consumers/ family members in California want their mental health care providers to discuss spiritual concerns with them upon request.
- **90%** of California's County Behavioral Health Directors agree that spirituality is an important element of multicultural competence.

\*Source: Los Angeles County Department of Mental Health: Mental Health, Spirituality, and Religion Brochure



The initiative began with a planning effort to bring Faith Leaders, BHS providers and interested community stakeholders together via monthly North Inland Region Faith Based Community Dialogue Planning Workgroup meetings held to advance the initiative and plan a Community Dialogue Breakfast. In addition an extensive outreach effort with Faith based leaders was initiated to develop partnerships that would identify needs and gaps and highlight what the Faith congregations and community providers were currently doing to address wellness, mental health, alcohol and other drug related issues, as well as other community issues and concerns in their communities. The purpose of the Community Dialogue Breakfast was to provide a forum to bring faith based congregations together with mental health and substance-abuse service providers to consolidate the input and feedback received to date. This convening would both provide opportunities to develop a shared language and understanding of the issues and to continue to develop partnerships between service providers and faith communities, as well as bring to the surface solutions that could be supported by a long term initiative at BHS. The Planning Workgroup identified throughout its process a diverse faith community. This diversity is characterized by:



- **Many faiths and denominations.** African American and Latino communities are comprised of many faiths (e.g., Christian, Muslim). Within the Christian faith, practices and denominational structures (e.g., Catholic, Southern Baptist, and Pentecostal) are very different and these denominations may not naturally convene.
- **Differing congregational size and capacity.** Congregations vary from small (no more than 25 individuals) with minimal infrastructure to support their activities to large (over 1000 families) with resources and infrastructure to launch new initiatives and programs on their congregants behalf.
- **Large Geographic size.** The North Inland Region is the largest geographical region of the county with a total of 2,373 square miles of urban, rural, and unincorporated areas. The region includes the communities of Fallbrook, Pauma, Valley Center, San Marcos, Escondido North San Diego, Poway, Ramona, Palomar, Julian, and Anza-Borrego Springs. The large geographical size poses challenges in the engagement, delivery, and access to services, including language access to Spanish-speaking populations.

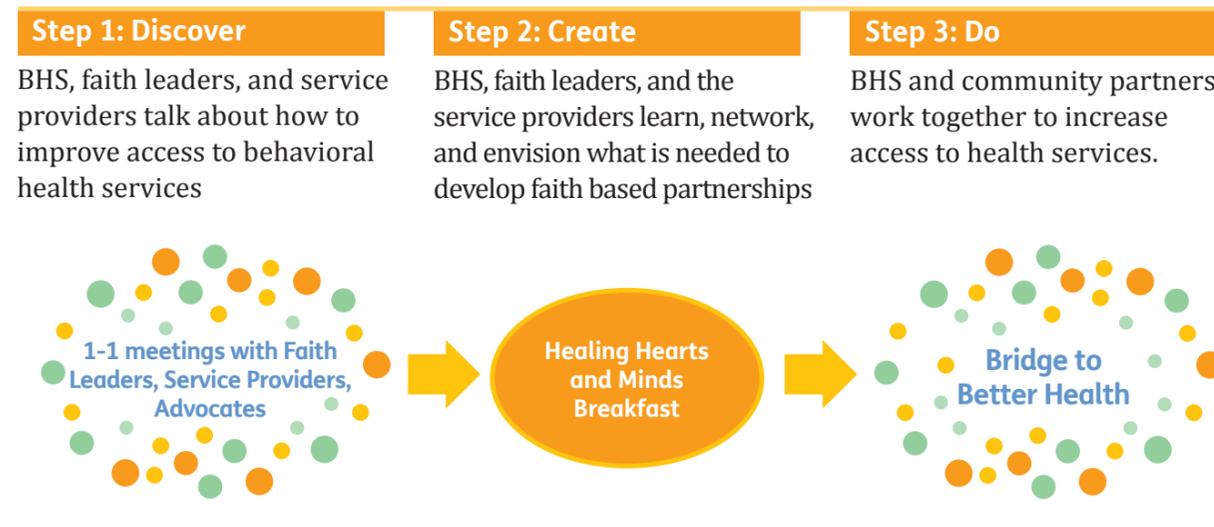
The initiative in the North Inland Region began with a May 2013 Planning Meeting between BHS and North Inland County staff to develop a plan for engaging faith communities in the region, including identifying existing partnerships between County-funded programs and faith communities. The first North Inland Region Faith Based Dialogue and Planning Workgroup (Planning Group) was held in June 2013 and served to orient the attendees to the initiative, develop a plan for engagement of faith leaders, advocates, and service providers, and begin to develop an agenda for the Community Dialogue Breakfast. This meeting included county staff, service providers, and faith leaders. BHS brought on board a technical assistance contractor (Harder+Company Community Research) which coordinated and facilitated the outreach in the



North Inland Region’s faith communities to broaden participation. Participants during the first meeting provided guidance on identification of additional faith leaders (i.e. faith leaders with established work in the community and those that have a leadership role in their congregations) as well as on the engagement process (i.e. recognize engaging faith leaders takes time to build trust and rapport, recognize that stigma may play a role in faith leader interest, and focus on one-on-one engagements over group meetings). In addition to the Planning Group meetings, Harder+Company conducted several one-on-one meetings with cultural brokers who were able to provide direction for establishing effective partnerships in the North Inland Region. For example, the team met with leaders at Interfaith Community Services, Escondido Education COMPACT, Palomar Health, and Emmanuel Faith Community Church.

A three step process for the project was implemented: discover, create, and do (see Exhibit 1). This process recognized that the various different faith communities and service providers (their diversity represented by the different circles in the exhibit) must be individually and personally outreached to discover their interest, receive input and feedback, identify partnership opportunities, uncover challenges and barriers and invite Faith leaders to participate in the planning effort and in the Community Dialogue Breakfast (later renamed the “Healing Hearts and Minds Breakfast” at the suggestion of faith leaders). The outreach and engagement process also clearly identified that the solution to improving health and well-being in the communities was not the Breakfast itself, but the process and the long term commitment of BHS and the Faith based communities to develop and sustain long term partnerships.

### Exhibit 1: Overall approach for the Faith Based Community Dialogue process



As part of the Discover phase, the County, with the technical support of Harder+Company, continued to convene the Planning Group to address issues and concerns brought to the table and to plan the agenda and details of the Healing Hearts and Minds Breakfast. In order to expand the engagement of faith leaders, the technical consultants in conjunction with BHS leaders conducted one-on-one or group meetings with different congregations using a “snowball approach” (i.e., meeting participants provided suggestions for congregations and faith leaders who would be interested in the dialogue who were then contacted for a meeting). The one-on-one meetings were used to build rapport, provide background information on the faith based initiative, and encourage attendance to the Planning Group. During the North Inland Region Planning Workgroup meetings, attendees engaged in ongoing discussions related to mental health and well-being. The contents of these discussions are summarized below and became the North Inland Region’s organizing principles for small group work during the Healing Hearts and Minds Breakfast event.

### North Inland Planning Group: Suggested Breakfast Themes to Address

- **Clearly defining the purpose of this engagement**
  - Key focus: Partner with faith communities to provide prevention and early intervention services to address behavioral health disparities in Latino and African American communities
  - Although this initiative has as priority populations the Latino and African American Communities, other populations within the North Inland Region are also included in this initiative.
- **Create opportunity to build trust and transparency**
  - Define the role of faith and faith leaders in this initiative
  - Establish Vision for ongoing collaboration
  - Create common understanding of behavioral health between faith, county, and providers with non-jargon language
- **Defining partnership**
  - Establish the value added for faith communities and BHS in this partnership
  - Include a Success Story of faith leader who has successfully partnered with behavioral health services to address the needs of their congregation
  - Establishing a working model for the County to work with congregations
  - Outreach: Creation of resource guide tailored to faith community needs in collaboration with interfaith community services
  - Describe the funding opportunities
- **Time to discuss key issues in the North Inland Region**
  - Congregations are diverse and are not challenged with the same behavioral health issues
  - Service Access and Education
    - ◆ Limited availability of services and barriers in accessing services
    - ◆ Need for improved services delivery and referral education
    - ◆ Need to establish partnerships between faith leaders and providers in order to put a face to the service provider/referral
    - ◆ Identification of accessible services and programs (financially)



### North Inland Planning Group: Suggested Breakfast Themes to Address

- ◆ Identify already established faith based behavioral health services/providers/ approaches
- ◆ Need for classes to educate faith leaders and their congregants
- ◆ Need for resources for congregants to take home and share with family
- Limited “After Care” of congregation members upon psychiatric or ER hospital release
- Need to address stigma-related issues
- Need for ongoing community outreach from County towards faith communities
- Identification and prioritization of behavior health issues and symptoms that require attention
  - ◆ Violence (gangs, domestic and family violence)
  - ◆ Addiction & substance abuse
  - ◆ Homelessness
  - ◆ Senior Citizen Issues (General, Abuse, Aging)
  - ◆ Immigration
  - ◆ Youth services: need to connect truancy and other issues occurring within the schools to congregations
  - ◆ Military populations
  - ◆ Prisoner re-entry (Employment, Mental Help, Skills Training, Etc.)
  - ◆ Education and awareness (Mental Health Issues & Stigma)
  - ◆ Family Education for those who have someone with mental illness
  - ◆ Poverty and impact on access to services
- **Need for training and access to funding opportunities related to**
  - Mental illnesses
    - ◆ Behavioral therapy and medication education
    - ◆ Education to congregations to reduce stigma within the individuals “safe zone”
  - Early intervention practices
  - Prevention services: awareness of Signs and Symptoms to help before someone is referred
  - County presents and discusses available resources
  - Capacity building and resourcing
    - ◆ Funding and sustainability
    - ◆ Grant application knowledge: grant writing orientation/education

There were a number of other activities that BHS pursued concurrent to the Planning Group meetings. These activities were in response to issues raised by the group. Key issues included:



