

# Community Outreach Recovery Empowerment

**Behavioral Health Services, Bay Area Community Services (BACS), El Hogar  
Community Services, Hope Cooperative, and Turning Point Community Programs**

**November 1, 2023**

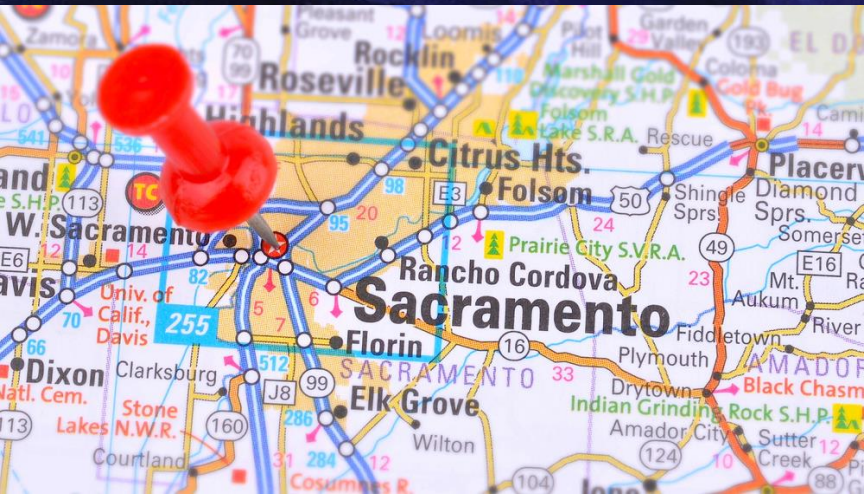
Funded by the Sacramento County Division of Behavioral Health  
Services through the voter-approved Proposition 63, Mental Health  
Services Act (MHSA).



# Agenda



- Welcome and Introductions
- CORE Program Overview
  - CORE Outpatient Program
  - CORE Community Wellness Centers
- Q & A



