



Central Region Behavioral Health Services and Faith Based Community Dialogue

RESOURCE COMPENDIUM | December 2013



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December 17, 2013

Dear Central 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 Central Region residents.

This Resource Compendium is a culmination of this planning effort and the BHS Central 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 Central Region.

Sincerely,

Alfredo Aguirre, LCSW
Director, Behavioral Health Division

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History and Purpose of the Central 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 multi-fold; 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 Central 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, Pentecostal) are very different and these denominations may not naturally convene.
- **Differing congregational size and capacity.** Congregations vary from small (no more than 50 individuals) with minimal infrastructure to large (over 1000 families) with resources and infrastructure to launch new initiatives and programs on their congregants behalf.
- **Various organized collaborations.** Within the Central Region, there are numerous connecting points where congregations convene for mutual benefit (e.g., San Diego Organizing Project, Pastors on Point, United Ministerial Action Council, Interfaith Committee for Worker Justice of San Diego County) and county faith based committees (San Diego District Attorney's Interfaith Advisory Board, Suicide Prevention Action Plan Committee's Faith Outreach Organizing subcommittee). Some congregations are part of multiple connecting point organizations, others remain unaffiliated.

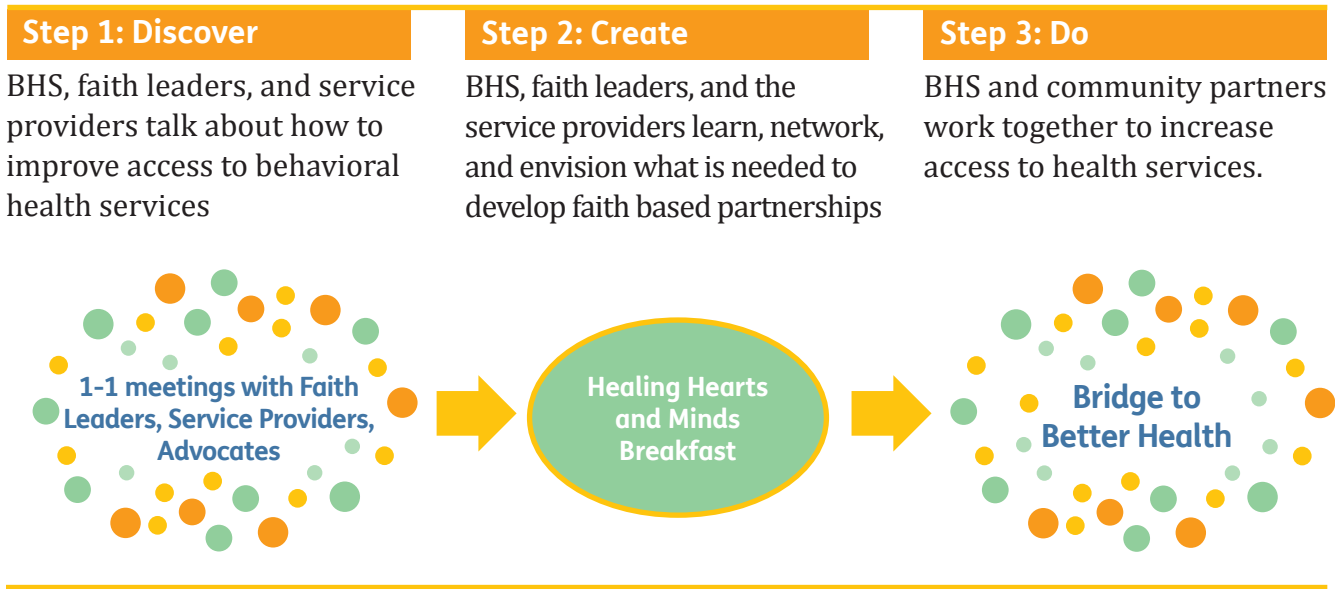
As the initiative progressed and BHS understanding of the faith community landscape deepened there were course of action changes that helped to solidify the development of the initiative. The Planning Group meetings were held at BHS and included county staff, service providers, and faith leaders. BHS brought on board a technical assistance contractor (Harder + Company Community Research) which coordinated and facilitated the outreach in the Central Region's faith communities to broaden participation. 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,

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<http://www.flickr.com/photos/puuikibeach/8283653362/in/photolist-dBZTxG-buPr4B-85L5za-a9YTyX-a3tEfa-ap2PH3-8ZMkXE-7C61sG-a53rvj-8Et7vD-fJPbwF-83ehjr-cX9v9b-95szE7-cLTW2y-7QA4GS-93VTbf-frobjy-81n3bE-9XhyMu-eYPSs5-84DxBB-84GEiu-8iqDJN-8qUNWv-ddRZ8w-7LGoLJ-h6MMNE-eLC15C-i1CdGF-b3kzpa-aEpYGf-7Rq79v-a89ES2-bN6mZR-9Aeju8-8HHfLc-9ZGpVM-dUeaML-86qLUk-8xAQNs-8Y7Heo-g9F3iB-bVw4KA-eAS5B9-f9ML7E/>



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 community dialogue breakfast forum. 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). Individuals during these meetings suggested forming a faith leader only group (later called the Faith Leader Engagement Group) to meet at local community locations and create a “safe space” to discuss the topic of mental health with their peers. As these Faith Leader Engagement Group meetings gained momentum and became more formalized, the group began to outline the needs and actions that could be pursued in developing a stronger faith based and county partnership. These results were presented to the larger Planning Group before the Breakfast and became the central organizing principles for small group work during the Breakfast event. The results of the small group work are presented later in this report.

