

Resources, Rights and Support Across the Lifespan

For People with Mental Health Concerns

Their Families, Loved Ones & Care Providers



Solano County HSS ~ Mental Health Division

*With Special Thanks and Recognition to :
the CA State Council on Developmental Disabilities – Area IV Board
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Solano County Health & Social Services - Mental Health Division hopes this guide will make it easier for people who use mental health services, their family members, loved-ones and care providers to access services. The listing of an individual, agency, organization or service provider in this publication is for informational purposes only and does not express the opinion, finding, recommendation, support or guarantee of service through Solano County Health & Social Services – Mental Health Division and/or the organization that may have given you this directory.

GETTING STARTED

If you know or suspect that you, or a family member, or a loved one has a mental health concern, this guide is intended to help you:

- find services that the person with the mental health concern needs now
- learn about services that may be helpful in the future
- find support for the person with the mental health concern
- find support for the family, loved ones or care-provider of the person with the mental health concern
- be informed and prepared as you go through the process of getting mental health services in your community
- know what the rights of people who have mental health concerns are throughout the process of seeking and receiving needed services

HOW DO YOU KNOW IF YOU NEED HELP?

Everybody has ups & downs. How do you know if you or your loved one is going through a normal phase of life, or if you are seeing signs of a mental health concern? How do you know when you should get help from a professional?

Here are some indications a mental health evaluation may be needed:

Younger Children

- Marked fall in school performance
- Poor grades in school despite trying very hard
- A lot of worry or anxiety, as shown by regular refusal to go to school, go to sleep or take part in activities **normal for the child's age**
- Hyperactivity; fidgety; **constant** movement beyond regular play
- Persistent nightmares, night terrors
- Persistent disobedience or aggression (longer than 6-months) & provocative opposition to authority figures
- Frequent unexplainable temper tantrums
- Violence to themselves or other people or animals
- Prolonged negative mood or attitude, **any mention of self-harm or death**
- Use of alcohol or controlled substance
- Has been a victim of trauma, molestation or significant abuse

Pre-Adolescents, Adolescents & Adults

- Marked change in school or job performance
- Inability to cope with problems & daily activities
- Marked changes in eating & sleeping habits

- Many complaints of physical ailments
- Physically or verbally attacking or threatening to attack themselves or others
- Direct opposition to authority
- Truancy, vandalism, theft . . . petty crimes that are escalating
- Intense fear of becoming obese with no relation to actual body weight.
- Depression as shown by sustained prolonged negative mood, attitude, thoughts or discussion of death
- Has been a victim of trauma
- Frequent outbursts of anger
- Extreme changes in personality
- Abuse of alcohol
- Use and/or abuse of controlled substance or illegal drugs

If you or your loved one is experiencing any of these symptoms you may wish to speak to your primary care physician, religious support person or school staff about getting a referral for a mental health assessment. As noted in this guide you or your loved one can call directly for a mental health assessment, using the Mental Health Access Line as listed below.

GOOD PLACES TO START

Solano County Mental Health

Access Line

1-800-547-0495 Se Habla Espanol

Solano County Access Line offers information on how to “access” treatment, counseling, and other benefits. You can also obtain information on claims, billing & payments. Services are available in English and Spanish, and telephone translation services to many other languages are available. Solano County Mental Health offers psychiatrists, clinicians, mental health specialists, short-term therapy, support groups, day treatment programs and individualized services for persons of all ages. You can also ask your primary care physician, your child’s teacher, or religious support person for a referral to community based mental health and wellness services.

National Alliance on Mental Illness (NAMI)

Solano County’s Voice on Mental Illness

P.O. Box 3334

Fairfield, CA 94533

707-422-7792

namisolanocounty@sbcglobal.net

www.namisolanocounty.org

www.nami.org (National Website)

NAMI is a nonprofit organization dedicated to assisting those living with mental health concerns. Offering help, support advocacy and education to those with mental health concerns, their families and loved ones. Solano County’s NAMI meets the 4th Monday of every month at 470 Chadborne Rd., (Aldea Family & Children Services) Fairfield, CA 94533; from 6:30 to 8:00p.m.

CA Disability Community Action Network (CDCAN)

1500 West El Camino Ave., Suite 499

Sacramento, CA 95833

916-757-9549

www.cdcan.us

martyomoto@rcip.com

CA Disability Community Action Network (CDCAN) - Advocacy with out boarders: Connecting thousands of people with all disabilities including mental health concerns, seniors, workers, to civil & social justice rights & unified action! Tele-conference, public testimony, public rallies, public meetings, letter writing campaigns. Helping individuals come together as a united voice that can be heard by our legislators & policy makers to advocate for positive change.

Matrix Parent Network

1615 West Texas, Suite 4
Fairfield, Ca 94533
707 423 – 2545 X102 Parent Advocate
800-578-2592 – Matrix Parent Special Education Help Line
707-425-4585 fax
info@matrixparents.org
www.matrixparents.org

Matrix Parent Network is a nonprofit organization that offers training and support to the parents of children, aged 0 – 22, who have or are suspected of having special education needs or any disability.

Substance Abuse and Mental Health Services Administration

PO Box 2345
Rockville, MD 20847
1-800-789-2647
1-800-487-4889 TTY
1-240-221-4292 fax
samhsainfo@samhsa.hhs.gov
www.samhsa.gov

This agency operates the Knowledge Exchange Network which can provide you with referrals to local and national resources or referrals and publications. All services are free.

GOOD THINGS TO GET YOU GOING

There are both government and private services available to people who have mental health concerns.

You may have to make a few phone calls to find the right services for yourself or your loved one. Some agencies have specific eligibility criteria that you must meet to receive services. So remember not all services, serve everyone who calls. Please be patient.

To make it easier for you to get the services you need, we have put together some ideas that others have found to be useful:

- Keep a file. Include a copy of all the letters you write, any letters you receive, test or assessment reports, and your own notes. When you go to a meeting, write down the date, who you met with and what happened (“1/3/07 – Met with Dr. Alton to talk about side effects of medication, will lower dosage”). When you call an agency, write down the date of your call, who you talked to and what the call was about (“8/16/07 called Henry at Rehabilitation to ask about services, application is in the mail”).
- Keep a copy of everything you sign, such as an application for services, a treatment or services plan, etc. **Do not sign anything you have not read.** It is OK to take the time to read something at a meeting. **Do not sign anything you do not understand.** It is OK to ask questions before you sign a document. If you do not agree with something that is written in the document you do not have to sign it. Or, you may sign the document saying you agree with one part but disagree

with another part. The people asking you to sign the document must explain to you what will happen if you do not sign the document.

- Keep a written record of the names of any medications that you or your loved one is taking, the dosages, and why they are taken. Keep a copy of this list at home, keep a copy with the person who has the mental health concern and have the care-provider keep a copy as well. For children, the school must have a copy and the daycare worker or agency must have a copy also. **Check with your doctor to see if the individual with the mental health concern should get a medic-alert bracelet.**

- Some people find it helpful to write notes on a calendar, such as brief phone calls, meeting notes or when medication is started, changed or stopped. You can keep track of any side effects you have had from the medications you or your loved ones are taking. You can keep track of good days/bad days or any atypical behavior or behavioral occurrences. Keep the calendar for several years as your record of events. This is as legal a record as a journal or diary.

- When you call an agency to get services it is helpful to know your or your loved ones mental health diagnosis or suspected diagnosis. It is also important to know who your treating physician or clinician is, if you have one, and to know the correct spelling of the physician or clinician's name.

