

SANTA MARIA SUPPORTED HOUSING SERVICES

Transitions-Mental Health Association



Santa Maria Supported Housing Services provides supportive services to help people in recovery live independently. Adults and older adults who currently have their own housing receive services and support in their homes and within the immediate 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 possible. Services may include:

- Supportive care, case management, and rehabilitative mental health services.
- Regular appointments with psychiatrists.
- Regular access to medical services.
- 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 for clients who also have problems with substance abuse.
- Vocational and educational opportunities.
- Support groups addressing other medical issues requiring maintenance and medication.

Santa Maria Supported Housing Services focuses on encouraging each consumer'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 consumer the main decision-maker in his or her own recovery process.

Program participants are referred to Supported Housing Services through Santa Barbara County Alcohol, Drug and Mental Health Services.

Transitions – Mental Health Association

Post Office Box 15408, San Luis Obispo CA 93406

Phone: (805) 540-6500 · Fax: (805) 540-6501 · info@t-mha.org