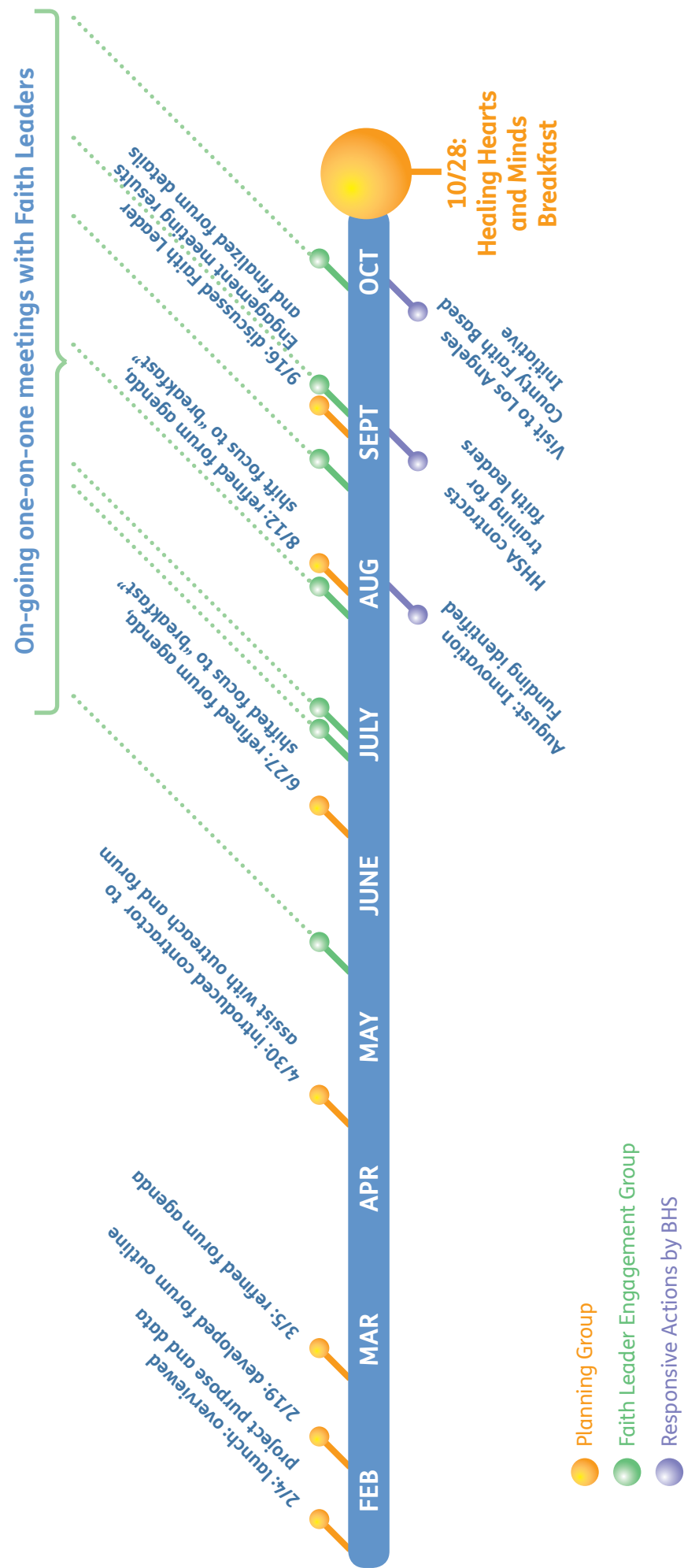
There were a number of other activities that BHS pursued concurrent to the Planning Group and Faith Leader Engagement Group meetings. These activities were in response to issues raised by both groups. Key issues included:



Key Issues, Considerations and Actions

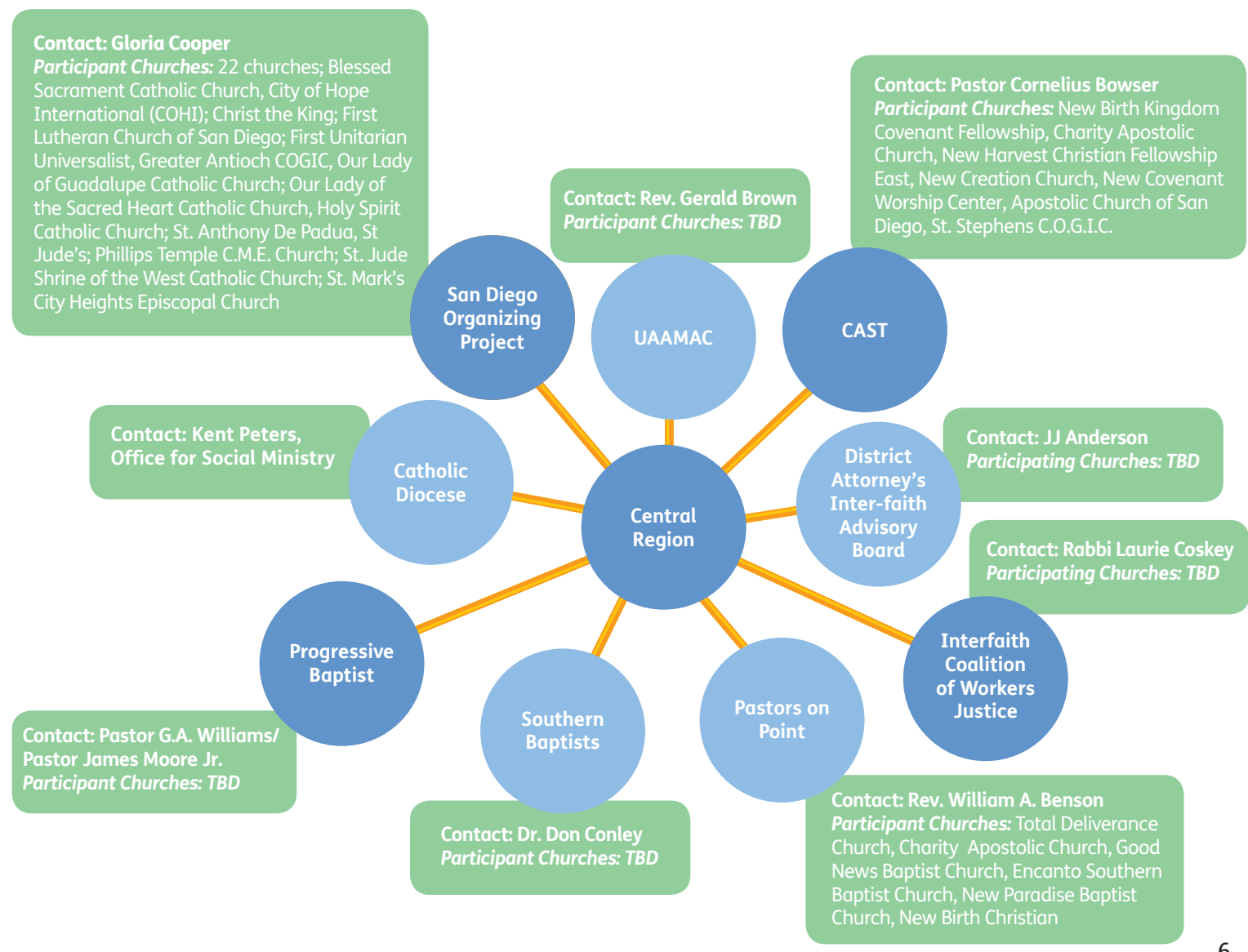
ISSUE	CONSIDERATIONS	BHS RESPONSE
Understanding of available behavioral health services	Faith leaders noted that they lacked knowledge about available services for their congregants. Faith leaders also noted that their increased knowledge of service is not a sufficient goal - service providers must be 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)
Resources to directly support a faith based approach to mental health and wellbeing	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)
Faith community understanding of how to access County funds	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 access county funds	BHS provided a special training to interested faith leaders to review the regulations and processes of accessing county funds

The following page provides a timeline for the Community Dialogue Breakfast forum with key steps, events, and meetings.