- If your loved one has a developmental disability, medical condition or substance abuse issue, in addition to their mental health concern, some mental health agencies may try to tell you that they do not qualify for services. If the agency you are working with tries to tell you this remind them that this is discriminatory and may be illegal and that they must first assess your loved one to determine if he or she is eligible and in need of the services that their agency provides. The exception to this would be that an individual must be clean and sober to qualify for certain programs, but may have a recent history of drug or alcohol abuse.

- When you go to a meeting know what the meeting is about, and who else will be there. Bring all of your important papers to the meeting. Write down any questions you have and anything you wish to accomplish at the meeting. Make good use of your time and of everyone else's time as well. Make sure your questions are answered and that your points are covered, before you leave the meeting. If there were concerns that you did not cover or if there were concerns that were not resolved, schedule the next meeting (if there is one) before the key players leave the table.

- If you do not understand something that is said, either at a meeting or over the phone ask for a clarification. A lot of acronyms and jargon are used in every field and profession. Make sure you understand what is being talked about. Ask, ask, ask.

- Have a Crisis Action Plan. If you have other children or family members that you provide care for, you should have a plan ready in case you or your loved one with a mental health concern needs to take a break or has a crisis that must be attended to. Prepare a Crisis Action Plan before you need one.

- When you apply to a public agency for services and you or your loved one are told you do not qualify for services, ask specifically what is the disqualification and ask for information about an appeals process. You can contact an advocate for assistance if you decide to file for an appeal.

- If you do not agree with the agency's decision that you or your loved one does not meet their eligibility criteria you have the right to appeal the decision, in most cases. For assistance see: Advocacy Support begins on **pg 19**.

SOLANO COUNTY HSS - MENTAL HEALTH

Health Social Services - Mental Health provides a wide range of services, such as day treatment services, residential treatment services and the Crisis Stabilization Unit. There is also medication management, short term individual therapy, peer and family support groups and many more individualized services.

There are many supports and services that may also be available through the agencies that HSS - Mental Health holds contracts with. There is no state or federal law that says a county must provide a specific type of mental health service. The services that you or your loved one received in another county may be different than what you will receive here in Solano County. Here is some information concerning Solano County HSS - Mental Health Division that should be helpful for you:

Solano County Health & Social Services
Division of Mental Health Administration
275 Beck Ave
Fairfield, CA 94533
1-800-547-0495 Mental Health Access Line

Dial 211

Solano County Health & Social Services Information & Referral Call Center

211 has information on every imaginable social or community service in Solano County. The dog catcher . . . Who to call when you're depressed . . . Where to take your child for immunizations . . . Where to get car seat . . . And much, much more . . .

Regional Service Offices ~ Solano County Mental Health:

Crisis Stabilization Unit – serving all of Solano County

Open 24 hours a day – 7 days a week
2101 Courage Drive
Fairfield, CA 94533
707-428-1131
800-547-0495

Fairfield MH Adult Services

2101 Courage Dr.
Fairfield, CA 94533
707-784-2080

Vallejo Adult MH Services

355 Tuolumne Street
Vallejo, CA 94590
707-553-5331

Fairfield Children MH Services

2101 Courage Dr.
Fairfield, CA 94533
707-784-4900

Vallejo Children's MH Services

355 Tuolumne Street
Vallejo, CA 94589
707-553-5810

Vacaville Children's MH Services (adult services coming soon)

1119 E. Monte Vista Ave. MS 32-150
Vacaville, CA 95688
707-469-4540

Consumer Affairs Liaison

Rachel E. Ford
707-553-5735

reford@solanocounty.com

The Consumer Affairs Liaison is here to answer the questions & concerns of people receiving, or who would like to receive, Solano County Mental Health services. Their loved ones and community members who may have questions about HSS - Mental Health services or related support services may also contact the Consumer Affairs Liaison.

Mare Island VA Mental Health Clinic

Bldg 201 Walnut Ave., room 1010
Vallejo, CA 94592
707-562-8200

The Mare Island Outpatient Clinic, offers a wide range of medical and ancillary services including primary care, neurology, **mental health, social work**, dentistry, compensation and pension exams, laboratory and pharmacy services. The Sierra Pacific Network Office (VISN 21), Joint Planning Office and Medical Care Cost Finance (MCCF) Office are also located at this facility.

PREGNANCY to 5-YEAR OLDS

Baby First SOLANO

Where Moms & Babies Come 1st! We offer quality help and support during your pregnancy and after your baby is born AT NO COST TO YOU! At Baby First Solano, we're here for you so you can be there for your baby. Call us and learn about these FREE and CONFIDENTIAL services:

- PREGNANCY - We'll Help You Find A Doctor and get your Prenatal Vitamins
- HELP & ADVICE - We Offer Baby Care and Breastfeeding Education for Both Parents
- SPECIAL PROGRAMS - For Pregnant and Parenting Teens, African American Women and Dads-To-Be
- Well Baby Care - Advice on healthy eating, breastfeeding support, and SIDS prevention

No insurance? That's OK! We can help you get medical insurance for you and your baby. Are you smoking? Do you want to quit? We can help you with that, too. Questions? Stressed out? Just need to talk? Call our trained staff today. Free stuff for you and your baby. Se Habla Espanol!

Baby First SOLANO (Maternal Child & Adolescent Health Program)

877-680-BABY (2229)
babyfirstsolano.com

PARTNERSHIP for EARLY ACCESS for KIDS (PEAK)

The P.E.A.K. Initiative is a unique new service that encourages families and providers to understand the developmental needs of children from birth to 5 years of age. The initiative offers developmental screening and referrals to supportive services as appropriate.

P.E.A.K. includes;

Two lead agencies:

- Children's Nurturing Project
- EMQ Families First

Partner Agencies:

- Youth and Family Services
- Child Start, Inc
- Solano Family & Children Services
- Solano SELPA
- North Bay Regional Center

and, the support of multiple service partners and in-kind matches – all of which are integral to the overall success of this system-wide redesign. P.E.A.K. is committed to the common goal of achieving earlier identification of children with special needs to help improve their developmental potential when they enter kindergarten.

Peak includes 5 separate, but coordinated service strategies:

- Parent/Caregiver Education
- Provider Education and Training
- Screening and Assessment
- Parent Coaching
- Limited Short Term Treatment

If you are a parent, caregiver, provider or community service representative that would like more information about this free service, please contact us or visit our web-site. If you have questions or concerns about a child's development who is birth to age 5, please contact us here at P.E.A.K.

PARTNERSHIP for EARLY ACCESS for KIDS (PEAK)

707-422-BABY (2229) phone

707-426-1303 fax

cortega@cnpkids.org Claudia Ortega – Administrative Assistant

cdenner@cnpkids.org Carla Denner, LCSW – P.E.A.K. Coordinator

www.peaksolano.org

EDUCATION: Public Schools Pre-K – Grade 12

Students who have mental health needs may be able to receive special education services or other supports, services and program modifications at school. Special education services include designated instruction in the classroom, home, hospital or other institution. The student may also need related services in order to benefit from the special education program. These related services are called Designated Instructional Services (DIS) in California, and include transportation, physical therapy, occupational therapy, speech therapy, assistive technology, adaptive physical education, vocational education, psychological services and more.

Children who have a disability may be eligible for special education services under a federal law called the Individuals with Disabilities Education Act (IDEA). Eligible disabilities include, but are not limited to: sensory impaired (vision, hearing, speech/language), orthopedically impaired, low cognitive function (mental retardation), **emotionally disturbed**, autistic spectrum disorder, other health impaired, or specific learning disability.

Children who have difficulty learning but are not eligible for special education services under IDEA may qualify for special services and program modifications under a federal law called Section 504 (Rehabilitation Act of 1973). Section 504 protects the rights of students who have physical or mental impairments that substantially limit their ability to learn. Students eligible for special services and program modifications under Section 504 receive accommodations or modifications to allow their educational needs to be met as adequately as the needs of students who do not have disabilities.

