County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



TAY In Crisis

For some youth, the transition to adulthood presents a number of challenges in meeting their basic needs. They may not be able to find employment, may no longer have healthcare benefits, have difficulty finding an affordable place to live, or have difficulty managing basic daily responsibilities.

These difficulties can be compounded a when a mental health need is present or a youth does not have a strong support system. With these additional stressors, many TAY can easily be thrown into a crisis.

This issue of *TAY Tips* is dedicated to providing resources available to more effectively manage a TAY in crisis.

For additional information about TAY resources or for referrals contact:

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Preparing for

Psychiatric Emergencies

A psychiatric emergency can occur when a person is presenting immediate danger to themselves, to others, or is gravely disabled (unable to care for themselves). When a psychiatric emergency is suspected, there are a variety of resources to address such crises. A qualified professional will assess the situation and determine if a psychiatric hospitalization is necessary to ensure safety, or if in-home stabilization is more appropriate.

Children (under 18)

There are two teams that respond to psychiatric emergencies in children depending on the time and day.

Children and Youth Services

8 a.m. – 5 p.m. Monday through Friday

North Region: (714) 577-5400

377 E. Chapman Ave., Ste. 110 Placentia, CA 92870

South Region:

(714) 850-8408

3115 Redhill Ave. Costa Mesa, CA 92626

(949) 499-5346

21632 Wesley Dr. Laguna Beach, CA 92651

East Region:

(714) 480-6600

1200 N. Main St., Ste. 500 Santa Ana, CA 92701

West Region (714) 896-7556

14140 Beach Blvd., Ste. 155 Westminster, CA 92683

Evaluation and Treatment Services (ETS)

Weekends and Holidays 24/7 Weekdays 5 p.m. – 8 a.m. (714) 834-6900

ETS will only respond to a hospital ER or Police Station. If a child cannot be safely transported, police may be called for assistance.

In Home Crisis Team Child Abuse Prevention Center (714) 225-4100 www.brightfutures4kids.org

24/7, in-home crisis response providing family stabilization services to prevent hospitalization or other out-of home placement.

Adults (over 18)

There are two teams that respond to psychiatric emergencies in adults 24 hours / 7 days a week.

Centralized Assessment Team

24 Hours / 7 Days (866) 830-6011 | (714) 517-6353

Evaluation and Treatment Services (ETS)

24 Hours / 7 Days (714) 834-6900



Inpatient Psychiatric Care

In addition to the psychiatric response units available in Orange County, 911 can be used when a psychiatric emergency arises. While many hospitals do not have psychiatric units, hospital emergency rooms can also respond to a crisis. Crisis inpatient psychiatric care can be accessed in many facilities in the Orange County area.

College Hospital Costa Mesa

301 Victoria Street Costa Mesa, CA 92627 (949) 642-2734

College Hospital Cerritos

10802 College Place Cerritos, CA 90703 (562) 924-9581

Aurora Behavioral Healthcare Charter Oaks

1161 E. Covina Blvd. Cerritos, CA 91724 (626) 966-1632

BHC Alhambra

4619 North Rosemeade Blvd. Rosemead, CA 91770 (626) 286-1191

Los Encinas Hospital

2900 E. Del Mar Blvd. Pasadena, CA 91107 (626) 795-9901

Canyon Ridge Hospital

5353 G Street Chino, CA 91710 (909) 590-4001

Aurora Hospital BHC

11878 Ave. of Industry San Diego, CA 92128 (858) 675-4228

Del Amo Hospital

23700 Camino Del Sol Torrance, CA 90505 (310) 530-1151

Loma Linda University

BMC1710 Barton Rd. Redlands, CA 92373 (909) 558-9275

Sharp Mesa Vista Hospital

7850 Vista Hill Ave. San Diego, CA 92123 (858) 278-4110

UCI Medical Center Neuropsychiatric Center

101 The City Drive South Orange, CA 92868 (714) 456-5801



Crisis Residential Programs

Crisis Residential Programs are short-term facilities that provide shelter for young adults in crisis. Programs provide services that help youth acquire independent living skills and stabilization to help re-integrate them into society successfully.

South Coast Children's Society Inc. TAY Crisis Residential Program

Costa Mesa, CA Call (714) 966-5338 for information.

Six-bed residential program for young adults aged 18-24. Average stay is 2-3 weeks. Services include therapy, case management, linkage and referrals, and transportation.

