

TLCS, Inc.



In Collaboration With:

Sacramento County DBHS

City of Sacramento

WellSpace Health

Heritage Oaks Hospital

Dignity Health

Kaiser Permanente

UC Davis

Sutter Health

Funding for the TLCS Crisis Respite Center provided by Mental Health Services Act (Prop 63) Innovation funds, Sacramento County and managed by Sierra Health Foundation: Center for Health Program Management.



TLCS Organizational Philosophy

TLCS embraces a diverse and culturally rich workforce. Our agency offers equal opportunity for employment and volunteer participation solely on the basis of merit, and we provide equal access to programs and services for persistently mentally ill adults, all without regard to race, color, creed, sex, age, religion, national origin, sexual orientation or disability.



TLCS is United Way Certified Agency #3116

As a client-driven organization, TLCS is dedicated to the independence and empowerment of individuals with psychiatric and other disabilities. We work in partnerships that support recovery and expand choices.

www.tlcssac.org

Transforming Lives, Cultivating Success



Transforming and empowering the lives of people with mental illness by supporting independence and preventing homelessness.

**Mental Health
Crisis Respite
Center**

**916-RESPITE
916-737-7483**

About TLCS

TLCS is a private, non-profit psychosocial rehabilitation agency located in Sacramento County. We provide transitional and permanent supportive housing, and a variety of mental health services including: case management programs for people who are homeless, at risk for homelessness and have a severe and persistent mental illness, and our new, **24/7 Crisis Respite Services** for any adult in Sacramento County experiencing a mental health crisis.

Founded in 1981, TLCS has grown to become a leader in providing new and innovative housing and supportive services to Sacramento's mental health community. TLCS owns or operates 7 different residential facilities housing 148 individuals. TLCS also provides subsidized scattered site supportive housing for an additional 85 individuals.



We employ nearly 100 full-time staff and serve over 1200 clients at any point in time in our housing, residential, case management and crisis services.

TLCS is governed by a volunteer Board of Directors that represents a wide cross section of the community, including active consumer participation. TLCS programs and projects are funded through federal, state and local contracts as well as private grants and donations.

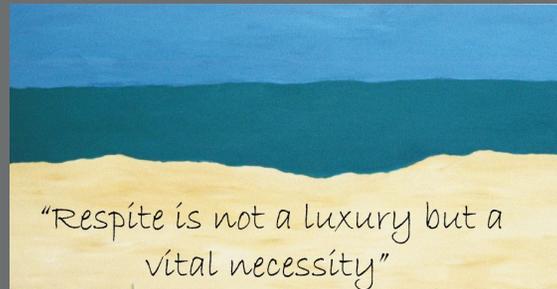
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TLCS Crisis Respite Center

The program is staffed 24/7 and will serve any individual in Sacramento County who is at least 18 years of age experiencing a mental health crisis but is not in immediate danger to self or others. All individuals utilizing the respite center may be eligible to stay up to 23 hours and expect service based in compassion, understanding and knowledge.

While at the Crisis Respite Center, the primary goal is to stabilize the individual in crisis while addressing their basic need for a safe environment and emotional support so that the person is better positioned to explore their crisis with a solution oriented mindset. Every guest will leave with an individualized resource plan.



If you or someone you know needs support during a mental health crisis for a short period of time to gain a “fresh” perspective and resources, the TLCS Crisis Respite Center was designed specifically for you.

The TLCS Crisis Respite Center provides services for people who need a different level of care than they can get at home, are not at immediate risk to themselves or others and have no acute medical conditions needing complex medical attention.

Intake is conducted through a brief telephone assessment to assure the best service linkages.

Appropriate crisis intervention can reduce law enforcement calls for service and unnecessary emergency room visits.

This program offers:

- An innovative and unique alternative service to traditional emergency room and inpatient care
- A welcoming, comfortable and home-like atmosphere, providing the individual in crisis or at risk of going into crisis, a place to stabilize in a safe and supportive environment
- Culturally competent care provided by multilingual staff
- Holistic recovery
- Advocacy, information and referral

Our respite approach starts with the belief that most people are capable of working through a crisis when they are given the appropriate support and a safe place to do so. Services are strength based and designed to promote wellness and recovery.

Using **Motivational Interviewing**, staff will take time with each client to support the individual to resolve their situation through compassion, partnership and acceptance.

Collaborations and Referrals to other community resources are critical to the respite model. In addition staff will explore other existing social supports available to each person in crisis.

These interactions and interventions will result in fresh, short-term solutions and a wider array of options for handling future crises.