If your child is eligible for special education services and has serious behavior problems, he or she may be eligible to receive positive behavior intervention services under a state law called the Hughes Bill. The law says a serious behavior is (1) self-injurious or assaultive or (2) causes serious property damage or (3) is severe, pervasive and maladaptive and for which instructional / behavioral approaches specified in the IEP are found to be ineffective. If your child has a serious behavior problem, he or she is assigned a behavior intervention case-manager who is trained in behavior analysis. The behavior intervention case-manager performs a Functional Analysis Assessment

(FAA), develops a positive Behavior Intervention Plan (BIP) and supervises the implementation of the plan.

The laws that entitled eligible children to receive special education services or other special services and program modifications also spells out the rights of students and parents. Some of these rights are:

- Parental consent must be obtained prior to an assessment
- You have the right to request copies of IEP's, assessments or any and all other educational records at any time (received within 5 business-days of your request)
- You have the right to bring a family member, a friend or an advocate to an IEP meeting with you
- IEP's must be held at LEAST annually. A parent or teacher or any other member of the IEP team may request an IEP to discuss a program change or to review formal assessment results or to discuss skill development or deficit in the student

To make a referral to special education all you need to do is write a letter to the child's teacher, principal, or special education coordinator. This written request will start a legal timeline for special education services. Within the next 15 days you should be sent an assessment plan and a copy of your Parent/Student Rights. If you do not receive these, call your child's district office and ask if there is a specific reason for the delay. If you are very near the end of the school year or if it is over the summer break your school district will get back to you immediately in the Fall or the next school term if you are on a year-round program.

Benicia Unified School District
350 East K. Street
Benicia, CA 94510
707-747-8300

Fairfield-Suisun Unified School District
2490 Hilborne Dr.
Fairfield, CA 94534
707-399-5000

Vacaville Unified School District
401 Nutree Rd.
Vacaville, CA 95687
707-453-6114

Dixon Unified School District
180 South 1st Street Suite 6
Dixon, CA 95620
707-678-5582

Travis Unified School District
2751 De Ronde Dr.
Fairfield, CA 94533
707-437-8216

Solano County SELPA (Special Education Local Plan Area)
Sam Neustadt, Asst. Superintendent of Special Education
5100 Business Center Drive
Fairfield, CA 94534
707-399-4460

Vallejo City Unified School District / Vallejo SELPA
Beth Majchrzak, Director of Special Education
665 Walnut Ave.
Vallejo, CA 94592
(Mare Island)
707-556-8921

EDUCATION RIGHTS & SERVICES

If your child is receiving special education services or you are trying to obtain special education services, we encourage you to learn more about your student's educational rights and about special education law, as it pertains to your child's IEP. An excellent resource is **Special Education Rights and Responsibilities** by the Community Alliance for Special Education and Disability Rights CA . This handbook is available in English or Spanish. For a printed version the cost is \$35.00 + \$10.00 S&H for parents OR \$45.00 + \$10.00 S&H for professionals. For a CD version the cost is \$25.00 + \$4.00 S&H for parents or \$35.00 + \$4.00 S&H for professionals. Call **CASE at (415) 431-2285** or **Disability Rights CA at (800) 776- 5746** to order a copy. You can also view or print a copy of the handbook from DRC's website at: www.caseadvocacy.org

DAYCARE

Solano Family & Children's Services is a resource & referral agency that helps families locate daycare providers. This resource and referral agency provides support to day care providers who are interested in caring for children who have special needs. This agency may be able to refer you to providers who have experience with children who have a specific need, such as epilepsy or mental health concerns. Spanish speaking staff are available.

Solano Family & Children's Services

421 Executive Court North
Fairfield, CA 94534
707-863-3950
707-863-3975 fax

SUPPLEMENTAL SECURITY INCOME (SSI)

SSI is a program that delivers monthly benefits checks to children and adults who have disabilities if they meet Social Security's definition of disability and if their income and assets are within the eligibility limits.

According to the Social Security Administration, you are considered disabled if you have physical or mental impairments that keep you from working and your disability is expected to last at least a year or to result in death. Children as well as adults can get SSI benefits if they are disabled. When deciding if a child is disabled, Social Security looks at how his or her disability affects every day life for children of the same age.

Whether you can get SSI also depends on what you own and how much income you have. Income is money you have coming in, such as wages, Social Security checks and pensions. Income may also be non-cash items such as food, clothing or shelter, including if these are purchased for you by another person.

If you are married, Social Security looks at the income of your spouse and the things he or she owns. If you're applying for SSI for someone who is under 18, Social Security also looks at the income of the parents and the things they own.

The things you own that Social Security considers income includes items such as real estate, personal belongings, bank accounts, cash, stocks & bonds. A person may be able to get SSI with items worth up to \$2000. A couple may be able to get SSI with items worth up to \$3000.

Social Security does not count everything you own. For example:

- The home you live and the land it is on, do not count. Beginning in 2009 the value of your primary residence and the land it is on above \$500,00.00 will be counted.
- Your personal and household goods and life insurance policies may not count, depending on their size.
- One car you own usually does not count.
- Burial plots for you and members of your immediate family do not count.
- Up to \$1500 in burial funds for you and up to \$1500 in burial funds for your spouse may not count.
- If you are blind or have a disability, some items may not count if you plan to use them for work or to gain extra income.

The amount of SSI you receive can depend on where you live, whether or not you are married, or if you are applying for SSI benefits for a child. To find out how much SSI you may be eligible to receive, contact Social Security.

To apply for SSI you can call: 800-772-1213
 go on-line: <http://www.ssa.gov>;
 or drop by your local Social Security Office:
 700 Main Street
 Suite 220
 Suisun, CA 94585

160 Plaza Dr
 Vallejo, CA 94591

IN - HOME SUPPORTIVE SERVICES

In-Home Supportive Services (IHSS) pays a worker to perform tasks for children and adults who have mental health concerns or other disabilities or seniors, and receive SSI (Supplemental Security Income). In some instances IHSS is available to people who are eligible, but not receiving SSI.

Depending on the needs of the senior or the person who has the mental health concern, IHSS can provide domestic services (cleaning, cooking, laundry, shopping) personal care services (bathing, dressing, helping to eat, bowel and bladder care), transportation to doctors appointments, paramedical services (giving injections, with supervision), and protective supervision (to prevent injuries, hazards and accidents).

IHSS conducts an assessment to determine which functions of daily living you can not do for yourself. The assessment will determine the number of IHSS hours per month that you will receive. If you disagree with the number of hours you are allotted, you can file an appeal to show why certain tasks require more time for you to complete.

Spouses and parents of minor children needing IHSS can be paid to provide IHSS with certain restrictions. They are paid only for services which must be provided because the spouse or child is disabled. They will not be paid for services a parent or spouse normally provides, such as cleaning or cooking. Parents can be paid for all IHSS services an eligible **adult** child needs.

Spanish speaking staff available; staff can access translators for other languages.

For more information about IHSS or to apply for services, contact:

Solano County Health & Welfare Department
 Social Services Programs – Adult Programs
 275 Beck Ave
 Fairfield, CA 94533
 707-784-8259

MEDI – CAL

Medi-Cal is California's Medicaid public health insurance program. This program pays for a variety of medical services for children and adults with limited income and resources. Medi-Cal is supported by federal and state taxes. You can apply for Medi-Cal benefits regardless of sex, race, religion, color national origin, sexual orientation, marital status, age, disability or veteran status. If you are found (or determined) to be eligible, you can get Medi-Cal as long as you continue to meet the eligibility requirements. Your County Welfare/Social Services Department manages Medi-Cal eligibility determinations.

