WELCOME!

Monterey County Behavioral Health’s Adult System of Care (ASOC) works to promote recovery and growth for each unique individual. Our approach is rooted in the concept of person-centered service delivery. Meaning, that we work in a collaborative framework with each individual served to provide services that match individuals’ needs, promoting recovery and independence from services.

Our goal is to provide the supports needed to address each person’s unique circumstances and mental health needs. To do this, we believe that everyone has the capacity to learn, grow, and achieve personal goals that create meaning, value and purpose for life.

Our services include medical, therapeutic, and supportive services that identify and take actionable steps towards achieving hopes and dreams for a meaningful life in the community. In doing so, we work with each individual to learn to manage symptoms and behaviors that interfere with progress towards achieving life goals.

To assist us in providing you the best possible treatment, please know:

✓ Actively participating in one’s treatment is one of the most important factors to a person’s recovery and progress in treatment

✓ Each person’s voice matters. Let staff know how we can best support your goals and what works best for you. If this is hard, you can ask a family member or friend to be a voice for you with respect to your confidentiality

✓ You will work with several different people at ASOC, who are all part of your treatment team.

✓ Keeping scheduled appointments matters. If you are late or cannot attend a scheduled appointment, let the front office know as soon as possible

We look forward to getting to know you and learning about your current needs and hopes for the future. Together we will partner to support you in your recovery.

"Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.”
(Substance Use and Mental Health Services Administration, 2012)
Reaching Recovery

Reaching Recovery is a program, used at Monterey County Behavioral Health’s Adult System of Care (ASOC), that helps promote engagement and progression towards recovery for adult individuals with mental illness. With the Reaching Recovery program, ASOC provides five different levels of service intensity. Each level is tailored to a person’s varying needs and goals. The determination of what level of service intensity a person receives when they first enroll with ASOC is based on the information and discussion during the initial assessment.

Throughout service delivery, it is expected that a person will move forward in recovery, learning skills to support their own mental wellness. Therefore, as a person progresses through treatment it is expected that their level of service intensity and supports from ASOC will decrease and change over time. Such progression reflects the progress being made and the ability to support one’s self independently. If individuals need a higher level of support (due to new stressors, crisis, or other factors) they may need a higher level of service intensity to receive the supports needed at that time.

Each level of service intensity is provided by a specific treatment team at ASOC. Progressing from one level of service intensity to another can result in having to work with a new treatment team at ASOC. Each specific team is structured to provide specialized services within that level of service intensity.

In addition to varying levels of service, staff will be requesting survey feedback every quarter from those served. The information from the surveys tracks recovery progress. Results of the quarterly surveys are displayed on The Recovery Profile chart. The chart is used throughout service planning to help ensure services reflect each person’s therapeutic service needs, goals, and desires.
Treatment Teams

Assertive Community Treatment - Assertive Community Treatment (ACT) teams assist individuals in engaging in services, stabilizing symptoms and reducing crisis. ACT treatment teams work with each individual to improve functioning and reduce emergency room and hospitalization services. Services are generally provided in the community and can include outreach and engagement; psychiatry, crisis planning; case management support in linking to housing, benefits, supported employment, etc. ACT teams help increase the coping skills and supports that help reduce the frequency of crisis.

Intensive Case Management - Intensive Case Management (ICM) teams support individuals who are engaged in services and can benefit from significant community-based case management support. This level of service intensity utilizes a team approach, in which a psychiatrist, case coordinator, social worker, and behavioral health aides collaborate with each individual to support growth and recovery. This work can include connecting the individual to benefits, completing housing applications, psychiatry services, obtaining and maintaining primary care, and/or an array of other services offered by our community partners.

Intensive Outpatient - Individuals receiving services from Intensive Outpatient teams are engaged in their therapeutic recovery progress and only need some community support that is provided out of the clinic. Most of the services are provided within the clinic setting with infrequent community support. Services from these teams can include psychiatry services; individual and/or group therapy and skill building; case management; and community support services.