* Referrals made through the county Crisis Assessment Team

Community Service Programs Youth Shelter

Laguna Beach, CA Huntington Beach, CA Call (949) 494-4311 or (714) 842-6600 for information.

Six-bed shelters for young adults aged 12-17. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

* Referrals made through the On Call Crisis Response Clinician or Officer of the Day

Casa Youth Shelter

Los Alamitos, CA Call (800) 914-2272,

(562) 594-6825 or (714) 995-8601 for more information.

Twelve-bed crisis residential program for teens aged 12-17. Services include therapy, case management, linkage and referrals. Follow-up services can continue for 2-3 months.

* Referrals can be made by anyone in the community

Emergency Food Assistance

South Region

Coast Hills Community Church Food Pantry (949) 362-0079 5 Pursuit Aliso Viejo, CA 92656 www.coasthillschurch.org

Share Our Selves (949) 642-3451 1550 Superior Ave. Costa Mesa, CA 92627 www.shareourselves.org

Families Forward (949) 552-2727 9221 Irvine Blvd. Irvine, CA 92618

North Region

Access California (714) 917-0440 2180 W. Crescent Ave. #C Anaheim, CA 92804 www.accesscal.org

Fullerton Interfaith Emergency Services (714) 738-0255 611 S. Ford Ave. Fullerton, CA 92832 www.fies.us

West Region

Abrazar Inc. (714) 893-3581 7101 Wyoming St. Westminster, CA 92683

Calvary Chapel (714) 891-9495 7800 Edinger Ave. Huntington Beach, CA www.cchb.org

OC Food Bank (714) 897-6670 12640 Knott St. Garden Grove, CA www.ocfoodbank.org

East Region

Catholic Charities OC (714) 347-9600 (714) 668-1130 3631 W. Warner Ave. Santa Ana, CA 92704 www.ccoc.org

Eagle's Nest Ministry (949) 742-8803 505 E. Central Ave. Santa Ana, CA 92707 www.eaglesnestministry.org

Friendly Center (714) 771-5300 147 W Rose Ave. Orange, CA 92867 or (714) 919-1108 1820 E. Meats Ave. Orange, CA 92865

St. Barbara's Catholic Church (714) 775-7733 730 S. Euclid St. Santa Ana, CA 92704

Providence Community Services STAY Process

(714) 221-6400

A program for Transitional Aged Youths that utilizes a wraparound model to provide support in the areas of housing, employment, and education.

Enrollment is limited, so call for availability and eligibility criteria.

Many young adults find themselves without medical coverage or funds for needed medical treatment. Many medical and psychological conditions left untreated can escalate into a crisis. Assisting TAY with accessing affordable health care can reduce the likelihood for a crisis to develop out of neglected medical attention.

Accessing Medical Care

Medical Services Initiative

(714) 834-6248 I (866) 979-6772 www.ochealthinfo.com/medical/msi

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care.

Eligibility:

- 1. Between 21 and 64 years of age
- 2. Orange County Resident
- 3. Proof of Alien status or U.S. Citizenship
- 4. Cannot pay for needed care
- 5. Meet Federal Poverty Guidelines (200% or below)
- 6. Are not eligible for Medi-Cal

How to Apply:

Applicants need to make an appointment to complete application, and be prepared to provide proof of residency, income, age, and alien status or citizenship. A patient handbook is available for download online and includes all the detailed information about applying for coverage, as well as list of providers and covered services.



Maternal, Child, and Adolescent Health (MCAH)

http://ochealthinfo.com/mcah
For clinic locations and appointments call: (800) 914-4887
Monday - Friday | 8:00 a.m. - 5:00 p.m.

Offers free or low cost medical services for children, adolescents, and adults. Services include physical exams, immunizations, comprehensive reproductive health exams, family planning methods and dental health services. Services provided to those who meet income eligibility.

Mental Health Services

Maintaining continuity of care and continuing to manage mental health needs during an adolescent's transition into young adulthood is a key component to increasing their ability to avoid crises. It is important to link adolescents and young adults with providers that can address their mental health needs before a crisis.

Children and Youth Services (CYS)

Health Care Agency, Behavioral Health Services

Provides a broad range of services for behaviorally, emotionally or mentally disordered children and adolescents which include evaluation, therapy, medication, crisis intervention and collateral services to parents and families. Referral for hospitalization or residential treatment, consultation to schools and other agencies, coordination with private and public services and case management for those placed in hospitals or other 24-hour settings.