People in many different situations qualify for Medi-Cal. You may automatically be eligible for Medi-Cal if you receive cash assistance under one of the following programs:

- SSI/SSP (Supplemental Security Income / Supplemental Security Program)
- CalWORKS (California Work Opportunity and Responsibility to Kids)
- Refugee Assistance
- Foster Care or Adoption Assistance Program

Even if you do not receive cash assistance, you may be eligible for Medi-Cal if you are one of the following:

- 65 or older
- Blind
- Disabled
- Under 21
- Pregnant
- Diagnosed with breast or cervical cancer
- In a skilled nursing or intermediate care facility
- Refugee status during a limited period of eligibility. Adult refugees may or may not be eligible depending on how long they have been in the United States
- Parent or caretaker relative of a child under the age of 21 **and**
- The child's parent is deceased or does not live with the child, **or**
- The child's parent is incapacitated, **or**
- The child's parent who is the primary wage earner is unemployed or under employed.

You must be a resident of California to get Medi-Cal.

You may get the MediCal application on line. You may go to your local Welfare/Social Services office or you may mail your application and your required verification (proof) to your local office. If you need help with filling out your application you may ask any one you would like to help you; a friend, a family member or a co-worker. If you do not have all of your verification or you are not sure what you need, go ahead and mail or file your application, the Welfare/Social Services agency will tell you what you need. The sooner Social Services receives your application, the sooner your case can be processed and the sooner your Medi-Cal benefits can begin.

Forty-five (45) days are allowed to process an application with out disabilities. Ninety (90) days are allowed to process an application with disabilities. There are different rules for Emergency Medi-Cal, and some special programs. If you have an emergency or believe you qualify for one of the special treatment programs, notify the case worker who is helping you with your application. Special Programs include, but are not limited to:

- Dialysis
- Parenteral hyperalimentation (feeding tube)
- Tuberculosis (TB)
- Pregnancy

If you feel you are disabled, tell MediCal on your application and let your eligibility worker know this when you bring in your application. There are certain criteria you must meet to receive Medi-Cal based on disability. You must have a severe developmental, physical and/or mental problem(s) which will last at least 12 months and keep you from working during these 12 months, or possibly result in death.

You must prove your disability. Proof may involve obtaining medical records, tests and other medical findings.

If your income is less than Medi-Cal limits for you or your family size, you will receive Medi-Cal at no cost to you. If your income is more than Medi-Cal limits for your family size, you will have to pay a certain amount only in the month you have medical expenses. The amount you pay is called your Share Of Cost (SOC). When you pay or promise to pay your SOC, we say that you have met your Share Of Cost. Once you have met your SOC, Medi-Cal will pay for the rest of your covered medical expenses for everyone in your family for the rest of the month.

Please go to the Medi-Cal website or speak with your eligibility worker for more specific information.

Solano County Health & Social Services
275 Beck Ave
Fairfield, CA 94533
707-784-8051

Solano County Health & Social Services
365 Tuolumne St.
Vallejo, CA 94590
707-553-5000

Solano County Health & Social Services
1119 E. Monte Vista Ave.
Vacaville, CA 95688
707-469-4500

CA State Medi-Cal
www.dhcs.ca.gov

EMPLOYMENT: Department of Rehabilitation

The State Department of Rehabilitation (DOR) provides services to people who have a physical, mental or emotional disability to get a job or keep the job they have. Types of services available from DOR include:

- Medical Services to improve or restore physical or mental functioning
- Job training, books or training supplies to learn needed skills for an appropriate job
- Transportation
- Tools, equipment and licenses for you to go work
- Services for family members
- Reader, interpreter and note taking services
- Telecommunications, sensory and other technological aids and devices
- Rehabilitation engineering services to customize and adapt equipment and devices
- Supported employment services if you need a “coach” on your worksite to help you learn and keep your job
- Job Seeking Skills - training to learn the skills necessary to get a job
- Initial stock and supplies for those placed in small business
- Other goods and services needed to get a job
- Placement in a job
- Follow-up on the job to make sure you and your employer are satisfied

Some of these services are based on your ability to pay. Outside benefits are used when available. DOR has an evaluation process to determine if an individual is eligible for their services. In most

cases, DOR will decide within 60 days of your application for services if you are eligible to receive services.

To apply for services or for more information, call or contact:
Department of Rehabilitation
450 Chadbourne Rd, Suite A
Fairfield, Ca 94534
707-428-2080

INDEPENDENT LIVING RESOURCE CENTERS

Independent Living Centers provide a variety of services to help people with any type of disability to achieve maximum independence. The majority of staff and board members at the Independent Living Centers are people who have disabilities. Services are free.

Types of services available from an Independent Living Center include:

- Benefits Advocacy – Information, referral, intervention and representation for people who are having difficulty with benefits programs such as Supplemental Security Income (SSI), In-Home Supportive Services (IHSS), Medi-Cal, Department of Rehabilitation (DR), etc.
- Systems Advocacy and Community Education – Advocacy activities which preserve or strengthen the rights of persons who have disabilities.
- Housing Assistance and Advocacy – Assist people to locate, secure and maintain accessible, affordable housing.
- Peer Counseling and Support – Support the emotional needs of people who have disabilities through counseling or one-on-one peer support.
- Personal Assistance Services – Training and referral of personal assistants who perform personal care and homemaking services. Training and informational services for people who have disabilities to help people successfully employ personal assistants.
- Independent Living Skills – Training and assistance to help people develop individualized skills and knowledge to encourage maximum independence in areas such as money and household management, menu planning and shopping, personal hygiene and self-care.
 - Information and Referral – Help to access individual needs and match these needs with the appropriate resources in the community. Spanish speaking staff available.

For more information or to request assistance or services call:

Independent Living Resource Center

470 Chadbourne Road Suite B
Fairfield, CA 94534
707-435-8174 Voice
707-435-8174 TDD
707-435-8177 fax

REGIONAL CENTERS

Regional Centers provide case management and purchase other services for people who have a **developmental disability**. North Bay Regional Center (NBRC) serves Napa, Solano and Sonoma counties.

To be eligible for services from NBRC, an individual must have a **developmental disability**, or be at high risk of developing a developmental disability, and be a resident of Napa, Solano or Sonoma County. A mental health diagnosis by itself does not qualify a person to receive services from North Bay Regional Center. He or she **must also** have a developmental disability. You can **have both** a

developmental disability and a mental health concern. You then have the right to obtain services for both your developmental disability and your mental health concern.

A developmental disability is defined in state law as a disability which occurs before the individual reaches the age of 18 years old, and is expected to continue indefinitely, and which constitutes a substantial handicap. Developmental disabilities include mental retardation, cerebral palsy, epilepsy, autism, and disabling conditions closely related to mental retardation or requiring similar treatment to that required for individuals with mental retardation.

For more information or to apply for services call:

North Bay Regional Center
10 Executive Court, Suite A
Napa, CA 94558
707-256-1100 voice
707-252-0213 TTY
707-256-1112 fax

Mailing Address: PO Box 3360
Napa, CA 94588

SENIOR'S SERVICES

How to Apply for Medicare

If you do not get Social Security and ONLY want to get Medicare benefits you may do so. If you are close to age 65 and not receiving Social Security benefits you must apply for Medicare. You can apply by visiting your local Social Security office or by calling the Social Security 800 #. You should apply three months before the month of your 65th birthday. You cannot apply for Medicare on the internet.

If you already get Social Security Benefits you will NOT need to do anything. You will automatically be enrolled in Medicare Part A & B effective the month you turn 65. Your Medicare card will be mailed to you 3 months prior to 65th birthday. If you do NOT want Medicare Part B follow the directions on the back of the card.

