



Full Service Partnership (FSP) Adult Program

Transitions-Mental Health Association

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

The San Luis Obispo County Full Service Partnership (FSP) Adult Program provides intensive community-based multidisciplinary clinical services to individuals with serious and persistent mental illness. A principle of FSP is doing “whatever it takes” to help individuals on their path to recovery and wellness. Full Service Partnerships embrace client driven services and supports with each client choosing services based on individual needs. Key variables to FSP programs are a low staff to client ratio, crisis availability, and a team approach that is a partnership between mental health service providers and clients.

What Is It Like?

Clients collaborate with FSP staff in each person’s preferred language, in order to formulate a recovery plan that reflects the client’s own values, preferences and goals; giving each individual the opportunity and ability to have input into their individual treatment plan.

Services may include:

- Individualized supportive advocacy, case management and life management skills
- Individual therapy and therapeutic groups
- Assistance with independent living skills (budgeting, proper nutrition, cleaning, personal hygiene, social skills, relationship skills, vocational support)
- Regular appointment with psychiatrist and medication manager
- Monitoring of clients’ psychiatric symptoms and their responses to treatment
- Educating clients and their support persons about the nature, symptoms and coping strategies of mental illness
- Assisting clients in developing appropriate coping skills for symptoms management
- 24/7 response to individual’s mental health crises
- Goal-oriented, collaboratively developed individual recovery plans
- Housing and supportive housing services
- Supported employment, volunteer, and educational opportunities

The goal of the Adult FSP program is to support individuals in their personal journey of healing, wellness and recovery to live with increased independence and self-determination. Clients typically meet many of their goals within 18 months however, individual treatment needs vary and treatment may be shorter or longer depending on each person’s needs.

Who Is Eligible for the Program?

Adults between ages 18-59 receiving services through County of San Luis Obispo Health Agency, Behavioral Health department are eligible to for referral to Adult FSP.



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