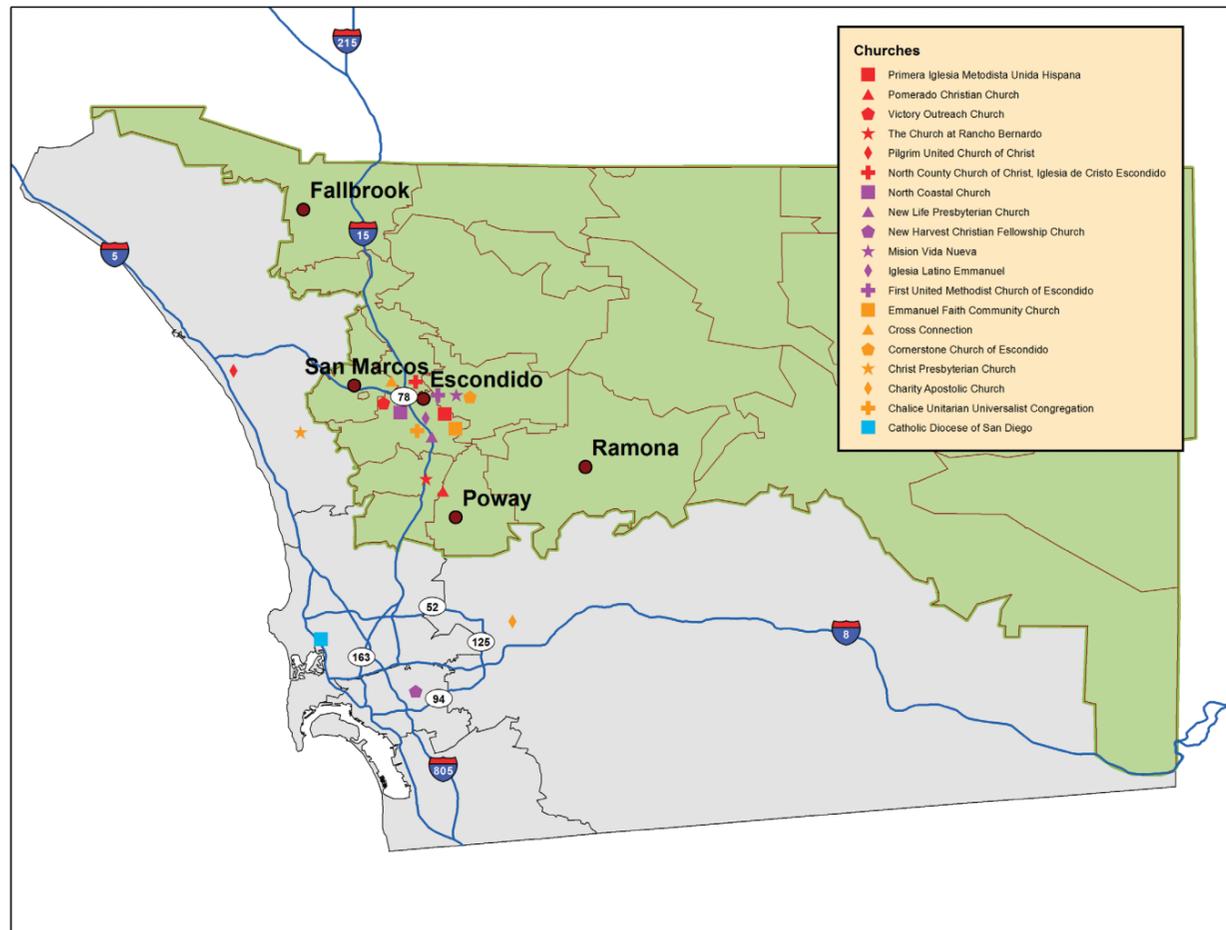
### Key Issues, Considerations and Actions

ISSUE	CONSIDERATIONS	BHS RESPONSE
<b>Understanding of available behavioral health services</b>	Faith leaders noted that they lacked knowledge about available services for their congregants. Faith leaders also noted that their increased knowledge of service is not a sufficient goal - service providers must be supportive of the individual’s spiritual values and teachings and be culturally appropriate and responsive to the needs of the population	BHS developed a Resource Guide of all services funded by BHS which was circulated at the Breakfast and presented in this report (see Appendix B)
<b>Resources to directly support a faith based approach to mental health and well-being</b>	Faith leaders and service providers noted the need for dedicated faith-based programs. These programs would include services and resources to increase the faith community’s access to services and on-going trainings and networking opportunities between service providers and faith leaders	BHS secured Mental Health Services Act (MHSA) Innovations Funds to develop faith based programs (details to be determined as part of the Innovations funding community process)
<b>Faith community understanding of how to access County funds</b>	Some faith leaders provide mental health related services (prevention and early intervention services). These leaders, many of whom also run a nonprofit organization, expressed interest in applying for county funds to support their ongoing direct work in the community. They noted the current county insurance and reserve requirements prohibit small to medium sized nonprofits from directly accessing county funds	BHS provided a special training to interested faith leaders to review the regulations and processes of accessing county funds



## Faith Community Collaborations in the North Inland Region

During outreach efforts, Harder+Company mapped the collaborations within the North Inland Region's faith communities. The North Inland Region has "connecting points" for faith leaders, ranging from Interfaith Community Services to smaller groups of churches that convene to address common issues of concern (e.g., national day of prayer held in Escondido, gang violence prevention, homelessness, etc.). The diagram below highlights the location of the faith congregations that were involved in this early phase of the initiative. There are many more collaborations, connecting points, and hundreds of individual congregations that should be included during the next phase of the North Inland Region Faith Based Community Dialogue. The purpose of displaying the currently known congregations by BHS is to provide a starting point for ongoing conversation and broadening the network of faith communities who can partner with behavioral health service providers to improve health and well-being of the community.



## Summary of the Healing Hearts and Minds Breakfast

On November 14, 2013 over 100 individuals representing faith communities, county staff, and service providers participated in the Healing Hearts and Minds Breakfast. The purpose of the breakfast was to begin to develop a stronger working relationship between faith communities, faith leaders, service providers, and the County. The first half of the morning featured presentations by County leadership and a panel of faith leaders, family members, and providers who discussed from their perspective their concerns, experiences and involvement with faith based communities and the mental health system as well as their healing experiences. The second half of the morning was devoted to small group discussions with the purpose of developing strategies that could be pursued as part of the ongoing Faith Based Community Dialogue. In addition, resources tables were available before, during, and after the breakfast to allow for participants to share information, network, and build relationships to further support the collaboration between faith communities and service providers. The following is a summary of the key points from the day.

**FORUM THEME**  
To educate and identify mental health and substance abuse prevention and early intervention resources and strategies between faith based congregations, the County of San Diego's Behavioral Health Services Division and community leaders to improve wellbeing and access to services in the African-American and Latino community.

### Key themes from speakers and panelists

**Welcome and Purpose:** Participants were welcomed by Dr. Piedad Garcia (Assistant Deputy Director of Behavioral Health Services). Supervisor Dave Roberts (District 3) called for a moment of silence to remember those impacted by Typhoon Haiyan in the Philippines. He highlighted the critical need for partnerships and collaborations between faith communities and mental health care providers, especially in relation to preventing suicides. Dr. Nick Yphantides (County of San Diego Chief Medical Officer) spoke on behalf of Nick Macchione, Director of Health and Human Services Agency. Dr. Yphantides reminded the group that November is national men's health month. He stressed the importance of emotional and spiritual health in addition to physical health in promoting well-being. He indicated that local government and local faith leaders can partner to meet community needs. Dr. Yphantides charged the group with establishing a partnership at the breakfast. He highlighted the one area of health where medicine and faith are linked is in death and in crisis. He challenged the group with the opportunity to be proactively involved and work on creating faith community and service provider partnerships to promote and support mental health before a moment of crisis. Chuck Matthews (Deputy Director, HHS North Regions) provided comments on the importance of partnership between existing service providers, the County of San Diego and the faith communities in order to build community wellness. He suggested that the faith community has to be part of any solution about health concerns. The core of Live Well, San Diego is breaking down silos. Chuck Matthews mentioned that faith community is the ultimate in



wrap-around service and has been for years. Pastor Hector Morales (Emmanuel Faith Community Church) gave the welcoming prayer and addressed the apprehension of faith leaders in interacting with government. He indicated that seminary did not prepare faith leaders for some of the crises and mental health issues that come up, and suggested government has the resources to effectively work with such issues. Pastor Morales stated “faith and government can work together,” realizing that we cannot do it alone and suggested that “we are stronger together than alone.”

**Panel Presentation:** The panel discussed how faith based approaches support mental health and well-being and answered breakfast attendee questions. Highlights from the panelists, in the order they presented, include:

- **Piedad Garcia (Assistant Deputy Director of Behavioral Health Services).** Dr. Garcia provided an overview of the County of San Diego Health and Human Services, Behavioral Health Services Division in the North Inland Region and described the need for the faith based initiative. She mentioned how the Mental Health Services Act funding allowed the County to provide resources for prevention and early intervention which in the past was not available. She indicated that BHS was rethinking its approach to outreach in order to engage faith based communities as well as behavioral health partners in the community. She discussed the importance of the faith community as first responders to mental health issues. Dr. Garcia noted that faith leaders need support and the tools to understand how to identify mental health concerns. She mentioned that through stronger partnerships with mental health service providers, faith leaders will be better prepared to serve their congregations. Dr. Piedad highlighted the County’s commitment to continuing this conversation beyond the breakfast.
- **Pastor Juan Arjona (Mision Vida Nueva).** Pastor Arjona commented on the challenges that faith communities face in addressing the mental health needs of their congregations. He indicated that only a few churches had their own counseling department and that the communities he serves (primarily Spanish-speaking) do not have the resources to access counseling services. In addition, Pastor Arjona mentioned that even if some churches were open to providing services, they lack resources to do so. He shared that as pastors, it is not always easy to determine how to support or approach congregants with mental health needs. He indicated a need to educate both the faith leaders and community members. Pastor Arjona highlighted that lack of knowledge regarding services and stigma towards receiving services or being identified with a mental illness is an important reason why faith communities and county services need to partner.

We need to work on good communication with one another, engage in the streets, leave our desks and get involved with the community.

*Pastor Juan Arjona*



- **Pastor Chip Whitman-(Emmanuel Faith Community Church).** Pastor Whitman spoke about training he received on the integration of theology and psychology. He stated that his master’s degree in counseling brought him to his church where he leads their counseling services. He indicated that his church has been evolving over the past two decades to include counselors, therapists, and marriage counselors. His church holds 100 sessions a week, which is larger than many counseling centers. In describing the difference between care and cure, he stated “We provide the care, God provides the cure.” He said their services range from counseling based only on the Bible, or only on secular psychology, or include both. Some common issues addressed include behavioral health issues, depression, anxiety, substance use, and relationship issues.
- **Connie & Rex Kennemer (Community Alliance for Healthy Minds/Family Member/ Advocate).** Mr. and Mrs. Kennemer bravely shared their personal story about how the loss of their adult son to suicide within one year of his bipolar disorder diagnosis transformed their lives. They expressed that as parents, they were shocked, clueless and ill-equipped to deal with his diagnosis. After his suicide, their local faith community was on their doorstep within one hour to help deal with their loss. They highlighted the value of faith communities in supporting loss and grieving. However, they also described how faith can be a slippery slope regarding mental illness. Their local church became educated about mental illness and the role that stigma plays in faith communities. They encouraged faith leaders to be advocates and leaders for awareness and knowledge to support the mental health needs of their communities. The Community Alliance for Healthy Minds emerged from individuals and professionals who joined Mr. and Mrs. Kennemer in their healing. They said that today, over a dozen community partners are part of their healing and awareness. Their organization’s motto states: “together we can change the landscape of mental health in our community”. They mentioned that mentalhealthministries.net possesses a wealth of online resources for creating caring organizations.
- **Laura Andrews, Senior Outreach Services Coordinator for the Breaking Down Barriers program and a Mental Health First Aid Instructor with Mental Health America of San Diego County.** Ms. Andrews shared that she was drawn to this work after her son was diagnosed with mental illness. She recognized that she needed full support from her faith community and service providers to ensure the wellness of her son. She indicated that many providers attending the breakfast behind their titles and organizations are men and women of God. Ms. Andrews emphasized that outreach within the faith community is delicate. Overcoming the stigma of mental illness requires a broad community effort in which faith leaders better understand how to identify and support those with mental health needs and service providers understand how to connect to churches to provide necessary

Faith communities are the ultimate wrap around [service].

