

Karin Sellite: Sonoma County Mental Health

1. Crisis Assessment Prevention & Education (Cape):
 - a. Crisis intervention at local high schools
2. Transitional Age Youth (TAY):
 - a. Adult Mental Health Case management program
 - b. If clients come in without income, TAY will help them apply for benefits such as General Assistance (GA) which is about \$400/month and SSI if they qualify, as well as help them seek employment
 - c. 40 slots (TAY is a Mental Health Services Act Full Service Partnership program, and most programs of this type are capped programs)
 - i. If you're waiting for services the ACCESS Team will send them to another program (707) 565-6900 for Sonoma County ACCESS, all counties have this concept, but it might be listed under another name.
 - d. Not Residential, but will assist in finding housing: Currently
 - i. 8 clients live in Tamayo House (22 Beds total)
 - ii. Approximately 25% of clients live with family members (1/2 of which are ok with this arrangement the other ½ are looking for alternate housing)
 - iii. Some live in subsidized apartments with or w/o roommate(s)
 - e. Buckelew Programs: Only available to Adult MH Clients
 - i. Contracts with So Co MH to help them with ILS Skills and finding housing
 - ii. They have access to some subsidized housing through Burbank (faster to get housing through this program)
- Differences and transition between adult and children's mental health: Different Languages, Dx changing over the development of the person, treatment and medications not an exact science: Example: Dx might begin as ADHD then Bipolar then Schizophrenia
- Majority of TAY referrals are coming not directly from the children's MH system, but from community organizations, family members: **ASK YOUR MH WORKER IF A TAY REFERRAL IS APPROPRIATE**
- **TRANSITION PLAN Questions to ask you MH Worker:**
 - Start an SSI application
 - What housing options will be available: Sonoma County has Section 8 (long list, can be years to get in), Burbank Housing, Housing Authority, Tamayo House waiting list, etc.
 - Psychiatric Services – where will services be provided, will the services include case management, or will it be a medication-only type service?
- County Adult Mental Health systems serve those with Medical, not those with private insurance: **GET YOUR CHILD ON MEDICAL**

- There are hardly any services residentially for anyone who doesn't have funding: **SSI IS IMPERATIVE IF LOOKING FOR ADULT RESIDENTIAL PLACEMENTS**, you can also apply for General Assistance (GA) while waiting for SSI. GA will pay for a very limited number of housing resources
- A significant challenge when children turn 18 is their new ability to make all their own decisions about accepting or declining mental health services, including residential treatment. The adult system cannot require anyone to accept treatment, services, or be in any particular residential setting unless they are conserved. Conserving anyone, especially a young person, is usually a long and difficult process involving the legal system, as conserving someone results in denying them their rights. A conserved individual in the adult MH system will be required to have some participation in treatment, and will be placed in a licensed residential facility. If the public conservator determines the conservatee requires a locked placement, chances are high the placement will be outside of Sonoma County.
- **Parent Shared:** You can put a psychiatrist's letter on file at the police department to help emergency services when there is a crisis

John and Ron from NAMI (National Alliance on Mental Illness)

Power Point Presentation on NAMI, and the services they provide

NAMI Location: 1300 N Dutton, Santa Rosa, CA

- Spoke to the tangible things a parent can do to reach their children when they are appearing to be in crisis
- NAMI Services:
 - Parent support classes/groups
 - Peer to Peer Support
 - Library at the NAMI Office
 - Mental Health Symposium: Covers diverse populations of those affected with MH

Parents were responding to being able to ask questions and get pointers from an adult with mental health dx. Talked about the structure and the routine in a residential setting and then how that applies when the resident is home.

Interlink: Sean

Grass roots, client run self help mental health recovery center

- 3,000 members
- Movement towards Mental Health recovery instead of imposed treatment plans

- Open 10-3 Monday to Saturday Located at: 1033 Fourth Street, Santa Rosa, 707) 546-4481
- Stigma Free Environment: Empowerment Language
- Food program serves 1,200 meals a month
- Job searching, alcohol and drug recovery support, dual issues meetings
- At this time 60% of the members are homeless
- Holiday Parties

Who can receive services?

- Have to be 18 years old to access services
- Have a mental concern, you don't need funding or a dx