North Region

CYS Clinic

377 E. Chapman Ave., Ste. 110 Placentia, CA 92870 (714) 577-5400

CYS Contract Clinics:

Canyon Acres 233 S. Quintana Ave Anaheim Hills, CA 92807 (714) 998-3272

Child Guidance Center, Inc. 6301 Beach Blvd., Ste. 245 Buena Park, CA 90621 (714) 736-0231

2050 Youth Way, Bldg. 1 Fullerton, CA 92835 (714) 871-9264

Kinship Center 8414 Kaiser Blvd. Ste. 100 Anaheim, CA 92808 (714) 202-2100

Providence Community Services, Inc. 217 W. Cerritos Ave., Bldg. 8 Anaheim, CA 92805 (714) 254-8473

Western Youth Services, Inc. 505 North Euclid, Suite 300 Anaheim, CA 92801 (714) 871-5646 (714) 850-8408

East Region

CYS Clinic

1200 N. Main St., Ste. 500 Santa Ana, CA 92701 (714) 480-6600

CYS Contract Clinics:

Canyon Acres 1845 W. Orangewood Ave., #300 Orange, CA 92868 (714) 383-9400

Child Guidance Center, Inc. 525 N. Cabrillo Park Dr., Ste. 300 Santa Ana, CA 92701 (714) 953-4455

Kinship Center 1504 Brookhollow, Ste. 111 Santa Ana, CA 92701 (714) 957-1004

Providence Community Services, Inc. 1633 E. 4th St., Ste.120 Santa Ana, CA 92701 (714) 565-2830

Providence Community Services, Inc. Families First 2130 E. 4th St., Ste.150 Santa Ana, CA 92705 (714) 558-3807

Western Youth Services, Inc. 1666 N. Main St. Ste 400 Santa Ana, CA 92701 (714) 704-5900

South Region

CYS Clinics

3115 Redhill Ave. Costa Mesa, CA 92626 (714) 850-8408

21632 Wesley Dr. Laguna Beach, CA 92651 (949) 499-5346

25171 Moor Ave. Mission Viejo, CA 92691 (949) 770-0855

CYS Contract Clinics:

Providence Community Services, Inc. 2183 Fairview Rd., Ste. 100 Costa Mesa, CA 92627 (949) 515-5440

Western Youth Services, Inc. 26137 La Paz Suite 230, Mission Viejo, CA 92691 (949) 595-8610

31882 Camino Capistrano, Ste.108 San Juan Capistrano, CA 92675 (949) 487-6080

CYS School-based Sites

24242 La Cresta Dana Point, CA 92629 (949) 248-2228

625 Park Ave. Laguna Beach, CA 92651 (949) 376-8851

29296 Crown Valley Pkwy. Laguna Niguel, CA 92677 (949) 249-9321

1101 Calle Puente San Clemente, CA 92672 (949) 361-7890

26891 Spring St. San Juan Capistrano, CA 92675 (949) 496-2931

25001 Veteran's Way Mission Viejo, CA 92672 (949) 707-2110

West Region

CYS Clinic

14140 Beach Blvd., Ste. 155 Westminster, CA 92683 (714) 896-7556

CYS Contract Clinics:

Providence Community Services, Inc. 12966 Euclid St., Ste. 280 Garden Grove, CA 92840 (714) 823-4770

CYS Contract Clinics Cont':

South Coast Children's Society 2124 Main St., Ste. 165 Huntington Beach, CA 92648 (714) 536-0077

Western Youth Services, Inc. 10101 Slater Ave., Ste. 241 Fountain Valley, CA 92708 (714) 378-2620

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Mental Health Services Continued...

Adult Mental Health Services (AMHS)

Health Care Agency, Behavioral Health Services

Provides recovery mental health services and episodic treatment services which emphasize individual needs, strengths, choices, and involvement in service planning and implementation. Services include assessment, evaluation, collateral therapy, individual and group therapy, substance abuse treatment, medication support, rehabilitation, linkage and consultation, placement, plan development, crisis intervention and specialized residential services.

