



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

2016 Directory of Programs and Services

Santa Barbara County Department of Behavioral Wellness
countyofsb.org/behavioral-wellness

805-681-5200

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All Ages

To obtain behavioral health services, please call the 24/7 Access Line, 888-868-1649.

Access and Assessment Teams

Three regional teams specializing in access and assessment, with special attention to cultural considerations, such as unique presentations of crises among minorities and the importance of accessing family and community supports. The new regional teams are based in Lompoc, Santa Maria and Santa Barbara. The teams are guided by recovery and resiliency concepts and will improve access to services.

Ages Served: All

Regions: All

Capacity: NA

Provider: Santa Barbara County Department of Behavioral Wellness

Community Health Educators (Promotora)

Community health educators from culturally under-served populations who provide educational workshops, discussion groups and support groups to address individual and family mental health and wellness topics. Culturally and linguistically appropriate services ensure linkages to services. Cultural wellness practices are integrated into outreach, consultation and early intervention activities.

Ages Served: All

Regions: All

Capacity: NA

Provider: Community Health Centers of the Central Coast, La Casa De La Raza, Santa Ynez Tribal Health Clinic

Cultural Adaptations to Evidence-Based Practices

Appropriate adaptations to evidence-based practices (EBPs) will be created to meet the needs of under-served and un-served cultural and ethnic populations in Santa Barbara County. A system-wide training plan will ensure consistency across regions and target populations. Fidelity in implementation of EBPs throughout the behavioral health service delivery system will be monitored.

Ages Served: All

Regions: All

Capacity: NA

Provider: Santa Barbara County Department of Behavioral Wellness

Inpatient Acute Services

Provided for individuals requiring hospitalization for psychiatric conditions. Children are served

primarily at Aurora Vista Del Mar Hospital in Ventura.

Ages Served: All

Regions: All

Capacity: NA

Provider: Various providers, including Psychiatric Health Facility (PHF), Aurora Vista Del Mar Hospital and Institutions for Mental Disease (IMDs)

Integration of Behavioral Health Care in Community Clinics

The Community Health Centers of the Central Coast (CHCC) offer mental health services at three clinics in Santa Maria and one in Lompoc for individuals with mild or moderate mental illness. Expanded mental health resources in each community health clinic strengthen the capacity to assess, treat, and refer individuals at risk of developing a serious mental health condition.

Ages Served: All

Regions: North and West

Capacity: 3,800

Provider: Community Health Centers of the Central Coast

Patients' Rights

Patients' Rights Advocates are Behavioral Wellness staff members who report directly to the Behavioral Wellness Chief of Compliance. They are available to assist anyone who has a concern about the legal rights of consumers, family members, and members of the community. Patients' Rights Advocates can answer questions, provide advice, and represent consumers in grievances, appeals, and State Fair Hearings.

Ages Served: All

Regions: All

Capacity: NA

Provider: Santa Barbara County Department of Behavioral Wellness

Provider Network

Licensed mental health professionals contracted as Network Providers with Santa Barbara County Department of Behavioral Wellness to provide short-term outpatient individual, family and group therapy for Medi-Cal beneficiaries with specialty mental health needs.

Ages Served: All

Regions: All

Capacity: NA

Provider: Individual practitioners.

Children, Teens and Young Adults

To obtain behavioral health services, please call the 24/7 Access Line, 888-868-1649.

Big Brothers, Big Sisters

Mentoring opportunities provided for youth 7-17 who lack positive adult role models.

Region: All

Ages Served: 7-17

Capacity: 600 youth by June 30, 2017

Provider: Family Services Agency

Child Assistance Team Creating Hope (CATCH)

Assists preschoolers who exhibit challenging behaviors and do not qualify for special education. This program uses an evidence-based curriculum to train teachers and to support parents of preschoolers with challenging behaviors to prevent expulsion from school.

Region: North and West

Ages Served: Children

Capacity: 30

Provider: County Education Office

Child Protective Services Network

Network providers are assigned to clients of Child Welfare Services.

Region: All

Ages Served: Children

Capacity: NA

Provider: Department of Behavioral Wellness, Department of Social Services, Individual Network Providers

Early Childhood Mental Health (ECMH)

Provides in-home support, health and development screening, parent education and skills training, infant-parent psychotherapy, advocacy, resources and referrals.

