



## Behavioral Health Services and Programs

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This list of Department of Health and 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 & Family Services clinic is located at 1711 Third 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)** are available during business hours 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 for evaluation and treatment of severely acute episodes of mental illness.

### Jail Programs – Behavioral Health and Nursing Services

- A multidisciplinary team of staff provides a variety of services for Humboldt County Correctional Facility inmates.
- Services include behavioral health evaluation, assessment, and referral, 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.

### Outpatient Services for Adults

- 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 to provide a range of services to adult offenders with the overall goal of re-

ducing 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 of the recipient's choice, monitor progress towards 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 disorder. Crisis Intervention Training (CIT) 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 services and 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 six.
- **Homeless Outreach and Mobile Engagement (HOME)** increases the quality of services, including better outcomes, for adults with a severe mental illness who are homeless. The program uses the "Housing First" approach to provide outreach and engagement, housing, peer support and supportive services. This program was formerly known as "Rapid Re-housing."
- **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, treatment and referral services for adults with substance use disorders. Treatment is group-based, and there are over 12 distinct groups, including groups for clients with co-occurring disorders.
- **Mobile Intervention & Services Team (MIST)** is a collaborative effort between the Eureka Police Department (EPD) and DHHS-BH to work specifically with people who experience homelessness and severe mental illness. Individuals receive help stabilizing their behavioral health and securing services and assistance with the goal of avoiding further law enforcement intervention and psychiatric hospitalization.
- **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). Priority is given

to adults that are at risk of Child Welfare involvement due to behavioral health and substance use disorders. Individuals can be met in their homes or at a number of community sites.

- **Same Day Services (SDS)** are available for behavioral health crisis walk-ins.
- **Willow Creek Clinic** offers behavioral health services for adults who live in Northern Humboldt.

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

- **Adolescent Treatment Program (ATP)** provides assessment and substance use disorder treatment services for youth ages 12-17. It offers a school-friendly schedule and welcomes family participation.
- **Children & Family Services (CFS)** provides an array of services that include assessment, individual and family counseling, medication support, and case management for children and youth. CFS is a trauma-informed system of care that offers field-based community services via school sites and Family Resource Centers in a variety of locations, providing multiple access points in addition to the main clinic. Services are provided in collaboration with Child Welfare Services (CWS), Public Health, Probation, and a network of community based, contracted organizational providers.
- **New Horizons** is a treatment program available to residents of the Northern California Regional Facility, a locked treatment facility for adjudicated youth in the Juvenile Probation system.
- **Parent Partners** aim to build peer-based alliances by sharing lived experience as a parent of a youth with mental health issues. They offer assistance in navigating the DHHS system, linking parents with community resources, building natural supports, and helping parents identify their personal wellness goals.

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

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

- **Adult Residential Treatment Services**, an Adult Outpatient Services Program
- **Full Service Partnership/Comprehensive Community Treatment (CCT)**, an Adult Outpatient Services Program
- **The Hope Center**, an Adult Outpatient Services Program
- **Housing, Outreach and Mobile Engagement (HOME)**
- **Local Implementation Agreements** provide an opportunity for community-based organizations to apply for funding for projects that meet the PEI guidelines. These projects are focused on early intervention, outreach for increasing the recognition of early signs of mental illness, prevention, access and linkage to treatment, stigma and discrimination reduction, and suicide prevention.
- **Mobile Outreach**, a component of HOME
- **Older Adults and Dependent Adults Expansion**, an Adult Outpatient Services Program

- **Outpatient Medication Services Expansion through Telemedicine**, an Adult Outpatient Services Program, provides medication support to people with a serious mental illness residing in remote rural areas, utilizing video conferencing equipment.
- **Parent Partners**, a program of Children's Mental Health
- **School Climate Curriculum Plan, Multi-Tiered System of Support**, a contracted program between the Humboldt County Office of Education and Children's Mental Health
- **Stigma and Discrimination Reduction**, a component of the Stigma, Suicide, and Violence Prevention Program of DHHS Public Health, provides activities that increase awareness of attitudes, beliefs, perceptions, stereotypes, and discrimination related to undiagnosed and diagnosed mental illness or to seeking mental health services. The Program includes social marketing campaigns, targeted education and training, and anti-stigma advocacy support for statewide web-based campaigns.
- **Suicide Prevention Program**, a component of the Stigma, 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, and Refer (QPR) and Applied Suicide Intervention Skills Training (ASIST) are provided along with collaboration with the Humboldt County Suicide Prevention Network and other community coalitions.
- **Transition Age Youth Advocacy and Peer Support**, a program of Children's Mental Health, TAY Division
- **Workforce Education and Training** 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.

