

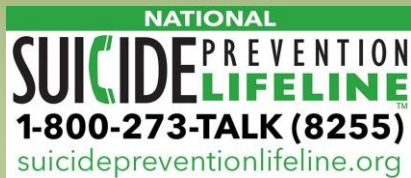
San Benito County
Behavioral Health Department

Mental Health & Substance Use Disorder Services

**SAN BENITO COUNTY
BEHAVIORAL HEALTH DEPARTMENT
1131 COMMUNITY PARKWAY
HOLLISTER, CA 9523
BEHEREPLY@COSB.US
831.636.4020 OFFICE
888.636.4020 24/7 CRISIS**



**HOLLISTER POLICE DEPARTMENT
395 APOLLO WAY
HOLLISTER, CA 9523
WWW.HOLLISTER.CA.GOV
831.636.4330 OFFICE
831.636.4331 NON-EMERGENCY**



1.800.662.HELP (4357)
FREE, CONFIDENTIAL, 24/7, 365 DAYS A YEAR
TREATMENT REFERRAL AND INFORMATION SERVICE
(ENGLISH AND SPANISH) FOR INDIVIDUALS AND
FAMILIES FACING MENTAL AND/OR SUBSTANCE
USE DISORDERS.



SUPPORT, AWARENESS, FOLLOW-UP & ENGAGEMENT

THE SAN BENITO COUNTY BEHAVIORAL HEALTH DEPARTMENT HAS COLLABORATED WITH THE HOLLISTER POLICE DEPARTMENT TO CREATE A NEW PROGRAM THAT WILL PROVIDE EMERGENCY AND CONTINUED ASSISTANCE TO COMMUNITY MEMBERS SUFFERING WITH MENTAL AND SUBSTANCE ABUSE MATTERS.

S.A.F.E. PAIRS BEHAVIORAL HEALTH WITH A POLICE OFFICER TO RESPOND TO BEHAVIORAL HEALTH MATTERS AND PROVIDE PROACTIVE PREVENTATIVE AND CONNECTION TO SERVICES.

S.A.F.E.'s MISSION:

THE S.A.F.E. TEAM IS A COLLABORATION BETWEEN LOCAL LAW ENFORCEMENT AND THE COUNTY'S BEHAVIORAL HEALTH DEPARTMENT. S.A.F.E. PROVIDES EFFECTIVE AND COMPASSIONATE BEHAVIORAL HEALTH INTERVENTION FOR PERSONS AND THEIR SUPPORT SYSTEMS. WE INTEND TO SAFELY AND EFFECTIVELY DE-ESCALATE MATTERS AND PROVIDE REFERRALS THAT CREATE THE LEAST RESTRICTIVE CARE. THE ULTIMATE GOAL OF THE S.A.F.E. TEAM IS TO AVOID UNNECESSARY PSYCHIATRIC HOSPITALIZATIONS AND ENSURE TIMELY CONNECTION AND ENGAGEMENT TO SUPPORT SERVICES.

S.A.F.E. RESPONSES

REACTIONARY RESPONSE

THE S.A.F.E. TEAM WILL RESPOND TO CALLS RECEIVED THROUGH THE EMERGENCY SERVICES DISPATCH LINE FOR PERSONS EXPERIENCING CRISIS AND WHO ARE IN NEED OF INTERVENTION. THE PERSON WILL BE ASSESSED AND PROVIDED SAFETY PLANNING AND BE PROVIDED SUPPORTIVE CONNECTIONS TO BEHAVIORAL HEALTH SERVICES.

THE TEAM'S GOAL DURING THIS EVALUATION IS TO REDUCE OR PREVENT MENTAL HEALTH EVALUATION HOLDS AND TO KEEP THE PERSON IN THE LEAST RESTRICTIVE ENVIRONMENT.

CONTINUED CARE

S.A.F.E. WILL PROVIDE FOLLOW-UP CARE FOR INDIVIDUALS THAT HAVE BEEN RELEASED FROM A MENTAL HEALTH EVALUATION HOLD TO ENSURE CONTINUED CONNECTIONS WITH BEHAVIORAL HEALTH SERVICES AND TO PROVIDE CONNECTIONS TO OTHER NEEDED SERVICES.