Region: All

Ages Served: 0-5

Capacity: 185

Provider: CALM, Santa Ynez Valley People Helping People, Santa Barbara County Education Office, Community Action Commission

HOPE

Provides an array of intensive in-home services available to foster home and extended family home placements. Seeks to maintain the stability of children in their homes and placements and reduce multiple placements.

Region: All

Ages Served: Children and Adolescents

Capacity: 82

Provider: CALM, Santa Maria Valley Youth and Family Center

Intensive Home-Based Services (IHBS)

Intensive, individualized, strength-based interventions for foster care youth in the designated Katie A subclass.

Region: All

Ages Served: Children and Adolescents

Capacity: NA

Provider: Casa Pacifica, Family Services Agency

Intensive In-Home Program

A home-based model of service delivery to help families solve problems within the context of their home environment. Includes stress management, building communication and parenting skills and additional behavioral interventions.

Region: All

Ages Served: Children and Adolescents

Capacity: TBD

Provider: CALM, Family Service Agency, Santa Maria Valley Youth and Family Center

Intensive Therapeutic Foster Care (ITFC)

A medically necessary treatment service for foster care youth in the designated Katie A subclass. These children can accept and respond to close relationships within a family setting and require intensive therapeutic services.

Region: All

Ages Served: 0-21

Capacity: 5

Provider: Family Care Network

Juvenile Justice Mental Health Services (JJMHS)

Serves youth in the Santa Barbara County Juvenile Probation institutions, including juvenile hall, the Los Prietos Boys Camp, and the Los Prietos Academy. JJMHS staff members also conduct evaluations for the juvenile court and provide outpatient psychotherapy for Probation youth.

Region: All

Ages Served: Children and Adolescents

Capacity: NA

Provider: Santa Barbara County Department of Behavioral Wellness

Managed Care Mental Health/Brief Therapy

Provides children who are Medi-Cal beneficiaries and their families brief, time-limited therapy.

Region: All

Ages Served: Children

Capacity: NA

Provider: CALM, Family Service Agency, Santa Maria Valley Youth and Family Center

New Heights

Assists transition-age youth in making the successful transition into adulthood by offering an array of recovery-focused services, including mental health treatment, employment and education support and referrals, socialization support, and linkage to other service providers and community resources.

Region: All

Ages Served: Transition-Age Youth

Capacity: 90

Provider: Department of Mental Wellness and Mental Health Systems

Prevention & Early Intervention (PEI) TAY

Provides early screening and treatment services for individuals experiencing prodromal symptoms or the onset of a psychotic illness and/or those diagnosed with psychosis or other serious mental illness within the past 12 months. The program also provides outreach and education to the community by developing networks with those who can serve as “early identifiers.”

Region: All

Ages Served: Transition-Age Youth

Capacity: 90

Provider: Department of Behavioral Wellness and Mental Health Systems

Prevention Services

Education, environmental prevention and early intervention services targeted to prevent individuals from abusing substances and to limit access to alcohol and other drugs (AOD) in the community.

Region: All

Ages Served: Children and Adolescents

Capacity: 2,050

Provider: Council on Alcoholism and Drug Abuse, Central Coast Future Leaders, Noah's Anchorage, Channel Islands Isla Vista Teen Center, UCSB Alcohol and Drug Program, Guadalupe Police Department Gladiators, UCSB Department of Counseling Evaluation Services, People Helping People, Family Services Agency, Santa Maria Youth and Family Treatment Center, United Way of Santa Barbara.

Rehabilitation Specialist Services

Flexible, intensive and individualized behavioral interventions are designed to assist youth in developing interpersonal and social skills, manage negative behaviors and succeed in their home, school and community.

Region: All

Ages Served: Children and Adolescents

Capacity: 126

Provider: Community Action Commission

Residential Placement (Children) Placement for children RLC 13-14.

Region: All

Ages Served: Children and Adolescents

Capacity: NA

Provider: Casa Pacifica and others.

Residential Treatment Mental Health Services Program

Provides mental health services for children who have been temporarily removed from their homes by the Department of Social Services and placed in a facility in Camarillo.