North Region Clinic

2035 E. Ball Road, Ste. 200 Anaheim 92806 (714) 517-6300 M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m. *Dual Diagnosis services available

West Region Clinic

14140 Beach Blvd., Ste. 223 Westminster, 92683 (714) 896-7566 M-Th 8 a.m. – 7 p.m. I F 8 a.m. – 5 p.m. *Perinatal services available

East Region Clinic

1200 N. Main St., Suite 200 Santa Ana, 92701 (714) 480-6767 TDD (714) 480-6750 M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

South Region Clinics

3115 Redhill Avenue Costa Mesa, CA 92626 (714) 850-8463 M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

23228 Madero Mission Viejo, CA, 92691 (located at the Royale Mission Viejo facility) (949) 454-3940 M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

Hearing Impaired Services

1200 N. Main St., Suite 200 Santa Ana, 92701 (714) 480-6767 TDD (714) 480-6750 M - Sat 8 a.m. – 5 p.m.

Services also provided at client's home or local community mental health clinic.
Call (714) 972-3700 for more information.
TDD (714) 850-8461

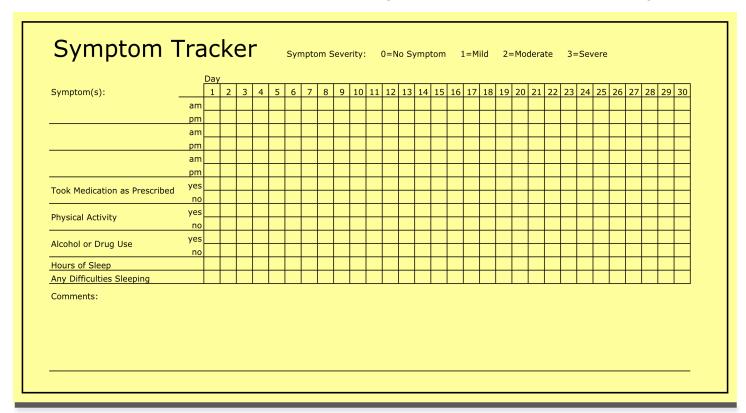
Pacific Asian Services

1200 N. Main St., Suite 200 Santa Ana, 92701 (714) 480-6767 M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

14140 Beach Blvd., Ste. 223 Westminster, 92683 (714) 896-7566 M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

Identifying a Crisis

Empowering individuals to identify and monitor their own symptoms can assist with identifying a potential crisis before it escalates. Assist adolescent and young adults in identifying their particular symptoms and create a way for them to monitor the frequency and severity of symptoms and signs that a crisis may be coming.



Possible symptoms for daily monitoring:

- I hear voices/noises but don't know where they are from
- · I see things no one else seems to see
- · Things sound or smell wrong
- · I think people are watching me or following me
- · I feel afraid
- I don't want to do anything
- · I feel hopeless
- · My mood is extremely happy or elevated
- I feel nervous or anxious
- · I think about hurting myself
- I feel sad or unhappy
- · I get easily irritated or annoyed
- My thoughts move so fast I cannot keep up with them
- · I feel tired all the time

- · People tell me I talk too fast or too much
- I don't need to sleep
- · My sex drive is very high, higher than normal
- · I can't understand what people are saying to me
- I have trouble remembering things
- · I can't keep my mind on anything
- I have trouble learning things
- · I don't know how to plan for things
- I can't sleep
- · I don't shower
- · I don't enjoy anything
- I don't have anything to say to people
- I don't shower
- I'm using drugs or alcohol

One of the best ways to manage a crisis is to have a plan for dealing with crisis before one occurs.

Planning for a Crisis Before it Happens...

Creating a Personal Action Plan or Crisis Prevention Plan is a way to plan for a crisis before it happens. When crisis does occur, you have a well-thought out plan and supporters who can assist you what managing the crisis positively. The plan should be developed when not in crisis, and with assistance from trusted individuals such as clinicians, or family and friends. Once completed, the Plan should be kept in an easily accessed location, and copies can be provided to trusted individuals who will assist when in crisis.

People I can trust to help in a Crisis Situation:				
Signs that I'm do	ng OK:			
Farly signs that I	m not feeling we			
What I can do to	help myself:			
Ways that others	can help me:			
What I don't wan	: – What doesn't	help:		
ا know I need to و	get help when:			

Resources

USA National Suicide Hotlines

24 hours / 7 days a week (800) SUICIDE

(800) 784-2433

(800) 273-TALK

(800) 273-8255

TTY: (800) 799-4TTY (4889)

Suicide Prevention Center

24 hours / 7 days a week (310) 391-1253

Crisis Line for People with Disabilities

24 hours / 7 days a week (800) 426-4263

Domestic Violence Hotline

24 hours / 7 days a week (800) 799-7233

Rape Crisis Hotline

24 hours / 7 days a week (714) 957-2737

Sexual Assault Victim Services

(714) 834-4317

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