



## Carmen Lane

### Crisis Residential Treatment (CRT)

At Carmen Lane, we provide comprehensive mental health and psychiatric treatment services in a safe, welcoming inpatient environment for adults with serious mental illness.

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 in a comfortable, structured setting. Our 12-bed crisis residential treatment (CRT) includes a full team of nurses, psychiatrists, clinicians, peer specialists, and recovery specialists providing support 24 hours a day.

Our services emphasize choice-making skills and harm-reduction techniques. Staff work with you within your cultural dynamic in building independence and self-responsibility in order to nurture your recovery and successfully transition you home or to less restrictive community settings.

### 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 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

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#### OFFICE HOURS

Open 24-hour, 7 days per week



## Services at Carmen Lane

- Behavioral health needs screening
- Individual, group, and family counseling services
- Treatment plan development
- Case management
- Crisis intervention
- Medication support services
- Discharge planning
- Co-occurring treatment services
- Linkage and referral to services including assistance with obtaining entitlements, community housing, community treatment resources, and referral to appropriate medical services

## Accessing Services

- Referrals for program services provided by Santa Barbara County Department of Behavioral Wellness

## Admission Criteria

- Resident of Santa Barbara County
- Persons diagnosed with a behavioral health disorder who are experiencing a mental health crisis, and who may have a justice-involved background and/or have a co-occurring substance use disorder

## 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. We currently provide services in multiple states and have more than 3,700 employees.

This program is funded by Santa Barbara County.