Region: All

Ages Served: Children and Adolescents

Capacity: NA

Provider: Casa Pacifica

RISE (Resiliency Interventions for Sexual Exploitation) provides services to young women victims of sex trafficking. Services are also offered to siblings and family members to decrease the chance of sibling involvement and increase the positive involvement of family members in promoting the recovery and reintegration of victims. Friends, families, service providers, and community members will be educated in how to recognize the signs of sex trafficking, and what to do if you suspect someone is in danger.

Region: All

Ages Served: Children and Adolescents

Capacity: 80

Provider: Department of Behavioral Wellness

SAFTY (Children's Mobile Crisis)

A mobile crisis response program for children, youth and families. Available 24 hours a day, 7 days a week.

Region: All

Ages Served: Children and Adolescents

Capacity: NA

Provider: Casa Pacifica

SB 163 Wraparound

Returns children and youth in group home care to their communities or to help children at imminent risk of placement to remain in their homes.

Region: All

Ages Served: Children and Adolescents

Capacity: 25

Provider: Casa Pacifica

School-Based Mental Health Program

Early identification of alcohol and other drug problems related to the use or abuse of drugs and provides services for mild-to-moderate mental illness.

Region: All

Ages Served: Children and Adolescents

Capacity: NA

Provider: Family Services Agency, Santa Maria Valley Youth and Family Center

SPIRIT

Wraparound program that provides a family-focused, strength-based, individualized service to help children and their families meet needs through natural community supports or through the mental health system of care. SPIRIT staff members ensure that care is available 24/7 to keep youth and families stable and safe.

Region: All

Ages Served: Children and Adolescents

Capacity: 75

Provider: Behavioral Wellness and CALM

START (Support, Treatment, Advocacy and Referral Team)

This program provides mental health assessment, screening and treatment, home visits, school collaborations, family interventions, linkage and education for children, adolescents and families. A school-based program offers prevention and early intervention mental health services to students in Carpinteria public schools experiencing emotional and/or behavioral difficulties.

Region: South

Ages Served: Children and Adolescents

Capacity: 90

Provider: Family Services Agency, Council on Alcoholism and Drug Abuse

Therapeutic Behavioral Services (TBS)

Short-term, strength-based, behavioral-focused service that works with a child, caregivers and the primary mental health provider to address behaviors that put a child at risk for a higher level of care.

Region: All

Ages Served: Children and Adolescents

Capacity: 60

Provider: Casa Pacifica

Wellness & Resiliency Teams

Specialized outpatient teams in each region use evidence-based practices to serve children with serious emotional disturbance.

Region: All

Ages Served: Children and Adolescents

Capacity: TBD

Provider: Department of Behavioral Wellness

Youth and Family Treatment Centers

Treatment for youth who have begun using drugs and alcohol, and their families, in the community and through school based counseling services. The focus is on youth between the ages of 13 and 17, and programs provide age appropriate developmental services and family involvement.

Region: All

Ages Served: Children and Adolescents

Capacity: 100

Provider: Daniel Bryant Youth and Family, Santa Maria Valley Youth and Family Center, Coast Valley Substance Abuse Treatment Center

Youth Service Specialists (YSS)

The Youth Service System provides trained Youth Service Specialists (YSS) who work at junior highs and high schools from Carpinteria to Goleta, providing a continuum of alcohol and other drug-related prevention and intervention services.

Region: South

Ages Served: Junior High and High School

Capacity: 340

Provider: Council on Alcoholism and Drug Abuse

Adults

To obtain behavioral health services, please call the 24/7 Access Line, 888-868-1649.

AB 109 Adult Probation Services

Outpatient behavioral health services provided to individuals released from prison who are under the jurisdiction of Probation.

Region: All

Ages Served: Adults **Capacity:** NA

Provider: Departments of Behavioral Wellness and Probation

Assertive Community Treatment (ACT)

A multidisciplinary team providing housing assistance, supported employment and education, vocational skills enhancement, medication support, counseling, peer support and social skills development.

Region: All

Ages Served: Adults **Capacity:** 300

Provider: Telecare Corp. (North), Transitions-Mental Health Association (West), Department of Behavioral Wellness (South)

Assertive Community Treatment Outreach and Engagement (ACTOE)

Outreach and engagement for adults who would otherwise qualify for court-ordered outpatient treatment under AB 1421 (Laura's Law), with the goal of providing them voluntary ACT services.