Faith Community Collaborations in the Central Region

During outreach efforts, Harder + Company mapped the collaborations within the Central Region's faith community. The Central Region has a number of "connecting points" for faith leaders, ranging from denomination-specific conferences to groups of churches that convene to address common issues of concern. The diagram below outlines part of the Central Faith community eco-system (including those organized by faith leaders, nonprofits, or the County). There are many more collaborations, connecting points, and hundreds of individual congregations that should be included during the next phase of the San Diego Faith Based Community Dialogue. The purpose of displaying the currently known connecting points 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 October 28, 2013, approximately 130 individuals representing faith communities and service providers participated in the Healing Hearts and Minds Breakfast forum. The purpose of the breakfast was to build on the Planning Group efforts to date and to broaden and strengthen 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 work group discussions with the purpose of developing strategies that could be pursued as part of the ongoing Faith Based Community Dialogue initiative. The following summary overviews 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 Alfredo Aguirre (Director of San Diego County Behavioral Health Services) and Piedad Garcia (Assistant Deputy Director of Behavioral Health Services). Pastor Jesus Sandoval (New Harvest Church) gave the welcoming prayer. Supervisor Ron Roberts gave personal testimony to the effects of mental health in his family and Alfredo Aguirre provided comments on the importance of a partnership between existing service providers, the County of San Diego and the faith communities to build community wellness.

Panel Presentation: The panel discussed how faith based approaches support mental health and well-being and answered breakfast attendee questions. In addition, participants were invited to submit questions to the panel. Highlights from the panelist, in the order they presented, include:

- **Piedad Garcia (Assistant Deputy Director of Behavioral Health Services).** Dr. Garcia discussed the importance of the faith community as first responders to mental health issues and the support and solace they provide. She noted that faith leaders need support and the tools to understand how to identify mental health concerns and how to address them through stronger partnerships with mental health service providers. The County is committed to continuing this conversation past this breakfast.
- **Daphyne Watson, Executive Director of Mental Health Services (MHA).** Ms. Watson 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 prevention and intervention services. Ms. Watson 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 noted that every church and community should be reached with this training.
- **Anita Fischer (National Alliance on Mental Illness (NAMI)).** Ms. Fischer is both a NAMI family advocate and is a parent of someone living with mental illness. She shared her personal testimony about the difficulty of acknowledging her son's mental health concerns to her church. She first attempted to find services outside of her faith community, but recognized that mental illness is a family condition and there is a strong need to include the family, and the faith community, in treatment and care. She noted that once she acknowledged her situation to her church, she received the support she needed to help with the healing process.
- **Pastor Cornelius Bowser (Charity Apostolic Church and Community Assistance Support Team, CAST).** Pastor Bowser discussed the important role service providers play in mental well-being and that this is more profound when it is in support of the individual's religious beliefs and faith. By partnering with faith communities, service providers have a powerful ally for improving well-being. Partnerships between the faith community and service providers will improve access to and delivery of mental health services and improve client self-management of mental health issues.
- **Reverend Gerald Brown (Christ Church of San Diego and the United African American Ministerial Action Council (UAAMAC)).** Reverend Brown observed that faith leaders are currently first responders to mental health issues and currently provide critical ongoing support for their community members. They respond to issues related to homicide, suicide, self-harm, and gang membership without the assistance of trained service providers. He called on the need for the County of San Diego to work more collaboratively and closely with the faith community, including consideration of resourcing faith leaders as first responders. He noted that this ongoing collaboration should be driven by a meaningful, community-informed action plan.



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 in emerging themes (shown below) and included specific attendee-identified actions that could be pursued in the second phase of San Diego's Central Region Faith Based Initiative.

THEME	ACTIONS
Education and Training - Faith leaders need to know how to respond to mental health issues and what services are available in their community.	• Receive credible mental health trainings (like Mental Health First Aid) to identify, understand, and respond to signs of mental illnesses and substance use disorders • Host mental health resource fairs that include service providers • Utilize a mental health program directory for the county or region (consider including faith- and county-based mental health services in 211 online directory) • Promote mental health services through existing communication processes, including electronic resources (e.g. social media, list-servs) • Provide hard-copy resources like brochures, pamphlets, etc.
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	• Local service providers conduct in-person visits to faith-based communities (such as at Gospel Fest or host a Mental Health Sunday) • Share hard-copy resources such as brochures, pamphlets, etc.
Partnership - Faith leaders and county service providers need to have ongoing, collaborative, and trusting relationships with each other.	• Co-locate county and faith-based mental health services • Participate in each other's events • Support formal, ongoing partnerships to continue the conversation via a faith-community task force. • Conduct targeted faith-community outreach efforts (such as focus groups) to understand the needs and opportunities for mental health services • Distribute information about services through regularly maintained electronic communications (e.g. listservs, website/ Facebook updates)



THEME	ACTIONS
Collaboration - Mental health providers and faith leaders need to continuously work with each other to provide holistic and integrated mental health services.	• Develop collaborative wellness action plans • Conduct ongoing forums that offer opportunities for meaningful connection between service providers and faith leaders • Address general barriers to wellness, such as transportation access • Pursue regular dialogue with community members about mental health
Funding - Dedicate resources to support a faith based initiative that devotes resources to services in the community.	• Dedicate resources for a faith based initiative that explicitly partners faith community members with service providers • County encourages service providers to subcontract with faith-based services when appropriate • County develops tools to educate and simplify contracting process



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 ongoing 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



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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
Alfredo Aguirre	Director - Behavioral Health Services
Claudia Baltazar	Social Advocates for Youth (SAY) San Diego
Simon Amelia Barile	County of San Diego/HHSA Central/South
Kenneth Barnes	Behavioral Health Services – A/OA
Susan Bower	Director of Operations - Behavioral Health Services
Pastor Cornelius Bowser	Charity Apostolic Church
Reverand Gerald Brown	United African American Ministerial Action Council
Juanita C.	Community Member
Jacqueline Cabral	City of San Diego - Commission on Gang Intervention/Prevention
Mike Carlisle	Vision San Diego
Pastor Don Conley	Pastors on Point
Gloria Cooper	Greater Antioch COGIC/San Diego Organizing Project (SDOP)
Ulysses Downing (Navy Chaplain, Retired)	East Village Community Development Cooperation
Tina Emmerick	Central and South Regions - County of San Diego/HHSA
Anita Fischer	Education Director - NAMI
Dale Fleming	Strategic Planning, Strategy and Innovation - County of San Diego
Piedad Garcia	Assistant Deputy Director - Adult/Older Adult Behavioral Health Services
Hannah Gravette	San Diego Organizing Project
Barry Harris	New Creation Church
Celeste Hunter	ACE Program and Compassion Project
Chaplain Gerald Johnson	Body of Christ
C. Kahalifa King	Harmonious Solution
Kathe Larick	First Unitarian Universalist Church
Eyra Leeper	Alvarado Parkway Institute
Tondra Lolin	Mental Health America, San Diego County
Patricia Lopez	Health and Human Services Agency