*Connie Kennemer*



prevention and intervention services. This is particularly so with Latino populations. This is why her organization developed population-specific curricula titled Breaking down Barriers. In addition, Ms. Andrews noted a key to this support is Mental Health First Aid (a public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders). She stated that her organization is here to support faith leaders with an array of mental health literacy training and tools, many nationally recognized to provide tools to complement services faith leaders provide to help end suffering.

Following the panel presentation, Alfredo Aguirre, Director of San Diego County Behavioral Health Services, welcomed the group and provided a context for why this initiative is critical to addressing the health needs of the communities.

### Themes from Small Group Work

During the second part of the morning, Breakfast attendees were asked to stay at their tables, which were assigned at registration to ensure a mix of faith leader, service provider, and County staff. Each work group table was asked to review, refine, and add to the themes for ongoing engagement initially identified by the Faith Leader Engagement Group. Each workgroup reported out the emerging themes to the larger gathering. The technical consultants reviewed and analyzed responses (presented in Appendix C), refined the emerging themes (shown below) and included specific attendee-identified actions that could be pursued in the second phase of San Diego’s North Inland Region Faith Based Initiative.

THEME	ACTIONS
<b>Education and Training – Faith leaders need to know how to respond to mental health issues and what services are available in their community.</b>	<ul style="list-style-type: none"> <li>• Receive credible mental health trainings (like Mental Health First Aid) to identify, understand, and respond to signs of mental illnesses and substance use disorders               <ul style="list-style-type: none"> <li>◆ Build capacity in faith leaders to effectively refer to services</li> <li>◆ Cross training between providers and faith leaders</li> <li>◆ Use existing venues to educate the community about mental health (e.g. library vans, senior centers)</li> <li>◆ Create mental health awareness through a public kiosk</li> <li>◆ Address the stigma of mental illness</li> </ul> </li> <li>• Host mental health resource fairs focused on congregations quarterly/biannually that include service providers</li> <li>• Utilize a mental health program directory for the county or region that includes county and pastoral care services and is understandable to faith leaders (consider including faith- and county-based mental health services in 211 online directory)</li> <li>• Promote mental health services through existing communication processes, including electronic resources (e.g. social media, list-serves, church bulletins, newspapers, newsletters)</li> <li>• Provide hard-copy resources like brochures, pamphlets, etc.</li> </ul>

THEME	ACTIONS
<b>Education and Training - Mental health providers need to know about faith based services in their community and can partner with them to support well-being</b>	<ul style="list-style-type: none"> <li>• Local service providers conduct in-person visits to faith based communities</li> <li>• Invite faith leaders to regional county mental health meetings</li> <li>• Share hard-copy resources such as brochures, pamphlets, etc.</li> <li>• Create a speakers bureau related to behavioral health for faith leaders</li> <li>• Cross training between providers and faith leaders</li> </ul>
<b>Partnership - Faith leaders and county service providers need to have ongoing, collaborative, and trusting relationships with each other.</b>	<ul style="list-style-type: none"> <li>• Co-locate county and faith based mental health services               <ul style="list-style-type: none"> <li>◆ Station therapists in mobile venues</li> </ul> </li> <li>• Participate in each other’s events</li> <li>• Support formal, ongoing partnerships to continue the conversation via a faith-community task force and address stigma and barriers associated with partnerships between state or city government and faith communities.</li> <li>• Distribute information about services through regularly maintained electronic communications</li> </ul>
<b>Collaboration - Mental health providers and faith leaders need to continuously work with each other to provide holistic and integrated mental health services.</b>	<ul style="list-style-type: none"> <li>• Develop collaborative wellness action plans</li> <li>• Conduct ongoing forums/breakfasts that offer opportunities for meaningful connection between service providers and faith leaders ( for trust building, networking, relationship building, stigma reduction)</li> <li>• Continue regular faith-BHS meetings, and offer webinars on mental health programs for those who cannot attend in-person</li> <li>• Address general barriers to wellness, such as affordable care</li> <li>• Provide family-friendly services</li> <li>• Pursue regular dialogue with community members about mental health</li> </ul>
<b>Funding - Dedicate resources to support a faith based initiative that devotes resources to services in the community.</b>	<ul style="list-style-type: none"> <li>• Dedicate resources for a faith based initiative that explicitly partners faith community members with service providers</li> <li>• County encourages service providers to subcontract with faith-based services when appropriate</li> <li>• County develops tools to educate and simplify contracting process</li> </ul>



## Behavioral Health Services Levels of Care



The Behavioral Health Services (BHS) Division provides a continuum of mental health (MH) and alcohol and other drug (AOD) services for children, youth, families, adults, and older adults consistent with Live Well San Diego, the County's over-arching initiative to promote healthy, safe and thriving communities throughout the County of San Diego. Behavioral Health Services promotes recovery and well-being by providing prevention and early intervention services, community based psychosocial rehabilitation and recovery services, as well as providing integrated services for clients experiencing co-occurring mental illness, including alcohol and drug issues and primary care conditions. These services are provided across two systems of care: Adult and Older Adult Services and Children, Youth and Family Services.

### Behavioral Health Programs

- **Access & Crisis Line (ACL)**

The Access & Crisis Line is a toll-free number staffed by mental health clinicians 24 hours 7 days a week, providing assessment, crisis intervention and referral services linking clients to both AOD and MH providers. The toll-free number is 1-888-724-7240.

### Adult and Older Adult Programs

- **Outpatient Clinics.** Clinic services include walk-in triage and urgent psychiatric services, medication education and management, group and individual therapy, peer support, case management linkage, outreach and referral services. Transitional Age Youth specialists provide age and developmentally relevant services, Geriatric specialists provide home visits to seniors at risk due to a mental disorder. Short-term case management services are available for those needing linkage to resources.
- **Outpatient AOD Treatment Programs.** For individuals with alcohol and other drug (AOD) problems provided regionally throughout the county. Programs may specialize in treatment for specific target populations such as justice system referred clients, culturally specific programs, homeless, individuals with co-occurring disorders, etc. Programs may offer individual, family and/or group counseling, vocational counseling, and other supervised activities.
- **Clubhouse Programs.** Member-run Clubhouse centers are part of Outpatient/ Rehabilitation Services networks in regionally organized care systems, offering healthy living skills, vocational/employment, educational and social support programs. Clubhouse programs are offered in adult/older adult venues as well as Transitional Age Youth (TAY).

- **Case Management.** Case Management Services for adults and older adults with mental illness include both Strength-based Case Management services and intensive case management services targeting adults, TAY, and seniors. Services are offered countywide to recipients at their place of residence or at their treatment programs. Case management services are also provided to support long-term recovery for individuals at various stages of substance abuse recovery. These services are currently targeted to special populations, including individuals on probation, parolees and pregnant/parenting women.
- **Detoxification Services.** Short-term (5-14 days) residential detoxification for alcohol and other drugs is available for adults needing to detoxify prior to receiving longer term treatment for AOD abuse.
- **Crisis Residential Treatment Services.** Crisis Residential Treatment services are provided as an alternative to psychiatric hospitalization on a short-term basis through contracted facilities within San Diego County. The average stay is under 10 days.
- **Residential AOD Treatment Programs.** These programs provide intensive AOD treatment, including individual and group counseling, housing, food, case management, and peer support for adults with AOD problems. Many programs also provide counseling and other services for families, 12-step programs, educational and vocational workshops, life skills and non-residential aftercare. Services are typically four to six months in length, although short-term residential treatment is also available for up to three months. Residential treatment programs are also available for specific populations such as veterans and specific cultural groups.
- **Emergency Shelter Beds.** Emergency Shelter Beds are provided by contracted services for at-risk or homeless mentally ill individuals on a short-term basis while waiting for transitional or permanent housing options to become available.
- **Full Service Partnership Programs/Supportive Housing.** Full Service Partnerships (FSP) provide behavioral health and case management services to over 1,000 persons with serious mental illness who have been homeless, and/or are high utilizers, and/or have criminal justice involvement. In addition, FSP programs provide integrated supportive housing which provides housing options for mentally ill individuals who are in need of permanent housing options. By combining a "housing-first" approach with Assertive Community Treatment (ACT), homeless mentally ill individuals can begin the process of recovery.
- **Justice Services.** Behavioral Health Services provides overall system planning and program/contract management for a broad array of justice-oriented programs. Programs offered for individuals with alcohol and other drug issues include both residential and non-residential treatment for individuals who are mandated to attend treatment through the Court, Parole, and/or Probation. Alcohol and drug treatment includes substance abuse education, group



twin goals of public safety and public health through providing accountability-based services. Other Justice programs include the Forensic Psychiatric Unit, which provides court-ordered psychological and psychiatric evaluations for individuals being processed through the criminal justice system who may have mental illnesses, as authorized by judicial mandates for court proceedings; and Mental Health Jail Services, provided by the Sheriff's Department to mentally ill inmates of local detention units.

- **Inpatient Psychiatric Services.** Behavioral Health Services provides emergency psychiatric services at the County operated psychiatric hospital and contracts with various psychiatric hospitals for inpatient care for adults and older adults needing this level of care.
- **Long-Term Care.** Long-Term Care Services provide residential care and treatment for more severely mentally ill clients through a system of local and out-of-county locked, long-term care facilities.
- **Adult Forensic Services.** Forensic Services are court ordered psychiatric and psychological evaluations and court ordered outpatient treatment and supervision. Services include comprehensive assessment, evaluation, and treatment of psychiatric disorders for individuals involved with the criminal court system.

### Children, Youth, and Family Services

- **Case Management/Wraparound.** Case Management provides youth with an individual case manager who guides them through needed social services. Wrap Around services are comprehensive services that are family centered, community-based, individualized, and utilizes parent or family partners. Both case management and wraparound services involve helping children, youth, and families connect with needed community resources, such as educational programs, financial benefits, treatment services, and other programs for children and adolescents with severe emotional disturbance and/or AOD issues.
- **Critical Care/Emergency Screening Unit.** This County-operated program provides emergency psychiatric evaluation, AOD screening, crisis stabilization, and brief outpatient counseling to children, youth, and their families during mental health crisis.
- **Day Treatment.** Day services are offered in school/community settings and as enhanced treatment services in residential facilities for the most severely emotionally disturbed children and youth who meet medical necessity. Referral and admission to all day services may come from Juvenile Probation, Child Welfare Services, or schools. Authorization is required for all day services. School-based day rehabilitation services are provided through the San Diego Unified, Cajon Valley, and Grossmont Union School Districts.



