



## Behavioral Health Services and Programs

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This list of Department of Health & Human Services - Behavioral Health (DHHS-BH) programs provides a summary of available services, but is not exhaustive. For program locations and information on how to access Behavioral Health services, please call the toll-free access line at 1-888-849-5728. The main Behavioral Health clinic for crisis services and routine access is located at 720 Wood St. in Eureka. The main Children's Behavioral Health clinic is located at 2440 Sixth St. in Eureka.

### 24-Hour Programs

- **24-hour Behavioral Health Crisis Hotline** for psychiatric emergencies: services include out-patient care, medication support and crisis intervention. The phone number is 707-445-7715.
- **Adult Protective Services (APS)** is available at 707-476-2100 and after hours at 1-888-849-5728 to report elder abuse and neglect.
- **Crisis Stabilization Unit (CSU)** staff is available on a 24-hour basis to provide assessment, counseling and/or stabilization services to persons who are in acute emotional distress.
- **Sempervirens Psychiatric Health Facility** based services provide evaluation and treatment of severely acute episodes of mental illness.

### Outpatient Services for Adults

- **Behavioral Health Counseling Clinic:** Adult outpatient services include screening, assessment, individual and group therapy services, medication support and case management.
- **Community Corrections Resource Center (CCRC)** is a collaboration of Adult Probation and Behavioral Health that provides a range of services to adult offenders with the overall goal of reducing recidivism and promoting stable community functioning. Clients at CCRC can take advantage of SUD treatment, medication support and individual and group therapy, including Moral Reconciliation Therapy.
- **Comprehensive Community Treatment (CCT)** is a team treatment approach designed to provide comprehensive, community-based psychiatric treatment, rehabilitation and support to persons with serious and persistent mental illness. The mission of CCT is to help people with severe mental illnesses live successfully in the community and reduce inpatient psychiatric hospitalizations. Individualized services are provided to meet specific client needs. A team of providers collaborates to deliver integrated services, monitor progress toward goals, and adjust services over time to meet the recipient's changing needs.
- **Crisis Intervention Services (CIS)** staff responds to intervene and prevent hospitalizations and incarcerations. CIS provides crisis support during critical incidents or potential critical incidents involving persons who may have a mental illness or co-occurring disorders. Crisis

Intervention Training is a national model where partnerships between law enforcement, behavioral health systems, clients of behavioral health services, and their family members can help in efforts to assist people experiencing a behavioral health crisis and to help them gain access to the treatment system where they are best served.

- **Garberville Clinic** offers Behavioral Health services for adults who live in Southern Humboldt.
- **Healthy Moms Program** provides substance use disorder assessment and services along with specialty mental health services for pregnant women or women with at least one child less than 6 years old. Childcare is provided for children under the age of 6.
- **The Hope Center** is a safe, positive environment to learn to live the best life possible personally, socially, mentally and emotionally. It is a place to relax, create, socialize, play games, learn new skills and maximize an individual's potential. The Hope Center offers a variety of groups and classes, many of which are facilitated by peer volunteers.
- **Humboldt County Programs for Recovery (HCPR)** provides assessment and treatment for adults with substance use disorders. Treatment is group-based, and there are over 12 distinct groups including groups that are gender responsive and groups for clients with co-occurring disorders.
- **Mobile Intervention & Services Team (MIST)** is a collaborative effort between our justice system partners and DHHS-BH to provide a diversion option for qualified adults who have behavioral health needs. Voluntary participation in the diversion program can result in the dropping of pending criminal charges should the participant successfully complete the program.
- **Mobile Response Team (MRT)** responds to various locations within the county to assess individuals who are having a psychiatric emergency. Trained clinicians assess if individuals are meeting the criteria for legal holds (5150/5585). The team coordinates with law enforcement, hospital emergency departments and treatment providers to link the individual to needed services. The team composition includes clinicians, case managers and peer support staff, and operates seven days a week.
- **Outpatient Psychiatric Services**, including medication support services, both in person and via telemedicine, are provided at the main Behavioral Health clinic.
- **Regional Services** provides services to adults living in the outlying areas of Humboldt County (Fortuna to Garberville, McKinleyville to Orick and Willow Creek to Orleans). Staff can meet individuals at their homes or a number of community sites.
- **Same Day Services** are available for behavioral health crisis walk-ins.
- **Willow Creek Clinic** offers behavioral health services for adults who live in Eastern Humboldt.