# CORE Provider Introductions



# CORE Outpatient Program

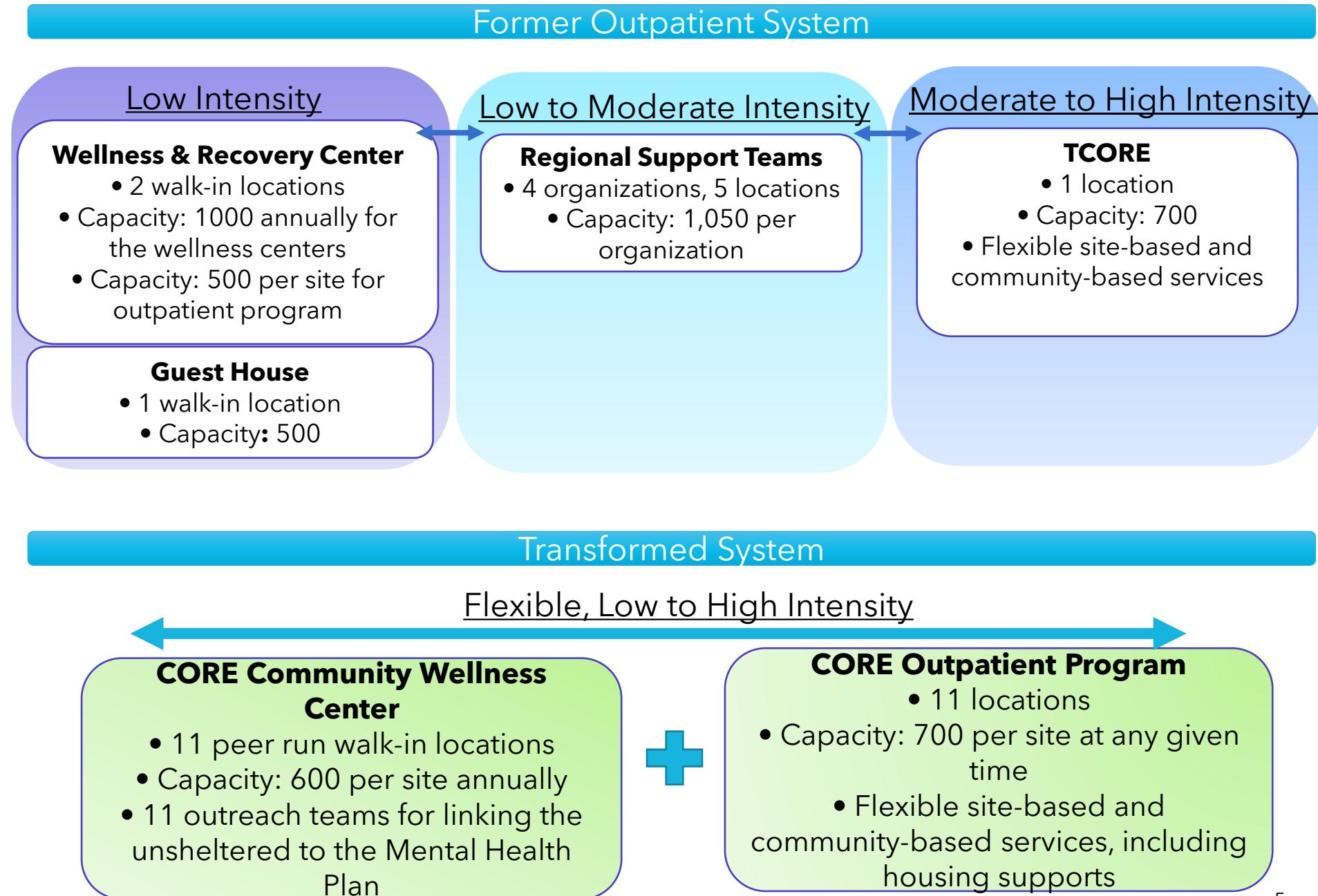
For Individuals 18 and older who are eligible for Specialty Mental Health Services in Sacramento County, per BHS Policy and Procedure [QM-01-07](#) Determination for Medical Necessity and Access to Specialty Mental Health Services.





# The Adult Outpatient Services Transformation

## What Changed?



\*Capacity is defined as the number of clients served within a 30 day period.

# CORE Outpatient Program - Specialty Mental Health

## Standard Specialty Mental Health Services

- Assessment
- Intensive Case Management (ICM)
- Collateral services
- Crisis Intervention
- Medication Support Services
- Plan Development
- Rehabilitation
- Therapy



## Enhanced CORE Services

- Trauma informed care
- Culturally and linguistically responsive and recovery-oriented care.
- The "Strengths Model," a recovery-oriented practice model
- Provide focused, time-limited, individual and/or group mental health services using best practices, community defined practices, evidence based practices, curriculum based practices and/or promising practices to all clients.
- The "SSI/SSDI Outreach, Access, and Recovery (SOAR)" program model increases access to Social Security disability benefits for people experiencing or at risk of homelessness
- Peer Support Services, a system of giving and receiving help based on key principles that include shared responsibility, and mutual agreement of what is helpful
- Flexible, community/field-based specialty mental health service level of intensity and phase of treatment that matches the needs of the client.
- Housing Support Services

# CORE Outpatient Program – Phases of Treatment

Phase 1: Engagement & Planning Phase

Phase 2: Monitoring & Adapting Phase

Phase 3: Transition Phase

# How to access **CORE** Outpatient services



- Mental Health Access Team 916-875-1055 or toll free 888-881-4881
- California Relay Service: 711



- Online Mental Health Service Request  
<https://mentalhealthservicerequest.saccounty.net>



- Sacramento County Mental Health Access Team  
7001-A East Parkway, Suite 700  
Sacramento, CA 95823



- Walk-in into any CORE provider site during the designated walk-in hours for an assessment. Hours are subject to change, please reference the [Adult & Child Provider Walk-in Hours List](#) for the latest updates.