Planning Group Participants

NAME	ORGANIZATION
Rosa Ana Lozada	Harmonium
Wendy Maramba	Behavioral Health Services, CYFS
Pastor Oscar Marin	The Vine Church
Donna Marto	Family Youth Roundtable
Kristina Maxwell	Adult/Older Adult Behavioral Health Services
Beverly Monroe	House of Metamorphosis
Wyatt Nelson	Community Assistance Support Team
Jolie Ramage	County of San Diego
Dave Richardson	Community Health Improvement Partners
Carey Ricotelli	County of San Diego/HHSA – North Regions
Reverend Carmen Warner Robbins	Welcome Home Ministries
Pastor Archie Robinson	Pastors on Point/New Birth Christian Fellowship
Robert Robinson	United African American Ministerial Action Council
Mark Robson	San Diego Organizing Project
Donna Rose	Bayview Baptist Church
Pastor Jesus Sandoval	New Harvest
Kellie Scott	Behavioral Health Education and Training Academy
Lynn Sharp-Underwood	Gang Prevention and Intervention Commission
Edith Smith	First Responder Support Network (FRSN)/San Diego Organizing Project (SDOP)
Lionel Smith	First Responder Support Network (FRSN)/San Diego Organizing Project (SDOP)
Ken Steele	San Diego Mission Team, Forefront Ministries
Patty Steele	San Diego Mission Team, Forefront Ministries
Cecil Steppe	Project Save Our Children
Myrtz Stoups	Community Member
Cecily Thornton-Stearns	Behavioral Health Services- A/OA
Karen Ventimiglia	County of San Diego/HHSA – MHSA
Ann Vilmenay	County of San Diego/HHSA – North Costal/North Inland
Robins Warner	Welcome Home Ministries
Daphyne Watson	Mental Health America
Sam Williams	Vision-San Diego
Adrienne Yancey	Behavioral Health Services
Nick Yphantides	Chief Medical Officer – HHSA, County of San Diego



Faith Leader Engagement Group Participants

NAME	ORGANIZATION
Claudia Baltazar	Social Advocates for Youth (SAY) San Diego
Pastor William Benson	Total Deliverance Church
Pastor Cornelius Bowser	Charity Apostolic Church
Pastor Floyd Brown	Good News Church
Reverend Gerarld Brown	United African American Ministerial Action Council
Pastor Clarice Christian	Immanuel Chapel
Reverend Brian Clater	Mount Olive Baptist Church
Pastor Don Conley	Pastors on Point/Encanto Southern Baptist Church
Pastor Steve Cooper	Greater Antioch COGIC
Gloria Cooper	Greater Antioch COGIC/San Diego Organizing Project (SDOP)
Dr. Brooke T. Crenshaw	Brooke T. Crenshaw College
Albert Daniels	Harmonious Solutions
Reverend Alpha Dority	Mt. Moriah Church
Pastor Charles Dorsey	United African American Ministerial Action Council/True Faith Missionary Baptist Church
Ulysses Downing (Navy Chaplain, Retired)	East Village Community Development Corporation
Anita Fischer	Education Director - NAMI
Celeste Hunter	ACE Program and Compassion Project
Kahalifa C. King	Harmonious Solution
Pastor George McKinney	St Stephen's Church
Larry Morris	San Diego Organizing Project
Pastor Chuck Norris	Prince Chapel by the Sea AME
Kent Peters	Diocese of San Diego
Pastor Rosie Robinson	Church of Jesus Christ
Pastor Archie Robinson	Pastors on Point/New Birth Christian Fellowship
Robert Robinson	United African American Ministerial Action Council
Mark Robson	St. Stephen's Church
Pastor Jesus Sandoval	New Harvest
Edith Smith	First Responder Support Network (FRSN)/San Diego Organizing Project (SDOP)
Daphyne Watson	Mental Health America



Appendix B: Central Region’s Behavioral Health Services



The Resource Directory below was assembled by the County of San Diego, Behavioral Health Services Division to identify the county-funded services available within the Central 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
Rachel’s Women’s Center (Catholic Charities, Inc.)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Homeless Women Specialties: A daytime drop-in recovery center for homeless women in downtown San Diego. Offer lunch, laundry, and shower facilities on a first-come, first-served basis.	759 Eighth Ave. San Diego, CA 92101 (619) 696-0873 Mon – Sun 7:00 am - 5:00 pm
Palavra Tree Teen Recovery Center (TRC) – Central Southeast	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adolescents Specialties: A non-residential alcohol and drug treatment and recovery services for adolescents in the central and southeast regions of the City of San Diego.	1212 South 43rd St., Ste. C San Diego, CA 92113 (619) 263-7768 Mon – Fri 8:30 am - 6:30 pm
Palavra Tree Teen Recovery Center (TRC) – Central Southwest	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adolescents Specialties: Provides non-residential alcohol and drug treatment and recovery services for adolescents in the central and southeast regions of the City of San Diego.	2878 Imperial Ave. San Diego, CA 92102 (619) 263-7768
Teen Options (San Diego Youth Services)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Pregnant and Parenting adolescent girls and their children. Specialties: A day treatment program for pregnant and parenting adolescent women who are using alcohol or drugs. Child care available.	(619) 521-2250 Mon – Fri 8:00 am - 4:30 pm
Union of Pan-Asian Communities (UPAC)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adults, Older Adults Specialties: Alcohol and other drug treatment and recovery services, including co-occurring disorders, targeting Asian and Pacific Islander (API) adults, refugees, immigrants and other underserved populations. Outpatient, individual, family, and group counseling.	3288 El Cajon Blvd., Ste. 13 San Diego, CA 92104 (619) 521-5720 Mon – Fri 10:00am - 6:30pm

SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Parent Care Family Recovery Center – Central (Vista Hill Foundation)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Women and Children Specialties: A 6-9 month program that includes an initial diagnostic assessment, treatment planning, individual counseling, treatment sessions 3 evenings/week.	4125 Alpha St., Ste. G San Diego, CA 92113 (619) 266-0166 Mon – Fri 8:00 am - 5:00 pm
Central East Regional Recovery Center (RRC) – (MHS-Mental Health Systems, Inc.)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adults, Older Adults Specialties: 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.	6244 El Cajon Blvd., Ste. 15 San Diego, CA 92115 (619) 287-8225 Call for hours
Teen Recovery Center (TRC) North Central (MITE – McAlister Institute for Treatment & Education)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adolescents Specialties: N/A	7867 Convoy Ct., Bldg.5, Ste. 302 San Diego, CA 92111 (858) 277-4633 Mon Fri 9:00 am - 6:00 pm
Palavra Tree – Central North	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adolescents Specialties: Provides non- residential alcohol and drug treatment and recovery services for adolescents the central and southeast regions of the City of San Diego.	4001 El Cajon Blvd. San Diego, CA 92105 (610) 280-2300 Mon – Fri 8:30 am - 6:30 pm
Union of Pan-Asian Communities (UPAC)	Treatment Focus: Alcohol and Drugs Type of Service: Non-Residential Populations: Adolescents Specialties: Alcohol and other drug treatment and recovery services for adolescents with Medi-Cal coverage. Offers after-school programs.	3288 El Cajon Blvd. San Diego, CA 92104 (619) 521-5720 Mon – Fri 10:00 am - 6:30 pm
Mid-City for Youth (Social Advocates for Youth –SAY San Diego, Inc.)	Treatment Focus: Alcohol and Drugs Type of Service: Prevention and Early Intervention Populations: All Specialties: Regional prevention services provide alcohol and other drug prevention activities designed to reduce substance abuse in communities.	4275 El Cajon Blvd. San Diego, CA 92105 (619) 283-9624 Mon – Fri 8:30 am - 5:00 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Detox INTAKE ONLY (Volunteers of America)	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adults, Older Adults Specialties: Offers a 5-14 day residential social model detoxification program for adults who are experiencing problems with alcohol and other drugs.	101 16th St. San Diego CA 92101 (619) 232-9343 24/7
Amigos Sobrios (Volunteers of America - VOA)	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Men, Latino Focused Specialties: A 17-bed, long-term, bilingual and bicultural residential alcohol and drug facility. Provides structure, support, referral, and recreation in an alcohol- and drug-free environment. Provides a social model residential recovery home for Latino males.	741 11th Ave. San Diego, CA 92101 (619) 232-7754 24/7
Casa de Milagros (MAAC Project)	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Women, Latina Specialties: A culturally specific residential alcohol and drug recovery program targeting the Latina substance abuser. Uses the 12-step method of treatment.	1127 South 38th St. San Diego, CA 92113 (619) 262-4002 24/7
CRASH, Inc. – Short-Term I (Men)	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adult, Older Adult Males Specialties: A short-term residential alcohol and drug treatment program (30-90 days) for men, including group therapy, individual counseling, and peer support. Program also includes nonresidential after-care services.	4161 Marlborough Ave. San Diego, CA 92105 (619) 282-7274 24/7
CRASH II – Women’s Residential Program	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adult Women, Older Adult Women Specialties: A short-term residential alcohol and drug treatment program (30-90 days) for women, including group therapy, individual counseling, and peer support.	2410 “E” St. San Diego, CA 92102 (619) 234-3346 24/7



