



# Sanger Place MHRC

## Mental Health Rehabilitation Center

At Sanger Place Mental Health Rehabilitation Center (MHRC), we provide intensive mental health and psychiatric treatment services in a safe, welcoming environment so people can focus on getting better.

We provide a longer-term recovery program within a supportive, structured, and delayed egress inpatient environment designed to help clients prepare to move to the community and/or lower levels of care. Our 15-bed facility has multidisciplinary staffing which includes psychiatrists, internal medicine, licensed therapists, registered nurses, recovery specialists, rehabilitation therapists, peer support specialists, and a dietitian.

Our services are designed using Telecare's Recovery-Centered Clinical System (RCCS). This system emphasizes choice-making skills, harm-reduction techniques, and strives to awaken the hopes and dreams of the individual. The RCCS emphasizes "no force first" practices. Staff work with individuals within their cultural dynamic in building independence and self-responsibility in order to foster their recovery and successfully transition back to lower levels of care.

### What to Expect

A recovery plan starts with the individual. Upon arrival, our diverse clinical team provides individualized assessments and works with people every step of the way to support their goals in life.

**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 partners throughout the recovery journey.

**Our goal** is to be a tool that helps people thrive no matter the obstacles, so they can be the leaders of their own recovery journeys and personal growth.

**"The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human."**

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



### CONTACT

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### OFFICE HOURS

Staff are available 24/7



## Services at Sanger Place MHRC

Services include, but are not limited to:

- Collaborative treatment planning with a recovery focus
- Comprehensive evaluation and risk assessment
- Medication education and training
- Independent living skills training
- Psychotherapy
- Psychosocial assessments
- Physical health assessment and treatment
- Applied Behavior Analysis
- Cognitive and dialectical behavior therapy
- 24-hour nursing care

## Becoming a Resident

Sanger Place receives referrals from Central Valley Regional Center, Kern Regional Center, and Tri-Counties Regional Center. All other regional center inquiries are referred to Central Valley Regional Center in Fresno.

## Admission Criteria

- Adults, ages 18-59, who have been diagnosed with a serious mental illness and a developmental disability.
- Clients are typically referred by Central Valley Regional Center, Kern Regional Center, or Tri-Counties Regional Center. Other regional centers can make a referral through Central Valley Regional Center, where the request will be reviewed and approved accordingly.

## Our Story

Telecare is a family- and employee-owned company that has been treating individuals with serious mental illness since 1965. We specialize in innovative, outcomes-driven services for high-risk individuals with complex needs.

Our programs are recovery-focused and clinically effective and are designed in partnership with local, county, state and other behavioral health organizations.

This program is funded by Central Valley Regional Center, Kern County Regional Center, Tri-County Regional Center, and MediCal.