If you want to apply for both Social Security retirement benefits and Medicare and you are close to age 65 and are not yet getting Social Security benefits or Medicare, you can apply for both at the same time. To make sure that your Medicare Part B coverage start date is not delayed, you should apply three months before the month of your 65th birthday.

To apply visit your local Social Security office or call the Social Security 800 #. You can apply for Social Security on the internet, if you meet certain criteria. You must answer a series of questions that will tell you if you can apply on-line.

- You must be at 64 years and 9 months old
- Plan to start receiving Social Security retirement benefits within the next 4 months
- Live in the United States, or one of its territories/commonwealths
- Agree to receive your Social Security benefits by direct deposit to your bank or other financial institution

You may have to answer other questions as well.

Contact information for the **Social Security offices** in Solano County, the 800 #, and the internet address are located on **page 12**.

AREA AGENCY on AGING Serving Napa and Solano
AREA AGENCY on AGING
575 Sacramento St.
Vallejo, CA 94590

707-643-1797
707-643-9635 fax

AREA AGENCY on AGING
400 Contra Costa Street
Vallejo, CA 94589
Information and Assistance
Vacaville Office
To schedule training

707-643-5170
707-644-7095 fax

800-510-2020
707-469-6679
707-319-5954

Area Agency on Aging (AAA) maintains an information file on services for older people, people with disabilities and their caregivers, disaster assistance and can assist with referrals. AAA offers information on how to obtain Emergency Response Systems and Elder ID/Safe Return programs. AAA offers comprehensive assessment, case management and connection to support services to assist low-income seniors who are at risk of mental health challenges and/or institutionalization. AAA offers community education, gatekeeper training and provider education.

FAITH in ACTION
3303 White Marsh Lane
Fairfield, CA 94534
707 425-6164
707 425-6213 fax

Faith-in-Action is a non-denominational group of highly trained volunteers offering Wellness and Recovery services to adults 60 and older in Solano County. FIA will provide peer support and mentorship, linkage to community resources, life skills classes, and vocational support. Most services will be provided to consumers in their homes or in community locations. Call for information, assistance or to volunteer.

SENIOR CENTERS A place to socialize, take a class, do arts-n-crafts, have a meal and make new friends or meet with old ones. Space does not allow the listing of all organizations in Solano County. For information on Lodges, veterans and military organizations, business and professional clubs, charities, garden and hobby, music and political meetings, check with your newspaper or chamber of commerce.

Benicia Senior Center , 187 East L St., Benicia, CA 94510	707-745-1202
Dixon Senior Center , 201 South 5 th St., Dixon, CA 95620	707-678-7022
Fairfield Senior Center , 1200 Civic Center Dr., Fairfield, CA 94533	707-428-7421
Florence Douglas Senior Ctr. , 333 Amador St., Vallejo, Ca 94590	707-643-1044
McBride Senior Center , 91 Town Square Pl., Vacaville, CA 95688	707-469-6671
Rio Vista Senior Center , 25 Main St., Rio Vista, CA 94571	707-374-3349
Suisun City Senior Center , 318 Merganser St., Suisun City, CA 94585	707-421-7203

EMERGENCY HOUSING

Christian Help Center
2166 Sacramento Street
Vallejo, CA 94590
707 – 553 – 8192
Norma Ramos, Executive Director

Providing **food and shelter** to those who are homeless and in need of care with compassion, dignity and respect. While envisioning a community where everyone has the right to affordable housing and food. Through our support those in need will become independent and self – sufficient citizens in our society!

Mission Solano

740 Travis Blvd.
Fairfield, CA 94533
707 – 422 – 1011 phone
707 – 422 – 1146 fax

Providing **food and shelter** in the way of an economic and spiritual bridge for people striving to regain the basic necessities of life in order to restore hope in themselves and their future; while achieving economic stability so that they are able to rejoin their community as full and active participants.

DEALING WITH A CRISIS

Sometimes it is hard to decide when a situation has crossed the line from being very difficult to being a crisis. At other times, it may be very clear the person who has a mental health concern is in a crisis.

How do you know if you are facing a crisis? When in doubt here are some things you should consider when deciding if you should seek assistance from the Crisis Stabilization Unit (CSU):

- Is he or she an imminent danger to himself or other people?
- Has there been a sudden or dramatic change for the worse (how quickly did the situation develop) or conversely, did the person suddenly become very happy (elated) or content after a period of sadness or depression?
- Do you or other care-providers feel able to deal with the present situation? Or are you too worn down to handle the situation well?
- If you think **you** are having a crisis, you probably are.

If the person who has mental health concerns is a danger to themselves or others, or the people with him or her cannot handle the situation, call 911 for help.

If you think the situation has reached a crisis, you can call Solano County’s Crisis Stabilization Team or the appropriate crisis services available in your community to get support. Emergency services are available through county mental health, & other community agencies.

Crisis Stabilization Unit
(serving **ALL** of Solano County)
24 hours a day / 7 days a week
707-428-1131 Fairfield
1-800-547-0495 Access

**Rape Crisis & Domestic Abuse Center
of Solano County (Safe Quest)**
Abuse Hotline
707-557-6600

The Crisis Stabilization Unit (CSU)

In November 2012 Solano County Mental Health began to serve its consumers with a new county – wide **Crisis Stabilization Unit**. Over the last several years, consumers and family members have been asking for a place, for those in a mental health crisis, to go instead of the emergency

department at our local hospitals. A place that understands what a mental health crisis is and can help in a timely and compassionate manner. The time is finally here.

The Crisis Stabilization Team's goal is to facilitate rapid resolution of mental health crises for consumers aged 5 and up. Always open, it is a safe, bright, calm environment in which individuals can stabilize and return to their home or the least restrictive environment possible. Unlike an emergency department, this unit is entirely focused on mental health issues and mental wellness, and has the resources to connect people with the services, supports and medications they may need. It is designed to care for the well-being of any person with a mental health issue, in an effort to avert a hospital stay, though if the hospital is necessary the team will facilitate that as well.

NorthBay Bereavement Center

Crisis can take on many forms in our lives. The NorthBay Bereavement Center staff offer guidance and support through the stages of grief and to suicide survivors. NorthBay Bereavement Center now offers 8-week education / support classes on Tuesday evenings with reservations and on-going Brown-Bag lunches. Serving the children, youth and adults in all of Solano County. Best wishes to all of you. Please contact us for more information and support.

NorthBay Bereavement Center

1411 Oliver Road #220
Fairfield, CA 94533
707 – 646 - 3517

INVOLUNTARY COMMITMENTS

There is a state law called the Lanterman – Petris – Short Act (LPS) which enables a person to be committed to a mental health facility **against their will** if they are a danger to themselves or others, or if they are gravely disabled. “Gravely Disabled” is defined as “a condition in which the person, as the result of a mental disorder, is unable to provide for his or her own basic personal needs, for food, clothing or shelter”. The section of LPS that specifically addresses involuntary commitments are section 5150 (72-hour hold) & section 5250 (14-day hold).

People who are committed to a mental health facility have specific rights, even when they are involuntarily committed. Among these:

- You must be given written notice why you are being held;
- the mental health facility must evaluate your medical, psychological, educational, social, financial, and legal situation;
- you can accept or refuse to take psychotropic or neuroleptic medications. A doctor must give you written and verbal information about the effects and side effects of the medications. You may be given medication involuntarily if there is a specifically defined emergency or if it is determined in a hearing by a hearing officer or judge that you do not have the ability to make a decision about taking your own medications at this time;
- you must have a hearing within four days to determine if you can be held; and
- if you lose your hearing you can file appeal in the California court system.

