Our Story

Telecare SOAR was the first Telecare program and the first site west of the Mississippi to fully implement the CommonGround program developed by Patricia Deegan. SOAR also has a fully developed, high fidelity Dialectical Behavior Therapy (DBT) program directed by trained therapists offering structured levels of involvement, groups, individual therapy, and specific criteria for participation and completion.

About Telecare

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.

Telecare's Mission

Deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.

Office Hours

Monday-Friday: 8:30 a.m. to 5:00 p.m.
Saturday-Sunday: Closed
On-call staff available 24/7

SACRAMENTO COUNTY

Operates under contract with the County of Sacramento Department of Behavioral Health Services and is funded through the Mental Health Services Act (MHSA).

COMMUNITY-BASED

SOAR

Sacramento Outreach Adult Recovery

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Telecare Corporation | Respect. Recovery. Results. | www.telecarecorp.com

Telecare SOAR

At Telecare's Sacramento Outreach Adult Recovery (SOAR) program, you have the opportunity to connect with a group of people who are here to be your support team.

We believe that recovery starts from within and will do whatever it takes to support you on your recovery journey. Our multidisciplinary team includes psychiatrists, nurses, masters-level clinical staff, personal service coordinators, and peer specialists who promote a program culture where resilience and hope can flourish, and losses can be recovered.

Our program is based on the Assertive Community Treatment (ACT) model, where we connect you to the proper resources that can help you achieve your goals. We will work together to create an individualized treatment plan to guide you through every stage of your recovery.

What to Expect

At SOAR, we will provide or assist you with linkage to a full range of services, including medical and psychiatric services, safe and affordable housing, assistance with entitlements, support and education for family and significant others, and connection with community resources. We celebrate milestones in our members' recovery journey by hosting a variety of events including barbecues, luncheons, and graduation ceremonies.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationship 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.

Services at SOAR

Services at SOAR include, but are not limited to:

- 24/7 capacity for crisis support
- Comprehensive psychiatric assessment and treatment
- Outreach and engagement
- A range of services including individual and group services, crisis intervention, case management, employment services and housing support
- Money management
- Medication support and education
- Vocational and educational services
- Benefits establishment
- Co-occurring treatment

Becoming a Member

Referrals to SOAR are coordinated through the County of Sacramento Department of Behavioral Health Services.

Admission Criteria

- Adults ages 18 and older
- Residents of Sacramento County
- Persons diagnosed with a severe mental illness and who have a history of frequent psychiatric hospitalizations, a co-occurring substance abuse issue, and/or a history of being homeless