

**Visit Tuolumne County's
Network of Care for Behavioral Health**

www.tuolumne.networkofcare.org/mh/

Local listings of behavioral health, recovery,
and many other resources

- Easily searchable resources
- Community calendar & announcements
- Library and Wellness tools, including health information and WRAP plans
- Social Networking platform and Legislative information
- Similar site for veterans:

<http://tuolumne.networkofcare.org/veterans/>

Wellness Recovery Action Plan

Both the Network of Care and the Peers at the Enrichment Center can help people develop their own Wellness Recovery Action Plan (WRAP). A WRAP includes:

- Developing a Wellness Toolbox and a daily maintenance plan;
- Understanding triggers and what to do about them;
- Identifying early warning sign that things are breaking down and developing an action plan
- Crisis and Post crisis planning

The WRAP belongs to you and you decide how to use it. You decide who to show it to and you decide whether you want someone to work with you on it or not. It becomes your guide to support your own wellness and recovery.

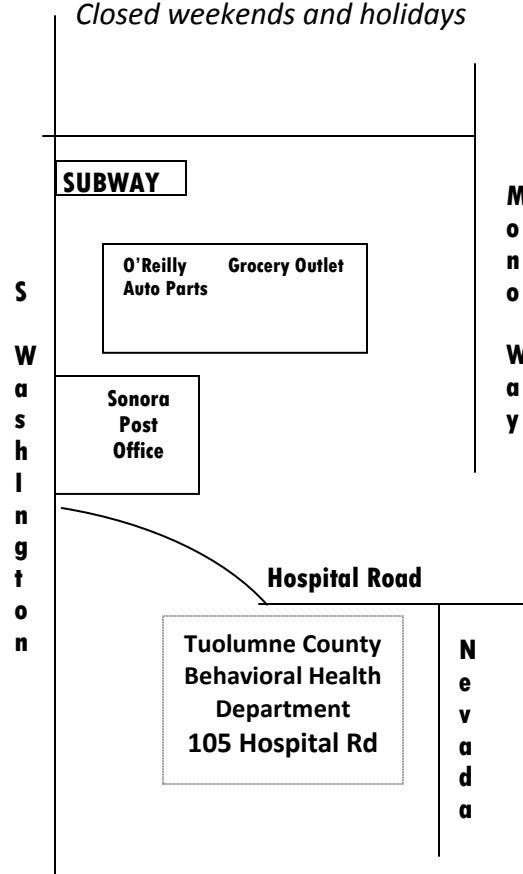


**Tuolumne County
Behavioral Health Department
105 Hospital Road
Sonora, CA 95370**
(209) 533-6245—Appointments & Admin
(209) 533-7000—24 hour crisis
(800) 630-1130—toll free

Business Hours:

Mon. - Fri. 8am - 5pm

Closed weekends and holidays



**TUOLUMNE COUNTY
BEHAVIORAL HEALTH
DEPARTMENT**

**105 HOSPITAL RD.
SONORA, CA. 95370
(209) 533-6245**

**MENTAL HEALTH &
ALCOHOL AND DRUG
TREATMENT SERVICES**



***PROMOTING WELLNESS:
ONE MIND, ONE BODY***

Our Mission is to provide respectful, culturally sensitive and strength based behavioral health services which provide wellness, self-sufficiency and recovery from mental illness and/or addiction

**24-hour Crisis Line:
209-533-7000**

**MENTAL HEALTH
SERVICES & PROGRAMS
(209) 533-6245**

**Crisis, Assessment & Intervention
Program (CAIP)**

CRISIS NUMBER: (209) 533-7000

24 hours a day, 7 days a week.

*Call or Walk-In Clinic
offers response to
crisis prevention and emergency
support or services*

- Telephone and face to face support and/or Intervention
- Help connecting with community services and resources
- Assessment and arrangements for psychiatric hospitalization
- On site evaluations and services at Tuolumne County Jail

**PROVIDING FOR ADULTS, OLDER
ADULTS and CHILDREN:**

Provided to MediCal beneficiaries meeting State criteria guidelines and low income persons- Sliding fee scale available.

- Assessment and Treatment Planning
- Medication Services
- Brief Counseling
- Case Management
- Group Therapy



Specialized Children's Services

- Individual and family therapy
- Children's Medication Services
- Parent Cognitive/Behavioral skills class
- Group counseling Nurturing Parent's in collaboration with ICES
- In-home counseling and behavioral intervention for children and families meeting criteria
- Therapeutic Behavioral Services (TBS)
- Assessment for foster care crisis home placements
- Adolescent Youth Treatment

**See our other Program
Brochures:**

Crisis Services

Medication Services

Alcohol and Drug Treatment Services

Senior Peer Support Program

Enrichment Center

Lambert Community Center

... and more

**ALCOHOL AND DRUG
PROGRAMS**

- **Alcohol and Drug Treatment:** Individual and group treatment for persons with a substance abuse or addiction problem.
- **Dual Diagnosis Treatment:** Counseling for clients who have alcohol and/or drug problems in addition to a mental health disorder.
- **Perinatal Treatment Program:** Specialized alcohol and drug treatment for pregnant and/or parenting women.
- **Adolescent Brief Intervention Program:** Early intervention for teens using alcohol and/or drugs through individual and family counseling.

Court Ordered Programs

- Deferred Entry of Judgment, Adult Drug Court and Prop 36 Services
- Dependency Drug Court
- Impulse Control Disorder Groups
- Sex Offender Groups

