

## Overview

NEXT STEPS is a recovery oriented peer and family support program that focuses on whole health. Working in partnership with San Diego County Psychiatric Hospital and County Behavioral Health, our staff assist participants in achieving their personally identified goals related to mental health, physical health and substance use.

Drawing on their own lived experience, staff empower participants by modeling self management, assisting participants in developing self-care skills and linking them to community resources and services. Staff members provide support and encouragement and instill hope. NEXT STEPS aims to reduce the stigma related to mental illness and substance use that often creates significant barriers to recovery.

NEXT STEPS is led by NAMI San Diego  
in a collaborative partnership with  
Family Health Centers of San Diego,  
Mental Health Systems Inc., and Union of  
Pan Asian Communities of San Diego.



SUPPORTING PARTICIPANTS & FAMILIES  
ON THEIR RECOVERY JOURNEY

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A collaborative partnership with:



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## NEXT STEPS SUPPORTS PARTICIPANTS ON THE PATH TO ACHIEVING THEIR WHOLE-HEALTH GOALS

### Who do we serve?

NEXT STEPS serves adults 18 years of age or older including transition age youth and older adults who are experiencing challenges in the areas of mental health, substance use and physical health. NEXT STEPS also serves the family members and significant others of individuals in the program.

### How do we receive referrals?

NEXT STEPS accepts referrals from San Diego County Psychiatric Hospital, County funded behavioral health programs, and County DUI programs. Anyone who requests assistance will be provided with information on community resources.

### How can we help?

NEXT STEPS offers individualized services and linkage to community resources for a period of up to 90 days. The goal is to support and educate participants to successfully navigate the behavioral and physical health care systems as they reintegrate into the community.

### Who is on the team?

- Peer Specialists
- Family Specialists
- Recovery Services (AOD) Counselors
- Health Navigators
- Licensed Clinicians
- Registered Nurses

Our staff is diverse and includes men and women of varied ages, ethnicities, and backgrounds. All services provided are gender responsive, culturally sensitive, and trauma informed.

### What services do we provide?

Guided by the team, participants develop a service plan which identifies the goals they would like to reach.

Services include:

- Information on community resources
- Linkage to community services including mental health, physical health and substance abuse services
- Support in obtaining health insurance and other benefits
- Health navigation services
- Coaching and mentoring
- Peer and family support and education



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