



Adult Outpatient Services Re-Design

Sacramento Wellness Centers

MHSA Steering Committee
April 15, 2010

Program Description

- The Sacramento Wellness Centers will be geographically based within the County of Sacramento.
- Will foster wellness by ensuring an environment that is based on recovery principles.
- Services will be culturally and linguistically competent prioritizing center-based services with capacity for community-based services to those who may be at risk for entering acute care settings, or discharging from acute care.

Program Description (cont'd)

- Provide a face to face assessment for anyone who is not currently receiving services and will provide appropriate services, linkage and referrals based on clients needs. This may include being served at one of the Wellness Centers or referred to community-based services that are equipped to meet an individuals needs.
- Provide transitional as well as ongoing services. Clients in need of low and moderate intensity services will be enrolled and the length of time in the program is determined based on client needs.
- The service array includes drop-in appointments, assessments, brief treatment, crisis intervention, case management, rehabilitation, medication management and support, and collaboration and linkage to appropriate community supports.
- Additional program goals include wellness planning, family support, and discharge, when appropriate, to community services.

Treatment Team

- Peer-run services are an essential element in creating a recovery environment within the Wellness Centers and Peer Partners/Mentors will be critical members of the treatment team. The treatment team will also include the client, client's family, and mental health care staff.
- All staff will be trained in the values, goals and practices of recovery and wellness. Understanding that recovery may be based on cultural norms, staff will also receive training in understanding and responding to socio-cultural issues including ethnicity, culture, language, sexual orientation, gender, and age.

Values

- The core values that will define services include; wellness, recovery and resiliency, cultural competency, client/family driven, integrated service experience, and community collaboration.

Wellness Centers' Objectives

- Promote culturally and linguistically competent recovery and wellness services.
- Use evidence-based service strategies, promising practices and community-defined evidence.
- Elevate the client and family role in an effort to support their personal recovery goals.
- Provide timely access to transitional-aged youth, adults, and older adults with the most serious symptoms of mental illness.
- Provide linkage with a continuum of mental health service providers, particularly service providers who work with ethnically diverse populations for each client served.
- Provide outreach to reduce disparities.
- Provide housing and employment supports.

Division Objectives

- All clients currently receiving services will be transitioned into a Wellness Center.
- All immediate needs will be met at the Wellness Center.
- Successfully integrate our Peer Partners/Mentors into the Wellness Centers.
- Reduce or prevent need for crisis services, hospitalizations, and institutionalization.

Types of Services and Supports

Services will be integrated, culturally and linguistically appropriate and based on clients' individualized needs.

Medication

- Individual medication management
- Group medication management
- SacPort (Sacramento Psychosocial Options for Rehabilitation Training) medication management module

Family or Personal Support Person(s)

- Education, consultation and interventions regarding diagnosis, available treatments, relapse, and resources
- Handouts
- Self-Help Books

Referrals & Linkage to Community Resources

Peer Supports (all sites)

- Peer Partners/Mentors
- Recovery groups
- Wellness and recovery support services
- System navigation
- Transitional-aged youth (TAY) supports

Service Coordination

- Primary Health or Specialty Health
- Income & benefits acquisition and maintenance
- Housing supports
- Employment/vocational/educational support
- Education and training for transportation
- Acute psychiatric hospitalization
- Alcohol & Drug Services (ADS) authorized service
- System navigation
- Other referrals

Recovery-Oriented Individual Services

- Evaluation and assessment
- Services for co-occurring disorders
- Crisis intervention
- Limited individual and family counseling focused on identified goals
- Brief therapy
- Case management

Recovery Oriented Groups

Client directed, which may include, but not limited to the following

General

- Money management
- Stress management
- Health and wellness
- Anger management
- Relapse prevention
- Employment readiness
- Culture-specific
- Wellness Recovery Action Plans (WRAP)
- TAY focused

SacPort

- Symptom management
- Medication management
- Substance abuse management model
- Managing dual recovery
- Community re-entry
- Basic conversation skills
- Recreation for leisure
- Friendship and intimacy
- Work place fundamentals
- Involving families in mental health