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Raising Awareness in King City about Sun Street Centers Outpatient Services

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Abstract

There are not enough people seeking substance abuse services in King City. Co-occurring mental illness, delays in Medi-Cal process, and lack of knowledge about the program and services at the new Sun Street site are contributing factors to this problem. Consequences that come along with substance abuse are crime/incarceration, death/overdose, and loss of productivity. National Night Out is a great outreach event organized for the South County community which allowed 15 different agencies to inform community members of the programs and services available to them. Sun Street Centers was new in the South County community therefore participating in this event was a great way to start building relationships with other agencies and the community. The event took place at the fire station in King City where we organized a table with brochures and information of both the Outpatient department and Prevention. Surveys were conducted during the event to obtain a better understanding of the South County community and their substance abuse services awareness. Between the time span of 30 days from the day of the National Night Out event there were 7 new enrollments in the Outpatient program missing the goal of 10 new enrollments. Although that enrollment goal wasn't met there was an increase of 2 enrollments after comparing 30 days prior to the event and 30 days after.

Keywords: outreach, community, South County, Sun Street Centers

Agency & Communities Served

Sun Street Centers is a non-profit organization that focuses on alcohol and drug recovery and prevention. Sun Street's mission is "preventing alcohol and drug addiction by offering education, prevention, treatment and recovery to individuals and families regardless of income level" (Sun Street Centers, 2019). Sun Street Centers has been offering their services since 1968 which began with the Men's Residential Recovery Services and Community Education. In 1985 Sun Street expanded their services to offering Driving under the Influence education classes for both first and multiple offenders. Outpatient Recovery Services began to be offered in 1993. Safe Teens Empowerment Project (STEPS) within the prevention department was established in 1996 with the focus to educate teens as well as parents about the dangers of drugs and alcohol. Pueblo Del Mar Family Recovery Community was opened in 1998 with the collaboration of Sun Street Centers and other agencies in Monterey County. In 2002, the Men's Residential Program began to include Family Empowerment Program, which entailed counseling services as well as support for the participants and their family members. Throughout the years Sun Street began to expand their services into San Benito County and South Monterey County. In 2016 two Sober Living Environments for Men and Women were placed in San Benito County. The most recent facility is a Women's Residential facility that was opened this year in Hollister. In September 2018 the King City site held their grand opening for Sun Street Centers.

The outpatient program provides counseling groups as well as individual sessions. For a client to successfully complete the program they must attend 26 groups and a minimum of 4 individual sessions. When it comes to outpatient it is considered a lower level of care compared to a client being in a residential setting. There is regular Outpatient where clients only attend 3

times a week for an hour and a half while those in Intensive Outpatient attend 3 times a week, but for 3 hours per session. Services are available for both men and women who are ages 18 and older. Also, the classes are offered in English and Spanish. For the fiscal year of 2017-2018 Sun Street Centers Outpatient served a total of 280 clients which 182 were male clients while 98 were females (Sun Street, 2018). The ethnic distribution is Hispanic at 61% and Caucasian at 32% (Sun Street, 2018).

Problem Description

Not enough people are seeking substance abuse services. Communities are being affected by the amount of people who are roaming the streets while under the influence or consuming illegal substances. According to the 2017 Monterey County Homeless Census & Survey Comprehensive Report, “The most frequently reported health conditions was drug or alcohol abuse (34%), followed by an emotional or mental health condition (20%), and then Post-Traumatic Stress Disorder (PTSD)(18%)” (2017). People are also putting themselves at higher health risks by exposing themselves to dangerous drugs.

Contributing Factors

Many factors play a role when dealing with someone who abuses alcohol or other drugs, especially if they are not seeking the correct treatment. There are stages people go through before they are ready to seek help. Often people remain in the precontemplation stage for quite some time. “People in the Precontemplation stage do not intend to take action in the foreseeable future, usually measured as the next six months” (Pro-Change Behavior Systems, Inc., 2018). Contributing to the challenge is when someone can have a co-occurring mental illness, be affected by the new Medi-Cal process, or there is a lack of outreach occurring in the community.

Unless someone is well informed or ready to receive treatment, it is the only way we can get someone to reach recovery.