Whether a commitment to a mental health facility is voluntary or involuntary, **all people, at all times, have the right to be free from harm.**

WHERE TO GO IF YOU NEED HELP OR MORE INFORMATION

ADVOCACY & SUPPORT RESOURCES

California State Council on Developmental Disabilities, Area IV Board

236 Georgia Street, #201
Vallejo, CA 94590
707-648-4073
707-648-4100 fax
AB4@scdd.ca.gov

The Area IV Board is a state agency that is mandated to protect the legal, civil & service rights of people who have developmental disabilities (and co-occurring disorders) and their families or loved ones. Area IV Board provides information and referral, advocacy information, consultation and limited representation. Informational mailings go out six times per year. All services are provided free of charge. Area IV Board serves Napa, Solano and Sonoma Counties.

National Alliance on Mental Illness (NAMI)

1851 Heritage Ln. Suite 150
Sacramento, CA 95815
916-567-0163
916-567-1757 fax
www.NAMICALIFORNIA.ORG
support@NAMICALIFORNIA.ORG

To get more information or to join your **local chapter of NAMI** contact:

NAMI of Solano County
P.O. Box 3334
Fairfield, CA 94533
707-422-7792
www.namisolanocounty.org
namisolanocounty@sbcglobal.net

Solano NAMI meets:
4th Mon. every Month (except Dec.)
470 Chadborne Rd. #A (Aldea Family Services)
Fairfield, CA 94533
6:30p.m. to 8:00p.m.

The California Alliance on Mental Illness (CAMI) is an organization of nearly 100 affiliated groups. It is a statewide organization of families, friends, persons in recovery from their mental health concerns and professionals who are dedicated to improving the care, treatment, rehabilitation and status of people with mental health concerns and in the search of cures through research. CAMI is an affiliate of the National Alliance on Mental Illness (NAMI). CAMI publishes a news letter and sponsors an annual state conference. Spanish speaking staff are available at CAMI.

CAMI educates families and others about:

- Available resources, where to find them and how to effectively use them
- Patients rights & advocacy
- Family participation in treatment & family emotional survival

Catholic Social Services ~ New Pathways Counseling

125 Corporate Pl., Suite A
Vallejo, CA 94590
707-644-8909
707-644-6314 fax
www.csssolanocalifornia.org
admin@csssolano.org

New Pathways offers professional, confidential and affordable counseling. We welcome people of all religions, cultures and sexual orientations. Services include: Individual Therapy, Couples Therapy, Family Therapy, Child/Adolescent Therapy, Group Therapy, Parenting Education classes, Anger Management Classes, & Domestic Violence Intervention Groups.

CENTER for INDEPENDENT LIVING

Client Assistance Program

3075 Adeline St., Suite 100

Berkeley, CA 94703

510-841-4776

510-356-2662 video phone

www.cilberkeley.org

510-848-3101 TTY

510-841-6168 fax

info@cilberkeley.org

Client Assistance Program

The Client Assistance Program (CAP) provides agency services to people who are clients of the Department of Rehabilitation, former clients, or people who are applying to become clients. CAP services are provided free of charge. A CAP advocate may provide:

- Information about services available under the Rehabilitation Act
- Information about consumers' rights and responsibilities
- Investigations of consumers' concerns or complaints
- Assistance to negotiating mutually acceptable solutions to disagreements
- Representation at Rehabilitation Act funded agencies' administration reviews and fair hearings
- Post appeal/ hearing reviews upon request including assistance in obtaining legal opinions and counsel in some cases.

Community Alliance for Special Education (CASE)

1550 Bryant Street, Suite 835

San Francisco, CA 94103

415-431-2285

415-431-2289 fax

www.caseadvocacy.org

info@caseadvocacy.org

CASE provides legal support, representation and educational consultations to parents throughout the greater San Francisco Bay Area whose children need or may need appropriate special education services. Trained advocates and attorneys assist parents at IEP meetings, Mediation Conferences and Due Process Hearings. Fees are charged on a sliding scale based on an ability to pay. CASE provides a free consultation about special education rights and services to parents or professionals by telephone or face-to-face. CASE is a nonprofit organization serving all children with disabilities who need or may need special education services. CASE has served the Bay Area since 1979.

Spanish speaking staff are available.

Disability Rights CALIFORNIA (formerly *Protection & Advocacy, Inc.*)

1831 K St

Sacramento, CA 95811-4114

916-504-5800 administration

800-776-5746

800-719-5798 TTY

916-504-5802 fax

www.disabilityrightsca.org

Disability Rights CA (DRC) is a nonprofit agency that provides legal assistance to people with disabilities, including physical, developmental and psychiatric disabilities. Services available from DRC include:

- Information & referral to other forms of assistance;
- peer & self advocacy training
- representation in administrative & judicial proceedings
- investigations of abuse & neglect; & legislative advocacy

DRC is funded from state and federal agencies, and from private donations. DRC publishes advocacy information about mental health and other topics.

DRC has staff who speak Spanish, Italian, German, Cantonese, Mandarin and Mien. Some publications are available in other languages, including: Spanish, Korean, Chinese, Vietnamese, Hmong, Lao, Thai, Cambodian, Russian, Tagalog, Armenian and Ukrainian.

Disability Rights Education & Defense Fund (DREDF)

3075 Adeline St., Suite 210

Berkeley, CA 94710

510-644-2555

510-841-8645 fax/TTY

www.dredf.org

info@dredf.org

DREDF is a national law and policy center dedicated to furthering the civil rights of people with disabilities. Managed and directed by people with disabilities and the parents of children with disabilities. DREDF is a unique advocate for the rights of all people with disabilities. Their work promotes the full integration of people with disabilities to mainstream society.

Spanish speaking staff is available.

DREDF provides:

- Technical assistance, information and referrals on disability rights law and policies
- Training, information and legal advocacy to parents of children with disabilities to help them secure the education and services guaranteed to their children by law
- Legal representation to children and adults with disabilities in cases involving their rights to employment, education, transportation, housing, and access to public accommodations; and
- Training and speakers for the disability community, public entities and private businesses on the provisions of the Americans with Disabilities Act (ADA) and its relationship to other state and federal laws

Independent Living Resource Center

470 Chadbourne Rd., Suite B

Fairfield, CA 94534

707-435-8174 voice/TTY

707-435-8177 fax

Independent Living Resource Centers provide a variety of services to help people with any type of disability achieve maximum independence. A majority of the staff and board members of Independent Living Resource Centers are people who have disabilities. Services are free. Spanish speaking is staff available.

Matrix Parent Network & Resource Center

Main Office

Nora Thompson, Executive Director

94 Galli Dr., Suite C

Novato, CA 94949

800-578-2592 - Help Line

Solano / Napa Office

1615 West Texas St., Suite 4

Fairfield, CA 94533

800-578-2592 – Help Line

415-884-3535
415-884-3555 fax

www.matrixparents.org

707-423-2545
707-425-4585 fax

info@matrixparents.org

Matrix Parent Network and Resource Center is a center for families of children age 0 to 22 with disabilities, serving families in the Northern San Francisco Bay area. Matrix recognizes that parents are the best advocates for their children throughout life. Matrix has undertaken the task to strengthen the supportive and advocacy roles of parents by offering support, information and training. Services are free.

Spanish speaking staff are available.