# CORE Community Wellness Centers

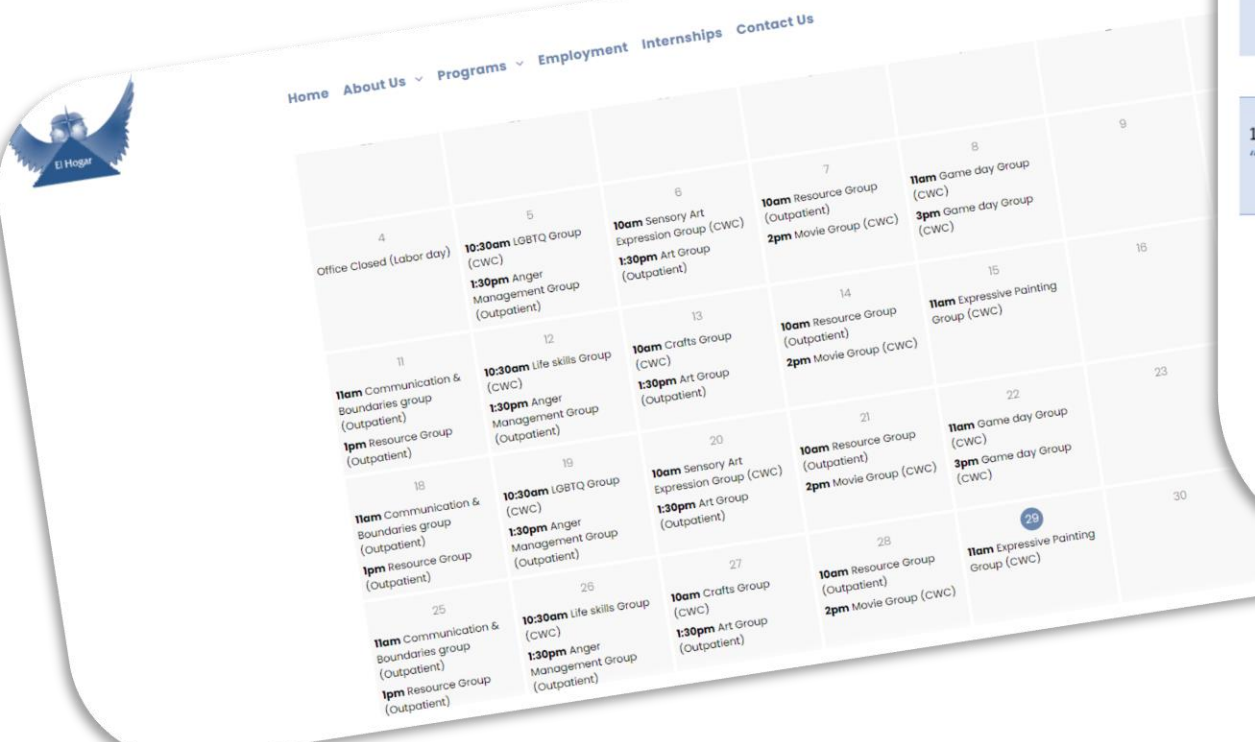
Open to all Sacramento County residents, 18+



# CORE Community Wellness Centers Activities

Links to Community Wellness Center activity calendars can be found on the provider grid located on our CORE website:

<https://dhs.saccounty.gov/BHS/Pages/Adult-Outpatient-Services-Transformation.aspx>



TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am "Move, Motivate and Maintain" -All	9:30am – 10:30am "Remaining Present" -Danny/Ralph	9:30am – 10:30am "Life Management Skills" -Leah/Ralph	9:30am-10:30am "Moments of Tranquility" -Leah/Danny	9:30am-10:30am "Health Boundaries" -Danny/Ralph	
11:00am-12:00pm "Creating Balance" -Leah/Danny	11:00am-12:00pm "I am Enough" -Ralph/Danny	COMMUNITY FORUM EVERY 3 <sup>RD</sup> WEDNSDAY @ 12:30PM	11:00am-12:30pm "Listen to Your Art" -Danny/Leah	11:00am-12:00pm "Joyful Longevity" -Ralph/Leah	
1:30pm-2:30pm "Keeping your cool" -Danny/Leah	1:30pm-2:30pm "Supporting Sobriety" -Ralph/Danny	1:30pm-2:30pm "Bingo" -All	1:30pm-2:30pm "Mending Our Hearts" -Danny/Leah	2:30pm-3:30pm Lounge Jam -All	

**SPECIAL ANNOUNCEMENTS:**

- Community forum every 3<sup>rd</sup> Wednesday. Join us for discussions about YOUR wellness! We want your ongoing feedback. **Next Forum is 10/18/2023 @ 12:30pm**
- Come join us for our Halloween movie day on **Tuesday 10/31/2023 from 1:00PM-3:00PM.** Snacks and drinks will be provided.

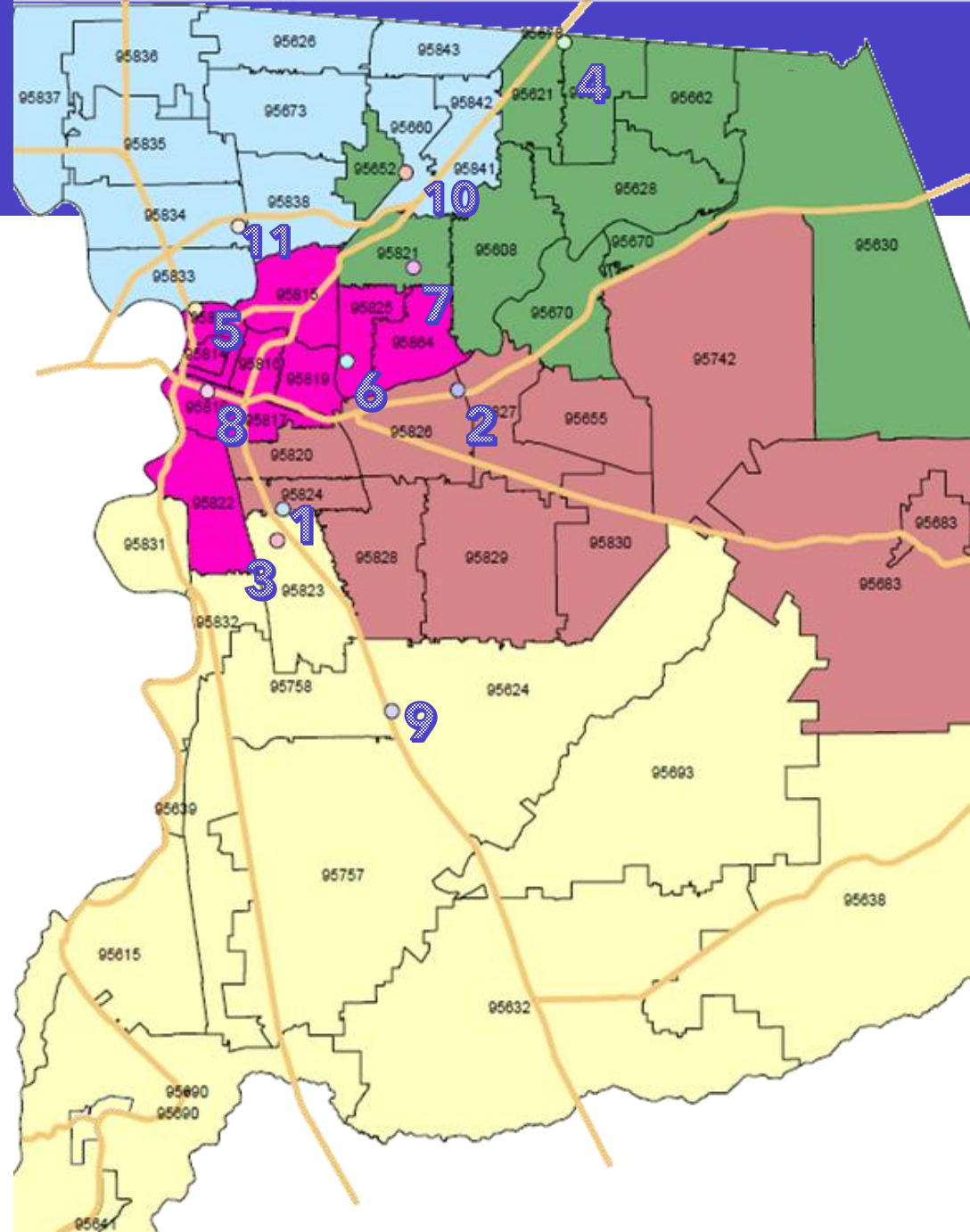
TPCP-Elk Grove | 9340 E Stockton BLVD Elk Grove, CA 95624 | 916-509-8198 | www.tpcp.org | facebook.com/turningtpcp  
 Hours: Monday – Friday, 9am – 5pm (CLOSED on major Holidays)  
 This program is funded by the Division of Behavioral Health Services through the County of Sacramento









