



Recovery has four stages:

Hope

Recovery begins with a positive vision of the future. Individuals need to see possibilities – getting a job, earning a diploma, having an apartment – before they can move forward.

Empowerment

To be empowered, individuals need access to information and the opportunity to make their own choices. For example, individuals can set life goals, participate in treatment decisions, and feel they have a voice in determining their future.

Self-Responsibility

As individuals move toward recovery, they realize they need to be responsible for their own lives. This comes with trying new things, learning from mistakes, and trying again.

Meaningful Role in Life

To recover, individuals need a purpose separate from their illness. Meaningful roles help people with mental illness get their lives back.



**Tuolumne County
Behavioral Health Department
105 Hospital Road
Sonora, CA 95370**

For general information regarding services, please call our business line:

(209) 533-6245

M-F: 8:00 am – 5:00 pm

Fax: (209) 533-7007

Our 24-hour Crisis Line and Support for Behavioral Health is always available:

(209) 533-7000 or

(800) 630-1130

In an emergency please call 911

Take a picture of the QR Code below to download a map of our location:



**TUOLUMNE COUNTY
BEHAVIORAL HEALTH DEPT.**

**FULL SERVICE
PARTNERSHIP (FSP)
PROGRAM**

**TRANSITIONAL AGE
YOUTH (TAY)
Ages 16-25**

105 Hospital Road, Sonora, CA 95370
(209) 533-6245

What is a Full Service Partnership? (FSP)

FSP is an intensive service program for those Behavioral Health consumers experiencing or at risk of institutionalization, homelessness, incarceration, or psychiatric inpatient services. FSP services may also support a consumer as they transition to a lower level of care.

Each FSP enrolled consumer participates in the development of an Individual Services and Support Plan (ISSP) that is focused on wellness and recovery goals. Wrap-around services are available 24/7 for crisis support

Who is eligible for Transitional Age Youth (TAY) FSP services?

Youth ages 16-25 years old (eligible for behavioral health services) with a serious mental illness who have experienced at least one or more of the following within the last year:

- At-risk of homelessness
- In jail or has frequent contact with the criminal justice system, or is aging out of the juvenile justice system
- Risk for psychiatric hospitalization or institutionalization
- Aging out of children's mental health or child welfare systems
- Having experienced a first episode of serious mental illness.



What services are provided for participants in FSP?

Together, the youth and treatment team determine the type and frequency of services provided based on the client's recovery goals. Because services

provided are unique to each individual consumer, not all persons will require all of the listed services. The following are examples of potential mental health and supportive services:

- Counseling, psychotherapy, rehabilitation, & case management
- Field-based services
- Peer and family support services
- 24/7 Crisis assessment services
- Self-help and peer support groups
- Independent living skills training
- Social / recreational skills training
- Pre-vocational and accessing legal services
- Accessing educational and health care programs
- Learning transportation services
- Assistance in finding a place to live or in remaining in one's home
- Establishing benefits if qualified and money management training
- Substance recovery services

How are people referred to FSP services?

Please complete a referral form which is available in our Reception Area or speak to your treatment provider for a referral.

FSP referral forms are also available on the County of Tuolumne website; under FSP Referral forms.

<https://www.tuolumnecounty.ca.gov/>

A Partnership in Recovery

What is Recovery?

Mental health recovery, even from the most serious mental illnesses, is possible. With self-management, appropriate treatments, and support systems, studies have shown that individuals recover and improve.

What Does Recovery Look Like?

Recovery is when individuals manage their own illness with their supports. Recovery includes a life in the community, work, school, social activities, a healthy lifestyle, etc.

How Do Youth Experience Recovery?

Young adults and teens face unique challenges due to their age and stage in life. They may need mentorship, exposure to new activities, help accessing college or work programs, learning independent living skills while facing their mental health challenges.

