

WELLNESS CENTER

The Wellness Center is designed to provide social support and psychoeducation to anyone within the community. The Wellness Center provides a welcoming environment, free of stigma, where clients and community members can socialize and gain a variety of personal skills designed to increase the likelihood of maintaining stability within the community. Several groups are available each day.

South Lake Tahoe Wellness Center:

Monday through Friday, 1:00 p.m. to 4:00 p.m.

Diamond Springs Wellness Center:

Adults: Monday, Tuesday, Wednesday and Friday, 12:00 p.m. to 4:00 p.m.

Youth (age 16 to 25): Thursdays, 2:00 p.m. to 4:00 p.m.

REQUESTING SERVICES

When you contact the Behavioral Health Division for services, you will be screened to determine eligibility for Specialty Mental Health Services. If it is determined that you meet the appropriate criteria for services, you will be scheduled for registration.

At registration, an initial assessment will be completed by a Mental Health Clinician for the purpose of confirming eligibility and addressing immediate needs and to establish an initial course of treatment. An appointment may be scheduled with a Psychiatrist to assess whether there are any medication needs.

If it is determined that you do not meet the eligibility criteria for Specialty Mental Health Services, you will be provided with appropriate referrals to services.

HOW TO GET HELP

Call 9-1-1

for a mental health emergency

Behavioral Health

(during business hours)

West Slope (530) 621-6290

South Lake Tahoe (530) 573-7970

24-Hour Crisis Line

West Slope (530) 622-3345

South Lake Tahoe (530) 544-2219

24/7 Crisis Text Line

Text HELLO to 741-741

Suicide/Crisis Hotline

(800) 273-TALK (8255)

National Alcohol and Drug Helpline

(800) 662-HELP (4357)

The Trevor Lifeline

(for LGBTQ youth)

(866) 488-7386



EL DORADO COUNTY
HEALTH AND HUMAN SERVICES AGENCY

BEHAVIORAL HEALTH DIVISION

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BEHAVIORAL HEALTH DIVISION

Outpatient Clinic and Wellness Center

Service Information

*"Transforming Lives and
Improving Futures"*

768 Pleasant Valley Road
Diamond Springs, CA 95619
(530) 621-6290

1900 Lake Tahoe Boulevard
South Lake Tahoe, CA 96150
(530) 573-7970

(800) 929-1955

TTY/TTD (530) 295-2576

Monday through Friday
8:00 a.m. to 5:00 p.m.

Behavioral Health Services

ADULT & CHILDREN OUTPATIENT SERVICES

INDIVIDUAL CASE MANAGEMENT

Examples of this include activities such as connecting you with a medical doctor if you don't have one, or communicating with teachers or probation officers to assist you with the education or legal system.

REHABILITATION

Services that include assistance with life skills, self advocacy and symptom management.

INDIVIDUAL, GROUP & FAMILY

Focuses on successfully reaching treatment goals.

PSYCHIATRIC AND MEDICATION SERVICES

Medication support services may be provided, based on level of need, by our psychiatry team. Services include prescribing psychiatric medications, administering injections, coordinating lab work, providing medication education, and regular appointments.

COMMUNITY-BASED SERVICES

INTENSIVE CASE MANAGEMENT (ICM)

Provides a custom array of intensive outpatient mental health services, designed to prevent hospitalizations and incarcerations. ICM is a team approach with flexible service delivery. Individuals are served in their home or in the community.

TRANSITIONS TREATMENT PROGRAM (TTP)

Provides support and services to individuals living in a TTP Transitional House (T-House).

ASSISTED OUTPATIENT TREATMENT (AOT)

Provide for limited term, court-ordered outpatient mental health treatment for individuals who meet strict criteria as defined by State law. The individual must be 18 years of age or older, have a severe and chronic mental illness, and have a history of non-compliance with mental health treatment.

Additionally, at least twice within the last 36 months, the individual must have been hospitalized due to their mental illness or in a mental health unit of a State or local correctional facility (excluding the most recent event), or the individual's mental illness has resulted in one or more acts of serious and violent behavior toward himself or herself or another, or threats, or attempts to cause serious physical harm to himself or herself or another within the last 48 months. Referrals may be made by family, household members, medical and mental health providers, community based organizations, hospitals, or law enforcement. Individuals in the AOT program are provided with ICM-level services, however the program cannot require medications to be taken or involuntary hospitalizations.

COMMUNITY HUBS

Offer a local point of access for services and outreach to isolated families in surrounding communities. Hubs are located in the libraries in each of the five districts of El Dorado County and offer health prevention activities including support groups, educational classes and engagement opportunities for the purposes of building resiliency within the community. Community Health Advocates (CHAs) assisting in health navigation that may include insurance, medical homes and accessing services. Public Health Nurses (PHNs) provide case management, health screening, and assist clients in accessing services, including referrals to contracted mental health partners.

PSYCHIATRIC EMERGENCY SERVICES

Provides 24/7 emergency support, consultations, and psychiatric assessments at Marshall and Barton Hospitals.

SUBSTANCE USE DISORDER SERVICES (SUDS)

SUDS offers education, prevention, treatment and counseling services directly and through contracts with community agencies.

CONTRACTED SERVICES

- Drug Diversion Program
- Drinking Driver Program
- Outpatient and residential treatment
- Individual and group counseling
- Perinatal care
- Intervention programs
- Lifeskills training

COURT PROGRAMS

El Dorado County SUDS works with other agencies to offer court programs:

- Behavioral Health Court
- Juvenile Drug Court
- Dependency Drug Court
- Prop. 36 / PC1210 Drug Court
- Veterans Treatment Court
- DUI Treatment Court
- Teen Court

MENTAL HEALTH FIRST AID

Learn to support and assist someone experiencing a mental health crisis *until appropriate professional help arrives*. Participants learn a 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn about evidence-supported treatment and self-help strategies.

RESTORATION OF COMPETENCY PROGRAM (ROC)

Provides ROC services for individuals charged with a misdemeanor who have been found incompetent to stand trial.