

TIPS for the client, consumer, peer:

1. Remain free from alcohol and other drug use (including Cannabis); studies have shown these substances can trigger psychosis in those pre-disposed to mental health issues and worsen stress.
2. Take medication as prescribed. Journal how you are feeling daily noting side effects – discuss with your MH provider.
3. Stay Connected with a positive support group in the community. Your Mental Health Education is core to your recovery. You are not alone.
 - Attend FREE Wellness group programs at County Mental Health (afternoons M-F; 1900 Lake Tahoe Blvd.)
 - Attend FREE Smarts , NA, AA Recovery groups if you are struggling with any addictive behaviors
 - See page 10 of Barton Health's free Health & Wellness Directory for details
 - Visit www.NAMI.org and BBRFoundation.org to learn as much as possible about brain illnesses.
4. Get plenty of rest and eat a healthy diet.
5. Reduce stress and feel better by exercising daily – even a 10 minute walk a few times a day is beneficial
6. Believe in your ability to recover.

TIPS for the caregiver, family member, or advocates:

Attend NAMI's Family Support Group (2nd Tue monthly 6-7:30 p.m. – at no cost – held at the library in South Lake Tahoe. Support leader will provide many free resources to help in the recovery process.

Obtain a copy of provider's "release of confidentiality" and ask your loved one to sign adding your name as their MH Advocate

Help your loved one make their appointments. Schedule first appointment with Outpatient Psychiatrist before they are released from hospital. Call that provider prior to release to confirm date/time of appointment and to verify next-steps.

Summarize medical history for your loved one to provider(s) using County-form AB 1424.

Hospitals generally release patients with a small supply of medication (e.g. 14 days.) Keep in mind it can take a while to get an appointment with a specialist.

Talk with your loved one's primary care treatment provider about treatment options and ways to bridge gaps between their first appointment and release from hospital.



Post-Hospital Transition Tips

Hospitalization remains an important ingredient in the treatment for chronic severe mental illness and is an optimal setting for medication tuning. It is not uncommon to have several hospitalizations in the recovery journey.

It is important that family's/caregiver's know which hospitals provide in-patient psychiatric. When your loved ones are in psychosis it essential to facilitate in-patient care quickly to preserve long-term cognition. Psychosis should be treated with the same seriousness as a stroke: call 911 and indicate this is a Mental Health Emergency.

sigmafree



Believe in recovery;
people can and do recover

In-Patient Psychiatric Services
within 100 Miles of South Shore Tahoe

Barton Hospital is a key leader in facilitating improved mental health care-flow in South Lake Tahoe. Barton does not have an in-patient emergency psychiatric unit in our rural Tahoe area. They do have outpatient psychiatrists, tele-health psychiatry options, and they offer support for moderate cases via their social workers. El Dorado County Mental Health offers outpatient psychiatry via tele-med in SLT for those that are indigent or on Medi-Cal.

Barton works in close collaboration with El Dorado County Mental Health. El Dorado County Mental Health currently is the sole provider of mental health assessments to determine need for hospitalization with or without insurance. Barton provides medical clearance for transport to an in-patient psychiatric hospital.

California

Tele-Care El Dorado County Psychiatric Health Facility –PHF - 16 beds <- **Medi-Cal only**
935-B Spring, Placerville, CA
530-621-6213

Sutter Hospital: All ages – 69 beds
7700 Folsom Blvd, Sacramento, CA
(916) 386-3620

Sierra Vista Hospital - All ages
Dual-Diagnosis and Psychiatric - 120 beds
Accepts all insurance including KAISER
8001 Bruceville Road, Sacramento, CA
(916) 288-0300

Heritage Oaks Hospital – All ages
Dual-Diagnosis and Psychiatric – 125 beds.
4250 Auburn Blvd., Sacramento, CA
Phone: (916) 489-3336

Dignity – In-Patient Mental Health Services; 31 beds
1325 Cottonwood St, Woodland, CA
530.662.3961

Dignity – St Joseph’s Behavioral Health
2510 North California
Stockton, CA 209-461-2000
UC DAVIS Medical Center: (916) 734-3574
FREE Family Housing during hospital stay:
<http://kiwanisfamilyhouse.org>

Nevada

Carson-Tahoe Behavioral Health Services – Age 18+ – 52 beds
1080 N. Minnesota St., Carson City, NV
MalloryBH Crisis Treatment for anyone with MH or Substance Use crisis - 24 hours: (775) 445-8889
In-Patient BHS: (775) 445-7350

West Hills –All ages - 95 Bed<-
accepts Medi-Cal and other insurance
1240 E. 9th Street, Reno, NV
(800) 242-0478

NNAMHS – Northern Nevada Adult Mental Health – 70+ beds
Dini-Townsend In-Patient facility
480 Galletti, Sparks, NV: (775) 688-2001 Accepts all with or without insurance.

Note: They share grounds with Lake’s Crossing; Nevada’s State Forensic Hospital – where criminally insane are treated. Over-crowding continues.

Willow Springs – **Children/Teens**
Residential Treatment Center – 116 beds
690 Edison Way, Reno, NV 89502
775-858-3303

Additional Reno Resources: Google “University of Nevada, Reno: Community Services Referrals”