### **Outpatient Services for Children and Families**

- **Adolescent Treatment Program (ATP)** offers outpatient treatment for youth ages 12 to 18 with a substance use disorder (SUD). Services are designed to empower participants to make positive and permanent changes in their lives. The ATP provides services in the community,

home or office and can provide case management, transportation and referrals to additional resources.

- **Children’s Behavioral Health (CBH) Clinic** offers an array of services that include assessments, individual and family counseling, medication support and case management for children and youth. CBH is a trauma-informed system of care that offers field-based community services in a variety of locations. Services are provided in collaboration with Child Welfare Services (CWS), Public Health, Probation and a network of community based, contracted organizational providers.
- **New Horizons/Juvenile Hall** includes a multidisciplinary team of staff who provide a variety of services for incarcerated youth and youth on probation. Services are provided collaboratively with Juvenile Probation and include screening and assessment, counseling, medication support, case management and substance use counseling. The New Horizons program utilizes the evidence-based practice of Aggression Replacement Training.
- **Parent Partners** aim to build peer-based alliances by sharing lived experience as a parent of a youth with mental health issues or as a parent involved with CWS. They assist in navigating the DHHS system, linking parents with community resources, building natural supports and helping parents identify personal wellness goals.
- **Transition-Age Youth (TAY)** serves youth 16 to 26 years of age and offers a full array of specialty mental health services. Staff in the TAY division utilize the evidence-based practice Transition to Independence Process. As an integrated program with CWS, TAY also provides other services including substance use counseling, peer support, Independent Living Skills, linkage to county resources and career/job assistance.
- **Humboldt County Transition Age Youth Collaboration (HCTAYC)** provides youth advocacy and leadership development and is dedicated to empowering young people with lived experience to transform the foster care, juvenile justice, mental health and homelessness services systems. HCTAYC has three main components – youth leadership development/Youth Advocacy Board, policy and advocacy work and training and technical assistance.
- **Humboldt Bridges to Success (HBTS)** works in partnership with Humboldt County schools to provide crisis-triage services on school campuses. HBTS staff work with students, families and school staff to stabilize crisis situations and connect students to longer-term services.
- **Children’s Mobile Response Team** responds to youth in crisis at local emergency departments and provides crisis evaluation and linkage to services. The team’s goal is to ensure the safety, connection and wellbeing of the youth and families served, and to offer them age-appropriate crisis services.
- **Case Management/Intensive Care Coordination (ICC)** services may be provided based on the level of need and include linkage, brokerage, care coordination and rehabilitation. ICC is a targeted case management service that facilitates assessment of care planning and coordination of services.
- **Intensive Home-Based Services (IHBS)** is an intensive, individualized, strengths-based, and needs-driven service that engages the participation of the child/youth and his/her

significant support persons. IHBS helps the child/youth develop skills and achieve the goals and objectives of their service plan.

- **Medication Support Services** are provided both in person and via telemedicine at the main Children's Behavioral Health clinic.
- **Therapeutic Behavioral Services (TBS)** offers intensive, individualized one-to-one behavioral service available to youth and families. TBS is provided primarily in schools and may be provided in other settings to stabilize a child/youth reducing the need for higher levels of care.

### **Jail Programs – Behavioral Health and Nursing Services**

- A multidisciplinary team of staff provide a variety of services for Humboldt County Correctional Facility inmates.
- Services include behavioral health evaluations, assessments and referrals, treatment plans, follow up progress reports to the court for individuals deemed incompetent to stand trial, psychiatric evaluation and support, psychiatric nursing services for medication and psychiatric follow up, evaluations to determine inmates' ability and/or appropriateness for work assignments, suicide prevention and intervention assessments and crisis intervention in coordination with law enforcement.

### **Mental Health Services Act (MHSA)**

The Mental Health Services Act supports programs and services throughout the Department of Health & Human Services. Information about some of these programs can be found in more detail under the appropriate program.

- **Crisis Residential Treatment** is expected to be available to DHHS-Behavioral Health-referred clients by Fall 2023.
- **Full Service Partnership/Comprehensive Community Treatment (CCT)**, an Adult Outpatient Services Program
- **Hope Center**, an Adult Outpatient Services Program.
- **Regional Services**, an Adult Outpatient Services Program.
- **Resident Engagement and Support Team (REST)** is an Innovation project that will increase access to mental health services for those who are recently housed. These individuals will be provided with case management and peer support. The purpose of the program is to help individuals remain housed by providing ongoing support.
- **Local Implementation Agreements** provide an opportunity for community-based organizations to apply for funding for projects that meet the Prevention and Early Intervention (PEI) guidelines. These projects are focused on early intervention and outreach for increasing the recognition of early signs of mental illness, prevention, access and linkage to treatment, stigma and discrimination reduction and suicide prevention.
- **North Valley Suicide Prevention Hotline** operates a 24/7 suicide prevention hotline to answer calls, maintain a hotline website and provide outreach and technical assistance to participating counties.
- **Parent Partners**, a program of Children's Behavioral Health.

