

TEHAMA COUNTY HEALTH SERVICES AGENCY
ADULT SERVICES

Adult Day Rehabilitation - is intended to serve clients of mental health upon a referral from MH staff and acceptance into the program. ADR is a structured program of rehabilitation and therapy to improve, maintain, or restore personal independence and functioning. Consistent with a RECOVERY model, an emphasis is placed on helping clients move from a self-concept of "helpless victim" of a mental illness to a self-concept of "survivor" who accomplishes their personal goals despite having to deal with a chronic mental illness. The program is staffed by Case Resource Specialists, Mental Health Rehabilitation Specialists, Marriage and Family Counselors, and Clinical Social Workers. Specialty mental health services, provided five hours per day, from one to five days per week, include assessment, plan development, individual and group therapy, collateral sessions, and group programs focusing on functional skills, daily living skills, social and leisure skills, grooming and personal hygiene skills, meal preparation skills, support resources, and medication education. A client "Drop In Center" is also available, allowing clients to engage in activities or conversation with others, as well as gain peer support.

Adult Outpatient Services - are offered to several groups of people - those in crisis, those with severe and persistent mental illness, those who are eligible for Medi-Cal benefits, and/or those who are enrolled in the CalWORKS Program at the Tehama County Department of Social Services. Services are provided by a multi-disciplinary team consisting of Case Resource Specialists, Marriage and Family Therapists, Clinical Social Workers, Psychiatric Nurses, and Psychiatrists. These services include crisis intervention, assessments, individual counseling, group therapy, psychiatric evaluations, medication management, case management, and community referrals. AND, most importantly, each client is a member of their own treatment team to help determine the most appropriate path to their recovery.

Clozaril Clinic - Clozaril is a potent atypical antipsychotic medication that requires very close monitoring. The Clozaril Clinic is designed to provide intensive medication support to those designated chronic and pervasively mentally ill clients who have been treatment resistant to other antipsychotic medications. All Clozaril clients are seen weekly in a medication support group facilitated by a licensed nurse. The purpose of the group is primarily for assessment of client well-being, monitoring adherence to the medication regimen, observing for potential side-effects/adverse effects of the medication, providing medication education, and encouraging appropriate socialization. Clients who receive this potent antipsychotic medication are required to have laboratory tests of their blood every two weeks and the results of these tests are monitored by a licensed nurse. Clozaril is dispensed every two weeks to clients based upon the satisfactory results of the blood tests.

Dual Diagnosis Services - Many clients seen by Mental Health have co-existing problems with alcohol or other substance abuse, but often find it difficult to acknowledge this problem or recognize the need to address the abuse as a problem. The opposite is often true at the Health Agency's Drug and Alcohol treatment program, where their clients acknowledge a problem with substance abuse but deny the possibility of any co-existing mental illness. Research has found that when these two co-existing problems are addressed concurrently, the chances for success are greatly improved.

We have trained all Mental Health staff in the general concepts of Dual Diagnosis treatment, and provided further extensive training to certain staff who now provide Dual Diagnosis groups. We have integrated these groups into all of our treatment programs, which allows the client to pursue the most appropriate treatment for their mental health issues while the staff involved work toward providing a non-threatening environment in which the opportunity for discussion of substance abuse issues can occur. If and when appropriate, referrals are made to Drug and Alcohol Treatment.

Long Term Case Management - Provides supportive services to individuals with severe and pervasive mental illness in order to allow them to live within their community in the least restrictive environment possible. Provides assistance in restoring or maintaining an individual's functioning skills. The provision of services and support takes place in the individual's environment and is directed and determined by the person's needs, choices, and assistance in taking charge of their lives through informed decision-making. Linkage and brokerage are provided to access necessary resources to aid clients in remaining in independent living and caring for their personal needs. We also assist with placement services to access appropriate housing and level of care. In conjunction with the public guardian, we monitor conservatees in high-level placements, and assist with appropriate placements and discharges to lower levels of care. This program provides several supported houses in the community as a transition to independent living from a higher level of care. We assist in developing skills and independence, with assistance from the Dept. of Social Services with an in home supportive service provider (IHSS). Case Management staff serve as advocates for individuals when appropriate.

Medication Support MediSet Program - The MediSet program is a part of the Outpatient medication support program provided by Tehama County Health Services Agency Mental Health Division. It is open four days per week, eight hours per day. The purpose of the program is to provide intensive assistance in medication management to those clients who are unable, due to their mental disorder, to manage their medications independently. The goals of the MediSet program are to: increase the effective use of psychotropic medications; reduce the inappropriate use of medications and the likelihood of adverse effects; improve the knowledge of clients receiving psychotropic medications; assist, through education, repetition and support, the client in achieving independence in managing their own medications.