



Recovery has four stages:

Hope

Recovery begins with a positive vision of the future. Individuals need to see possibilities – getting a job, earning a diploma, having an apartment – before they can move forward.

Empowerment

To be empowered, individuals need access to information and the opportunity to make their own choices. For example, individuals can set life goals, participate in treatment decisions, and feel they have a voice in determining their future.

Self-Responsibility

As individuals move toward recovery, they realize they need to be responsible for their own lives. This comes with trying new things, learning from mistakes and trying again.

Meaningful Role in Life

To recover, individuals need a purpose separate from their illness. Meaningful roles help people with mental illness get their lives back.



**Tuolumne County
Behavioral Health Department
105 Hospital Road
Sonora, CA 95370**

For general information regarding services, please call our business line:

(209) 533-6245

M-F 8:00 am – 5:00 pm

Fax: (209) 533-7007

Our 24 hour Crisis Line and Support for Behavioral Health is always available:

(209) 533-7000 or

(800) 630-1130

In an emergency please call 911

Take a picture of the QR Code below to download a map of our location:



**TUOLUMNE COUNTY
BEHAVIORAL HEALTH
DEPARTMENT**

**FULL SERVICE
PARTNERSHIP (FSP)
PROGRAM**

**ADULTS
Ages 26-59**

105 Hospital Road, Sonora, CA 95370
(209) 533-6245

What is a Full Service Partnership? (FSP)

FSP is an intensive service program for Behavioral Health consumers experiencing and/ or at risk of institutionalization, homelessness, incarceration, or psychiatric inpatient services. FSP services may also support a consumer as they transition to a lower level of care.

Each FSP enrolled consumer participates in the development of an Individual Services and Support Plan (ISSP) that is focused on wellness and recovery goals. The treatment team is available 24/7 to provide crisis services to the client.

Who is eligible for adult FSP services?

Adults ages 26-59 years old (eligible for mental health services) with a serious mental illness who have experienced at least one or more of the following within the last year:

- Homelessness or at-risk of
- In jail or has frequent contact with the criminal justice system
- Frequent admissions to psychiatric hospitals or receiving psychiatric emergency services
- On LPS conservatorship, in placement, and returning to live in the community



What services are provided for participants in FSP?

Together, the consumer and treatment team determine the type and frequency of services provided based on the client's recovery goals. Because services provided are unique to each individual consumer, not all persons will require all the services listed.

The following mental health and supportive services are examples of

potential services that consumers might receive if participating in FSP:

- Counseling, psychotherapy, and case management
- Field-based services
- Peer and family support services
- 24/7 Crisis assessment services
- Self-help and peer support groups
- Independent living skills training
- Social / recreational skills training
- Pre-vocational services
- Accessing educational programs
- Learning transportation services
- Assistance in finding a place to live or in remaining in one's home
- Access to physical health care
- Establishing benefits for qualified individuals
- Financial management training
- Substance recovery services

How are people referred to FSP services?

Please complete a referral form which is available in our Reception Area or speak to your treatment provider for a referral.

FSP referral forms are also available on the County of Tuolumne website; under FSP Referral forms.

<https://www.tuolumnecounty.ca.gov/>

A Partnership in Recovery

What is Recovery?

Mental health recovery, even from the most serious and persistent mental illnesses such as schizophrenia, major depression and bipolar disorder, is possible. With self-management, appropriate treatments and support systems, studies have shown that individuals recover and improve.

What Does Recovery Look Like?

Recovery is when individuals manage their own illness with the supports that they need. It includes being able to live and work in the community successfully, attend school, engage in active social activities, maintain a healthy lifestyle, and more.



