



## **Transitions-Mental Health Association**

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

### **Behavioral Health Navigation Program**

A series of programs providing individuals experiencing mental health concerns or illness with resource navigation and peer support. For inquiries, please call Trista Ochoa at 805-540-6576.

#### **Behavioral Health Navigation**

We support individuals from a peer approach and connect them with local resources. We can also provide support, based on availability, in the community with appointments, and community engagement. We can assist people with going to groups, meetings, and other social events to build a support system. We do not provide legal advice, we are not advocates but rather we provide system navigation and support. We are not a housing placement program. We only administer the VI-SPDAT and submit that for consideration for the 760now housing list.

*Who is Eligible for the Program?* Our services are open to everyone with no cost. Individuals DO NOT NEED an open case with County Behavioral Health, income, or insurance.

#### **Service Enhancement Team**

Our staff is stationed in the clinics to help provide clients at Behavioral Health support with navigating the mental health system. We can help individuals with the intake paperwork and appointment to provide a more welcoming environment. We can also sit in on county appointments to help clients feel heard and to help make sure they are communicating what they need in their services and treatment plan. We support individuals from a peer approach and connect them with local resources. We can also provide support, based on availability, in the community with appointments, and community engagement. We can assist people with going to groups, meetings, and other social events to build a support system.

*Who is Eligible for the Program?* Services are free to anyone looking to enroll in county services, or has an existing case with County Behavioral Health.

#### **Transitions Assistance and Relapse Prevention (TARP)**

We provide individuals who are in the process of graduation from FSP services, with ongoing case management and peer support services. We can fully engage with individuals who are 90 days away from graduation. We can help create a personal strategy for continued wellness during and beyond the transition period. TARP can also provide extra support to the FSP in short amounts of time those client who might not be ready for graduation within 90 days.

*Who is Eligible for the Program?* Individuals must be working with the Adult FSP team and in transition towards graduation.



WELLNESS • RECOVERY • RESILIENCE