- **Juvenile Forensics.** Services include a variety of mental health and substance abuse treatment services to children, youth and their parents who are involved with the Juvenile Court system either through criminal or dependency proceedings. Access to services is managed through the Court, Juvenile Probation, or social services. Services also include Breaking Cycles, and Juvenile Drug Court.
- **Residential Treatment.** Services consist of intensive treatment including individual and group counseling, family counseling, 12-step services, vocational and educational interventions. Services are provided using a trauma-informed approach. AOD Residential services include detoxification and long-term treatment for adolescents, and pregnant/parenting women.
- **Outpatient/Rehabilitation.** Outpatient services provide brief treatment services that focus on one or two most important issues identified by the client/family and conclude when those are stabilized. Outpatient Services include regionalized alcohol and drug treatment for adolescents, and pregnant/parenting teens/women, mental health assessments, medication management, group therapy, outreach, referral linkages, and co-occurring disorder treatment. Programs provide school and clinic based services to diverse and specialty populations throughout the county.
- **Prevention and Early Intervention.** Provides prevention efforts and responds to early signs of mental health and/or substance abuse issues. It includes education and outreach, screening and early identification of co-occurring disorder and at-risk children, in-home mental health assessments, and school-based primary prevention programs using evidence-based practices and suicide prevention, referrals and linkages, etc.
- **Therapeutic Behavioral Services (TBS).** Provides short term one-to-one behavioral health coaching services for full scope Medi-Cal (EPSDT) children, youth, and young adults up to age 21 and their families or caregivers, with moderate to severe emotional or behavioral challenges. Referrals are processed through the County.
- **Acute Psychiatric Inpatient Services for Children and Adolescents.** Provides contracted inpatient psychiatric hospitalization services for children and youth experiencing mental health emergencies. These services must be referred through the ESU.



## Moving Forward in Partnership Bridge to Better Health

In conclusion, the second phase of the BHS and Faith Based initiative will include the following next steps:

1. Restructure Behavioral Health Services (BHS) and Faith Based Planning Work Group into a BHS and Faith Based Partnership Committee (final name to be determined by the membership) that will meet monthly to address next steps in advancing BHS and Faith Based Initiative.
2. Implement MHSA Innovations funding ideas submitted to develop Faith based interventions and practices. Including Technical and capacity building strategies for Faith based community organizations.
3. BHS to continue to explore a more inclusive process in the contracting process to increase participation of Faith based community organizations in the delivery of services.

### Key elements to developing the Dialogue:

- Openness and mutual respect
- Transparency
- Strengthen personal relationship and rapport
- Clarity of purpose and goals
- Hold meetings in the community
- Schedule meetings at times convenient to the faith community
- Pursue an interfaith approach



## Appendix A: Faith Based Community Dialogue Participants

The tables below present the listing of the individuals who participated in the Planning Group and the Faith Leader Engagement Group based on sign in sheets. There were many other individuals who participated in one-on-one conversations, but we did not receive approval to share their names. Thus, we extend a heart-felt thank you to all who participated and look forward to your continued participation in the next phase of the dialogue.

### Planning Group Participants

NAME	ORGANIZATION
Pastor Juan Arjona	Misión Vida Nueva
Angela Butler	North Coastal Community Church
Faith Conklin	First United Methodist Church
Dixie Crane	Mental Health Systems Inc.
Mary Anne Dijk	First United Methodist Church
Chaplain Pete Douglass	Pastoral Health
Mary Ferro	Interfaith Community Services
Vanessa Forsythe	Christ Presbyterian Church, Carlsbad
Laura Frutos	Harder+Company Community Research
Piedad Garcia	County of San Diego, Behavioral Health Services
Martha Garzón	Misión Vida Nueva
Reverend Richard Gonzalez	Pastoral Health
Hannah Gravette	SDOP
Melissa Haupt	North County Lifeline
Patty Huerta	Escondido COMPACT
Pastor Jeff Jackson	Cross Connection Church
Connie Kennemer	Community Alliance for Healthy Minds
Rex Kennemer	Community Alliance for Healthy Minds
Pastor Jeremiah Knabe	Christ Presbyterian Church, Carlsbad
Liz Kruidernie	NAMI, North County
John Laidlaw	North County Lifeline
Cristina Magana	Harder+Company Community Research
Ernie Martinez	Emmanuel Faith Community Church
Chuck Matthews	County of San Diego HHS, North Regions
Kristina Maxwell	County of San Diego, Behavioral Health Services
Pastor Agner Medrano	Victory Outreach Church of Escondido Ministries
Pastor Hector Morales	Emmanuel Faith Community Church
Kara Murray	Harder+Company Community Research
Myriam Padilla	Mental Health Systems
Willetta Powell	Interfaith Community Services



## Planning Group Participants

NAME	ORGANIZATION
Amy Ramos	Harder+Company Community Research
Carey Riccitelli	County of San Diego HHS, North Regions
Pastor Tony Rocha	Victory Outreach Church of Escondido Ministries
Geraldine Smith	Community Alliance for Healthy Mind
Roy Smith	Community Alliance for Healthy Minds
Cecily Thornton-Stearns	County of San Diego, Behavioral Health Services
Sharon Toeleie	N/A
Ann Vilmenay	County of San Diego HHS, North Regions
Virginia West	County of San Diego, Behavioral Health Services
Pastor Chip Whitman	Emmanuel Faith Community Church
Celeste Young	Mental Health Systems Inc.
Dr. Nick Yphantides	County of San Diego, HHS
Chaplin Ian	Palomar Health

## North Inland Region Breakfast Participants

NAME	ORGANIZATION
Hazelruth Adams	Harder+Company Community Research
Amy Adargo	North County Serenity House
Pastor Carlos Aguilera	Victory Outreach Church
Alfredo Aguirre	County of San Diego, Behavioral Health Services
Maribel Amador	Rady Children's Hospital Outpatient Psychiatry Department
JJ Anderson	District Attorney's Office
Laura Andrews	Mental Health America of San Diego County
Pastor Juan Jose Arjona	Mision Vida Nueva, Presbyterian Church in America
Pastor Juan Artega	Periodico Seminario
Eve Babcock	County of San Diego, Dept. of Purchasing and Contracting
Kenneth Barnes	County of San Diego, Behavioral Health Services
Terri Belmonte	North County Serenity House
Tara Benintende	Mental Health Systems INC.
Madeline Borkenhagen	North County Serenity House
Pastor Cornelius Bowser	Charity Apostolic Church/CAST
Kristy Buterbaugh	North County Serenity House
Lorena Carranza	Escondido Union School Dist. CARE Youth Project
Angela Chen	UPAC-EMASS Program
Pastor Eddie Clifford	Victory Outreach Church
Jason Coker	Interfaith Community Services
Adriana Costa	NAMI San Diego
Dixie Crane	Mental Health Systems INC.
Heather Dixon	N/A



NAME	ORGANIZATION
Chaplin Pete Douglass	Palomar Health
Brian Duyst	Calvin Christian High School
Cherryl Early	Emmanuel Faith Community Church
David Escovedo	Victory Outreach Church
Cyndie Evans	Emmanuel Faith Community Church
Mary Ferro	Interfaith Community Services
Anita Fisher	NAMI San Diego
Laura Frutos	Harder+Company Community Research
Jessica Garcia	Vista Community Clinic
Piedad Garcia	County of San Diego, Behavioral Health Services
Martha Garzon	Mision Vida Nueva, Presbyterian Church in America
Alexis George	Telecare Corporation
Karen Giannini	Vista Hill Learning Assistance Center
Agnes Hajek	UPAC-EMASS Program
Rhonda Harlan	Emmanuel Faith Community Church
Guadalupe Hernandez	Escondido Community Immigration Services
Ryan Howell	Courage to Call Program
Patricia Huerta	Escondido Education COMPACT
Jamie Husband	North County Serenity House
Kimberly Israel	Escondido Union School District - CARE Youth Project
Jennifer James	Harder+Company Community Research
Andre Jones	Mental Health America
Rex Kennemer	Community Alliance for Healthy Minds
Connie Kennemer	Community Alliance for Healthy Minds
Andrea Kinley	North County Serenity House
Tina Klotz	Exodus Recovery Inc.
Liz Kruidenier	NAMI San Diego
John Laidlaw	North County Lifeline
Herminia Ledesma	Vista Community Clinic
Chris Lee	County of San Diego, Behavioral Health Services
Walter Leverette	Naval Medical Center San Diego
Grace Liu	San Diego County District Attorney's Office: Inter-Faith Advisory Board
Kathy Lutes	The Church at Rancho Bernardo
Casey Mackereth	Harder+Company Community Research
Cristina Magana	Harder+Company Community Research
Pastors Manuel Magos	North County Church of Christ, Iglesia de Cristo
La Tashia Manson	NAMI San Diego
Ernie Martinez	Emmanuel Faith Community Church
Hector Martinez	Mental Health America of San Diego County
Chuck Matthews	HHS North Inland and North Coastal Regions
Debon McGill	CRF/Turning Point Crisis Center
Mona Minton	Neighborhood House Association, Project In Reach
Hector Miramontes	Escondido Education COMPACT
Pastor Hector Morales	Emmanuel Faith Community Church
Leonardo Moran	McAlister Institute Inc.



NAME	ORGANIZATION
Chaplin Pete Douglass	Palomar Health
Maria Morgan	Providence Community Services
Irene Morse	Radio Nueva Vida
Father Michael Nee	Good Shepherd Church
Myriam Padilla	Mental Health Systems INC.
Robin Pepper	YMCA Youth & Family Services
Kent Peters	Diocese of San Diego, Office for Social Ministry
Mayra Ramirez	Rady Children's Outpatient Psychiatry
Amy Ramos	Harder+Company Community Research
Dana Richardson	Community Health Improvement Partners
John Richardson	Mental Health Services INC.
Dave Roberts	County of San Diego Supervisor, District 3
Letty Robles	San Marcos Prevention Coalition
Pastor Tony Rocha	Victory Outreach Church
Federico Salas	Iglesia Latino Manuel
Pastor Jesus Sandoval	New Harvest Church
Gaudy Santa Cruz	Centro Cristiano/ Iglesia Lo Mejor Del Trigo
Pastor Juan Santa Cruz	Centro Cristiano /Iglesia Lo Mejor Del Trigo
Alex Serna	McAlister Institute Inc.
Afrand Shahroudi	Harder+Company Community Research
Geraldine Smith	Community Alliance for Healthy Minds
Roy Smith	Community Alliance for Healthy Minds
Claudia Smith	Vista Hill Learning Assistance Center
Erik Solorzano	Hidden Valley Middle School
Judy Steidl	Emmanuel Faith Community Church
KC Strang	San Marcos Prevention Coalition
Delrena Swaggerty	Mental Health Services INC.
Cecily Thornton-Stearns	County of San Diego, Behavioral Health Services
Luzmam Vigil	North County Health Services
Ann Vilmenay	HHS North Inland and North Coastal Regions
Sandra Weider	Exodus Recovery Inc.
Virginia West	CoSD Behavioral Health Services
Pastor Chip Whitman	Emmanuel Faith Community Church
Annette Witt	University of California, San Diego
Suzanne Woelk	North County Serenity House
Sharon Wylie	Chalice Unitarian Universalist Congregation
Adrienne Yancey	County of San Diego, HHS
Dr. Nick Yphantides	San Diego County
Melina Zavala	Iglesia Lo Mejor Del Trigo



## Appendix B: North Inland Region's Behavioral Health Services

The resource table below was assembled by the County of San Diego, Behavioral Health Services Division to identify the county-funded services available within the North Inland Region. The services range from acute care to preventative services and serve a variety of the County's population (i.e., children, transition age youth, men and women).

