



## La Luz ACT

### Long-Term Care Step-Down

At La Luz Assertive Community Treatment (ACT), we are here to help you find relief from distress and assist you in maintaining stability in your life.

We believe recovery starts from within, and that our job is to do whatever it takes to help you cope with crisis and gain skills to deal with your challenges more effectively. We have a multidisciplinary team of clinicians, psychiatric prescribers, nursing staff, and peer specialists who are all here to help you on your path.

Our services emphasize choice-making skills and harm-reduction techniques. We provide a safe, respectful environment where you can receive immediate, individualized assistance and a compassionate presence to stabilize symptoms, avoid the need for higher levels of care, and receive appropriate referrals to community-based resources.

### What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to resolve your current crisis in ways that support your 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 your partners in recovery.

**Our goal** is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

**“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

3491 Kurtz Street, Suite 150  
San Diego, CA 92110  
619-320-2404 Main  
619-822-1228 Fax

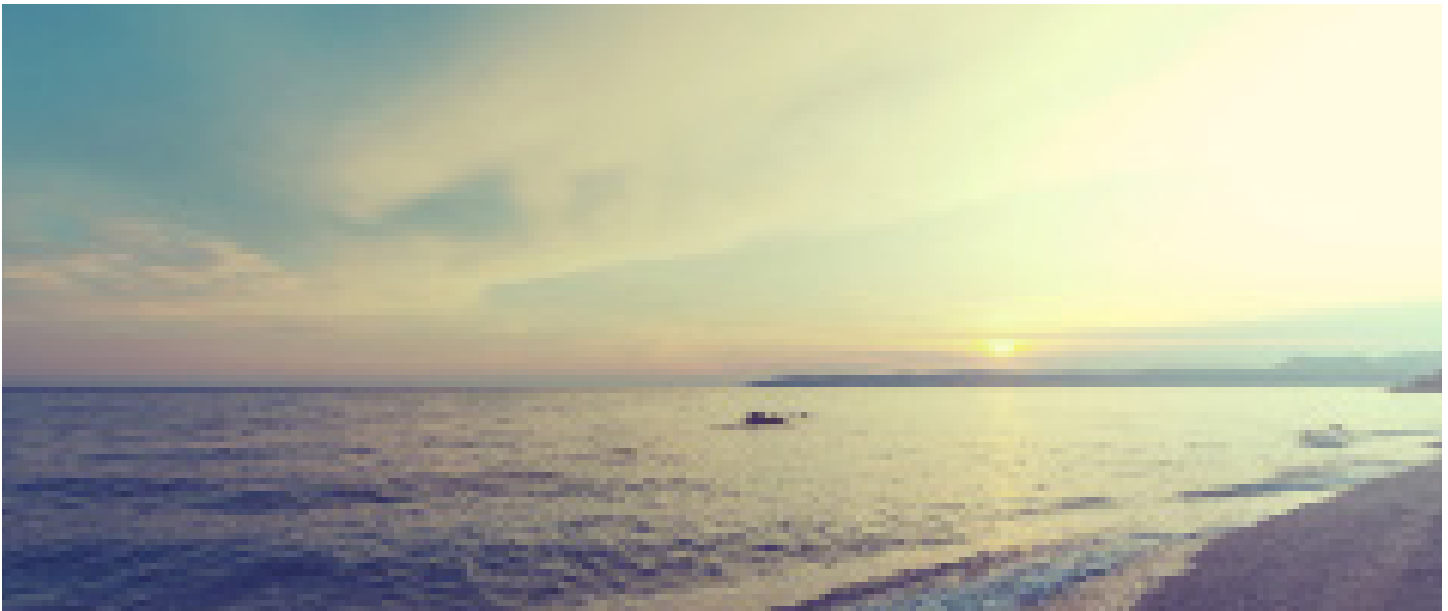
Referral email:

[laluzreferrals@telecarecorp.com](mailto:laluzreferrals@telecarecorp.com)

#### OFFICE HOURS

Monday-Friday 8:00 a.m. to 4:30 p.m.

After hours services provided 24/7; call  
619-320-2404 and press option 2



## Services at La Luz ACT

- Mental health assessment
- Individual and group counseling
- Medication support
- Case management/brokerage
- Rehabilitation
- Crisis prevention
- Community integration
- Intervention
- Supportive housing services
- Substance use recovery
- Employment services
- Peer recovery services

## Accessing Services

This program has a closed referral process and does not take referrals from the community. Referrals must be living in a county-approved long term care facility and be within 90 days of discharge. Referrals can be made directly from long term care facilities or County Institutional Case Management via Telecare In-Reach. Referrals can be emailed to [SD\\_ReferralCenter@optum.com](mailto:SD_ReferralCenter@optum.com).

## Admission Criteria

Adults who are homeless with a serious mental illness who may have a co-occurring substance use disorder, are not connected to outpatient services and are in long-term care facilities (LTC), and will be discharged as a step-down in to the community.

## Our Story

Telecare is a family- and employee-owned company that has been treating individuals with serious mental illness since 1965. We specialize in outcomes-driven services for individuals with complex needs who are at risk of crisis, hospitalization, or recidivism into the criminal justice system. Our programs are recovery-focused and clinically effective and are designed in partnership with local, county, state, and other behavioral health organizations. We provide services in multiple states and have more than 3,700 employees.



La Luz is under contract with San Diego County Behavioral Health Services and is funded by the County of San Diego.