



## COUNTY OF SAN DIEGO, HEALTH AND HUMAN SERVICES AGENCY, MENTAL HEALTH SERVICES

### MENTAL HEALTH SERVICES ACT (MHSA) PREVENTION AND EARLY INTERVENTION (PEI) PROGRAMS AND SERVICES

The Mental Health Services Act (MHSA), Proposition 63, was approved by California voters in November 2004 and became effective January 1, 2005. The MHSA provides funding for expansion of mental health services in California. As required by the law, the County of San Diego, through the Health and Human Services Agency (HHS) Mental Health Services Division, has completed the MHSA Prevention and Early Intervention (PEI) Program and Expenditure Plan. The MHSA PEI Plan outlines proposed MHSA-funded programs and services to be provided locally. San Diego County's initial allocation has been used to create new prevention programs for unserved and underserved County residents who are at-risk of developing a mental illness or are in the early stages of me

ntal illness. The County's MHSA PEI Plan will be updated annually based on funding revisions and other program considerations. The MHSA provides access to services for identified unserved/underserved clients in new or expanded programs, but may not replace or supplant existing services.

In accordance with the MHSA ***Vision Statement*** and ***Guiding Principles***, services are designed to adhere to the following principles:

- Cultural and linguistic competency
- Promotion of resiliency in children and their families, and recovery/wellness for adults and their families
- Increased access to services, including timely access and more convenient geographic locations for services
- Services that are more effective, including evidence-based or best practices
- Reduced need for out-of-home and institutional care, maintaining clients in their communities
- Reduced stigma towards mental illness
- Consumer and Family participation and involvement
- Increased array and intensity of services
- Screening and treatment for persons with dual diagnoses
- Improved collaboration between mental health and other systems (education, law enforcement, child welfare, etc.)
- Services tailored to age-specific needs
- Address eligibility gaps by serving the uninsured and unserved

Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
<p style="text-align: center;"><b>Primary &amp; Secondary Prevention – Public Outreach, Education and Support Lines</b></p>	<p>County-wide public media campaign geared towards suicide prevention and stigma and discrimination reduction via education and outreach. Campaign also raises awareness of new PEI programs.</p> <p>In addition, this program provides County-wide, confidential, peer-staffed support phone lines for youth, adults, and families.</p>	<p>Prevent suicide and reduce stigma and discrimination experienced by individuals with mental illness and their families. Increase awareness of available MHSA PEI services.</p> <p>Provide support and increase knowledge of mental illness and related issues. Reduce stigma and harmful outcomes.</p>	<ul style="list-style-type: none"> <li>• County-wide</li> <li>• Individuals with mental illness</li> <li>• Families of individuals with mental illness</li> <li>• General public</li> <li>• County-wide</li> <li>• Youth</li> <li>• Family members</li> </ul>	<ul style="list-style-type: none"> <li>• Public media campaign to education and promote mental health concerns</li> <li>• Print, radio, and TV ads</li> <li>• Printed materials</li> <li>• Non-crisis, peer phone support and referrals</li> <li>• Mental health education</li> <li>• Afternoon and evening services, 5 days a week</li> </ul>	<p><u>Housing Media Campaign</u>  <b>Cook &amp; Schmid, LLC</b>  <b>2760 Fifth Ave, Suite 210</b>  <b>San Diego, CA 92103</b>  <b>(619) 814-2370</b></p> <p><u>Suicide Prevention and Stigma Reduction Media Campaign</u>  <b>AdEase</b>  <b>170 Laurel Street</b>  <b>San Diego, CA 92101</b>  <b>(619) 243-2290</b></p> <p><u>Suicide Prevention Action Plan</u>  <b>Community Health Improvement Partners</b>  <b>5575 Ruffin Rd Suite 225</b>  <b>San Diego, CA 92123</b>  <b>(858) 614-1554</b></p> <p><u>Breaking Down Barriers</u>  <b>Mental Health Association of SD County</b>  <b>4069 30<sup>th</sup> St.</b>  <b>San Diego, CA 92104</b>  <b>(619) 543-0412 ext. 102</b></p> <p><u>Fotonovela</u>  <b>Metropolitan Group</b>  <b>519 SW Third Ave.</b>  <b>Portland, OR 97204</b>  <b>(503) 223-3299</b></p> <p><u>Youth and Family Peer Support Line</u>  Youth Talkline: 1-877-450-LINE (5463)  Family Supportline: 1-877-470-LINE (5463)</p> <p><u>Adult/Family Peer Support Line</u>  <b>1-800-523-5933 or 619-543-1434</b></p>