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
CRASH Bill Dawson Residential Recovery Program (Men/Women)	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adults, Older Adults Specialties: A long-term residential rehabilitation program for alcohol and drug abusers (4-6 months). Provides group therapy, individual counseling, and peer support to assist residents in remaining drug free.	726 “F” St., 2nd Floor San Diego, CA 92101 (619) 239-9691 24/7
Crossroads Foundation	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Women Specialties: For women recovering from alcoholism and/or drug addiction. Self-help-oriented treatment based on the AA and NA 12-step programs.	3594 Fourth Ave. San Diego, CA 92103 (619) 296-1151 24/7
Heartland House (Twelfth Step House, Inc.)	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Men Specialties: Residential treatment that offers residents an opportunity to regain and maintain sobriety through close association with persons having many years of sober living. Offers 12-step meetings, alcohol and drug education, relapse prevention.	5855 Streamview Dr. San Diego, CA 92105 (619) 287-5460 24/7
House of Metamorphosis	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adults, Older Adults, Men & Women Specialties: A residential treatment for alcohol and drug abusers. Treatment includes individual, group, and family counseling; anger management; recreation therapy; psychiatric evaluations; parenting classes; substance abuse education.	2970 Market St. San Diego, CA 92102 (619) 236-9217 24/7
Pathfinders	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Men Specialties: A residential treatment for alcohol and drug abusers. Treatment includes individual, group, and family counseling; anger management; recreation therapy; psychiatric evaluations; parenting classes; substance abuse education.	2980 Cedar St. San Diego, CA 92102 (619) 239-7370 24/7