Matrix programs include:

- Parent Support – One-to-one emotional support for parents through the Parent Partner Program and Family Resources Centers
- Information and Referral - In-depth searches for information and appropriate services; materials available for loan from the Matrix lending library
- Advocacy – Individual assistance for parents seeking help for their child
- Parent Network – Matrix brings together parent groups in Northern California to work on common concerns and to share information
- Training – Workshops and seminars on disability concerns and topics
- The Networker – A newsletter published six times a year

Patients' Rights Advocates

Kim Calderone
355 Tuolumne St, Ste 2500
MS; 20-210
Vallejo, CA 94590
707-553-5506
866-523-7128

Cris Hangman
355 Tuolumne St, Ste 2500
MS; 20-210
Vallejo, CA 94590
707-553-5407
866-523-7128

Patients' Rights Advocate serves individuals who are any locked facility. You can call the Patients' Rights Advocate if you have questions about your rights as a patient/consumer or if you believe your rights have been violated.

As a patient you have certain rights that cannot be waived by your parents, guardian, or conservator if you are or were a psychiatric patient and are now in one of the following facilities:

- State Hospital
- Acute psychiatric hospital
- Skilled nursing facility
- Institute for Mental Disease (IMD)

If you are a psychiatric patient and/or live in one of the above facilities, you cannot be denied the right to:

- wear your own clothes, as appropriate to each program
- keep your personal possessions, as appropriate to each program
- keep and spend a reasonable amount of your own money for small purchases
- have ready access to letter writing material, including stamps
- use the phone
- see visitors
- receive your mail unopened
- have private storage space

You cannot be denied these rights unless there is “good cause”. Punishment, discipline or staff convenience do not constitute “good cause”. A denial can be made only by the person authorized by law or regulation to do so, and must be noted in your treatment record. Your rights must be restored as soon as the cause for denial no longer exists.

Solano Parent Network

470 Chadborne Rd. Suite A
Fairfield, CA 94534
707-427-3545 X420, X417
www.solanoparentnetwork.org

Spanish speaking staff are available. Some Spanish books are available in lending library. Solano Parent Network (SPN) is a parent run organization offering education, trainings, a lending library and support groups to the parents, guardians and care providers of children and youth with behavioral, emotional or mental health concerns.

Solano County Health & Social Services Information & Referral Center Dial 211

Information and Referral is a service provided by Solano County Health & Social Services with professional, friendly benefits specialists. Each call is evaluated to make the referral or connections as pleasant as possible. The person answering the phone will provide you with information, answer your questions and connect you with your needed resource. English & Spanish speaking staff are available, other languages are available through the telephone interpretive service.

211 can help you find:

- shelter
- anger management class
- emergency food
- parenting class
- wheelchair, stroller, car seat or helmet
- someone to help you if you feel suicidal or depressed
- health care coverage
- start a daycare or find child care
- get help for an elderly or disabled person
- become a foster parent or guardian
- get help for someone with a substance abuse problem

You can call **211** to report:

- an unsanitary restaurant
- mold in your building
- a dead animal on the road
- garbage piling up in the neighborhood
- problems with rodents or other pests

If you have a question, we have the answer. If we don't have the answer, we will research it for you and get back to you in a timely manner.

Solano County Mental Health Support Groups

All Support Groups are facilitated by County Staff. These are not therapy groups. All Support Groups are FREE & strictly confidential. There is no curriculum, so individuals may start & stop any Group at any time. We facilitate a traditional “Care-n-Share” fashion, where members are able to “Share” about what is happening in their lives & the facilitator & members offer “Caring” support that may benefit the individual “Sharing”. No one has to share & no one has to accept supportive commentary. Support Groups are offered at 3 locations, at different times to accommodate as many schedules as possible. **Please contact the facilitator of the Group you are interested in**, if you have questions. You may contact Rachel E. Ford, Consumer Affairs Liaison at 784 – 8102 for any questions concerning any Group or for questions concerning Solano County Mental Health services & supports.

Bipolar and Major Depression Support Group ~ Fairfield

Every **WEDNESDAY** Night 6p.m. – 8p.m.

Solano County Health & Social Services

2101 Courage Dr., Fairfield, CA 94533 – enter through patio door

For Information call: Rachel **784 – 8102**

Family Member/Loved One Support Group ~ Fairfield

Every **WEDNESDAY** Night 6p.m. – 8p.m.

Solano County Health & Social Services

2101 Courage Dr., Fairfield, CA 94533 – enter through patio door

For Information call: Karen **784 - 2096**

Hidden Moods, Emotions & Feelings Group ~ Mare Island

2nd & 4th **WEDNESDAY** 9a.m. – 10:30 a.m.

Global Center for Success

1055 Azuar Street, Vallejo, CA 94592

For information call:

GCS: 707 – **562 – 5673**; or

Rachel: 707 – **784 - 8102**

Schizophrenia Support Group ~ Vallejo

1ST & 3RD **MONDAY** of each month 9:30 – 11a.m.

First United Methodist Church of Vallejo / **Imani Fellowship**

502 Virginia St., Vallejo, CA 94590 (corner of Sonoma & Virginia)

For information please call :

Rachel 707 – **784 – 8102**

Family Member/Loved One Support Group ~ Rio Vista

2nd **MONDAY** of every month 10a.m. – 12:00 p.m.

Rio Vista Library

44 South 2nd Street, Rio Vista, CA 94571

For information please call :

Rachel 707 – **784 – 8102**

Community Organization Support Group Information

Solano Parent Network

Finding Your Way - Parent/ Care Giver Support Group

1st & 3rd Mondays 6p.m. – 7p.m.

470 Chadborne Rd., Suite A Fairfield, CA 94534

Free Childcare Provided with Reservation

For Information and/or Child Care, call:

427 – 3545 X 420 or X 417

Solano Parent Network - FREE 12 – week class

EES Classes – Educate, Equip and Support

You must pre-register for this class

1st & 3rd Mondays 7p.m. – 8p.m.

470 Chadborne Rd., Fairfield, CA 94533

Free Childcare with Registration

Limited space available - register early

Refreshments are served

For Information or to register, call:

427 – 3545 X 820 or X 817

Come at 6p.m. and join our Finding Your Way support group

Solano County Mental Health Committees and Boards

CFAC - Consumer / Family Advisory Committee

3rd Wednesday of every month

10:00 - 11:30a.m.

For an agenda, location or other information

call Rachel **784 - 8102**

Local Mental Health Board

3rd Tuesday of every OTHER month

4:30p.m - 6:00p.m.

2101 Courage Dr., Multipurpose Room – Fairfield, CA 94533

For an agenda or other information

call Cindy **784 – 8320**

QIC – Quality Improvement Committee

1st Thursday of every OTHER month

1:30 - 3:30

Location TBD

For an agenda, location or other information

call Sheila **784 - 8338**

STATE & NATIONAL ORGANIZATIONS

These organizations can give you up-to-date information about the specific mental health concerns that you are interested in. If you do not find an organization listed here that deals with the mental health concerns you are interested in, you can ask your doctor or clinician for organizations that may be able to assist you. You can also go on-line for up-to-date information.

American Academy of Child & Adolescent Psychiatry

3615 Wisconsin Avenue, N.W.
Washington D.C. 20016 – 3007
202-966-7300
202-966-2891 fax
www.aacap.org

Professional medical association. Information sheets and research findings. Information available in Spanish and French, Malasian, Polish, Islandic, Arabic, Hebrew and Eurdu.

CA Institute of Mental Health (CiMH)

2125 19th St., 2nd Floor
Sacramento, CA 95818
916-556-3480
916-446-4519 fax
www.cimh.org

CiMH is a non-profit organization supporting mental health services through training, technical assistance, research & policy development. This includes events, programs and the news.

CA Network of MH Clients (CNMHC)

2012 19th Street, Suite 100
Sacramento, CA 95818
916 – 443 – 3232
800 – 626 – 7447
916 – 443 – 4089 fax

www.californiaclients.org
info@californiaclients.org

CNMHC is a solely consumer-run organization whose membership consists of affiliates and individuals through out the state.