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<b>Families as Partners</b>	Services and engagement with community resources and supports for families in the South Region in order to assist in maintaining a safe home for children and reducing the effects of trauma exposure.	Establish a community safety net to ensure the safety and well being of children and their families. Streamline case flow processes to provide services more efficiently to families in crisis.	<ul style="list-style-type: none"> <li>• Children, 0 to 17 years</li> <li>• Families</li> <li>• Located in the South Region of San Diego</li> </ul>	<ul style="list-style-type: none"> <li>• Safety and risk assessment for children conducted in the home</li> <li>• Caregiver stress assessment</li> <li>• Linkage and referral to appropriate services</li> </ul>	<b>South Bay Community Services</b> <b>1124 Bay Boulevard, #D</b> <b>Chula Vista, CA 91911</b> <b>(619) 420-3620</b>
<b>South Region Trauma Exposed Services</b>	Services and referrals to prevent re-traumatization of children and families who experience trauma related to exposure to domestic and/or community violence.	Promotion of healthy, effective parenting styles. Connecting children with necessary health and other related services.	<ul style="list-style-type: none"> <li>• Children identified as at risk of being removed from their home</li> <li>• Located in the South Region of San Diego</li> <li>• Polinsky Children's Center residents</li> </ul>	<ul style="list-style-type: none"> <li>• Short-term services</li> <li>• Referrals for comprehensive services</li> <li>• Family education</li> </ul>	<b>Fred Finch Youth Center</b> 6160 Mission Gorge Rd San Diego, CA 92120 (619) 281-3706
<b>Alliance for Community Empowerment</b>	Community violence response team and services to siblings of identified gang members in an effort to increase community resiliency and combat the negative effects of violence.	Increase the resiliency of individuals, families, and the community to address and reduce the impact of community violence and trauma. Reduce the negative impact of gangs.	<ul style="list-style-type: none"> <li>• Younger siblings (10-14 years) of adolescent/young adult gang members or affiliates</li> <li>• Communities exposed to violence</li> <li>• Central San Diego</li> </ul>	<ul style="list-style-type: none"> <li>• Home-based services</li> <li>• On-going family supports</li> <li>• Positive peer-based services</li> <li>• Anger management</li> <li>• Conflict resolution</li> </ul>	<b>Union of Pan Asian Communities</b> <b>1031 25<sup>th</sup> Street</b> <b>San Diego, CA 92102</b> <b>(619)232-6454</b>
<b>Collaborative Native American Initiative</b>	Urban Youth Center, elder services/navigator program, suicide prevention program, and outreach and prevention program for the Native American community.	Increase community involvement and education through services designed and delivered by Native American community members.	<ul style="list-style-type: none"> <li>• American Indians</li> <li>• Alaska Natives</li> <li>• Rural reservation communities</li> <li>• Urban AI/AN communities</li> </ul>	<ul style="list-style-type: none"> <li>• Youth center</li> <li>• Elder programs and activities</li> <li>• Suicide prevention</li> <li>• Outreach and education</li> </ul>	<b>Indian Health Council, Inc.</b> <b>50100 Golsh Rd</b> <b>Valley Center, CA 92082</b> <b>(760) 749-1410</b>

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<b>School-Based Program</b>	Family-focused approach that engages families in their child's school success. School-based interventions with families are coordinated and designed to improve child/parent social and emotional skills.	Reduce family isolation and stigma associated with seeking behavioral health services. Increase resiliency and protective factors for children. Reduce parental stress.	<ul style="list-style-type: none"> <li>• School-age children and their families</li> <li>• Underserved Asian/Pacific Islanders and Latinos</li> </ul>	<ul style="list-style-type: none"> <li>• Positive Behavioral Support (PBS)</li> <li>• Screening and early identification of at-risk children</li> <li>• Community outreach to families</li> <li>• Education and support</li> </ul>	<p><b>Palomar Family Counseling Services, Inc.</b>  <b>1002 Grand Ave.</b>  <b>Escondido, CA 92025</b>  <b>(760) 741-2660</b></p>
<b>Suicide Prevention Education Awareness and Knowledge (SPEAK)</b>	Suicide prevention program to serve students through education, outreach, screening, and referrals in schools. Includes education to school staff and families.	Reduce suicides and the negative impact of suicide in schools. Increase education of education community and families.	<ul style="list-style-type: none"> <li>• Children, youth, and transition age youth (18 to 24 years)</li> <li>• School staff and gatekeepers</li> <li>• Families and caregivers</li> </ul>	<ul style="list-style-type: none"> <li>• Education and outreach</li> <li>• Screening</li> <li>• Crisis response training</li> <li>• Short-term early intervention</li> <li>• Referrals</li> </ul>	<p><b>San Diego Unified School District</b>  <b>2351 Cardinal Lane,</b>  <b>Annex B</b>  <b>San Diego, CA 92123</b>  <b>(858) 573-2233</b></p>
<b>Kick Start</b>	Services for individuals at-risk for developing or experiencing a first break of serious mental illness that includes outreach, education, and intervention.	Provide services to individuals experiencing the onset of mental illness. Reduce the potential negative outcomes associated with mental health issues in the early stages of the illness.	<ul style="list-style-type: none"> <li>• Youth (14 to 17 years)</li> <li>• Transition age youth (18 to 24 years)</li> <li>• Central region of San Diego</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Family education</li> <li>• Mobile outreach</li> <li>• Early intervention</li> <li>• Information and linkage</li> </ul>	<p><b>Providence Community Services</b>  <b>6153 Fairmont Ave, #260</b>  <b>San Diego, CA 92120</b>  <b>(619) 481-3790</b></p>