Region: All

Ages Served: Adults

Capacity: 20

Provider: Telecare Corp. (North), Transitions-Mental Health Association (West), Department of Behavioral Wellness (South)

Bridge to Care

Provides psychiatric medication evaluation, prescriptions and medication monitoring in Lompoc to stabilize people in drug and alcohol treatment programs who have a co-occurring mental illness.

Region: West

Ages Served: Adults

Capacity: 170

Provider: Department of Behavioral Wellness

CalWORKs Resource Support Team

The CalWORKs Resource Support Team is a combined effort between the Department of Social Services and the Santa Barbara County Alcohol and Drug Program. The team guides CalWORKs families through what may be a difficult time in their lives by helping to identify, understand, and work through issues that create barriers to employment.

Region: All

Ages Served: Adults

Capacity: Approximately 500 annually

Provider: Departments of Behavioral Wellness and Social Services

CARES (Crisis and Recovery Emergency Services)

Consolidates intake, mobile crisis response and access to service for mental health and alcohol and drug emergencies. Staffed by mental health professionals, CARES provides crisis support on a 24/7 basis, serves children and adults, and works closely with the SAFTY children's mobile crisis program.

Region: North and South

Ages Served: Adults

Capacity: NA

Provider: Department of Behavioral Wellness, Council on Alcoholism and Drug Abuse (South), Good Samaritan Services (North)

CARES Mobile Crisis

Serves adults and older adults (18 years +) experiencing a psychiatric crisis or mental health emergency in northern and southern Santa Barbara County. The CARES Mobile Crisis Program substantially enriches crisis services, providing clients appropriate alternatives to hospitalization whenever possible.

Region: All

Ages Served: Adults

Capacity: NA

Provider: Department of Behavioral Wellness

Carpinteria Outreach

Department of Behavioral Wellness staff members are available two days a month to see individuals by appointment or on a walk-in basis. Behavioral health education and support, resource and referral guidance, brief therapeutic interventions and behavioral health screenings are available.

Region: Carpinteria

Ages Served: 18 and older; open to the public.

Provider: Department of Behavioral Wellness

Co-Occurring Outpatient Teams

Clients have been diagnosed with a severe mental illness and a co-occurring alcohol or drug issue and benefit from a specialized level of service.

Region: All

Ages Served: 18 and older

Capacity: TBD

Provider: Department of Behavioral Wellness

Co-Occurring/Dual Diagnosis

Specialized Alcohol and Other Drug (AOD) services available for individuals who have both a substance use disorder and a mental health issue. COD/DDX services may also include supportive and psychiatric services.

Region: All

Ages Served: Adults

Capacity: 110

Provider: Phoenix of Santa Barbara, Sanctuary Psychiatric Centers

Crisis Intervention Training (Workforce Education and Training)

An annual training for law enforcement professionals and other first responders in dealing effectively with individuals experiencing behavioral health crises.

Region: All

Ages Served: Adults

Capacity: 35-40

Provider: Department of Behavioral Wellness, Partner County Agencies, Joel Fay, Psy.D.

Crisis Residential North and South

Short-term crisis residential services for adults.

Region: North and West

Ages Served: Adults

Capacity: 16

Provider: Anka Behavioral Health

Crisis Stabilization Unit (CSU) (opening November 2015)

Safe, nurturing short-term, voluntary emergency treatment option for individuals experiencing a mental health emergency. Services available up to 23 hours.

Region: South

Ages Served: Adults

Capacity: 8-10

Provider: Department of Behavioral Wellness

Crisis Triage

Crisis Triage Teams assist individuals to gain access to effective outpatient and crisis services in the least restrictive manner possible, including individuals in a pre-crisis state and those being discharged from inpatient care. The field-based triage workforce engages in proactive case management, peer support and clinical care before, during and after a mental health crisis.

Region: All

Ages Served: Adults

Capacity: NA

Provider: Department of Behavioral Wellness

Intensive Outpatient Treatment (formerly called Day Care Rehabilitative) (DCR)

An intensive outpatient (IOT) program. The IOT program provides perinatal substance abuse services to pregnant or postpartum women (up to 60 days). Services include individual and group counseling, case management, on-site child care and transportation. IOT services will soon be expanded to include men. The change is anticipated to begin in FY 2015.