### **Co-located Integrated Programs with Social Services (SS)**

- Behavioral Health staff are co-located at CalWORKs Division and the HumWorks Program to provide services to clients who are Temporary Assistance to Needy Families (TANF) recipients and who are eligible for Welfare-to-Work. Services are for clients who have behavioral health, substance use, or domestic violence issues to address as barriers to employment. Services include comprehensive behavioral health assessments, case management services, and group and individual counseling.
- Behavioral Health staff is co-located at General Relief to provide behavioral health assessments, referrals, and treatment for General Relief recipients.
- Behavioral Health staff are integrated and co-located at Child Welfare Services (CWS) within the Emergency Response Unit and the Foster Care Units to provide services to children and youth referred by CWS.
- **Intensive Care Coordination (ICC)** facilitates assessment of, care planning for, and coordination of services including urgent care services. It is integrated into the Child-Family Team process with CWS.

- **Intensive Home-Based Services (IHBS)** are intensive, individualized, strength-based, needs driven activities that support the engagement and participation of a child/youth and their significant support persons to help the child/youth develop skills and treatment plan goals.
- **Mobile Outreach**, a component of HOME, 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.
- **Older Adults Program** provides in-home services to disabled adults, at-risk adults and older adults. The enhanced adult services team expands an existing partnership between Social Services, Adult Protective Services, In-Home Supportive Services, Public Health Nursing and Behavioral Health to provide assessment and treatment planning to older and dependent adults with a serious mental illness who are at risk of abuse or neglect or who are in need of support services to remain in their home.
- **Therapeutic Behavioral Services** are available to full-scope Medi-Cal beneficiaries under the age of 21 who are at-risk of placement failure and/or hospitalization due to a Behavioral Health condition, and who meet other eligibility criteria.
- **Therapeutic Foster Care Services** are short-term, intensive, highly coordinated, trauma-informed, and individualized interventions for children and youth who require intensive and frequent mental health support in a family environment. TFC is available to children and youth who are in or at risk of placement in residential or hospital settings, but who could be effectively served in the home and community.
- **Transition Age Youth Division (TAY)** includes multiple components throughout DHHS. Humboldt County Transition Aged Youth Collaborative (HCTAYC) developed in partnership with DHHS and state advocacy organizations to provide training and education to youth, professionals, and the community. It includes training that leads to increased youth leadership and advocacy, as well as culturally appropriate early intervention services for youth with mental illness.

## 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.
- **Adolescent Community Reinforcement Approach (ACRA)** is an approach to alcohol and substance use treatment for adolescents. ACRA is a behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use with healthy community activities and behaviors that support recovery.

- **Dual Recovery Program (DRP)** is a program for adults diagnosed with a severe and persistent mental illness and a secondary diagnosis of a 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 are being supervised by Humboldt County Probation.
- **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 Healthy Moms Programs and the TAY Division are accepted at this time.
- **Seeking Safety** is an integrated, flexible treatment for adults with Post-Traumatic-Stress Disorder (PTSD) and substance use problems, consisting of cognitive behavioral group therapy sessions that teach people with PTSD and substance use problems new ways to deal with trauma related symptoms through a range of different coping skills.
- **Transition to Independence Process (TIP):** Staff at the Transition Age Youth (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.
- **Trauma Focused Cognitive Behavioral Therapy (TF-CBT)** is for children ages four to 18 who have significant behavioral or emotional problems that are related to traumatic life events. This practice is a model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. The goal of TF-CBT is to help address the unique biopsychosocial needs of children with PTSD or other problems related to traumatic life experiences, as well as to provide assistance to their parents or primary caregivers.