



# Lompoc ACT

## Transitions-Mental Health Association

*Inspiring hope, growth, recovery and wellness in our communities.*



WELLNESS • RECOVERY • RESILIENCE

Lompoc ACT is an Assertive Community Treatment (ACT) model-based program in Lompoc. As an ACT model program, the staff functions as a team and provide services for adults, older adults, and transitional age youth with serious and persistent mental illness. The team provides treatment, support and rehabilitation services in the community with a “whatever it takes” approach. Lompoc ACT is committed to reducing homelessness, hospitalizations, and incarceration and focuses on encouraging each individual’s recovery and pursuit of a full, productive life.

### Services Provided

Services are delivered to clients as requested, in each person’s preferred language, giving each individual the opportunity and ability to have input into their individual treatment plan. Services may include:

- 24/7 response to individual’s mental health crises
- Individualized support services
- Goal-oriented, collaboratively developed individual recovery plans
- Therapeutic groups
- Individual therapy
- Housing and supportive housing services
- Group and individual support with substance dependence
- Supported employment, volunteer, and educational opportunities
- Relationship and communication skills
- Vocational skills enhancement
- Assistance in financial areas (budgeting, shopping tips)
- Meal planning and transportation planning
- Medication support
- Counseling support by mental health and alcohol and drug specialists
- In-home assistance with life skills

### Program Eligibility

Adults, older adults, and transitional age youth receiving services through the Santa Barbara County Department of Behavioral Wellness may be referred to Lompoc ACT. There are five spots reserved for ACT Outreach and Education (ACTOE), for individuals who need encouragement to join the program.

### Length of Treatment

The goal of the ACT Program is to support each individual in their personal wellness and community connections. Ideally, clients will reach a level that enables them to step down to a lower level of support within 12-18 months. However, individual treatment needs vary and treatment may be of shorter or longer duration depending on each person’s needs.

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