A co-occurring mental illness is when someone has a substance use disorder as well as a mental health problem. “Being diagnosed with a substance use disorder and a mental health disorder is often referred to as having a dual diagnosis” (Behavioral Health Evolution, 2016). When an assessment determines that a person has a dual diagnosis, a treatment plan is created that would best suit them. It is common for someone with a mental health disorder to be at a higher risk of having a substance dependency. Due to this high risk of substance dependency it tends to keep people from obtaining services because their mental illness is too advanced. According to the National Institute of Mental Health (2017), “nearly one in five U.S. adults’ lives with a mental illness (44.7 million in 2016).” Often when someone with a mental illness abuses drugs they are self-medicating since they are using alcohol or drugs to disguise their symptoms. Most substance abuse programs are not fit to treat those with mental illness and refer dual diagnosis clients to the proper help because in order for recovery to happen their mental illness needs to be treated as well. The difficulty with that is that there are clients who want services for their substance abuse problems but not for their mental illness.

In July of 2018 Monterey County changed the process of how Sun Street offers services to those with Medi-Cal. The assessment process changed and new criteria need to be met, slowing down the intake process for Sun Street. According to the Monterey County Behavioral Health Beneficiary Handbook for Substance Use Disorder Services (2017), to receive services through the Drug Medi-Cal Organized Delivery System (DMC-ODS), the potential client needs to be enrolled in Medi-Cal, reside in Monterey County, have at least one diagnosis from the

Diagnostic and Statistical Manual of Mental Disorders (DSM), and meet the American Society of Addiction Medicine (ASAM) criteria. Before the change, Sun Street was able to offer services to those with out of county Medi-Cal, since that is no longer the case and potential clients are now forced to either remain in the counties where they reside and seek services there or transfer their Medi-Cal to Monterey County which can be a lengthy process. This further delays the ability for folks to attain the treatment they desperately need. Furthermore, it is a requirement from the County for all ASAM assessments to be done through the Outpatient program regardless if the person is trying to get into the Men's Residential. When the assessment is conducted for Outpatient services it can get approved "in house" by a Licensed Practitioner of the Healing Arts (LPHA) but when it is an assessment for a potential residential client the assessment must be approved by Monterey County Behavioral Health. These delays to treatment reduces the potential for recovery because although there are "in house" approvals staff changes are often occurring and there are not enough LPHAs approving assessments.

When someone finally goes into treatment it is on a voluntary basis for many, although Sun Street also serves clients who have probation or drug court mandates. After failed attempts someone can become unmotivated making it that much longer for them to get the appropriate treatment.

Within the agency there is a lack of outreach to the population that needs services. The prevention department focuses on spreading awareness about the dangers of drugs and alcohol and recruiting volunteers. Therefore there isn't outreach being done to inform the communities of all the services that are offered through the outpatient and residential departments. Generally when the agency participates in events the prevention department or administration participate

when service departments should be included especially when there are new sites and services being offered. Due to the King City site being new there should be outreach happening to promote and inform community members of the services available. When there is a lack of outreach, community members aren't being educated on all the possible services they can obtain in their community.

Consequences

There are many consequences that happen when someone is abusing drugs. Crime/incarceration, death/overdose and lack of productivity are among a few of the many that happen to those who consume alcohol or drugs.

According to the National Institute on Drug Abuse (2014), "individuals who use illicit drugs are more likely to commit crimes, and it is common for many offenses, including violent crimes, to be committed by individuals who had used drugs or alcohol prior to committing the crime, or who were using at the time of the offense." Getting in trouble with the law will only create more steps before someone can get to treatment.

When it comes to someone overdosing they can be attempting to commit suicide or other times they received drugs that had other things mixed in making it a stronger substance. "In 2016, there were 2,012 opioid-related overdose deaths in California – a rate of 4.9 deaths per 100,000 persons – compared to the national rate of 13.3 deaths per 100,000 persons" (National Institute on Drug Abuse, 2018). There needs to be something done to control the number of overdoses happening in California. Deaths affect the entire family and should be prevented at all costs. According to the Addiction Center (2018) there were 63,000 deaths from overdose in 2016.

Lack of productivity leads people to affect not only their employer but also themselves. In the article, “The Dangers of Substance Abuse in the Workplace” by T. Buddy a founding member of online Al-Anon Outreach Committee with decades of experience writing about alcoholism it states, “The loss to companies in the United States due to alcohol and drug-related abuse by employees totals \$100 billion a year...” (2018). Employees are not capable of completing their duties while under the influence. There are safety issues that can rise when someone is abusing drugs while on the job not only to themselves, but to the other employees.

Helping those with addiction problems can contribute towards decreasing crime rates, deaths/overdoses and reducing the loss of productivity. Providing more and the correct information to the community would help reach the goal of more people seeking substance abuse services.