**CORE**  
**Community**  
**Outreach**  
**Workers**



# CORE Locations



1. BACS CORE Cedar 4600 47 <sup>th</sup> Ave, Ste 111, Sacramento, CA 95824	In development 
2. BACS CORE Sycamore Outpatient Program: 9343 Tech Center, Ste 175, Sacramento, CA 95826 Wellness Center: 9333 Tech Center Dr, Ste 100, Sacramento, CA 95826	
3. BACS CORE Willow 7171 Bowling Dr, Ste 300, Sacramento, CA 95823	
4. El Hogar CORE Marigold Outpatient Program: 8421 Auburn Blvd, Ste 164, Citrus Heights, CA 95610 Wellness Center: 8421 Auburn Blvd, Ste 162, Citrus Heights, CA 95610	
5. El Hogar CORE Mariposa 600 Bercut Dr, Sacramento, CA 95811	
6. Hope Cooperative CORE Howe 6a. Temp. site: 3737 Marconi, Sacramento, CA 95821 6b. Future site*:650 Howe Ave, Bldg. 300, Sacramento, CA 95825	
7. Hope Cooperative CORE Marconi 3737 Marconi Ave, Sacramento, CA 95821	
8. Hope Cooperative CORE X Street 1400 X Street, Sacramento, CA 95818	
9. Turning Point CORE Elk Grove 9340 E. Stockton Blvd, Elk Grove, CA 95624	In development 
10. Turning Point CORE Madison 3628 Madison Ave, North Highlands, CA 95660	
11. Turning Point CORE Rosin 3810 Rosin Ct, Sacramento. CA 95834	

