

VIDA NUEVA LOMPOC ACT

Transitions-Mental Health Association



Vida Nueva is an assertive community treatment (ACT) model-based program in Lompoc. As an ACT model program with a staff functioning as a team, Vida Nueva engages with adults, older adults and transitional age youth with serious and persistent mental illness. Rather than brokering services, the Vida Nueva team provides treatment, support and rehabilitation services in the community with a “whatever it takes” approach.

Vida Nueva is committed to reducing homelessness, hospitalizations, and incarceration and focuses on encouraging each consumer’s recovery and pursuit of a full, productive life.

A Sample of Services Provided

Services are presented to clients in a menu format, giving them the ability to choose what they need and want most in pursuit of their independence. Services may include:

- 24/7 response to consumer mental health crises
- Individualized support services
- Goal-oriented recovery plans
- Housing and supportive housing services
- Group and individual support with substance dependence
- Supported employment and education
- Relationship and communication skills
- In-home assistance with life skills
- Vocational skills enhancement
- Assistance in financial areas
- Meal planning and transportation planning
- Medication support
- Counseling support by mental health, alcohol and drug specialists

Who Is Eligible for Vida Nueva?

Adults, older adults and transitional age youth treated by Santa Barbara Alcohol, Drug and Mental Health Services are referred to Vida Nueva Lompoc ACT.

How Long Is the Vida Nueva Program?

Once an individual agrees to join Vida Nueva, a lasting relationship is formed. Individuals may choose to stay indefinitely or, as they progress in recovery, may transition out of the program.

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