



Telecare AB Services 109

At Telecare AB Services 109 (TABS), we are here to help you live successfully in the community, make strides toward your hopes and dreams, and achieve your personal recovery goals.

We believe recovery starts from within, and that our job is to do whatever it takes to provide the support needed on your recovery journey. TABS uses a multidisciplinary team approach, which includes personal service coordinators, peer advocates, clinicians, a psychiatrist, a psychologist, and a nurse. Many staff members also have personal experience with mental illness, homelessness, incarceration, and drug and alcohol recovery.

Our services are designed using the Assertive Community Treatment (ACT) model to enhance the lives of individuals living with mental illness. Our staff offers advocacy for individuals who have extensive contacts with the criminal justice system; provide outreach and engagement; benefits and housing assistance; independent living skills training; and supportive counseling sessions.

What to Expect

Your recovery starts with a carefully tailored treatment plan according to your specific needs. While you may be joining the TABS program because of a court order, we want you to know that, for us, it does not matter how you got to this point, what matters is that you feel better in your life and we are here to help you do that. We work with you to meet these needs by assigning you an intensive case manager who can help you with co-occurring treatment, life skills training, assisting you with social security and Medi-Cal, and community integration.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery, and will be with you throughout your journey.

Our goal is to be a place that helps you thrive. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“I’m not what I’ve done. I’m what I’ve overcome.”

—FIREFLIGHT

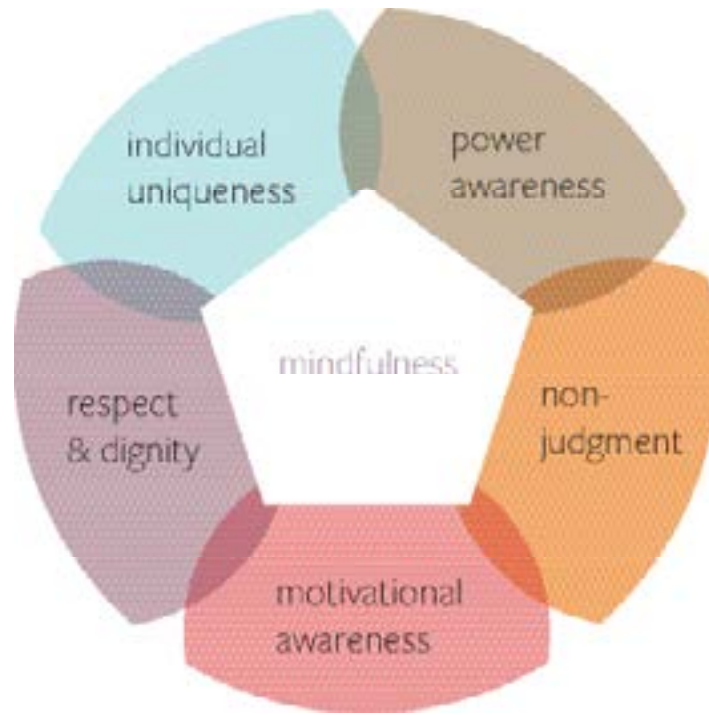


CONTACT

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866-263-2993 Main
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OFFICE HOURS

Monday-Friday 8:00 a.m. to 4:30 p.m.
On-call staff availability 24 hours a day,
7 days a week



Services at TABS

Services at TABS include, but are not limited to:

- Outreach and engagement
- Community-based wraparound services
- Intensive case management and advocacy
- Money management and/or representative payee
- 24/7 availability
- Housing linkage
- Medication support & education
- Co-occurring (two or more diagnoses) disorders treatment
- Vocational and educational linkage
- Linkage to financial benefits and entitlements

Becoming a Member

All referrals are made by the Los Angeles Department of Mental Health.

Admission Criteria

- Adults, 18 years and older
- Persons diagnosed with a severe mental illness
- People who have been released from prison/jail under AB 109

Our Story

We believe that the strongest intervention we can deliver, in a quick and impacting way, is through a welcoming environment. We work on this culture every day by building on traditions and rituals through the work of really great people.

Our culture creates an environment where resilience can flourish and recovery thrives. We created this type of culture through the program structure and the many touch-points throughout the day.

This program is funded by Los Angeles County Department of Mental Health and MediCal.