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>North County Serenity House</b>	<p><b>Treatment Focus:</b> Alcohol &amp; Drugs  <b>Type of Service:</b> Residential  <b>Populations:</b> Adult Women and their children  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> A residential treatment facilities for women, with or without children, who have alcohol and drug dependencies. Minimum stay is 90 days. Offers individual and group counseling, as well as, AA and NA 12-step programs. Child care available.</p>	<p><i>Address Confidential,            Call for Location</i>            (760) 747-1015 / (760) 747-5098            Mon-Fri - 8:00am – 5:00pm            Tues, Thur - 8:00am – 9:00pm</p>
<b>North County Serenity House Serenity Too - Outpatient and Day Treatment</b>	<p><b>Treatment Focus:</b> Alcohol &amp; Drugs  <b>Type of Service:</b> Non-Residential  <b>Populations:</b> Adolescents Adults, Older Adults  <b>Languages:</b> English</p> <p><b>Specialties:</b> Alcohol and other drug treatment and recovery services, including co-occurring disorders, PC 1000 drug diversion services, and Positive Parenting for Men in Recovery. Services include outpatient, individual, family, and group counseling</p>	<p>620 North Ash St.            Escondido, CA 92027            (760) 741-7708  <i>Call for Hours</i></p>
<b>The Fellowship Center</b>	<p><b>Treatment Focus:</b> Alcohol &amp; Drugs  <b>Type of Service:</b> Residential  <b>Populations:</b> Men  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> A long-term residential treatment for men with alcohol or drug problems. Also offers a day treatment program. Self-help-oriented treatment includes awareness discussions, substance abuse recovery education, recovery planning, study groups, and meetings.</p>	<p>737 East Grand Ave.            Escondido, CA 92025            (760) 745-8478            24 hours a day/7 days a week</p>
<b>North Inland Regional Recovery Center (RRC) (MHS - Mental Health Systems, Inc.)</b>	<p><b>Treatment Focus:</b> Alcohol &amp; Drugs  <b>Type of Service:</b> Non-Residential  <b>Populations:</b> Adults, Older Adults</p> <p><b>Specialties:</b> Alcohol and other drug treatment and recovery services, including co-occurring disorders, PC 1000 drug diversion services, and Positive Parenting for Men in Recovery. Services include outpatient, individual, family, and group counseling.</p>	<p>200 E. Washington            Escondido, CA 92027            (760) 741-7708  <i>Call for Hours</i></p>



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>North Inland Teen Recovery Center (TRC)</b> (MHS - Mental Health Systems, Inc.)	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Non-Residential <b>Populations:</b> Adolescents <b>Languages:</b> English  <b>Specialties:</b> An individualized non-residential treatment service, with on-site classroom facilities.	340 Rancheros Drive Ste. 166 San Marcos, CA 92069 (760) 744-3672 Mon – Fri 9:00am - 6:00pm
<b>North Rural Teen Recovery Center (TRC)</b> <b>McAlister Institute for Treatment and Education</b>	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Non-Residential <b>Populations:</b> Adolescents <b>Languages:</b> English  <b>Specialties:</b> An individualized non-residential treatment service.	323 Hunter St. Ramona, CA 92065 (760) 788-6520 Mon – Fri 10:30am - 7:00pm
<b>Methamphetamine Strike Force (MSF) / Prescription Drug Abuse Task Force (PDATF)</b>	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Prevention & Early Intervention <b>Populations:</b> All Ages <b>Languages:</b> English, Spanish  <b>Specialties:</b> Facilitates and coordinates the multi-system, multi-partner Methamphetamine Strike Force to address methamphetamine issues in San Diego County.	2615 Camino del Rio South Ste. 300 San Diego, CA 92108 (760) 749-8792
<b>North Inland Community Prevention Program (NICPP)</b> (MHS -Mental Health Systems)	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Prevention & Early Intervention <b>Populations:</b> All Ages <b>Languages:</b> English  <b>Specialties:</b> Regional prevention services provide alcohol and other drug prevention activities to reduce substance in communities.	12344 Oak Knoll Rd., Suite C-1 Poway, CA 92064 (858) 391-9303 Mon – Fri 9:00am - 5:00pm
<b>Detox McAlister Institute for Treatment and Education (MITE)</b>	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Prevention & Early Intervention <b>Populations:</b> Adolescents <b>Languages:</b> English, Spanish  <b>Specialties:</b> Offers a 5-14 day residential social model detoxification program for adults who are experiencing problems with alcohol and other drugs.	<i>Address Confidential, Call for Location</i> (619) 465-7303 24 hours a day/7 days a week
<b>Friday Night Live/Club Live (High School Youth)</b> <b>San Diego County Office of Education</b>	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Prevention & Early Intervention <b>Populations:</b> Adolescents Under 18 <b>Languages:</b> English, Spanish  <b>Specialties:</b> Provides Friday Nite Live and Club Live services, alternate activities and youth leadership development in County schools to reduce youth alcohol and other drug use.	6401 Linda Vista Rd. San Diego, CA 92111 (619) 718-6667 (619) 718-6668 Mon – Fri 8:30am - 8:30pm

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Adolescent Group Homes McAlister Institute for Treatment and Education (MITE)</b>	<b>Treatment Focus:</b> Alcohol & Drugs <b>Type of Service:</b> Adolescents Under 18 <b>Languages:</b> English  <b>Specialties:</b> A residential program for up to 21 days for adolescents who are experiencing problems with alcohol and other drugs. Service includes group and individual treatment, educational workshop, life skills and more.	<i>Address Confidential, Call for Location</i> (619) 442-0277 Ext. 121 24 hours a day/7 days a week
<b>Rural Integrated Behavioral Health Services - Vista Hill</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Prevention & Early Intervention <b>Populations:</b> All Ages <b>Languages:</b> English  <b>Specialties:</b> Assessment; Brief intervention; Education; Mobile outreach.	<i>North County Health Services, Mtn. Valley's Health Center, Julian Medical Center, Borrego &amp; Warner Springs school districts</i> (760) 788-9724 Mon - Fri 8:00am - 4:00pm
<b>Strengths-based Case Management North Coastal/ North Inland</b> (MHS - Mental Health Systems, Inc.)	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Case Management <b>Populations:</b> Adults, Older Adults <b>Languages:</b> English, Spanish, Farsi, Dari  <b>Specialties:</b> Community-based, traditional case management services to adults and older adults with chronic mental illness.	474 W. Vermont Ave. Ste. 104 Escondido, CA 92025 (760) 432-9884 Mon – Fri 8:00am - 4:30pm <i>Call for Walk-in Hours</i>
<b>Escondido Clubhouse (MHS - Mental Health Systems, Inc.)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Clubhouse <b>Populations:</b> Adults, Age 18+ <b>Languages:</b> English, Spanish  <b>Specialties:</b> Client-Operated; Social, educational and vocational program.	474 W. Vermont Ave., Ste. 105 Escondido, CA 92025 (760) 737-7125 Mon - Fri 8:00am - 4:30pm (1st Sat of month 10:00am - 2:00pm)
<b>CalWORKs – Escondido</b> (MHS - Mental Health Systems, Inc.)	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Employment <b>Populations:</b> Adult, Older Adults (referrals only) <b>Languages:</b> English, Spanish  <b>Specialties:</b> Multi-Service Center for CalWORKs WTW participants; mental health and dual disorders counseling services.	474 W. Vermont Ave. Ste. 103 Escondido, CA 92025 (760) 745-0281 Mon - Fri 9:00am - 4:00pm 24/7
<b>Palomar Medical Center - Mental Health Unit</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Inpatient <b>Populations:</b> Adults, Older Adults <b>Languages:</b> All  <b>Specialties:</b> Acute psychiatric inpatient care	555 E. Valley Pkwy. Escondido, CA 92025 (760) 739-3240 24 hours a day/7 days a week
<b>BPSR – Vista</b> (MHS – Mental Health Systems, Inc.)	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adults, Older Adults, TAY <b>Languages:</b> English, Spanish  <b>Specialties:</b> Medication management; Crisis intervention.	550 W. Vista Way, Ste. 407 Vista, CA 92083 (760) 758-1092 Mon - Fri 8:30am - 5:00pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>BPSR – Kinesis North (MHS - Mental Health Systems, Inc.)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adults, Older Adults, TAY <b>Languages:</b> English, Spanish, Italian, German, Portuguese	474 W. Vermont Ave., Ste. 101 Escondido, CA 92025 (760) 480-2255 Mon - Fri 8:00 am - 5:00 pm
	<b>Specialties:</b> Medication management; Crisis intervention; Socialization.	
<b>BPSR – Kinesis North (Fallbrook Satellite) (MHS - Mental Health Systems, Inc.)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adults, Older Adults <b>Languages:</b> English, Spanish, Italian, German, Portuguese	1328 S. Mission Fallbrook, CA 92028 (760) 480-2255 Every other Fri 9:00am - 3:00pm
	<b>Specialties:</b> Individual and group therapy; Medication management; Rehabilitation; Co-occurring disorders.	
<b>BPSR – Kinesis North (Ramona Satellite) (MHS - Mental Health Systems, Inc.)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adults, Older Adults <b>Languages:</b> English, Spanish, Italian, German, Portuguese	1521 Main St. Ramona, CA 92065 (760) 480-2255 Mon 9:00am - 3:00pm
	<b>Specialties:</b> Medication management; Individual and group therapy; Rehabilitation; Co-occurring disorders.	
<b>North Inland Mental Health Center (AMHS) (MHS - Mental Health Systems, Inc.)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adults, Older Adults <b>Languages:</b> English, Spanish	125 W. Mission Ave., Ste. 103 Escondido, CA 92025 (760) 747-3424 Mon and Fri 9:00am - 5:00pm, Tues-Thur 9:00am - 7:00pm <i>Call for Walk-in Hours</i>
	<b>Specialties:</b> Medication management; Rehabilitation and Recovery; Mental health; Crisis intervention.	
<b>Walk-in Assessment Center: Exodus Recovery Escondido Mental Health</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adult, Older Adult <b>Languages:</b> English	660 E. Grand Avenue Escondido, CA 92025 (760) 796 - 7760 Mon - Fri 11:00am- 6:30pm <i>Call for Walk-in Hours</i>
	<b>Specialties:</b> The goals of the program are to provide short-term mental health services to adults, services include: Assessment, Crisis intervention, Medication evaluation, Trauma and substance abuse assessment and referrals, Short-term case management, Linkage to community resources.	
<b>North Star – ACT Mental Health Systems, Inc. (MHS)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Adult, Older Adult <b>Languages:</b> English, Spanish	474 W. Vermont Ave. Ste. 104 Escondido, CA 92025 (760) 432-9884 Mon - Fri 8:00 - 4:30 pm
	<b>Specialties:</b> Intensive, all-inclusive Case Management, Outpatient & Rehabilitation, with supported employment through justice system.	