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<b>Rural Integrated Behavioral Health and Primary Care Services</b>	Assessment and short-term interventions in rural community clinics for individuals who may be at risk for or in the early stages of mental illness.	Prevent patients in rural community clinics from developing an increased level of behavioral health issues, severe mental illness, or addiction.	<ul style="list-style-type: none"> <li>• Children, adolescents, transition age youth, adults, and older adults in community clinics located in the rural areas of San Diego</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Brief intervention</li> <li>• Education</li> <li>• Mobile outreach</li> </ul>	<p style="text-align: center;"><b>Vista Hill</b>  <b>1012 Main Street, Ste A</b>  <b>Ramona, CA 92065</b>  <b>(760) 788-9724</b></p> <ul style="list-style-type: none"> <li>• <u>North County Health Services</u>            217 Earlham St,            Ramona, CA 92065</li> <li>• <u>Mt. Valley's Health Center</u>            16650 Highway 76            Pauma Valley, CA 92061</li> <li>• <u>Julian Medical Center</u>            2721 Washington Street            Julian, CA 92036</li> </ul>
<b>Co-Occurring Disorders – Bridge to Recovery</b>	Early intervention services to individuals presenting at crisis emergency facilities who have high substance use issues and early mental health concerns.	Instill hope, reduce stigma about seeking treatment, and prevent suicide for individuals in crisis presenting with co-occurring substance and mental health issues.	<ul style="list-style-type: none"> <li>• Transition age youth (18 to 24 years), adults and older adults (25 to 60+ years) with substance use issues and emerging mental health issues</li> <li>• Referred from crisis emergency facilities</li> </ul>	<ul style="list-style-type: none"> <li>• Screening</li> <li>• Brief intervention</li> <li>• Referral and linkage</li> <li>• Psycho-education groups</li> <li>• Training for law enforcement on co-occurring issues</li> </ul>	<p style="text-align: center;"><b>University of California, San Diego</b>            140 Arbor Drive            San Diego, CA 92103            (619) 497-6636</p>
<b>Courage to Call Program</b>	Confidential, peer-staffed outreach, education, and training services to the Veteran community and its service providers.	Increase awareness of the prevalence of mental illness in this community. Reduce mental health risk factors or stressors. Improve access to mental health and PEI services, information, and support.	<ul style="list-style-type: none"> <li>• Veterans</li> <li>• Active duty military</li> <li>• Reservists</li> <li>• National Guard</li> <li>• Family members</li> </ul>	<ul style="list-style-type: none"> <li>• Education</li> <li>• Debriefings</li> <li>• Peer counseling</li> <li>• Linkage to mental health services</li> <li>• Mental health information</li> <li>• Support Hotline</li> </ul>	<p style="text-align: center;"><b>Mental Health Systems, Inc.</b>  <b>2165 Kurtz Street</b>  <b>San Diego, CA 92110</b>  <b>(877) 698-7838</b></p>

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<p style="text-align: center;"><b>Co-Occurring Disorder – Screening by Community-Based ADS Providers</b></p>	<p>Addition of mental health counselors to residential and outpatient Alcohol and Drug Services programs to identify and screen clients with or exhibiting mental health concerns.</p>	<p>Support integrated treatment of co-occurring issues for those enrolled in substance abuse treatment. Reduce stigma associated with mental health concerns and provide.</p>	<ul style="list-style-type: none"> <li>• Individuals residing in contracted residential and outpatient substance abuse programs with or exhibiting mental health concerns</li> </ul>	<ul style="list-style-type: none"> <li>• Screening</li> <li>• Education</li> <li>• Brief counseling</li> <li>• Referral and linkage</li> <li>• Prevention groups</li> <li>• Family education</li> </ul>	<p style="text-align: center;"> <b>Catholic Charities</b>  <b>(619) 236-2828</b>  ~  <b>Vista Hill Parent Care</b>  <b>(619) 698-1663</b>  ~  <b>Harmony West</b>  <b>(MHS, Inc.)</b>  <b>(619) 285-1718</b>  ~  <b>Family Recovery Center</b>  <b>Non-residential</b>  <b>(MHS, Inc.)</b>  <b>(760) 439-6702</b>  ~  <b>North Inland Regional</b>  <b>Recovery Center</b>  <b>(MHS, Inc.)</b>  <b>(760) 741-7708</b>  ~  <b>House of</b>  <b>Metamorphosis</b>  <b>(619) 236-9492</b>  ~  <b>Stepping Stone</b>  <b>Residential and</b>  <b>Non-Residential</b>  <b>(619) 278-0777</b>  ~  <b>The Palavra Tree</b>  <b>Southeast</b>  <b>and Southwest</b>  <b>Teen Recovery Center</b>  <b>(619) 263-7768</b>  ~  <b>Phoenix House</b>  <b>Residential and</b>  <b>Teen Recovery Center</b>  <b>(619) 445-0405</b>  ~  <b>UPAC Adult</b>  <b>(619) 521-5750</b> </p>