



What is the New Heights Program?

Our New Heights program offers outpatient services to transitional age youth (TAY), ages 16 through 24, who are living with severe mental illness and co-occurring disorders. We work to instill hope and a plan for the future of our clients.

New Heights guides and supports TAY as they navigate through services to get their needs met, with the ultimate goal of independent living and self-sufficiency in adulthood. Towards this goal, we provide case management and community referrals; individual, group and family therapy; supportive youth development services; and psychiatric services, including medication management.

Mental Health Systems

is a non-profit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.



mhsinc.org

New Heights

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Santa Maria, CA 93455

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Santa Barbara, CA 93110

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Funded by the County of Santa Barbara County
Department of Behavioral Wellness

MHS is a 501(c)(3) non-profit corporation.



New Heights



How Can We Help?

New Heights helps transition age youth (TAY) with mental illness move towards independence in all areas of their lives:

- Education and employment;
- Living situation and community functioning;
- Health and well being.

What Are Our Services?

Our diverse outpatient services include:

- Case Management: Connecting TAY to community services, such as financial assistance, job placement services, SSI, Medi-Cal, and housing.
- Youth Development: Developing independent living skills, such as money management, social skill building, educational planning and development, and job development.
- Therapy: Individual, group and family therapy aimed at creating coping skills, communication skills, wellness and self-care.
- Psychiatry and Medication Support: Medications are prescribed and monitored as needed.

Who Do We Serve?

We serve transition age youth, ages 16-24, who have been diagnosed with a severe mental illness and co-occurring disorders.

How Do We Get Referrals?

Most of our referrals come from other agencies, but can also be made via the Access Line:
1-888-868-1649

