



## San Diego BHC

### Behavioral Health Court

At the San Diego Behavioral Health Court (BHC) program, we are here to help you live successfully in the community, make strides toward your hopes and dreams, and achieve your personal recovery goals.

We believe recovery starts from within, and that our job is to do whatever it takes to provide the support needed on your recovery journey. The San Diego BHC uses a multidisciplinary team approach, which includes a Court Team, social workers, nurses, and psychiatrists who are all here to help you on your path.

Our services are designed using the Assertive Community Treatment (ACT) model to enhance the lives of individuals living with mental illness. Our staff offers advocacy for individuals who are experiencing co-occurring conditions, provide outreach and engagement, benefits linkage and housing assistance, independent living skills training, and supportive counseling.

### What to Expect

Your recovery plan starts with you. Our Court Team will assist you by providing the proper training where you will better be able to manage your conditions more effectively, monitor your progress toward your goals, adjust services to fit your changing needs, and partner with community services to ensure continuity of care.

**Our culture** is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationship we develop so we can foster a supportive program setting.

**Our staff** are passionate, resourceful, and motivated. They are your partners in recovery, and will be throughout your journey.

**Our goals** are to help you recover the skills lost, achieve the highest level of independence as possible, and work toward helping you to successfully integrate back into your community.

“Because of the program, I am two years clean now and I am dedicating my life to giving back to other people.”

— GRADUATE



#### CONTACT

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#### OFFICE HOURS

Monday-Friday 8:00 a.m. to 4:30 p.m.  
Phone and field coverage for urgent matters available 24 hours a day, 7 days a week



## Services at San Diego BHC

Services at the San Diego BHC include, but are not limited to:

- Team-based management
- Strength assessments
- Developing a personalized treatment plan
- Mental health and substance use counseling
- Medication management
- Family involvement and advocacy sessions
- Peer support specialist
- Linking you with community-based resources
- Health care integration services
- Housing subsidy
- Providing education/vocational services and training

## Becoming a Member

San Diego BHC provides court-ordered treatment for persons who have been incarcerated and referred through the Behavioral Health Court Calendar of San Diego County Superior Court.

## Admission Criteria

- Adults ages 18 and older
- Probation-eligible
- US citizen or proof of legal status
- Mentally competent
- Diagnosed with serious mental illness

## Our Story

The San Diego BHC program was created to support incarcerated individuals to successfully reenter the community. Assessment begins while the individual is still in jail, and services start as soon as they are released. Individuals must commit to the full 18 months in order to participate in the program, regardless of how many months they have left to serve in jail.



The San Diego Behavioral Health Court is under contract with San Diego County Behavioral Health Services and is funded by the County of San Diego, Medi-Cal, and MHSA.