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Salud - North County Health Services</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Prevention & Early Intervention <b>Populations:</b> Hispanic Older Adults <b>Languages:</b> English, Spanish	150 Valpreda Rd. San Marcos, CA 92069 (760) 736-6700 Mon - Fri 8:00am-6:00pm Sat 8:00am - 5:00pm
	<b>Specialties:</b> Hispanic Older Adult at N. County Health Services with a diagnosis of diabetes, exhibiting symptoms of or at risk of depression. Outreach in the primary care clinic and in community settings; Integrated diabetes and depression care.	
<b>Community Assessment Team (CAT) Youth At Risk (YAR) Mental Health Systems, Inc.</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Children, Adolescent and Families covered by Medi-Cal <b>Languages:</b> English, Spanish	940 E. Valley Pkwy. Ste. D Escondido, CA 92025 (760) 747-0205 Mon - Thu 8:00am - 7:00pm, Fri 8:00 am - 5:00 pm
	<b>Specialties:</b> Youth at risk for juvenile justice involvement.	
<b>Palomar Family Counseling Services, Inc.</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> School-aged Children and their Families <b>Languages:</b> English, Spanish	1002 E. Grand Ave. Escondido, CA 92025 (760) 741-2660 Mon - Fri 8:30am - 5:00pm
	<b>Specialties:</b> Positive Behavioral Support (PBS), screening and early identification of at-risk children, community outreach to families, education and support.	
<b>San Pasqual Academy</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> TAY, Adolescents (Medi-Cal Eligible) <b>Languages:</b> English, Spanish	17701 San Pasqual Valley Rd. Escondido, CA 92025 (760) 233-6000 Mon - Fri 8:00am - 5:30pm
	<b>Specialties:</b> Recreational therapy; Milieu therapy; Group therapy; Full day rehab.	
<b>Rady Children's Outpatient Psychiatry – North Inland Clinic</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Medi-Cal and MHSA funded <b>Languages:</b> English, Spanish	625 W. Citracado Pkwy., Ste. 102 Escondido, CA 92025 (760) 294-9270 Mon - Fri 8:00am - 5:00pm
	<b>Specialties:</b> Individual, group and family therapy; Case management; Medication management.	
<b>Vista Hill Foundation – Escondido</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Children <b>Languages:</b> English, Spanish, Tagalog	1029 N. Broadway Escondido, CA 92026 (760) 489-4126 Mon - Fri 8:30 am - 5:00 pm
	<b>Specialties:</b> Community and school-based outpatient mental health services to elementary, middle and high school students. No clinic services.	



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Vista Hill Foundation - North Inland (Ramona)</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Outpatient  <b>Populations:</b> Children, Adolescents  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> Community and school-based outpatient mental health services to elementary, middle and high school students. No clinic services.</p>	<p>1012 Main St., Ste. 101            Ramona, CA 92065            (760) 788-9724            Mon - Fri 8:00am - 4:30pm</p>
<b>School-based Program - Palomar Family Counseling Services, Inc.</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Prevention &amp; Early Intervention  <b>Populations:</b> School-aged Children and their Families  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> Positive Behavioral Support (PBS), screening and early identification of at-risk children, community outreach to families, education and support.</p>	<p>1002 E. Grand Ave.            Escondido, CA 92025            (760) 741-2660            Mon - Fri 8:30am - 5:00pm</p>

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Public Administrator/ Public Guardian</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Other Programs  <b>Populations:</b> All Ages  <b>Languages:</b> English, Vietnamese, French, Tagalog</p> <p><b>Specialties:</b> Investigation and related services.</p>	<p>5560 Overland Ave., Ste. 130            San Diego, CA 92123            (858) 694-3500            Mon - Fri 8:00am - 5:00pm</p>
<b>Deaf Community Services</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Outpatient  <b>Populations:</b> All Ages  <b>Languages:</b> English, American Sign, Spanish</p> <p><b>Specialties:</b> Outpatient mental health clinic Individual and family therapy; Crisis intervention; Case management; Psychiatric medication; Alcohol and Drug counseling and Co-occurring disorder services.</p>	<p>1575 Hotel Circle South, Ste. 300            San Diego, CA 92108            (619) 398-2441            Mon - Fri 9:00am - 5:00pm</p>
<b>Survivors of Torture</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Outpatient  <b>Populations:</b> All Ages  <b>Languages:</b> Serves 130 languages</p> <p><b>Specialties:</b> For the healing of torture survivors and their families; Educate on torture, its consequences; Advocate for the abolition of torture.</p>	<p>PO Box 151240            San Diego, CA 92175            (619) 278-2400            Mon - Fri 8:00am - 5:00pm</p>
<b>Adult, Family &amp; Peer Help Line National Alliance on Mental Illness (NAMI)</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Prevention &amp; Early Intervention  <b>Populations:</b> Adults  <b>Languages:</b> English</p> <p><b>Specialties:</b> Non-crisis, peer phone support, mental health education and resources. Walk-in services not available, but information about support groups or other educational meetings may be made by phone.</p>	<p>(800) 523-5933            (619) 543-1434            Mon - Fri 10:00am - 6:00pm</p>
<b>Collaborative Native American Initiative Indian Health Council, Inc.</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Prevention &amp; Early Intervention  <b>Populations:</b> All Ages  <b>Languages:</b> English</p> <p><b>Specialties:</b> Youth center; Elder programs and activities; Suicide prevention; Outreach and Education.</p>	<p>50100 Golsh Rd.            Valley Center, CA 92082            (760) 749-1410            Mon - Fri 8:00am - 5:00pm</p>
<b>Youth and Family Peer Support Line Mental Health Systems, Inc. (MHS)</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Prevention &amp; Early Intervention  <b>Populations:</b> All Ages  <b>Languages:</b> English</p> <p><b>Specialties:</b> Non-crisis, peer phone support and mental health education.</p>	<p>Youth Line t(877) 450-5463            Family Line (877) 470-5463            Mon - Fri 12:00pm - 6:00pm</p>

## County Wide Behavioral Health Services

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Consumer Center for Health Education &amp; Advocacy (CCHEA)</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Advocacy  <b>Populations:</b> All Ages  <b>Languages:</b> English, Spanish, Vietnamese, Mandarin</p> <p><b>Specialties:</b> Advocacy, grievances and appeals for consumers of public outpatient services.</p>	<p>1764 San Diego Ave., Ste. 200            San Diego, CA 92110            (877) 734-3258            Mon - Fri 9:00am - 5:00pm</p>
<b>Jewish Family Service of San Diego</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Advocacy  <b>Populations:</b> Children, Adults  <b>Languages:</b> English</p> <p><b>Specialties:</b> Advocacy, protection of patients' rights and grievances and appeals for consumer's acute care or residential programs.</p>	<p>2710 Adams Ave.            San Diego, CA 92116            (800) 479-2233            Mon - Fri 8:00am - 5:00pm</p>
<b>Access and Crisis Line (ACL)</b>	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Crisis Hotline &amp; Behavioral Health Access  <b>Populations:</b> All Ages  <b>Languages:</b> English</p> <p><b>Specialties:</b> Telephone crisis intervention; Suicide prevention; Behavioral health information and referrals. Staffed by mental health professionals.</p>	<p>(888) 724-7240            TTY (619) 641-6992            24 hours a day/7 days a week</p>



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Recovery Innovations	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Advocacy  <b>Populations:</b> Adult, Older Adult  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> Wellness Recovery Action Plan (WRAP), Wellness and empowerment in life and living; Employment Training; Other recovery-oriented classes.</p>	<p>3565 Del Rey St., Ste. 202            San Diego, CA 92109            (858) 274-4650            Mon – Fri 8:30am - 5:00pm</p>
Senior IMPACT Community Research Foundation	<p><b>Treatment Focus:</b> Mental health  <b>Type of Service:</b> Case Management  <b>Populations:</b> Older Adult  <b>Languages:</b> English, Spanish, Tagalog, Vietnamese</p> <p><b>Specialties:</b> Intensive case management; Medication management; Rehabilitative services; Crisis intervention; Vocational services.</p>	<p>928 Broadway            San Diego, CA 92101            (619) 977-3716            Mon – Fri 8:30am - 4:30pm</p>
Telecare AgeWise	<p><b>Treatment Focus:</b> Mental health  <b>Type of Service:</b> Case Management  <b>Populations:</b> Older Adult  <b>Languages:</b> English, Spanish, Tagalog, Vietnamese</p> <p><b>Specialties:</b> Strength-based Case Management and Institutional Case Management.</p>	<p>6160 Mission Gorge Road #108            San Diego CA, 92120            (619) 481-5200            Mon-Fri 8:00am - 5:00pm</p>
Aging & Independence Services	<p><b>Treatment Focus:</b> Mental health  <b>Type of Service:</b> Crisis Services  <b>Populations:</b> Older Adult  <b>Languages:</b> Available connection to offsite interpreters.</p> <p><b>Specialties:</b> In-Home crisis intervention; Short-term case management.</p>	<p>APS Hotline: (800) 510-2020            24 hours a day/7 days a week            Office: Mon – Fri 8:00 am - 5:00 pm</p>
San Diego County Psychiatric Hospital Emergency Psychiatric Unit	<p><b>Treatment Focus:</b> Mental health  <b>Type of Service:</b> Crisis Services  <b>Populations:</b> Adult, Older Adult  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> Emergency mental health assessment and referrals.</p>	<p>3853 Rosecrans St.            San Diego, CA 92110            (619) 692-8200            24 hours a day/7 days a week</p>
San Diego County Psychiatric Hospital	<p><b>Treatment Focus:</b> Mental health  <b>Type of Service:</b> Inpatient  <b>Populations:</b> Adult, Older Adult  <b>Languages:</b> Translation Services</p> <p><b>Specialties:</b> Acute psychiatric inpatient care.</p>	<p>3853 Rosecrans St.            San Diego, CA 92110            (619) 692-8200            24 hours a day/7 days a week</p>
Employment Services Mental Health Systems, Inc. (MHS)	<p><b>Treatment Focus:</b> Mental health  <b>Type of Service:</b> Other Programs  <b>Populations:</b> Adults  <b>Languages:</b> English, Spanish, TTD for hearing impaired</p> <p><b>Specialties:</b> Vocational readiness, job placement and support for clients who qualify for Dept. of Rehab and who receive County mental health services.</p>	<p>1202 Morena Blvd., Ste. 201            San Diego, CA 92110            (619) 276-8071            Mon - Fri 8:00am - 4:30pm</p>