Region: All

Ages Served: Adults

Capacity: 35

Provider: Council on Alcoholism and Drug Abuse Project Recovery, Good Samaritan Services

Detoxification Services (non-medical)

Residential detox services to safely withdraw from alcohol and other drugs. Services include providing a safe, sober and supportive living environment, stabilization, abstinence, and linkages to continued treatment. Stays up to 14 days.

Region: All

Ages Served: Adults

Capacity: 30

Provider: Council on Alcoholism and Drug Abuse, Good Samaritan Shelter Services

Driving Under the Influence (DUI)

Education and counseling for persons who have a driving or boating violation involving alcohol and/or other drugs.

Region: All

Ages Served: Adults

Capacity: 2000

Provider: Council on Alcoholism and Drug Abuse, Central Coast Headway, Zona Seca

HIV/AIDS and Hepatitis C Testing Services

Access to Human Immunodeficiency Virus (HIV) services to individuals receiving substance use disorder treatment including HIV education, rapid testing, counseling and referrals.

Region: All

Ages Served: Adults

Capacity: 2600

Provider: Pacific Pride Foundation, Santa Barbara Neighborhood Clinics

Homeless Outreach

Provides clinical behavioral health support for individuals at risk of homelessness.

Region: All

Ages Served: Adults **Capacity:** NA

Provider: Department of Behavioral Wellness, Transitions-Mental Health

Intensive Residential Services

Provide 24/7 structured mental health rehabilitation services and residential care at Mountain House and Phoenix for individuals at high risk for acute inpatient or long-term residential care.

Region: South

Ages Served: Adults

Capacity: 47

Provider: Phoenix, Telecare Corp, Casa Juana Maria, Casa Del Mural, McMillan Ranch, PathPoint

Justice Alliance (Forensic Team)

Emphasizes treatment, not punishment, for people with mental illness in the justice system. A licensed mental health professional in each region of the County provides linkage to mental health services for individuals with serious mental illness who have had interactions with the legal system including the courts, Probation, Public Defender, and District Attorney. Regional forensic teams that will provide a wider array of services to more clients, including mental health evaluations for persons in jail or recently released from jail. Also includes a jail discharge liaison to serve people with severe mental illness.

Region: All

Ages Served: Adults

Capacity: TBD

Provider: Department of Behavioral Wellness

Long-Term Intensive Residential Treatment

Adults placed in out-of-county intensive residential facilities, including Institutions for Mental Disease (IMDs), Skilled Nursing Facilities (SNFs), and state hospitals.

Region: All

Ages Served: Adults

Capacity: NA

Provider: Various.

Medical Integration

Specialized teams in each region of the county to serve persons with severe mental illness who also experience serious medical problems, including individuals who are 60 years of age and over. Teams will also develop ongoing partnerships with all relevant agencies, including, but not limited to, Public Health, alcohol and other drug providers and organizations serving seniors.

Region: All

Ages Served: Adults

Capacity: TBD

Provider: Department of Behavioral Wellness

Mobile Crisis West

Mobile Crisis Program serves adults and older adults (18 years +) experiencing a psychiatric crisis or mental health emergency. Mobile Crisis Program substantially enriches crisis services, providing clients appropriate alternatives to hospitalization whenever possible.

Region: All

Ages Served: Adults

Capacity: NA

Provider: Department of Behavioral Wellness

Narcotic Treatment Program (NTP)

Outpatient services providing medication-assisted treatment for Narcotic (Heroin, Vicodin, OxyContin) abuse and dependence. Individuals in NTP attend treatment services daily including taking prescribed doses of methadone and or other medications and attending counseling sessions. NTP's can last from 21 days for detoxification services for to up to years, depending on client need.

Region: All

Ages Served: Adults

Capacity: 700

Provider: Aegis Treatment Centers

Outpatient Drug-Free (ODF)

Services include assessment, individual and group counseling and other supportive services.