- **School Climate Curriculum Plan, Multi-Tiered System of Support**, a contracted program between the Humboldt County Office of Education and Children’s Behavioral Health.
- **Suicide Prevention Program**, a component of the Suicide and Violence Prevention Program of DHHS-Public Health, provides community education, outreach and engagement, and capacity building assistance around suicide prevention. Trainings such as Question, Persuade, Refer (QPR) and LivingWorks START training are provided in collaboration with the Humboldt County Suicide Prevention Network and other community coalitions.
- **Transition-Age Youth Advocacy and Peer Support**, a program of Children’s Behavioral Health.
- Provides staff development opportunities that promote wellness, recovery, resilience, culturally competent service delivery, meaningful inclusion of clients and family members, integrated service experience, community collaboration and employment of clients and family members within the mental health system. It also promotes financial support for students interested in joining the Behavioral Health workforce.

### **Integrated Programs**

- Behavioral Health staff is co-located at General Relief to provide behavioral health assessments, referrals and treatment for General Relief recipients.
- **Mobile Outreach** is dedicated to providing services to people in outlying communities and to those who are experiencing homelessness. It is an integrated response within Social Services, Behavioral Health and Public Health as an outreach program for people with a variety of physical, behavioral and social needs, as well as prevention and education activities.
- **Transition-Age Youth Division (TAY)** includes Behavioral Health services, the Independent Living Skills program and the Humboldt County Transition Age Youth Collaboration (HCTAYC). Behavioral Health, CWS and HCTAYC staff are co-located at the TAY building.

### **Evidence-Based Practices**

Evidence-based practices are a foundation for successful community and family interventions.

Evidence-based practices or best practices currently being utilized include:

- **Aggression Replacement Training (ART)** is a comprehensive intervention strategy used to address aggressive behaviors for youth in the New Horizons program. It focuses on teaching youth ways to reduce their anger levels, identify risky situations, develop skills to avoid trouble and learn new social skills.
- **Dual Recovery Program (DRP)** is a program for adults diagnosed with a severe and persistent mental illness and a secondary diagnosis of moderate to severe substance use disorder. DRP uses the principles and practices of Integrated Dual Diagnosis Treatment as the foundation and provides motivational-based treatment designed to engage participants in the recovery process so participants can reach and maintain recovery goals in order to lead safe, healthy lives.
- **Group Cognitive Behavioral Therapy of Major Depression (GCBT)** uses group cognitive

behavioral therapy for the treatment of depression through both psychoeducational and psychotherapeutic approaches. The group structure consists of four modules focusing on thoughts, activities, contact with people and health.

- **Moral Reconnection Therapy** is a systematic treatment strategy that seeks to decrease recidivism among adult criminal offenders by increasing moral reasoning. This cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral and positive behavioral growth. Moral Reconnection Therapy is for Assembly Bill (AB) 109 clients ages 18 and older who have been referred for mental health and/or SUD services and often are being supervised by Humboldt County Probation or Parole.
- **Parent Child Interaction Therapy (PCIT)** is a training intervention that teaches caregivers specific behavior management techniques through live coaching as they play with their child. PCIT focuses on improving the caregiver-child relationship and increasing children's positive behaviors. PCIT is appropriate for children between the ages of two and seven years that exhibit behavioral problems. Only internal referrals through the Healthy Moms Program and the TAY Division are accepted at this time.
- **Seeking Safety** is an integrated, flexible treatment that helps adults with trauma, Post-Traumatic-Stress Disorder (PTSD) and substance use disorders. Seeking Safety consists of cognitive behavioral group therapy sessions that teach people with PTSD and substance use disorders new ways to deal with trauma-related symptoms through a range of different coping skills.
- **Transition to Independence Process (TIP):** Staff at the TAY Division have been trained in TIP to better serve their clients. The mission of TIP is to assist young people in making a successful transition into adulthood, so they achieve personal goals in the areas of employment, education, living situation, personal adjustment and community life functioning. Trained transition facilitators work with young people, their parents/care providers, and other informal and formal support people using the TIP model core practices.