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Family and Youth Roundtable	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Advocacy  <b>Populations:</b> Children, Youth and Families  <b>Languages:</b> English</p> <p><b>Specialties:</b> Coaching, training and consulting that supports partnerships between consumers, families and mental health providers.</p>	<p>345 15th St., Ste. A            San Diego, CA 92101            (619) 546-5852</p>
Cabrillo Assessment Center	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Case Management  <b>Populations:</b> Children &amp; Adolescents  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> Short-term intensive hospital diversion and stabilization; Transition out of inpatient care.</p>	<p>730 Medical Center Ct.            Chula Vista, CA 91911            (619) 591-5740            Mon - Fri 8:30am - 5:00pm  <i>After-hours telephone service/consultation available</i></p>
Families Forward Wraparound Mental Health Systems, Inc. (MHS)	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Case Management  <b>Populations:</b> 6-18 years            SED (Severely Emotionally Disabled)  <b>Languages:</b> English, Spanish</p> <p><b>Specialties:</b> Case management and mental health services with a wraparound approach. Juvenile Court dependents and wards.</p>	<p>9445 Farnham St., Ste. 100            San Diego, CA 92123            (858) 380-4676            Mon - Fri 8:00am - 5:00pm  <i>24-hour availability</i></p>
Fred Finch Youth Center Comprehensive Assessment and Stabilization Services (CASS)	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Case Management  <b>Populations:</b> SED Children and Adolescents at risk of change of placement or higher level care  <b>Languages:</b> English, Spanish, Portuguese, American Sign</p> <p><b>Specialties:</b> Early Childhood; Comprehensive assessment; Foster youth; SED Youth; Juvenile Court dependents</p>	<p>3434 Grove St.            Lemon Grove, CA 91945            (619) 281-3706            Mon – Fri 8:00am - 5:00pm</p>
Oasis Clubhouse Providence Community Services	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Clubhouse  <b>Populations:</b> Transition Aged Youth  <b>Languages:</b> English, Spanish, Tagalog, Arabic, and Interpreter Services for all languages</p> <p><b>Specialties:</b> Socialization and Independent Living skills.</p>	<p>3635 Ruffin Rd, Ste. 100            tSan Diego, CA 92123            (858) 300-0460            Mon - Fri 8:30am - 5:00pm</p>
Emergency Screening Unit	<p><b>Treatment Focus:</b> Mental Health  <b>Type of Service:</b> Crisis Services  <b>Populations:</b> Children &amp; Adolescents  <b>Languages:</b> English</p> <p><b>Specialties:</b> All psychiatric emergencies are seen.</p>	<p>730 Medical Center Ct.            Chula Vista, CA 91911            (619) 421-6900            24 hours a day/7 days a week</p>



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Counseling Cove San Diego Youth Services</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Crisis Services & More <b>Populations:</b> Homeless, Runaway and SED youth (ages 12-21) <b>Languages:</b> English, Spanish, Tagalog	2250 Fourth Ave., Ste. 301 San Diego, CA 92101 (619) 525-9903 Mon – Fri 9:00am - 6:00pm <i>Evening hours by appointment</i>
	<b>Specialties:</b> Homeless and runaway youth outreach and engagement; Crisis intervention; Outpatient services.	
<b>Rady Child and Adolescent Psychiatry Services (CAPS)</b>	<b>Treatment Focus:</b> Mental Health <b>Populations:</b> Inpatient <b>Populations:</b> Children & Adolescents <b>Languages:</b> English, Spanish	3020 Children’s Way San Diego, CA 92123 (619) 229-3700 24 hours a day/7 days a week
	<b>Specialties:</b> Acute psychiatric inpatient care.	
<b>Caring Helpers Mental Health Systems, Inc.</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Other Programs <b>Populations:</b> Youth <b>Languages:</b> English, Spanish, Japanese	4660 Viewridge Ave. San Diego, CA 92123 (858) 292-0903 Mon – Fri 8:30am - 5:00pm
	<b>Specialties:</b> Training; Youth Development; Leadership; Mentoring.	
<b>Providence Community Services Catalyst Program</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Other Programs <b>Populations:</b> Transition Aged Youth <b>Languages:</b> English, Spanish, Tagalog, Arabic	7155 Mission Gorge Rd. San Diego, CA 92120 (858) 300-0460 Mon – Fri 8:30am - 5:00pm <i>24-hour availability to clients</i>
	<b>Specialties:</b> ACT services including mental health services, case management, housing services, employment and education service, and substance abuse treatment.	
<b>Family/Youth Partner Program San Diego Youth Services</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Other Programs <b>Populations:</b> Children & Adolescents <b>Languages:</b> English, Spanish	2250 Fourth Ave., Ste. 301 San Diego, CA 92101 (619) 525-9903 Mon - Fri 9:00am - 6:00pm <i>Family Youth Support Partners available 24 hours a day</i>
	<b>Specialties:</b> Family/Youth Peer Support	
<b>Therapeutic Behavioral Services (TBS)</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Children, Adolescents, Young Adults (up to age 21) <b>Languages:</b> English, Spanish	3255 Camino del Rio S. San Diego, CA 92108 (619) 563-2743 Mon – Fri 8:00am - 5:00pm
	<b>Specialties:</b> 1:1 behavior coaching; In-home services; Case management; Voluntary short-term intensive mental health services	

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
<b>Therapeutic Behavioral Services (TBS) Mental Health Systems, Inc.</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Childre, Adolescents, TAY, Families (Medi-Cal eligible up to age 21) <b>Languages:</b> English, Spanish, Arabic, French	9445 Farnham St, Ste. 100 San Diego, CA 92123 (858) 380-4669 Mon – Fri 8:00am - 4:30pm
	<b>Specialties:</b> 1:1 Behavior coaching; In-home services; Case management, Voluntary short-term intensive mental health services.	
<b>Therapeutic Behavioral Services (TBS) New Alternatives</b>	<b>Treatment Focus:</b> Mental Health <b>Populations:</b> Outpatient <b>Populations:</b> Children, Adolescents, TAY, Families (Medi-Cal eligible up to age 21) <b>Languages:</b> English, Spanish, Tagalog, Arabic, Vietnamese	2535 Kettner Blvd., Ste. 1A4 San Diego, CA 92101 (619) 615-0701 Mon – Fri 8:30am - 5:00pm
	<b>Specialties:</b> 1:1 Behavior coaching, In-home services; Case management, Voluntary short-term intensive mental health services.	
<b>Rady Children’s Hospital San Diego Developmental Evaluation Clinic</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Children <b>Languages:</b> English	8010 Frost St., Ste. 200 San Diego, CA 92123 (858) 966-5408 Mon – Fri 8:00am - 5:00pm
	<b>Specialties:</b> Provides developmental and psychological evaluation of infants, pre-school and school aged children.	
<b>Cultural Access &amp; Resource Enhancement (CARE) Community Research Foundation</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Children, Adolescents & Parents <b>Languages:</b> English, Spanish, Vietnamese, Tagalog	8775 Aero Dr., Ste. 333 San Diego, CA 92123 (858) 836-1090 Mon - Fri 9:00am - 5:00pm <i>Evening and weekend hours by appointment</i>
	<b>Specialties:</b> CARE offers outpatient services in the community to children who qualify with a serious emotional disturbance.	
<b>San Diego Center for Children</b>	<b>Treatment Focus:</b> Mental Health <b>Type of Service:</b> Outpatient <b>Populations:</b> Children & Adolescents <b>Languages:</b> English, Spanish, Tagalog, French, Italian	3002 Armstrong St. San Diego, CA 92111 (858) 277-9550 Mon – Fri 8:00am - 5:00pm
	<b>Specialties:</b> Strength-based therapy in residential setting. Provides day treatment on campus; access to non-public school on campus if IEP indicates.	



## Appendix C: Individual Responses from Small Group Work at the Breakfast

The table below presents the individual responses from the Healing Hearts and Minds Breakfast small group activity. The responses are transcriptions of each individual response recorded on Post-It notes. Thus, some responses include abbreviations and names of specific individuals or services.

RESPONSES
Connect Relationships
Ongoing Collaboration
Ongoing directory w/ I'd services in Community I.E: 211
Make sure directories are shared between Faith based leaders & behavioral health providers
Faith providers can invite behavioral health providers to meetings to explain services
Service providers get involved and participate in church activities
Keep the church community informed via newsletters, social media or any other communications method.
Dialogue Family training Dialogue Many & varied
Outreach, maybe attending community faith organizations
Invite the community to visit/get info from direct organization
More networking
Community leaders being educated on mental health illnesses
Faith leaders should be educated on resources
Community events/meeting
Faith leaders trained & empower, also with resources
Access to providers
Linkage to community resources
De-Stigmatizing
Awareness
More education and more support
Breaking silos
Finding a middle ground, finding the integration point between faith community and M.H. providers
Aiding in acceptance in all communities
Simplify the way to receive funding give less to more churches, so all churches have some allocated funds to focus on mental health needs
Vouchers for counseling
Offer counseling services at the church
Component of training identify (local) who the providers are & how congregations can access services
Share resources with congregation in bulleting & newsletters
Build direct faith Connect center to be part of response teams & outreach efforts
Faith based wellness day at the church



## RESPONSES

Leverage resources among themselves as faith communities
Trust established & relationship builders between faith based & agencies
Education of what services are out there
Mental Health First Aid
Understand and see signs of mental illness in individuals around them
Available to community-at-large
Free course; 8-hour training
EBP
Involvement
Financial aspect
Breakdown stigmas of mental health.
Emphasis the importance and impact of prevention and early intervention
Groups/organizations advocating for each other -> when that referral/hand-off needs to be made
Inform congregation that there are tools and services within the church
Educate faith based leaders so they are comfortable and appropriately lead to services
Train leaders in faith based via webinars for those that don't have time to attend trainings
Coordination between social workers & faith based leaders cross training
How can this initiative support faith leader's role as first responders to the behavioral health needs within their congregation?
Trust and relationships need to be established btw faith leaders and county and other organizations, trust need to be built so faith leaders so they can feel very confident in those they referral too. This meeting is a step in that direction.
Education of what services are out there- these meetings is again a step in that direction to be aware of the resources in the community. Having quarterly, biannually maybe resource fairs to bring these resources to churches and nearby churches.
One of the benefits of things like this, relationship is built, mental health awareness classes to help inform faith leaders on what to look for. Faith leaders have pride and just realize we don't know everything.
More education can empower us, and also knowing when to do a handoff, when they know they've done all they can and can refer. Break down stigmas and barriers associated with state or city government- situations like this meeting makes us less hesitant to approach.
Informing the congregation that there is help, awareness on how to [provide those tools to congregation
Associate btw social workers and faith leaders, like a cross training, sharing personal experience - lessen the trust issue so they're open to come to you.
Same as others and also building direct relationships. To add a component in training that the county provides of who are the resources and what they provide. Including that in flyers - become a resource hub for congregation.
Make sure that directories are going both ways - number of resources that very few people in his parish would know about, the dieses should also make a free directory available for the providers
Faith leaders should invite the service providers into their own meetings, explaining what they do so leaders in church know who to turn to - building community very intentionally.
Faith based orgs can be included in directories such as 211. Concur with others.
Concur about trust. Build trust by building relationships. Connecting with others.