Region: All

Ages Served: Adults

Capacity: 400

Provider: Coast Valley Substance Abuse Treatment, Council on Alcoholism and Drug Abuse, Good Samaritan Services, Phoenix of Santa Barbara, Sanctuary Psychiatric Centers, Mental Health Systems Center for Change

Partners in Hope

Includes family partners, peer recovery staff, alcohol and drug treatment specialists and vocational rehabilitation staff who provide outreach and linkage to recovery-oriented activities.

Region: All

Ages Served: Adults

Capacity: 375

Provider: Mental Wellness Center, Transitions-Mental Health Association

PC 1000 - Drug Diversion

Program for non-violent drug offenders referred to treatment by the Courts. Upon completion of treatment, charges are dismissed. Services include education, individual and group counseling

Region: All

Ages Served: Adults

Capacity: 250

Provider: Central Coast Headway, Council on Alcoholism and Drug Abuse, Coast Valley Substance Abuse Center, Zona Seca

Perinatal Services

Serves pregnant/post partum women and women with children. Perinatal services include Outpatient Drug-Free treatment, counseling, Day Care Rehabilitative and Transitional Residential Living. These services are enhanced to address the unique needs of women.

Region: All

Ages Served: Adults

Capacity: 100

Provider: Council on Alcoholism and Drug Abuse, Casa Serena, Good Samaritan Services

Recovery Learning Community (RLC)

Peer-run centers in each region of the county that offer support groups, classes and social opportunities.

Region: All

Ages Served: Adults

Capacity: NA

Provider: Transitions-Mental Health Association (North, West), Mental Wellness Center, South

Recovery-Oriented Systems of Care (ROSC)

Self-help groups used in addition to 12-Step support meetings established throughout the community for persons that are awaiting treatment placement.

Region: All

Ages Served: Adults

Capacity: 80

Provider: Coast Valley Substance Abuse Treatment, Good Samaritan Services, Mental Health Systems

Residential Treatment

Alcohol and Other Drug (AOD) services for women who cannot obtain and maintain sobriety in outpatient programs. Clients live in a 24 hour residential setting and receive treatment for over 30 days. Programs incorporate counseling, daily life skills training and mutual/self-help group meetings.

Region: South

Ages Served: Adults

Capacity: 3

Provider: Casa Serena

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

An evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.

Region: South

Ages Served: Adults **Capacity:** NA

Provider: Departments of Behavioral Wellness and Public Health

Supported Housing

Provides intensive, multidisciplinary services to adults and older adults who require a higher level of care than offered by mental health clinics, but less than that provided by ACT programs.

Region: North and South

Ages Served: Adults

Capacity: 260

Provider: Transitions-Mental Health Association (North), PathPoint (South)

Transitional Living Centers (TLC)

Provide housing services for women who are pregnant or parenting minor children. Housing is used in combination with AOD treatment services to help clients maintain sobriety by providing a safe, sober living environment with mutual/self-help group meetings.

Region: North and West

Ages Served: Adults

Capacity: 30

Provider: Good Samaritan Services

VETS (Veterans Entering Treatment Service)

Expands and enhances treatment options for participants in the Santa Maria Veterans Treatment Court.

Region: North and West

Ages Served: Adults

Capacity: 200 (three-year period)

Provider: Coast Valley Substance Abuse Treatment, Good Samaritan Services, Mental Health Systems
Santa Maria Center for Change

Vocational Rehabilitation - Santa Barbara County Mental Health CO-OP Program

A collaborative program between the Department of Behavioral Wellness and the California State Department of Rehabilitation (DOR), the Department of Behavioral Wellness Mental Health CO-OP offers consumers a variety of employment support services, resulting in an opportunity to successfully obtain and maintain employment.

Region: All

Ages Served: Adults/TAY Programs

Capacity: 200

Provider: Mental Health CO-OP

Wellness and Recovery Teams

Specialized outpatient teams that use evidence-based practices to assist adult clients experiencing severe and persistent mental illness.

Region: All

Ages Served: Adults

Capacity: TBD

Provider: Department of Behavioral Wellness

Workforce Education & Training

Supports part-time peer positions for clients and family members through the Peer Expert Pool and provides an annual Crisis Intervention Training for law enforcement professionals and other first responders.

Region: All

Ages Served: Adults

Capacity: NA

Provider: Department of Behavioral Wellness