



Homebase on G

Transitions-Mental Health Association

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



WELLNESS • RECOVERY • RESILIENCE

Homebase on G was completed in December 2009. It is a mixed-use apartment complex in Lompoc which includes 37 studio, some reserved for adults with disabilities and 14 of the 37 are for people that have recently experienced chronic homelessness. The facility also includes a Recovery Learning Center (Helping Hands), outdoor areas and supportive services space.

Services to some of the residents who have a mental illness are provided by Lompoc ACT, which provides 24/7 intensive community-based wrap around services to help people in recovery live independently.

TMHA also hired a part-time Outreach Worker for Homebase on G. The worker's role is to visit tenants that are not necessarily with Lompoc ACT, who may be isolating in their apartments. The job is to know and to encourage those tenants to participate in the supportive, social environment at Helping Hands Recovery Learning Community whenever possible. We see fewer people getting depressed and experiencing the unwanted loneliness that too often shadows mental illness.

Program services and activities are provided almost entirely in residents' homes or possibly at the Recovery Learning Center at Homebase on G. 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. Services offered by Lompoc ACT and RLC staff include:

- Supportive care, case management, and rehabilitative mental health services.
- Regular appointments with a nurse and a psychiatrist.
- Regular access to medical services.
- Highly individualized treatment, medication and personal milestones.
- Vocational and educational support.
- The development of independent living skills, including cooking, cleaning, grocery shopping, conflict resolution, money management, computer classes, and social skills.
- Co-occurring disorder support groups for clients who also have problems with substance abuse.
- Peer led support groups addressing other medical issues requiring maintenance and medication.

The staff of Lompoc ACT and the Helping Hands RLC at Homebase on G focuses on encouraging each consumer's recovery and pursuit of a full, productive life by working with the whole person, rather than focusing solely on alleviating symptoms. Services and staff teams are fully integrated to give each member a range of choices, making the consumer the main decision-maker in his or her own recovery process.