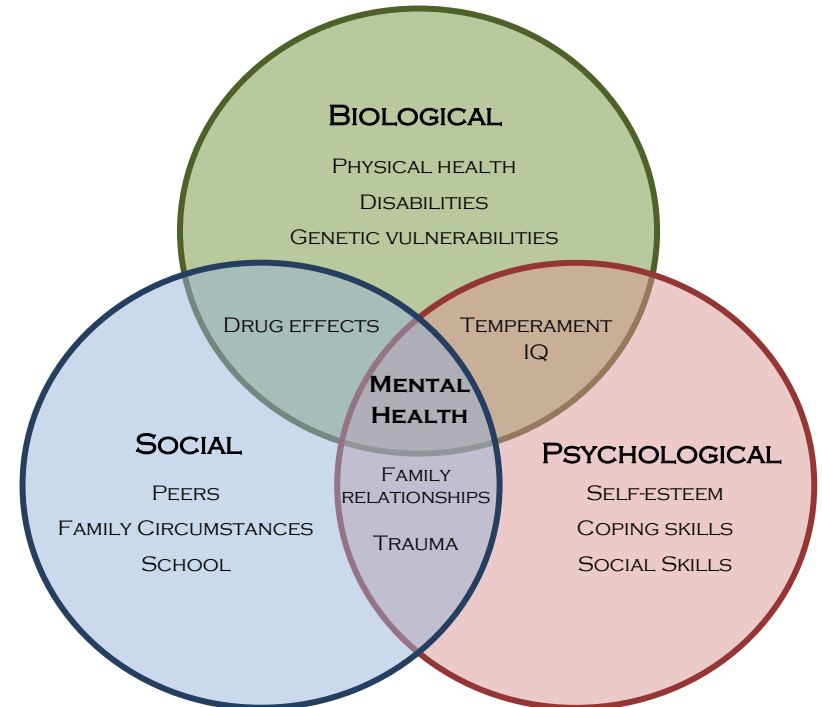
PREVENTATIVE CARE

IN AN EFFORT TO PROVIDE OUTREACH AND ENGAGEMENT TO INDIVIDUALS IDENTIFIED AS POSSIBLY IN NEED OF BEHAVIORAL HEALTH SERVICES THE S.A.F.E. TEAM WILL MAKE DIRECT CONTACT WITH THOSE INDIVIDUALS.

COMMUNITY TRAINING & DEVELOPMENT

THE S.A.F.E. TEAM CAN HELP PROVIDE ADDITIONAL TRAINING TO ORGANIZATIONS REGARDING THE LEGAL SCOPE OF MENTAL HEALTH HOLDS, BASIC MENTAL HEALTH FIRST AID AND SERVICES OFFERED BY SAN BENITO COUNTY BEHAVIORAL HEALTH, BOUNDARIES OF THOSE SERVICES, AND AWARENESS.

INFLUENCES ON MENTAL HEALTH



TYPES OF COPING SKILLS

<p>SELF-SOOTHING (COMFORTING YOURSELF THROUGH YOUR FIVE SENSES)</p> <p>SOMETHING TO: TOUCH HEAR SEE TASTE SMELL</p>	<p>DISTRACTION (TAKING YOUR MIND OFF THE PROBLEM FOR A WHILE)</p> <p><u>EXAMPLES:</u> PUZZLES READING CRAFTS KNITTING MUSIC MOVIES</p>	<p>OPPOSITE ACTION (DOING SOMETHING THE OPPOSITE OF YOUR IMPULSE THAT HAS A MORE POSITIVE EMOTION)</p> <p>AFFIRMATIONS & INSPIRATION</p> <p>SOMETHING FUNNY OR CHEERING</p>
<p>EMOTIONAL AWARENESS (TOOLS FOR IDENTIFYING AND EXPRESSING YOUR FEELINGS)</p> <p><u>EXAMPLES:</u> LIST OR CHART EMOTIONS JOURNALING DRAWING</p>	<p>MINDFULNESS (TOOLS FOR CENTERING AND GROUNDING YOURSELF IN THE PRESENT MOMENT)</p> <p><u>EXAMPLES:</u> MEDITATION BREATHING EXERCISES GROUNDING OBJECTS RELAXING RECORDINGS</p>	<p>CRISIS PLAN (CONTACT INFO OF SUPPORTS AND RESOURCES, FOR WHEN COPING SKILLS AREN'T ENOUGH)</p> <p>FAMILY/FRIENDS THERAPIST PSYCHIATRIST CRISIS HOTLINE CRISIS TEAM/ER 911</p>