

## Providing emotional support for adults in the County of Santa Barbara with Medi-Cal.



### We treat a variety of symptoms:

Alcohol and drug addiction, hearing voices, or seeing unusual things, sadness, nightmares, anxiety, depression, poor concentration, crying spells, fear of social situations, loneliness, or suddenly isolating from friends and family.

With your approval, if necessary, our psychiatrists will provide medication.



## EMERGENCY SITUATIONS

### Level 1

Immediate health or safety danger, call **911**

### Level 2

If crisis does not involve immediate danger, and if the person in crisis has insurance coverage through a health plan, call the health plan to get a referral to a covered mental health provider.

### Level 3

For all other, call the 24-hour, 7 days a week, Toll Free ACCESS information & referral line. Call for a referral for therapy, an assessment, or to simply ask a question.

**24 Hours 1-888-868-1649**

Feel free to call the clinics with questions and to speak with the 'On-Call Clinician.' If they don't answer immediately, leave a message and your call will be returned by the next business day.

## HOURS OF OPERATION

### Santa Maria Clinic

(805) 934-6380

Monday - Friday

9 am—5 pm

### Foster Road Walk-In Hours

Monday - Friday

9 am - 11 am & 1 pm - 4 pm

### CARES North

(805) 739-8700

Walk-In Hours

Monday - Friday

9 am - 12 noon & 1 pm - 4 pm

## Santa Maria Adult Outpatient Clinics



SANTA BARBARA COUNTY  
DEPARTMENT OF

## Behavioral Wellness

A System of Care and Recovery

### Santa Maria Clinic

500 West Foster Road  
Santa Maria, CA 93455  
(805)934-6380

### CARES North

212 W. Carmen Lane  
Santa Maria, CA 93458  
(805)739-8700

[www.cosb.countyofsb.org/  
behavioral-wellness](http://www.cosb.countyofsb.org/behavioral-wellness)

## YOUR ADULT SERVICES CLINIC

Department of Behavioral Wellness sites are **Medi-Cal** outpatient clinics for adults with alcohol, drug, emotional and mental health issues.

Each therapy plan is individualized to meet your needs.

Our county-wide locations include Santa Maria, Lompoc, and Santa Barbara.

Adult outpatient clinics partner with several community agencies, in order to improve your individual needs and the most effective treatment.

Some of our partner agencies include:

- Transitions Mental Health Association
- Community Health Centers (CHC)
- Coast Valley SATC
- Life Steps Foundation
- Pacific Pride Foundation
- TeleCare Inc.
- Public Health
- Holman Group
- CenCal/Social Services



## HOW WE WORK FOR YOU -

Our clinic's focus is to increase your independence, stability and get you back to a level of functioning in order for you to return to work, care for your own needs and manage your symptom's in a healthy way and with natural supports.



Our team of medical doctors, psychologists, clinical social workers, marriage and family therapists, case workers and peers provide services including but are not limited to:

- Individual & Group Rehab/Therapy
- Case Management
- Psychiatric Medication Services
- Referrals & Community Linkage and Support
- Team-Based Approach Services

**The most important thing in life is to stop saying "I wish" and start saying "I will."**

**Charles Dickens**



The Department of Behavioral Wellness provides treatment, rehabilitation and support services to approximately 7,600 clients with mental illness and 4,500 clients with substance use disorders annually.



[countyofsb.org/behavioral-wellness](http://countyofsb.org/behavioral-wellness)