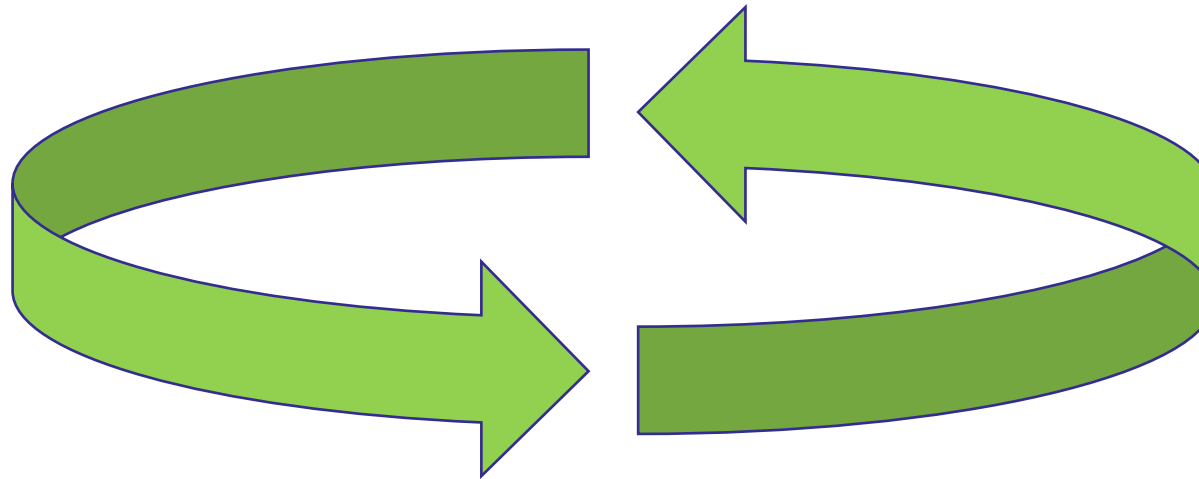
# CORE Staffing

- In addition to standard Medi-Cal requirements for staffing, CORE Program staffing is:
  - Reflective of the cultural, racial, ethnic, linguistic, sexual, and gender diversity of Sacramento County
  - An array that includes a combination of education and experience, ranging from persons with lived experience, to licensed team members
  - Specialized, relevant to program implementation and practices, such as those specialized in housing supports, benefit acquisition, and employment resources

# CORE On-going Stakeholder Input

Community member input to develop meaningful, culturally relevant programming and activities

Robust performance data, client progress, and feedback



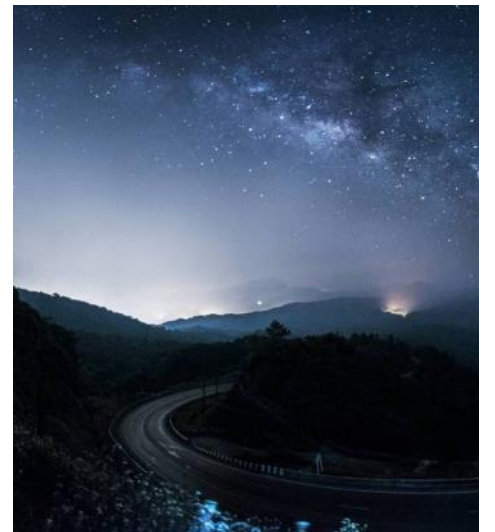
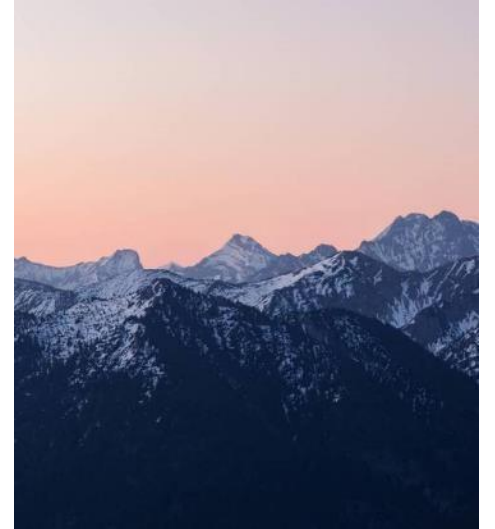
Inform and improve management and delivery of services, and future program planning



# Summary

CORE provides specialty mental health outpatient services at 11 sites throughout Sacramento County. In addition to these sites, services are delivered in the community, wherever requested. Each CORE site has a co-located peer run community wellness center, which is open to any Sacramento County adult seeking meaningful activities. Services are strength-based, recovery focused, and flexible. As your needs change, your level of treatment intensity can be adjusted.

Individuals can self-refer to a CORE program by reaching out to Sacramento Access Team (916-875-1055 or toll free 888-881-4881) or submitting a [Mental Health Service Request Form](#) online for a screening or by walking into a CORE provider site during the designated walk-in hours for an assessment. Hours are subject to change, please reference the [Adult & Child Provider Walk-in Hours List](#) for the latest updates.





**Thank you**