Children and Adults with Attention Deficit Disorders (CHADD)

8181 Professional Place Suite 150
Landover MD 20785
800-233-4050
301-306-7070
301-306-7079 fax
www.chadd.org

Membership organization. Spanish speaking staff available: some printed materials available in Spanish.

Depression and Bipolar Support Alliance (Formerly NDMDA)

730 North Franklin Street, Suite 501

Chicago, Illinois 60654-7225
800-826-3632
312-642-0049
312-642-7243 fax

www.dbsalliance.org

Referrals to local self-help and support groups, and local chapters of NDMDA. Information available about depression and bipolar disorder.

Mental Health America

2000 N. Beauregard St.
Alexandria, Virginia 22311
800-969-6642
703-684-5968 fax

www.mentalhealthamerica.net

Informational & referral to local and national mental health organizations and support groups. Fact sheets on mental health topics.

National Institute of Mental Health – Information Resource Center

6001 Executive Blvd, Room 8184 MSC 9663
Bethesda, MD 20892 – 9663
800-421-4211

www.nimh.nih.gov/

Information on specific mental disorders, diagnosis & treatment. Information available in Spanish.

National Mental Health Consumer’s Self-Help Clearinghouse

1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
800-553-4539
215-751-1810
215-636-6312 fax

www.mhselfhelp.org

info@mhselfhelp.org

Information & referral services. Spanish speaking staff available.

***Protection and Advocacy, Inc.* - see - Disability Rights CALIFORNIA**

United Advocates for children and Families (UACF)

2035 Hurley Way, Suite 290
Sacramento, CA 95825
916 – 643 – 1530
866 – 643 – 1530
916 – 643 – 1592 fax

www.uacf4hope.org

information@uacf4hope.org

UACF is a non-profit organization with a mission to improve the quality of life of all children and youth with mental, emotional or behavioral challenges and to eliminate institutional discrimination and social stigma.

IMPORTANT TELEPHONE NUMBERS

Even if you do not have a computer you can still access most companies & organizations by phone. These resources are for everything from elder protection to medic-alert bracelets to taking care of our utilities.

AARP State Office	866-448-3614
Adult Protective Services – APS	800-850-0012
Americans with Disabilities Act – ADA Hotline	800-949-4232
CA Advocates for Nursing Home Reform	800-474-1116
CA Apartment Association	800-967-4222
CA Department of Consumer Affairs	800-952-5210
CA HIV/AIDS Hotline	800-367-2437
CA Public Utilities Commission – Consumer Affairs Branch	800-649-7570
CA Youth 24 Hour Crisis Hotline	800-843-5200
Children’s Protective Services – CPS Hotline	800-544-8696
Christian Help Center (free food & shelter)	707-553-8192
Fair Housing Hotline	800-669-9777
Health Insurance Counseling (information & counseling on Medicare, Senior HMO’s, Medicare Supplemental Plans & Long-Term Care Insurance, Senior Advocacy Services, Ombudsman, HICAP Program)	800-434-0222
Health Well Foundation (prescription medication co-pay assistance)	800-675-8416
HEAP – Home Energy Assistance Program	800-233-4480
Legal Services of Northern California	800-270-7252
Meals on Wheels	707-425-0638 or 707-426-5409
Medic Alert Foundation (United States)	800-432-5378
Mission Solano (free food & shelter)	707-384-2410 or 707-422-1011
Mobile Home Ombudsman	800-952-5275
National Domestic Violence Hotline	800-799-7233
National Sexual Assault Hotline	800-656-4673
National Suicide Prevention Lifeline	800-273-TALK (8255) 800-SUICIDE (784-2433)
Ombudsman Services of Northern CA – Solano County (nursing home & durable Power of attorney issues, etc.)	800-644-4194
Opportunity House (free food & shelter)	707-447-1988
PG&E CARE	866-743-2273
Redwood Caregiver Resource Center	800-834-1636
Solano County Mental Health <u>ACCESS</u> Line	800-547-0495
Solano County Mental Health Crisis Stabilization Unit – Fairfield	707-428-1131
Solano County Mental Health Crisis Line – Vallejo	707-553-5331
Solano County Office of Family Violence Prevention	707-784-7789
Veterans Assistance Regional Office	800-827-1000

INFORMATION ON THE INTERNET

You can find information about specific disabilities, national organizations, resources and much, much more on the Internet. If you do not have access to a computer, check with your local library to find out what times of day library staff is available to help you with the use of library computers and on how to use the Internet. Below are some good places to start searching for information on the Internet. These Internet sites will also provide you with links to other sites with information about specific mental health concerns and general life concerns.

- **Alcoholic Anonymous** www.aa.org
- **Al – Anon** www.Al-Anon.org
- **American Academy of Child & Adolescent Psychiatry** www.aacap.org/
- **Anxiety Disorders** www.adaa.org
- **Area Agency on Aging Serving Napa & Solano – AAA** <http://www.aaans.org>
- **BabyFirst Solano** www.babyfirstsolano.com
- **Bipolar Disorder** www.bipolarhappens.com
- **CA Institute for Mental Health** www.cimh.org
- **CA Network of Mental Health Clients** www.californiaclients.org
- **Catholic Social Services** www.csssolanos.org
- **Children & Adults with Attention Deficit disorders (CHADD)** www.chadd.org
- **Community Alliance for Special Education (CASE)** www.caseadvocacy.org
- **Depression/Bipolar Support Alliance (DBSA)** www.dbsalliance.org
- **Department of Mental Health (DMH)** www.dmh.ca.gov
- **Department of Rehabilitation (DOR)** www.rehab.ca.gov
- **Disability Rights CA** www.disabilityrights.org
- **Disability Rights Defense Education Fund (DREDF)** www.dredf.org
- **Faith – in – Action** www.faithinactionsolano.org
- **First 5 Commission – information on programs to prepare children 0 to 5 for School Readiness** www.co.solano.ca.us/depts/first5
- **Forensics** (*a brochure about Forensics Mental Health*)
www.wisegeek.com/what-is-forensic-mental-health.htm
- **Governor of California** www.gov.ca.gov/

- Homelessness Resource Center www.homelessness.samhsa.gov
- Medical Information www.medscape.com
- Medication / Medication Side Effects http://en.wikipedia.org/wiki/Psychiatric_medication
- Mental Health Net www.mentalhelp.net
- Narcotics Anonymous www.na.org
- National Alliance for the Mentally Ill (NAMI) www.nami.org
- National Institute of Mental Health (NIMH) www.nimh.nih.gov
- National Mental Health Association www.the.nationalcouncil.org
- National Mental Health Services Knowledge Exchange Network (NMHS KEN) www.mentalhealth.org/
- Obsessive Compulsive Disorder www.nlm.nih.gov/medlineplus/obsessivecompulsivedisorder.html
- P.E.A.K. – Partnership for Early Access to Kids www.peaksolano.org
- Prevention & Early Access for Seniors www.solanoseniorspei.org
- Schizophrenia www.schizophrenia.com
- Special Education www.specialed.about.com/
- United Advocates for Children and Families www.uacf4hope.org
- WEBMD – Medical Information www.webmd.com

Notes . . .

We are here to offer the supportive services to the Solano County Mental Health community, and to individual mental health consumers in a sensitive and culturally relevant way that promotes education of mental health issues and services, co-occurring concerns in life, information on anti-stigma and the support of Wellness and Recovery through better personal health, hope for one's future, personal responsibility and personal empowerment.

Solano County H&SS Division of Mental Health
Wellness / Recovery Unit
Rachel E. Ford ~ Consumer Affairs Liaison
355 Tuolumne Street
Vallejo, CA 94590

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