Outpatient - Individuals receiving services from Outpatient teams will be taking the leading role in their treatment, working with a case coordinator to define treatment goals. Services from these teams can include psychiatry services; individual and/or group therapy and skill building. Outpatient services are provided within the clinic as community-based case management services are not needed.

Medications Only - Individuals receiving Medication Only from ASOC have resources which allow them to manage their recovery independently, except for medication monitoring and medication support. Such individuals attend to all other needs independently or through use of natural supports. Those receiving Medication Only services will see their psychiatrist quarterly, or as determined in collaboration with their prescriber, and meet with a case coordinator annually to review your progress and plan for the upcoming year.
The Recovery Profile

The Recovery Profile is a graph that can help you know your own ups and downs over time. The graph changes with your life changes. The Recovery Profile graph can help you with your personal recovery goals! By looking at the graph every 3 months it can help sustain recovery by discussing where progress has been made and where you would like to see change. Knowing where you are in recovery can help you to determine the best treatment.

The graph can help integrate your own perception of recovery into treatment planning. It can give you a better understanding of your recovery path. The graph is available for you at any time to review with your treatment team.

What Makes Up Your Recovery Profile?

Consumer Recovery Measure ®
Individuals in services complete a one-page questionnaire addressing these areas:
+ Hope
+ Satisfaction with Social Networks
+ Symptom Management
+ Personal Sense of Safety
+ Active Growth | Areas of Interest

Recovery Markers Inventory ®
Care Coordinators complete an assessment on the following areas for adults they work with:
+ Education + Symptom Management
+ Employment + Service Participation
+ Housing + Substance Use
+ Active Growth | Areas of Interest

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Levels of Treatment Based on Your Needs

**Level 1**

Welcome and Orientation to Staff and Services
Crisis Assessment/Intervention
Referrals for Housing, Food, and other Basic Needs & Resources
Assistance with applying for Benefits and/or Medical insurance
Linkage to services that address medical issues and/or medication needs

**Level 2**

Welcome and Orientation to Staff and Services
Weekly and/or regular meetings or contact
Support to maintain housing stability
Skills Training- coping skills, social skills, life skills, budgeting, etc.
Introduction to Mental Health Rehabilitation Services
Linkage to community resources- i.e., Omni, DRS, Our Voices, AA/NA, etc.
Level 3
Welcome and Orientation to Staff and Services
Weekly or Biweekly meetings
Introduction to Recovery-Oriented strategies with coaching/practice
Linkage to programs that support employment and education goals
Transportation support and/or training
Review of personal wellness & recovery goals to support action steps
Introduction to Individual and/or Group therapy

Level 4
Welcome and Orientation to Staff and Services
Biweekly or 1x/month sessions
Individual and/or Group therapy
Connections to Community supports for active recovery
Independent transportation

Level 5
Welcome and Orientation to Staff and Services
2 meetings per year (at minimum) with a case coordinator
Support with having a full life outside of mental health services
Maintaining Medication stability
Minimal case management or therapy needs
Recovery-Focused Services

- We believe that everyone has the capacity to learn, grow and achieve personal goals that create meaning, value and purpose for life.

- Our services support individuals in making community connections so that everyone can find the places in the community where they can be supported to find meaning, purpose and enjoyment.

- Our services include supportive services that identify and take actionable steps towards achieving hopes and dreams for a meaningful life in the community.

- We explore individual's strengths (i.e. interests, resources and aspirations) in the areas of Daily Living Situation, Financial/Insurance, Vocational/Educational, Social Supports, Health, Leisure/Recreational and Culture/Spirituality.

- We work with each individual to learn to manage symptoms and behaviors that interfere with progress towards achieving life goals.

- As you connect with more community resources, the types of services you need from us may change.

- We have different levels of service and staff at each level to meet your needs.

- As you connect with services and identify goals to help you have a better life, you may graduate to a different level of service within our clinic.

- A variety of staff will be here to assist you with the next steps towards achieving your goals.

- You can always touch bases with your previous clinician if needed.

- We all work as a team to support your continued growth and development.