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Stepping Stone	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adults, Older Adults (Gay/Lesbian emphasis) Specialties: A 30-bed co-ed residential alcohol and drug recovery program. Services include individual and group counseling and AA and NA meetings. Special emphasis on services to LGBT populations.	3767 Central Ave. San Diego, CA 92105 (619) 584-4010 24/7
Tradition One, Inc.	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adults, Older Adults Specialties: A 24-hour residential alcoholism and drug addiction treatment program for men and women. Provides individual and group counseling sessions, on-site and outside AA and NA meetings, guest speakers, education.	4104 Delta St. San Diego, CA 92113 (619) 264-0141 Mon – Thur 7:00 am - 4:00 pm Fri 7:00am - 12:00 pm
Turning Point Home of San Diego, Inc.	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Women Specialties: A long-term recovery home for 20 women (focus is on alcoholism or alcoholism combined with drug abuse). Residents stay for a minimum of 3 months and up to 2 years.	1315 25th St. San Diego, CA 92102 (619) 233-0067 24/7
Veterans Village of San Diego	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Adults, Older Adults Specialties: A residential drug and alcohol treatment for male and female homeless veterans. Clients work with a case manager to develop a recovery plan.	4141 Pacific Highway San Diego, CA 92110 (619) 497-0142 24/7
The Way Back	Treatment Focus: Alcohol and Drugs Type of Service: Residential Populations: Men Specialties: A 27-bed residential facility for male alcoholics. The rehabilitation program includes AA meetings, alcohol education, referral to community resources, and individual, group, and family participation.	2516 “A” St. San Diego, CA 92102 (619) 235-0592 Mon – Fri 8:00 am - 11:00 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Inebriate Reception Center (IRC) – (Volunteers of America – VOA)	Treatment Focus: Alcohol and Drugs Type of Service: Sobering Services Populations: Adults, Older Adults Specialties: Provides a 24-hour sobering center that detains inebriated adults for 4 hours until sober.	101 16th St. San Diego, CA 92101 (619) 232-9343 24/7
Family and Youth Roundtable	Treatment Focus: Mental Health Type of Service: Advocacy Populations: Children, Youth and Families Specialties: Coaching, training and consulting that supports partnerships between consumers, families and mental health providers.	345 15th St., Ste. A San Diego, CA 92101 (619) 546-5852
Center Star – ACT (Mental Health Systems, Inc.)	Treatment Focus: Mental Health Type of Service: Assertive Community Treatment (ACT) Populations: Adults, Older Adults Specialties: Intensive, all-inclusive Case management, Outpatient & Rehabilitation, with supported employment through justice system.	4283 El Cajon Blvd., Ste. 115 San Diego, CA 92105 (619) 521-1743 Mon - Fri 9:30 am - 4:30 pm
Downtown IMPACT (Community Research Foundation)	Treatment Focus: Mental Health Type of Service: Assertive Community Treatment (ACT) Populations: Adults, age 18+ (high-risk homeless in downtown San Diego) Specialties: Intensive case management; Medication management; Linkage to services.	995 Gateway Center Way, Ste. 300 San Diego, CA 92102 (619) 398-2156 Mon – Fri 8:30 am - 4:30 pm
STEPForward	Treatment Focus: Mental Health Type of Service: CalWORKs, Other Populations: CalWORKs Recipients Specialties: Intensive case management; Medication management; Linkage to services.	2772 Fourth Ave. San Diego, CA 92103 (619) 295-6067 Mon – Fri 8:00 am - 5:00 pm
The Corner Clubhouse	Treatment Focus: Mental Health Type of Service: Clubhouse Populations: Adults, age 18+ Specialties: Volunteer participation; Vocational, educational and social support; Self-help, recovery, and co-occurring disorders groups.	2864 University Ave. San Diego, CA 92104 (619) 683-7423 Mon - Fri 8:00 am - 4:00 pm
Friend to Friend Program (Episcopal Community Services)	Treatment Focus: Mental Health Type of Service: Clubhouse Populations: Spanish Specialties: Specialties: Client-Operated; Social, educational and vocational program.	(619) 955-8217 Mon - Fri 8:00 am - 4:00 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
The Meeting Place	Treatment Focus: Mental Health Type of Service: Clubhouse Populations: Adults, Older Adults Specialties: Socialization; Vocational services; Under 30 support group.	2553 State St. San Diego, CA 92101 (619) 294-9582 Mon – Fri 8:00 am - 4:00 pm, Sat (rotating) 10:00 am - 2:00 pm
NHA Friendship Clubhouse - Project Enable	Treatment Focus: Mental health Type of Service: Clubhouse Populations: Adults, age 18+ Specialties: A 24-hour residential alcoholism and drug addiction treatment program for men and women. Provides individual and group counseling sessions, on-site and outside AA and NA meetings, guest speakers, education.	(619) 263-6269 Mon - Fri 8:30 am - 5:30
Psychiatric Emergency Response Team (PERT)	Treatment Focus: Mental health Type of Service: Crisis Services Populations: All ages Specialties: Socialization; Vocational services; Under 30 support group.	(619) 276-8112 Administrative office only CALL YOUR LOCAL LAW ENFORCEMENT AGENCY FOR IMMEDIATE SERVICE Mon – Fri 9:00 am - 5:00 am Administrative office only
Riley Outpatient (San Diego Unified School District)	Treatment Focus: Mental health Type of Service: Day Program Populations: Adolescents Specialties: Day treatment intensive.	5650 Mt. Ackerly San Diego, CA 92111 (858) 496-8205 Mon - Fri 8:00 am - 4:30 pm
New Dawn - Day Treatment (San Diego Unified School District)	Treatment Focus: Mental health Type of Service: Day Program Populations: ED students (ages 9-12) in San Diego Unified School District Specialties: Day Rehab; Individual therapy; Medication support services.	5650 Mt. Ackerly San Diego, CA 92111 (858) 496-1655 Mon – Fri 8:30 am - 4:00 pm
Marcy Day Treatment Program (San Diego Unified School District)	Treatment Focus: Mental health Type of Service: Day Program Populations: Children, Adolescents (ages 9-12) Specialties: Day Rehab; Individual therapy; Medication support services.	2716 Marcy Ave. San Diego, CA 92113 (619) 525-7372 Mon – Fri 8:30 am - 4:00 pm
Unified Day Rehabilitation (San Diego Unified School District)	Treatment Focus: Mental health Type of Service: Day Program Populations: Adolescents Specialties: n/a	5650 Mt. Ackerly Dr. San Diego, CA 92111 (858) 573-2227 Mon-Fri 8:00 am - 4:00 pm
Forensic Evaluation Psychiatry Unit	Treatment Focus: Mental health Type of Service: Forensics Populations: Adults, Older Adults referred by Court Specialties: Court-ordered mental health assessments.	220 W. Broadway, Room 1003 San Diego, CA 92101 (619) 531-3047 (Court referrals only) Mon - Fri 8:00 am - 4:30 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Scripps Mercy Hospital Behavioral Health	Treatment Focus: Mental Health Type of Service: Hospital Inpatient Populations: Adults, Older Adults Specialties: Acute psychiatric inpatient care; Psychiatric assessment.	4077 Fifth Ave. San Diego, CA 92103 (619) 260-7005 Open every day, all day
UCSD Medical Center Neuropsychiatry and Behavioral Medicine	Treatment Focus: Mental Health Type of Service: Hospital Inpatient Populations: Adults, age 18+ Specialties: Acute psychiatric inpatient care.	350 Dickinson St., Ste. 221 San Diego, CA 92103 (619) 543-2827 Mon-Fri 8:00am - 5:00pm
BPSR Center (Areta Crowell)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: TAY, Adults, Older Adults Specialties: Acute psychiatric inpatient care.	1963 Fourth Ave. San Diego, CA 92101 (619) 233-3432 Mon - Fri 8:30 am - 5:00 pm
Center for Counseling (Catholic Charities)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Adults, Collateral Family Members Specialties: Acute psychiatric inpatient care.	349 Cedar St. San Diego, CA 92101 (619) 231-2828 Ext. 306 Mon - Fri 8:00 am - 5:00 pm (Evening hours by appointment)
Central School-Based Program (Mental Health Systems, Inc. – MHS)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Under 5, Children, Adolescents, Medi-Cal and MHSA eligible Specialties: Children, Adolescents; Family dynamics; Homeless; Juvenile Court dependents; Substance abuse issues; Therapy; Case management.	4660 Viewridge Ave. San Diego, CA 92123 (858) 278-3292 Mon - Fri 8:30 am - 5:00 pm
Child and Adolescent Mental Health Services - Union of Pan Asian Communities (UPAC)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, Adolescents Specialties: Individual, Group & Family Therapy, Case Management, MH Assessment.	1031 25th St., Ste. C San Diego, CA 92102 (619) 232-6454 Mon – Fri 8:30 am - 5:00 pm
Child and Adolescent Southeast Mental Health Center	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, Adolescents Specialties: n/a	1031 25th St., Ste. C San Diego, CA 92102 (619) 232-6454 Mon – Fri 8:30 am - 5:00 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Community Circle Central (Family Health Centers of San Diego)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, Adolescents, Adults Specialties: Individual, child, adolescent, family therapy; School-based services.	2204 National Ave. San Diego, CA 92113 (619) 798-3638 Mon – Fri 8:30 am – 5:00 pm
Co-Occurring Disorders Program (University of California San Diego – UCSD)	Treatment Focus: Mental health Type of Service: Outpatient Populations: Adults, Older Adults Specialties: Medication management; Crisis intervention; Recovery counseling.	140 Arbor Dr. San Diego, CA 92103 (619) 543-7625 Mon – Thu 8:00 am – 6:00 pm, Fri 8:00 pm – 5:00 pm
Counseling and Treatment Center (Union of Pan Asian Communities – UPAC)	Treatment Focus: Mental health Type of Service: Outpatient Populations: Adults, Older Adults Specialties: Medication management; Crisis intervention; Recovery counseling.	5348 University Ave., Ste. 101 San Diego, CA 92105 (619) 229-2999 Mon, Wed, Thu, Fri 8:30 am – 5:00 pm, Tue 8:30 am – 6:00 pm
Deaf Community Services of San Diego	Treatment Focus: Mental health Type of Service: Outpatient Populations: Adults, Older Adults Specialties: Community services.	3930 Fourth Ave., Ste. 300 San Diego, CA 92103 (619) 398-2441 TTY: (619) 398-2440 VP: (619) 550-3436 Mon – Fri 8:30 am – 5:00 pm
Early Childhood Mental Health Program - Emerson Elementary	Treatment Focus: Mental health Type of Service: Outpatient Populations: Adults, Older Adults Specialties: n/a	3510 Newton Ave., Bldg. 103 San Diego, CA 92113 (858) 573-2227 Mon – Fri 8:00 am – 5:00 pm
EPSDT/CAT (Social Advocates for Youth – SAY San Diego, Inc.)	Treatment Focus: Mental health Type of Service: Outpatient Populations: Children Specialties: Individual and family therapy; Juvenile Court wards.	4275 El Cajon Blvd., Ste. 101 San Diego, CA 92105 (619) 582-9056 (Medi-Cal only) Mon – Fri 8:30 am – 5:00 pm
Gifford Clinic Outpatient Psychiatric Services (University of California San Diego – UCSD)	Treatment Focus: Mental health Type of Service: Outpatient Populations: Adults, Older Adults Specialties: Mental health; Medication management; Crisis intervention; Social Services assistance.	140 Arbor Dr. San Diego, CA 92103 (619) 543-6250 Mon – Fri 8:00 am – 5:00 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
I-CARE (Integrated Care Resources) - Family Health Centers of San Diego	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Adults Specialties: Depression care managers at various community health clinics use the IMPACT model to work with clients in alleviating symptoms and learning to cope with life challenges.	823 Gateway Center Way San Diego, CA 92102 (619) 515-2300 Mon – Fri 8:00am – 5:00pm
Intensive Outpatient (San Diego Unified School District)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, Adolescents Specialties: Specialties San Diego Unified School District / ED students at various school sites.	2351 Cardinal Ln., Annex B San Diego, CA 92123 (858) 573-2227 Mon – Fri 8:00 am – 5:00 pm
Logan Heights Family Counseling Center	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, Adolescents, Adults, Older Adults Specialties: Medication management; Crisis intervention; Individual and Family therapy.	2204 National Ave. San Diego, CA 92113 (619) 515-2355 Mon, Tues, Fri 8:00 am – 5:00 pm Tue, Wed 8:00 am – 8:00 pm
Mental Health Resource Center Outpatient EPSDT	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, Adolescents Specialties: San Diego Unified School District / ED Medi-Cal Students; Transition Age, Preschool, Juvenile Court dependents and wards.	2351 Cardinal Ln., Annex B San Diego, CA 92123 (858) 573-2227 Mon – Fri 9:00 am – 5:00 pm
Owen Clinic (University of California San Diego – UCSD)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Adults, Older Adults, HIV+ and AIDS Specialties: Mental Health; Medication Management; Crisis intervention to clinic's patients.	4168 Front St., 3rd Floor San Diego, CA 92103 (619) 543-3995 Mon – Fri 8:00 am – 5:00 pm
Project Enable	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Adults, Older Adults Specialties: Mental Health Services, Medication management; Crisis intervention; Vocational; Clubhouse.	286 Euclid Ave., Ste. 102 San Diego, CA 92114 (619) 266-2111 Ext. 113 (619) 263-6155 Ext. 113 Mon – Fri 8:00 am – 5:00 pm
Rady Children's Hospital San Diego - KidSTART Center EPSDT Clinic (Central-North Central)	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Medi-Cal and Child Welfare Services eligible children ages 0 – 5 years Specialties: Infant and early childhood mental health and developmental services; Complex social-emotional, behavioral and developmental needs; Trauma-informed evidence-based practices; Intensive care coordination.	3665 Kearny Villa Rd., Ste. 501 San Diego, CA 92123 (858) 576-1700 X5345 Mon – Fri 8:00 am – 5:00 pm