Problem Model

Contributing Factors	Problem	Consequences
Co-Occurring Mental Illness	Not enough people are seeking substance abuse services.	Crime/Incarceration
Delays in Medi-Cal Process		Death/Overdose
Lack of knowledge about program and services		Loss of productivity

Capstone Project Description and Justification

Capstone Project

Outreach with clients who already are abusing substances is an important step the agency can take to move clients from precontemplation to contemplation as well as inform the community of the services in the King City site in general because it is a new agency in their

community. National Night Out was a great outreach opportunity that took place August 6, 2019 at the King City Fire Station. The event was coordinated by the King City Recreation Department and King City Police Department who sent out invitations for different agencies to participate at the event. South County community members had the chance to be informed of all the services available within Sun Street Centers specifically within the Outpatient department. While conducting outreach, community members also completed a survey to keep track of the different people encountered. The number of new clients that sought services 30 days before and after the event was tracked. Finally, 50 FAQs/brochures were created and distributed in November so potential clients are well informed of the assessment and intake process for Outpatient services (see Appendix D). Overall informing people of the services Sun Street Center provides was the objective.

Project Implementation

Working closely with the South County prevention team, the outreach services intern participated in an outreach event. The outreach event allowed Sun Street Prevention and Outpatient to inform the attendees about the services and resources they have in their programs for the community members. National Night Out is an event that is known to happen in North Monterey County which finally expanded to the South County area last year. The main purpose of National Night Out is to promote police-community partnerships and for neighborhoods to be safer. The flyer was created by the organizers of National Night Out therefore we contributed by sending the flyer throughout Sun Street Centers staff email including over 115 staff members electronically to get the word out about the event. During the event there were raffles, snacks, hot dogs and beverages for the participants. Throughout the whole preparation process Laura

Martinez and Darlene Acosta who is the Manager of the Prevention department were involved. Darlene also helped the day of the event by bringing her supplies for resource fairs. Materials that were needed were brochures, pens, Sun Street swag, paper, and printer. The FAQs/brochures were created and later distributed to inform South County members of the process in order to obtain Outpatient services as well as any resources that would be beneficial to them. A comprehensive implementation plan and timeline is available in the Scope of Work in Appendix A.

Project Purpose

Raising awareness about Sun Street Centers services among the population that suffers with addiction is crucial to addressing the consequences of high crime rates, overdoses, and loss of productivity. The Sun Street Centers facility in King City was opened towards the end of 2018 which makes the site fairly new to the South County community. The Prevention department is the only department that focuses on doing outreach mainly focusing on recruiting new high school volunteers and always keeping the focus on getting the word out about prevention. In the article, “Nine Ways Nonprofits Can Increase Community Engagement”, by Forbes Nonprofit Council states “As a nonprofit organization, it is important to be engaged and relevant to the community that you are located in” (2017). As mentioned before lack of outreach can keep potential clients from seeking services due to not gaining the knowledge or awareness about the services offered. Therefore, National Night Out was a great opportunity to do outreach in the South County community to inform people of the services offered and available to them through the Sun Street Outpatient department promoting clients from moving from the precontemplation stage to the contemplation stage. Also, explaining the process of what steps need to be taken in

order to get into treatment would be beneficial so people who know someone with substance abuse problems or the person themselves can be aware. Reducing the number of people suffering with substance abuse by promoting and providing outreach can potentially help with the number of overdoses and incarcerations occurring due to people seeking treatment. Sun Street Centers will inform people they have the services they need within their neighborhood and community members will know where to go to obtain the proper help and services with their substance abuse problem. Creating FAQs/brochures would be useful especially when distributed to other agencies who don't provide Outpatient services or substance abuse services in general. The FAQs/brochures will provide all the information to the most frequently asked questions by community members regarding Sun Street Centers and Outpatient services.

Project Justification

Outreach has been effective for the Prevention department, so it was important that the Outpatient department collaborated and coordinated with their team.. They have the insight of the population within South County and they have done outreach while collaborating with other agencies who focus on helping the youth. Due to the site being new, outreach about Sun Street Centers can inform the South County residents about the substance abuse treatment and services available. Larry Villegas Perez presented Keys to Effective Outreach Strategies for Reaching High-Risk Populations Affected by HIV Substance Use Disorders and stated, "In addition to delivering services, outreach has an educational role, to raise the awareness of existing services and provide a safe path for the client to meet more sophisticated needs" (2016). Raising awareness of services is educating people because if they don't know of the services they won't know where to seek them. South County isn't a big community but if people aren't aware of the

services it is keeping those with substance abuse problems from reaching the contemplation stage. Furthermore, most people don't know how recovery services are delivered. Specifically doing outreach about how outpatient works and the benefits of participating in the program.

