



Transitions-Mental Health Association

Inspiring hope, growth, recovery and wellness in our communities

Community Residential Programs in SLO County

The Community Residential Program services and activities are provided in the residents' homes and within their immediate community. Residents are assisted in their efforts to gain the skills needed to make choices that reflect their own values, preferences, and goals; supports are developed to meet each person's needs and to empower each individual to attain their highest level of independence possible.

What Is It Like?

This program offers independent long-term, affordable housing in a stable and supported environment for adult residents who are in treatment with San Luis Obispo Behavioral Health. Residents are helped to gain skills needed to make choices that reflect their own values, preferences and goals. Our co-ed houses are located in community neighborhoods in San Luis Obispo County. Residents have their own room and share the household and yard-work chores, attend weekly house meetings and support each other in efforts toward mental health wellness and community integration. Staff meets with residents on a regularly scheduled and as-needed basis. Services are adjusted to meet each resident's individual needs-intensive, moderate or low levels of support. Staff provides assistance with independent living, information and referral services, advocacy and consultation services, counseling and intervention services, and training and education. Services can include:

- Supportive care, case management, and rehabilitative mental health services
- Regular appointments with psychiatrists and other mental health staff
- Regular access to medical services
- Highly individualized treatment planning and goal setting
- Vocational and educational opportunities
- The development of independent living skills, including cooking, cleaning, grocery shopping, conflict resolution, money management, and social skills
- Co-occurring disorder support groups for residents who also have problems with substance abuse
- Activities designed to promote wellness and recovery within an integrated community setting

Who Is Eligible for the Program?

Residents of the Community Residential Programs are referred by San Luis Obispo County Behavioral Health Services, which provides ongoing treatment and medication monitoring. For more information, contact Mark Lamore, Director of Housing and Homeless Services at (805) 748-0610.



WELLNESS • RECOVERY • RESILIENCE