SERVICE PROVIDER	DESCRIPTION OF SERVICES	CONTACT INFORMATION
Rady Children's Outpatient Psychiatry - Central Clinic	Treatment Focus: Mental Health Type of Service: Outpatient Populations: Children, adolescents and young adults to age 21 Specialties: Individual and group therapy; Medication management.	3665 Kearny Villa Rd., Ste. 101 San Diego, CA 92123 (858) 966-5832 Mon – Fri 8:00 am – 5:00 pm
Alliance for Community Empowerment (Union of Pan Asian Communities – UPAC)	Treatment Focus: Prevention and Early Intervention Populations: Younger siblings of adolescent/ young adult gang members Specialties: Home-based services; Ongoing family supports; Positive peer-based services; Anger management; Conflict resolution.	5348 University Ave. #202 San Diego, CA 92105 (619) 265-2727 Mon – Fri 8:30 am – 5:00 pm
Bridge to Recovery (Co-Occurring Disorders)	Treatment Focus: Prevention and Early Intervention Populations: Transition age youth, adults and older adults referred from crisis emergency facilities Specialties: Screening, brief intervention, referral and linkage, psycho-education groups, training for law enforcement on co-occurring issues.	3851 Rosecrans San Diego, CA 92110 (619) 542-4166 Case Management Mon – Fri 8:30 am – 5:00 pm
Kick Start (Providence Community Services)	Treatment Focus: Prevention and Early Intervention Populations: Youth, TAY Specialties: Assessment; Family education; Mobile outreach; Early intervention; Information and linkage.	6153 Fairmount Ave., Ste. 260 San Diego, CA 92120 (619) 481-3790 Mon – Fri 8:30 am – 5:00 pm
Suicide Prevention Education Awareness and Knowledge (SPEAK)	Treatment Focus: Prevention and Early Intervention Populations: Children, youth and transition age youth, school staff, gatekeepers, families and caregivers Specialties: Education and outreach; Screening; Crisis response training; Short-term early intervention, referrals.	San Diego Unified School District 2351 Cardinal Ln., Annex B San Diego, CA 92123 (858) 573-2233
Uptown Safe Haven (Episcopal Community Services)	Treatment Focus: Prevention and Early Intervention Populations: Children, youth and transition age youth, school staff, gatekeepers, families and caregivers Specialties: Volunteer Participation; Vocational, educational and social support; Self-help recovery; Dual diagnosis groups.	2822 Fifth Ave. San Diego, CA 92103 (619) 294-7013 Open every day, all day



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

Education what resources are available in their community
Mental Health training for pastors (packet of brochures from different agencies/resources)
Network of Care (211)
Mental Health First Aid
Cast training community assistance support team/San Diego Compassion Project (spreading word of resources)
Resource fair to get to know what is available
Resources closest to their location
Understand Hx (history) of program & its work with community
Knowing the providers/resources available (geographic)+cultural - Resource fair day (including trauma if formed) - Central contact persons - "Roadmap" branches -on-a- tree
Bring resource into the church/community
Support & participate in church functions
Learning what language of BHS (behavioral health services)
How long have you been providing services
Applied Suicide skills training
Link faith leaders with resources 7, access (211)- provide direct connections to health homes/centers - Create wealth & wellness advocate who acts as a support faith leader ect.- Liaison between faith & behavior services.- Use sororities & fraternities as liaisons
Recognition by programs that there is differences in faith groups
Import. Recognize & respond w/ the understating faith based can be 1st rep.
Screening "Spiritual assessment" for agencies -Follow up Question
Acknowledge Expertise FB- Fund FB organizations to private training -TIP -- resources to community - refer back to the church
Courageous communication
Refer back to the church (2 way street)
Trust & relationship
Build trust church/fait h groups/mosques reaching outside the church for certain mental health/ biological /medical
Getting to know each other - focus groups
Action Plan & Implement Wellness recovery action plan (strength: look to god, individual plans which include faith and views).
Overcome barriers (e.g. fear)



