

Uplift Family Services Resources



**UPLIFT'S CRISIS STABILIZATION UNIT
UPLIFT'S CHILD AND ADOLESCENT CRISIS
PROGRAM
UPLIFT'S COMMUNITY TRANSITION SERVICES
PROGRAM**

Uplift Mobile Crisis



- A 24/7 risk assessment service in which clinician will respond in the community
- The mobile crisis team has up to 4 clinicians available during the day and 2 at night who can respond to cases anywhere in the county
- The average number of cases we respond to is 76 a month (for 2018).
- We respond to calls from youth, parents, school staff, police officers, DFCS, other clinicians, etc
- Our clinicians can only respond if caller is with youth
- Youth, family, or anyone with youth can call 24/7 for support
- Can also be used to consult over a safety plan being made

Uplift Mobile Crisis

- Calls initially go to a call center which sends a page to our clinicians
- Clinicians will call back within 5-10 minutes
- Clinicians will screen for safety concerns, medical emergencies, presenting problems, level of risk, current services and supports
- Must meet criteria for crisis intervention:
 - Can only assess minors
 - Must be in Santa Clara County
 - Must meet medical necessity (immediate concern of safety of self, others, or grave disability)
- Over the phone– we will refer to most appropriate resources if not meeting our criteria for crisis intervention
- If a medical emergency or immediate safety concern, we refer to 911.

Uplift Mobile Crisis

- Response time is 30-45 minutes if a clinician is readily available
- Two possible outcomes if we respond: place minor on 5150 hold if needed or support in safety planning process
- Our clinicians are hands off & cannot restrain a youth
- We cannot provide transportation of a child already on a 5150 hold
- We will arrange ambulance transport if we write the hold– we contract with WestMed ambulance
- Our safety plans include referrals to community resources
- Our safety plans are intended to ensure youth's short term safety – monitoring youth, securing dangerous items in the home, connecting with resources, identifying immediate coping strategies and natural supports

Uplift Crisis Stabilization Unit



- The Crisis Stabilization Unit functions as a 23:59 facility that accepts minors on a 5150 hold
- Transferring a minor to the CSU is dependent on bed availability
- Youth will be assessed by a psychiatric team who will determine if a minor will be discharged on a safety plan or requires further hospitalization
- The unit averages 144 admits a month (for the year of 2018)

Uplift Community Transition Services



- Intended to provide skill development, parenting support, behavior analysis, safety planning and access to ongoing community-based mental health services
- Services up to 90 days
- Weekly child and family team meetings ensure the appropriate services are being provided to the child or teen
- Must have full scope medical
- Referrals come through the Mobile Crisis team or Crisis Stabilization Unit

Resources

Uplift Family Services – Crisis Stabilization Unit
12 bed – Hospital Diversion Program
251 Llewellyn Ave, Bldg. F, Campbell, CA 95008
(408) 364-4083 Press “0” when the recording starts

Santa Clara County Mental Health Line
Monday through Friday 8am-5pm
Provides information/referrals
1-(800)-704-0900

Mental Health Advocacy Project (MHAP)
Free legal help for mental health patient rights
(408) 294-9730
1 (800) 248-MHAP

Emergency Psychiatric Services (EPS)
871 Enborg Lane, San Jose, CA 95128
(408) 885-6100

Uplift Family Services – Mobile Crisis
5150 evaluation team
251 Llewellyn Ave, Bldg. F, Campbell, CA
95008
(408) 379-9085

Bill Wilson – Crisis Residential Shelter
For homeless youth ages 11-17
3490 The Alameda, Santa Clara, CA 95050
(408) 243-0222

Alum Rock Counseling Center SOS Crisis
Program- 1245 East Santa Clara St, San Jose,
CA, 95116
408-294-0579

Bill Wilson Center SOS Crisis Program–
408-278-2585

Resources



- [S.A.F.E. Alternatives \(Self-Abuse Finally Ends\)](#) – Organization dedicated to helping people who self-harm, with a U.S. helpline at 1-800-366-8288. (S.A.F.E. Alternatives)
- Suicide and Crisis Hotline 1(855) 278-4204
- Safe Chat – Text any word to 741741 & then opt in by typing “HELLO” or “START”