

This list of Mental Health programs provides a summary of the array of services available, but is not exhaustive. For program locations and information on how to access Mental Health services, please call the toll-free access line at 1-888-849-5728. The main Mental Health clinic for Crisis Services and routine access is located at 720 Wood St., Eureka, CA 95501. The main Children & Family Services clinic is located at 1711 Third St., Eureka, CA 95501.

24-Hour Programs

- Crisis hotline is available on a 24-hour basis at 707-445-7715 or 24-hour toll-free 1-888-849-5728.
- 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.
- Adult Protective Services (APS) are available through the after-hours reporting line for elder abuse and neglect.
- Psychiatric health facility based services provide for evaluation and treatment of severely acute episodes of mental illness.

Jail Services

Jail mental health services provide psychiatric medication treatment and supportive mental health counseling to promote stability, coping and recovery in the Humboldt County Correctional Facility. Mental Health staff responds to crises, evaluates needs for support and assists in transition to community-based providers for inmates seeking to continue services after release from the correctional facility.

Outpatient Services for Adults

- Adult outpatient services offers assessment, therapy services, including individual therapy, and group therapy, medication support and case management.
- Same day services are available for mental health crisis walk-ins.
- Outpatient psychiatric services, including medication support services both in person and via telemedicine, are provided at the main clinic.
- Garberville satellite mental health services are available for adults who live in Southern Humboldt.
- Willow Creek satellite medication support services are available for adults who live in Northern Humboldt.
- Case management services are available for persons with severe mental illness.
- Alcohol & Other Drugs (AOD) Services provide screening, treatment and referral services for adults.
- Healthy Moms Program provides substance abuse services and specialty mental health services for pregnant women or women with at least one child less than 6 years old. Childcare is provided.
- Street Outreach Services (SOS) provides services to homeless persons with severe mental illness.
- Dual Recovery Program (DRP) addresses the needs of people with co-occurring mental health and substance abuse disorders.
- The Community Corrections Resource Center (CCRC) is a collaboration of Adult Probation and Mental Health to provide 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 AOD treatment, medication support and individual and group therapy, including Moral Reconnection Therapy. CCRC also provides case managers to support access to resi-

dential AOD treatment, housing options and other community services, and Employment Development Training counselors provide job skills support and access to job development positions in the community.

- Mobile Intervention & Services Team (MIST) is a collaborate effort between EPD and DHHS to work specifically with people who experience homelessness and severe mental health issues. With an integrated team response, individuals will receive help stabilizing their mental illness and securing services and assistance with the goal of avoiding further law enforcement intervention and psychiatric hospitalization.

Outpatient Services for Children

- 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 building a trauma-informed system of care that uses increased field-based community services via school sites and Family Resource Centers in a variety of locations throughout the community, providing multiple access points in addition to the main clinic location.
- Services are provided in collaboration with Child Welfare Services (CWS), Public Health, Probation, and a network of community based, contracted organizational providers.
- The New Horizons treatment program is available to residents of the Northern California Regional Facility, a locked treatment facility for adjudicated youth in the Juvenile Probation system.
- Adolescent Treatment Program provides assessment and drug and alcohol treatment services for youth up to age 21.
- 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 mental health condition, and who meet other eligibility criteria.

Mental Health Services Act (MHSA)

The Mental Health Services Act addresses a broad continuum of prevention, early intervention and service needs.

- **Mobile Outreach (MO)** provides mobile access to mental health services with efforts focused on reducing cultural and ethnic barriers.
- **The Hope Center** provides a safe, welcoming environment based on recovery self-help principles and the resources necessary for people with mental illness issues to be self sufficient. It is peer staff run and includes peer-to-peer education and support, system navigation and linkage to services.
- **Comprehensive Community Treatment (CCT)** provides intensive community services and supports (e.g., housing, medical, educational, social, vocational, rehabilitative, and/or other needed community services) as defined by the client to decrease hospitalization and achieve recovery.
- **Older Adults and Dependent Adults Program Expansion** 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 a Mental Health clinician 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.
- **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, mental health systems, clients of mental health services and their family members can help in

efforts to assist people who are experiencing a mental health crisis and to help them gain access to the treatment system where they are best served.

- **Outpatient Medication Services Expansion** provides medication support to people with a serious mental illness residing in remote rural areas, utilizing video conferencing equipment.
- **Stigma and Discrimination Reduction** for those with mental illness includes training and social marketing projects that are designed to result in a decrease of hopelessness and of the shame and embarrassment that keeps people from seeking care and increase people's ability to socialize, work with, rent to and employ people with mental illness.
- **Suicide Prevention Project** includes training and social marketing projects that are targeted to result in an increased awareness of risk and protective factors and provide prevention resources.
- **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 TAY leadership and advocacy and culturally appropriate early intervention services for TAY with mental illness.
- **Workforce Education and Training** includes specialized training in evidence-based practices for service delivery staff, and support for new staff who have lived experience as mental health clients and family members.
- **Integrated Clinical and Administrative Information System** to provide secure, reliable, real-time access to client health record information where and when it is needed to support care.

Co-located Integrated Programs with Social Services (SS)

- Mental Health staff are integrated and co-located at 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 Child Welfare.
- Intensive Home-Based Services (IHBS) are intensive, individualized and strength-based, needs driven activities that support the engagement and participation of a child/youth and his/her significant support persons and to help the child/youth develop skills and treatment plan goals.
- Mental 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 mental health, substance use or domestic violence issues to address as barriers to employment. Services include comprehensive mental health assessments, case management services, group and individual counseling.
- Mental Health staff is co-located at General Relief to provide mental health assessments, referrals and treatment for General Relief recipients.

Evidence-Based Practices are viewed as a foundation for successful community and family interventions. Evidence-Based Practices or best practices currently being utilized include:

- Functional Family Therapy
- Parent Child Interaction Therapy
- Comprehensive Community Treatment (CCT)
- Incredible Years
- Family-to-Family
- Aggression Replacement Training
- Integrated Dual Disorder Treatment
- Trauma Focused Cognitive Behavior Therapy (TF-CBT)
- Nurse-Family Partnership
- Adolescent Community Reinforcement Approach (A-CRA)
- SafeCare
- Seeking Safety
- Moral Reconciliation Therapy