



# Santa Maria Supported Community Services

## Transitions-Mental Health Association

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



WELLNESS • RECOVERY • RESILIENCE

Santa Maria Supported Services provides outpatient mental health treatment for adults and older adults with severe and persistent mental illness. The intensive treatment team helps individuals to recover and live independently within their community. Program participants 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 and recovery possible.

### 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:

- Supportive care, case management, and rehabilitative mental health services.
- 24/7 response to individual's mental health crises
- Goal-oriented, collaboratively developed individual recovery plans
- Regular appointments with psychiatrists.
- Regular access to medical services.
- Relationship and communication skills support and development.
- Therapeutic groups
- Individual therapy
- Highly individualized treatment, medication, and personal milestones.
- The development of independent living skills, including cooking, cleaning, grocery shopping, conflict resolution, money management, and social skills.
- Co-occurring disorder support groups.
- Supported employment, volunteer, and educational opportunities.

Santa Maria Supported Services focuses on encouraging each individual's recovery and pursuit of a full, productive life by working with the whole person, rather than focusing on alleviating symptoms. Services and staff teams are fully integrated to give each member a range of choices, making the individual the main decision-maker in his or her own recovery process.

### Program Eligibility

Adults, older adults, and transitional aged youth receiving services through the Santa Barbara County Department of Behavioral Wellness may be referred to Supported Services.