

County of San Luis Obispo



MHDC
Mental Health Diversion Court

What Do You Need to Know About Mental Health Diversion Court (MHDC)?



Treatment

Participants will receive intensive outpatient treatment for mental health symptoms and any related addiction issues at the same time and in the same place. The program begins with a individualized treatment plan based on current diagnosis, treatment history and the resources available in San Luis Obispo County. MHDC is an outpatient treatment program and includes individual and group sessions, Psychiatrist appointments, and case management services.

MHDC utilizes evidence based programing though group and individual sessions up to 4 days a week for 1-2 hours a day. The treatment is adapted to the participants needs and which will cover a variety of topics such as life skills, symptom management, medication management, anger management, illness management and recovery skills, and social support. Case management services are provided to all participants. These services provide initial transportation to appointments, assist with gaining medical and other benefits, SSI assistance, sober living placement, and referrals to community resources such as supportive employment through TMHA and many more.

MHDC Court

Mental Health Diversion Court (MHDC) progress hearings are held on a weekly schedule and decrease over time. Court hearings are designed as a positive experience and provide an opportunity for participants to share with the Judge their accomplishments and challenges. The program lasts for approximately 12 months for those with misdemeanor only charges and increases to approximately 18 months for those with felony charges. The program consists of four phases. As participants move through the phases, they attend court less often. In phase I participants will attend court weekly, Phase II every two weeks and in Phase III every third week and lastly in phase IV they attend once a month.

Court Phases

Phase I

Assessment and Stabilization (approx. 3 months)

Commitment:

- Attend all group and individual sessions 3-4 days per week / 1-2 hours a day.
- Court appearance once a week.
- Abstinence from mind altering substances
- Follow probation terms and conditions

Focus:

- Engagement
- Establish Structure
- Medication stabilization
- Psychoeducation about mental illness
- Build coping skills
- Identify strengths

Components:

- Meet with Psychiatrist
- Mental Health Assessment
- Individualized Treatment Plan
- Introduction to Probation
- Risk and Need assessment provided by probation
- Work with Case Manager on basic needs
- Meet Medication Manager
- Supportive Housing
- Cognitive Behavioral Therapy
- Wellness and Recovery groups
- Medication Management
- Individual Sessions with Therapist 1x week or as needed
- Mild to moderate substance use treatment (as needed)
- Drug Testing (if required)

Phase II

Early Recovery (approx. 3 months)

Commitment:

- Attend all group and individual sessions; 3-4 days per week / 1-2 hours a day.
- Court appearance every other week.
- Medication adherence
- Abstinence from mind altering substances

Focus:

- Wellness and Recovery
- Symptom management
- Building on strengths
- Increased Communication skills
- Accountability
- Ongoing medication management
- Maintenance of Abstinence (as needed)

Components:

- Wellness and recovery groups
- Cognitive Behavioral Therapy
- Ongoing Medication Management
- Ongoing case management appointments
- Individual Therapy 1x weekly
- Begin to build community based supports
- Begin exploring supported employment or Community involvement

Phase III

Ongoing Recovery (approx. 3 months)

Commitment:

- Treatment Court once every three weeks
- Attend groups and individual sessions as scheduled
- Maintenance of Abstinence (as needed)

Focus:

- Increased ability to advocate for self
- Increased communication skills
- Demonstrate ability to manage medications independently
- Stable, independent housing
- Accountability
- Establish employment or community involvement (if applicable)
- Relapse prevention

Components:

- Relapse Prevention Groups
- Cognitive Behavioral Therapy
- Medication management and Psychiatrist appointments
- Wellness/Life skills Groups
- Work with case manager
- Recovery based social support

Phase IV

Prepare for completion (approx. 3 months)

Commitment:

- Treatment Court once a month
- Attend groups and individual sessions as scheduled, reduced programming
- Independently manage personal needs
- Maintenance of Abstinence from substances(as needed)

Focus:

- Transition to Community Mental Health and Resources
- Stability in employment or volunteering (if applicable)
- Connection to community activities and supports
- Application of Life Skills
- Application of relapse prevention tools
- Accountability

Components:

- Wellness/Life skills Groups
- Cognitive Behavioral Therapy
- Work with case manager if needed

Recovery based social support as Recommended

Incentives and Sanctions

Incentives are utilized to recognize positive changes, no matter how small, and are provided during weekly court hearings. Incentives are given throughout the program for such things as attendance, outstanding behavior, positive steps towards recovery, meeting treatment plan goals or clean drug tests.

Sanctions are imposed when the participant has the ability to make changes in behavior that are affecting their recovery. Sanctions are tied to specific steps that can be made to move forward and be successful. Sanctions are given in court throughout the program for non-compliance with program rules and are designed to help the participant identify areas that need improvement.

Drug Testing

Participants may be required to attend random observed drug testing at any time while in treatment. Testing provides feedback that you are abstinent from drugs and allows the team to see you are working hard. If you are placed on testing, you must call every day to find out if you are being tested that day. When you arrive for testing you must be prepared to provide a urine sample. Flushed/diluted samples will not be accepted and will result in sanctions. If you are absent from group due to an illness you will be required to come in to either probation or Drug and Alcohol Services to test. All medications must be approved by the treatment team, including the Psychiatrist. The program does not allow any mind altering substances, no Alcohol or Marijuana (no 215 cards)

The number for drug testing is (805) 250-1724.

How to be Successful in Treatment Court

Be open to new ideas and suggestions

Remain drug and alcohol free and actively work a wellness program.

Be open minded about participation in community resources.

Attend all Court sessions, treatment groups and individual sessions.

Stay in contact with your Probation Officer.

Remain medication compliant.

Comply with all directives from the Court

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What are the benefits?

Improved relationships with friends and family

Improved stability

Reduced symptoms

Increased coping skills

Removal of criminal charges

Success!

