

BEHAVIORAL HEALTH DEPARTMENT

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Welcome to Amador County Behavioral Health Services. This letter will help to explain the path to services with the agency, leading you through the steps and helping you understand what you will experience and why.

Initial Contact

When contacting Amador County Behavioral Health for services either in person or by phone, you will speak with our friendly support staff. They will ask you questions to gather basic information and determine if you have Amador County Medi-Cal.

Screening

A simple screening by a clinician, asking about your symptoms and challenges, will be completed by a scheduled phone appointment or immediately if staff is available and you have time. This is to determine if Specialty Mental Health Services are appropriate for you. If you meet the criteria for services, an appointment for the next available assessment will be made for you. If ACBH is not the right level of care for you, our clinician will offer appropriate referrals in the community.

Assessment

On the day of your assessment you will be asked to arrive 20-30 minutes before your scheduled appointment to complete necessary paperwork with the front desk. This is explained by support staff and done electronically. You may also meet a peer support staff at this time or after your appointment, who can answer your questions and assist you throughout the process. The peer support staff will also explain other ways she/he can assist you.

You will then meet with a clinician for a comprehensive assessment that will help gather information about you to determine appropriate services for you. The clinician will ask questions related to your mental and medical health, and other important areas of your life. The assessment can take 1-2 hours.

After the assessment is complete, a treatment team determines what level of services you are in need of and you will receive a phone call to schedule appointments, or to provide you referrals. You may be assigned a medication evaluation, a clinician for short term therapy, group therapy, possibly a case manager, whatever services are deemed appropriate to meet your needs on your journey to wellness and recovery. If you disagree, you have the ability to appeal the outcome of your assessment and request a second opinion.

Treatment Plan

Your first scheduled appointment will be with a clinician to work with you to create a treatment plan. This is an individualized working plan, tailored to your goals to recovery. You are an active partner in evaluating your symptoms and impairments and create a plan to reach obtainable goals. These goals may include medication evaluation and services, short term individual therapy, group therapy and case management services. ***The treatment plan must be completed before medication services available.***

After you have completed your treatment plan, the clinician will work with you to schedule future appointments and answer any questions you may have.

Therapy

Adult clients, who meet medical necessity for Specialty Mental Health Services at ACBH, will have the option to participate in short term therapy. The type of services initially allowed will be initially determined by the Utilization Review team based off your assessment, and a clinician will be assigned to you. Once you have met your individual therapy goals, you will be given the option of closing therapy or transitioning to group therapy, if you continue to meet for medical necessity. Clients returning to ACBH who have participated in individual services in the past, may be assigned directly to group therapy. The therapist and client will meet to determine which group would meet the client's needs for their ongoing symptoms and impairments, and assist the client in getting enrolled.