RESPONSES

Web link to B.H.S that can be accessed via Facebook ect. Other Social media title of links should be non-description welcoming...ex. Healthy San Diego

Information sharing amongst the community

Information

Knowledge

Education

Directory (Hard copy & web) of BHS Programs tailored to non-professionals

Introduce Trauma Informed care & the development of trust

Haw can faith leaders & service providers collaborate

Use existing resources/providers to outreach in local churches

Formal & regional partnership with common purpose goals & accountability with specific action items

Culture Competency/Disparity Conference to include. Faith -Based Culture pilot T.I.P program -Develop FB-Resource Guide (leaders) - Education to FB as to what County vs. city vs. community providers

Can M.H providers be in the church? - MOU's - Use large agencies as matching dollars

Contractual requirement to participate in training that outlines expectations of services

Collaborate on writing & subcontracting for grant funds - weight to agencies that collaborate underserved areas

Mandatory trainings in order to receive funding

Coming together -Faith based panel hosts MH speaker Voa A & O/M Providers speakers bureau - Community faith based calendar web based - County promotion of "gospel fest"

Bringing resources into the churches so that organizations can tell the people directly

Funding: How to bridge gap - Programs - Feed people - Innovation? - School based? - Faith Based?

Have opportunities to come into faith org. to provide resources

Promote a linkage (warm hand off) vs. referral

Know the criteria to access level of service

Each behavioral health provider should know 6 churches in community served & each church should know 6 behavioral providers

Resource guide of faith organize that covers county

Educational "Mental Health Ministry" Kit to train Faith- based leadership members to be point person on B.H.S needs & services per congregation

* Packet/Brochures/Booklets provided by county. Including non-profits in the resources

Task force: -Non-profit - Faith - County ->create packet of resource trainings

Getting Faith Based Leaders into information packets What is your church doing?

Training trauma Informed Care

Mental Health Month (May) Outreach/Awareness * Mental health Sunday (Oct web) (conferences)

Providers link existing M.H. clients w/ spiritual connection "referring to church"

For providers to build relationship: 1) research the church who is open 2) make your resources known 3) who is engaged in community?

Recognize that thy are individual and they may need serv. That you cannot provide

Look at whole person include the person & the family

Understanding that there is an importance of not an individual agenda but one of a community as a whole



RESPONSES

Public Health campaigns to introduce agencies to the people. (Sponsorship-Promotional items FANS...)

Link w/ social Media to Disseminate information about services - using links for church websites - webinars + conference calls

Program advisory group concept expanded to include faith leaders

Establish structured network or Hub - for (pastors (speared head) distributing BHS related information & dialogue

Collaborative/ Coalitions - Meet 1 a month

Mental Health & Alcohol & Drug use Roundtable include all members faith-based/law enforcement county programs families

Church faith based. Mental health campaigns launch in local congregations

County moves toward the church to create trust & community

Who do you serve? What is the eligibility criteria?

*Timely Specific Dates!! Training/Orientation (ex. NAMI) "sharing Hope" for Faith leaders on-going

Other address barred - Transportation - SANDAG door to door program Jewish Family Services -MTS Access

Public Health Campaigns to provide community with knowledge of continuum of services and conditions

Highlight the effective & successful programs as defined by a mental health provider & community

Resources needed to serve communicates mental health need? - Create an intermediary to distribute small grants to organizations

Help faith-based organizations attain funds - \$\$ challenges interfere when you don't have your own start-up money

Ongoing: Not one time meet quarterly

Ongoing: work with churches to get listed in 2.1.1 (food pantries, how to giveback support, ect.)

Resources- Have contract requirements for the providers must have partnerships w/ churches& faith based community - List services

Referrals for specific needs Social network

A walk-in resource center -Referral Center - screenings - Career Counseling - Trauma support groups/ after care

Enhanced crisis intervention w/o law enforcement uniforms-- continue to enhance officer sensitivity & training

Identify credible trainings such as Mental Health First Aid

Overall create awareness

Have more communication about upcoming events and meetings

Participate in county meetings and trainings

What resources do faith leaders and service providers need to serve communities mental health needs?

Hear consumer voice (everyone)

Simplify the contracting practices

Offer county training to faith-based community

Make yourself open and clear what it means

Have a dialogue w/ consumers

Appreciating expertise while "staying in your own lane"



RESPONSES

Truly openly and willing to learn from each other
What else? Prevention from the Pulpit -> Providing a focused educational series for faith leaders - providing skill development for prevention, intervention & referral & a knowledge of resources for different levels of need.
Faith is cornerstone of Asian Pacific Islander Community mental illness is stigmatized
Collaborations *SDOP * CAST * Dr. Rodney Hool Care view Health & Faith * Pastors on Point * Different Faith * Imams Mosques * Non-biased
Connect clients to volunteering giving back (recovery) in their church share recovery stories link w/ faith
46000 prisoners released who were arrested as teens & military pushed out of marine corps due to cuts
Innovations counsel of grassroots/small 501.3c org to go for contracts & grants
Capacity building contracting (innovations) developing faith organizations



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
CONTRA COSTA Program name: Faith Initiative Contact info: Lisa Booker Ethnic Services Coordinator Contra Costa Mental Health lbooker@hsd.cccounty.us (925) 646-5645 Website: http://cchealth.org/mentalhealth/mhsa/	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.
LOS ANGELES Program name: Mental Health and Spirituality Contact info: Keren Goldberg Faith Outreach and Collaboration at Los Angeles County Department of Public Works (213) 381-8544 KGoldberg@dmh.lacounty.gov Website: http://dmh.lacounty.gov/wps/portal/dmh	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.
ORANGE Program name: Wholeness & Recovery In Mind, Body and Spirit Contact info: Sheryl Curl County Health Care Agency/ Behavioral Health Services 714-667-5600 scurl@ochca.com Website: http://media.ocgov.com/gov/occr/occs/aging/default.asp	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.



COUNTY	MISSION
RIVERSIDE Program name: Community Dialogue on the Integration of Spirituality and Mental Health Contact info: Kei Okubo Staff Development Office Riverside County Department of Mental Health 951-358-7729 kokubo@co.riverside.ca.us Website: http://www.up2riverside.org/find-help/resources/resources-for-faith-based-communities/default.asp	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.
SACRAMENTO Program name: Spirituality in Mental Health Contact info: Dr. Oscar Wright 916-643-1530 Website: http://www.dhhs.saccounty.net/BHS/Pages/BHS-Home.aspx	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).
SANTA CLARA Program name: Faith Re-Entry Collaborative Contact info: Maureen O'Malley-Moore Director Faith Reentry Collaborative 408-535-4276 Maureen.o'malley-moore@hhs.sccgov.org Website: http://www.sccgov.org/sites/reentry/faith%20re-entry/Pages/home.aspx	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 & 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.

