

# START Programs

## Short Term Acute Residential Treatment



The START programs offer a residential alternative to voluntary hospitalization for adults who are experiencing a severe mental health crisis which cannot be managed on an outpatient basis and which may also include substance use. The pleasant homelike environment at each program is safe, warm and supportive, providing just the right amount of structure for recovery. The programs are staffed 24 hours a day by mental health professionals. Program staff collaborate with clients to

develop a treatment plan and assist clients to find resources in the community. With client permission, families are encouraged to collaborate in treatment planning, and each program has designated visiting hours daily. The average length of stay is less than ten days, so residents' discharge plans begin at admission.

### Resident Responsibilities

- Remain in the facility for the first 72 hours. During the stay, resident agrees to leave facility only for staff approved treatment-related purposes.
- Actively participate in developing and achieving your treatment goals.
- Participate in all Community Meetings, Individual and Group Therapy, and recreation activities.
- Contribute to the care of the house, which includes participating in meal preparation, laundry and cleaning tasks.

### Staff Responsibilities

- Provide a safe therapeutic environment.
- Provide psychiatric assessment and medication stabilization.
- Provide referrals to outpatient therapy and medication follow up services.
- Provide social service resources information, including referrals to housing and shelter resources when applicable. We cannot guarantee housing placement.
- Empower and assist residents in developing and achieving their recovery goals.

Del Sur Crisis Center, South Region (619) 575-4687

Esperanza Crisis Center, Escondido (760) 975-9939

Halcyon Crisis Center, El Cajon (619) 579-8685

Jary Barreto Crisis Center, SE San Diego (619) 232-4357

New Vistas Crisis Center, Downtown (619) 239-4663

Turning Point Crisis Center, Oceanside (760) 439-2800

Vista Balboa Crisis Center, Balboa Park Area (619) 233-4399

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