## RESPONSES

More networking – learning about resources, having that information ready for faith leaders.  
 Access to resources, breaking silos and finding the middle ground where both things connect.  
 Getting involved with church activities.  
 Keep church community informed through newsletters, social media, etc.  
 Need to train families (not just individuals)  
 Underscore the need for dialogue (which we began today)  
 Electronic update  
 211 – keep it updated  
 Resource fairs at the church training  
 Don't limit county sites for fairs  
 Regional meetings invite faith leaders  
 Relationship building  
 Providing opportunities to speak and share ex: during mass service  
 Finding opportunities  
 Using faith's leaders power to promote resources or increase awareness  
 Giving clergy the tools  
 Recognizing the prevalence of mental health illness  
 It's not an all or nothing thing  
 It's a collaborative approach  
 Recognizing the overplay of knowledge  
 Faith as a tool to bridge the gap  
 Out stationing therapists mobile services  
 Cultural competency both ways  
 Faith based directory that is updated frequently  
 Broaden and define faith leaders to  
 Faith based call in number for mental health  
 More opportunities for education about faith based/mental health wellness in the schools, community & clubhouses  
 Build relationships b/w faith leaders and service providers  
 Putting pride aside" of the faith -based organization to focus on individual's needs overall  
 Emphasizing positive outcomes of past connections  
 Conference/fairs like today  
 Active approaches by leaders to expand networks-> specific tasks to reach goals  
 Connect w/ one organization a month  
 Be very intentional  
 Use existing mobile venues for education library vans, food banks, senior centers  
 Networking  
 Getting trained  
 Being more family-friendly to eliminate fear  
 Bridging  
 The church to become to hub for services, education, resources etc. like snapped  
 Work together to make appropriate referrals while providing the spiritual support  
 Develop strategies to share w/ mental health providers connecting to faith centers



## RESPONSES

Joint funding opportunities experienced service provider w/ local faith centers  
 In residential recovery faith centers needing mental health services--alcohol services  
 Develop partnerships where...  
 211  
 Public recognition of the work that faith organizations & community programs do together  
 Promote more event of faith organizations & mental health programs  
 Continued education on general  
 Relationships connections  
 Continuing the dialogue quarterly meetings  
 Speakers bureau about mental health for faith leaders  
 Parents classes at schools  
 Trainings network to know what is available  
 faith services app  
 211/updated  
 Kiosk information  
 quarterly meetings  
 Data base  
 Trainings  
 Link faith base resources inside of 211  
 Formally adapt county contracts through solicitation language around faith based organizations  
 Open mindedness fluidity trusting both ways  
 Whole family programs 'Learning to Love"  
 Continued education and networking to share knowledge resource fairs community panels (expertise, experience) Strong relationships w/ continuous research  
 Under county contract faith based groups & community groups work together, for a "wrap-around" approach w/ specific funding set aside



## Appendix D: Lessons from Across the State

As reported by the California Department of Mental Health, counties throughout California have focused on finding effective, collaborative means to inquire about, embrace, and support the spiritual lives of the people it serves. Spirituality and religion can be important components of recovery, and they have too often been overlooked, minimized, and many times labeled as pathology, leaving consumers with little hope for themselves and their futures. For this reason, the State of California launched the California Mental Health & Spirituality Initiative in June 2008 through voluntary financial contributions from 51 of the County Behavioral Health authorities in California, including San Diego County (<http://www.mhspirit.org/>). The Initiative is a non-profit entity based at the Center for Multicultural Development at the California Institute for Mental Health in Sacramento, California. There is broad support among County Behavioral Health Directors for the inclusion of spirituality in mental health services in California – in prevention, treatment, and as part of multicultural competency. The Initiative’s goals include increasing awareness of spirituality as a potential resource in mental health prevention, early intervention, and recovery. The Statewide initiative encourages collaboration among faith-based organizations; mental health services providers, consumers, family members, and communities in combating stigma and reducing disparities in access to services for diverse populations (California Institute of Mental Health, 2009).

Additionally, many counties have pursued their own faith-based initiatives. As part of this project, Harder+Company contacted several counties with faith based initiatives to inform the process of developing San Diego’s approach. In the tables below are brief summaries of these counties, including a brief overview of its mission and contact information.



COUNTY	MISSION
<p><b>CONTRA COSTA</b>  <b>Program name:</b> Faith Initiative  <b>Contact info:</b>            Lisa Booker            Ethnic Services Coordinator            Contra Costa Mental Health            lbooker@hsd.cccounty.us            (925) 646-5645  <b>Website:</b> <a href="http://cchealth.org/mentalhealth/mhsa/">http://cchealth.org/mentalhealth/mhsa/</a></p>	<p>The Faith Initiative brings together clergy of all faiths to present a common front against some of the issues facing family life. Mental Health Liaisons continuously expand county’s working relationships with the faith community, health providers, schools and other “first responders” to trauma to expand methods for rapid response and access to early intervention for those involved in traumatic events. The Project is designed to strengthen underserved cultural communities in ways that are relevant to specific communities, in order to increase wellness, to reduce stress and isolation, to reduce the likelihood of needing services of many types, and to help support strong youth and strong families through improvement of communication within families. This includes family members of all ages. System navigation education and support was also a preferred strategy for underserved cultural communities.</p>
<p><b>LOS ANGELES</b>  <b>Program name:</b> Mental Health and Spirituality  <b>Contact info:</b>            Keren Goldberg            Faith Outreach and Collaboration            at Los Angeles County            Department of            Public Works            (213) 381-8544            KGoldberg@dmh.lacounty.gov  <b>Website:</b> <a href="http://dmh.lacounty.gov/wps/portal/dmh">http://dmh.lacounty.gov/wps/portal/dmh</a></p>	<p>The initiative’s purpose is to increase awareness of spirituality as a potential resource in mental health prevention, early intervention, and recovery and to encourage collaboration among faith-based organizations, mental health service providers, consumers and families in combating stigma and reducing disparities in access to services for diverse populations. The initiative aims to educate, motivate and inspire the inclusion of spirituality in one’s journey to being whole. Los Angeles Department of Mental Health holds an annual Mental Health and Spirituality Conference. The conference is for clergy members to learn about mental health issues to better serve their congregants, and for mental health workers who want to learn about using spirituality in treatment.</p>
<p><b>ORANGE</b>  <b>Program name:</b> Wholeness &amp; Recovery In Mind, Body and Spirit  <b>Contact info:</b>            Sheryl Curl            County Health Care Agency/            Behavioral Health Services            714-667-5600            scurl@ochca.com  <b>Website:</b> <a href="http://media.ocgov.com/gov/occr/occs/aging/default.asp">http://media.ocgov.com/gov/occr/occs/aging/default.asp</a></p>	<p>The mission of the Orange County Spirituality in Mental Health initiative aim is to educate service providers on the importance of integrating spirituality with behavioral health as a component of the recovery process. Future goals are to convene an advisory board with multicultural expertise and to conduct monthly trainings on various religious/spiritual practices, cultures, and modalities. Ultimately the department strives to describe how behavioral health problems (i.e. substance abuse, trauma, and mental health issues) are approached in various religious/spiritual communities while providing culturally competent health services by including the integration of behavioral health and spirituality.</p>



COUNTY	MISSION
<p><b>RIVERSIDE</b>  <b>Program name:</b> Community Dialogue on the Integration of Spirituality and Mental Health  <b>Contact info:</b>            Kei Okubo            Staff Development Office            Riverside County Department of Mental Health            951-358-7729            kokubo@co.riverside.ca.us  <b>Website:</b>  <a href="http://www.up2riverside.org/find-help/resources/resources-for-faith-based-communities/default.asp">http://www.up2riverside.org/find-help/resources/resources-for-faith-based-communities/default.asp</a></p>	<p>The mission of the Community Dialogue is to gain a diverse and rich understanding of how to better serve people in communities of faith when addressing their emotional needs. It also seeks to reduce stigma and overcome challenges associated with achieving the larger community's emotional well-being. The initiative developed the mental health ministry's directory dedicated to providing educational resources to help erase the stigma of mental illness in faith communities and to help congregations become caring congregations for persons living with a mental illness and their families. The site includes printer friendly media and print resources that can be adapted to the unique needs of each congregation.</p>
<p><b>SACRAMENTO</b>  <b>Program name:</b> Spirituality in Mental Health  <b>Contact info:</b>            Dr. Oscar Wright            916-643-1530  <b>Website:</b>  <a href="http://www.dhhs.saccounty.net/BHS/Pages/BHS-Home.aspx">http://www.dhhs.saccounty.net/BHS/Pages/BHS-Home.aspx</a></p>	<p>The Department of Mental Health staff works closely with faith community networks to provide workshops in their communities about emotional wellness and suicide prevention. The initiative offers a series of trainings on the role of spirituality on mental health, in particular, focusing on suicide prevention of the most vulnerable and underserved populations. Through this innovation work plan, the county will aim to create and support a program(s) that incorporates faith-based communities in the provision of services (prevention and linkage to other resources and referral services).</p>
<p><b>SANTA CLARA</b>  <b>Program name:</b> Faith Re-Entry Collaborative  <b>Contact info:</b>            Maureen O'Malley-Moore            Director Faith Reentry Collaborative            408-535-4276            Maureen.o'malley-moore@hhs.sccgov.org  <b>Website:</b>  <a href="http://www.sccgov.org/sites/reentry/faith%20re-entry/Pages/home.aspx">http://www.sccgov.org/sites/reentry/faith%20re-entry/Pages/home.aspx</a></p>	<p>The Faith Re-Entry Collaborative of Santa Clara County is an inclusive faith-centered network offering hope, compassion, forgiveness, trust, and accountability together with immediate and long-term resources and supports to individuals and families as they return to the community from incarceration. The Collaborative Aims to engage and support re-entry individuals &amp; family members in a natural community setting as well as enable individuals to take care of themselves while promoting self-sustainability. The resources marshaled will support Individual and basic life needs as well as the recover and rebuilding of lives.</p>