Assessment Plan

A survey (Appendix B) was developed and approved by Laura Martinez. The surveys were distributed and completed by fifty-eight participants during National Night Out. The survey wanted to determine how many people knew about Sun Street Centers in South County and to see if there is interest in the services offered. A census will be tracked for the time span of a month after the date of the event to track how many new clients were brought in to the Outpatient program versus the number prior to the event.

Expected Outcomes

With this outreach event there will be at least ten new clients participating in the Outpatient program as well as a higher number of enrollments compared to 30 days prior to the event. During the event there will be fifty surveys completed by community members who attended the National Night Out event. Following the event a total of fifty FAQs will be created and distributed among three agencies.

Project Results

The main activity was participating in the resource fair during National Night Out. It was interesting to see how many community members participated and attended the event. The event gave every agency a fair chance to promote their services and provide all the information they wanted. Being able to communicate with people directly and answering any questions they had was also a great experience. On the survey question asking if the participants were familiar with

Sun Street Centers, 28 out of 58 answered no.

Although 30 answered yes after further discussion with the participants they were not fully aware of Outpatient services and what they entail. (see fig. 1).

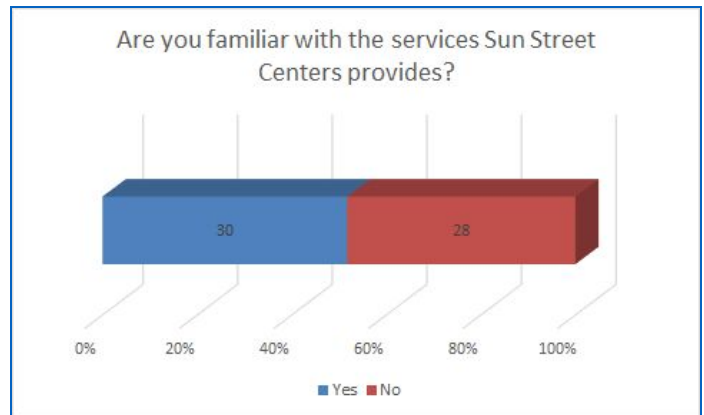


Figure 1 shows the survey results indicating the number of people that were not familiar with the services Sun Street Centers provides.

It is a common strategy to display swag in order to catch the attention of the attendees. Swag that was displayed were stress balls, pens and pencils with Sun Streets logo. There was also water bottles and Sun Street bags. During the event there was also a lot of networking with other agencies happening which is another way to accomplish outreach.

After reviewing the results from the surveys it was clear that most people who live in South County strongly agree or agree that there is a substance abuse problem in their county (see fig. 2). For more survey results refer to Appendix C where there are other graphs.

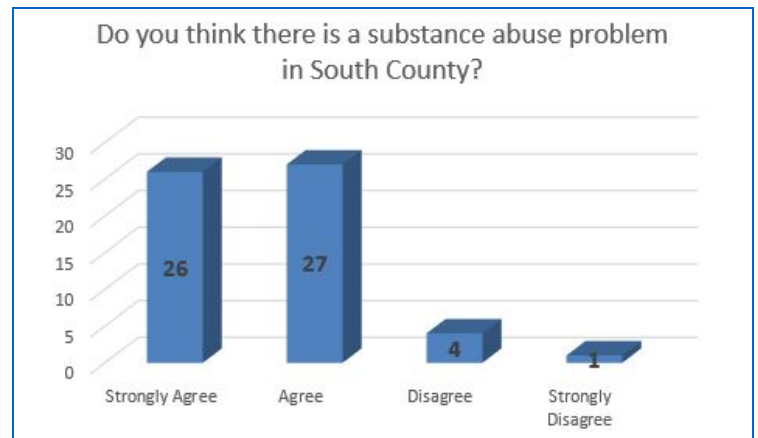


Figure 2 shows the amount of community members that responded strongly agree, agree, disagree, and strongly disagree to there being a substance abuse problem in South County.

An unexpected outcome that occurred was the networking with one of the agencies, King City in Bloom. King City in Bloom Program goes around King City and starts gardens and does clean ups. Due to the networking, Sun Street clients have the opportunity to volunteer and contribute to planting flowers, participate in clean ups among other things.

The goal of ten new enrollments was not met mainly because there was the grand opening of the co-ed residential side which in order for someone to receive services, they are assessed by Outpatient counselors even though they are seeking residential services. There were seven new enrollments thirty days from the day of National Night Out event which didn't allow

the goal to be met. Although the enrollment goal was not met there was eleven assessments conducted within that time span meaning the four that didn't make it into Outpatient were approved for higher level of care in a residential setting.

Once the data was collected there was a comparison of new enrollments from thirty days prior the National Night Out event and thirty days

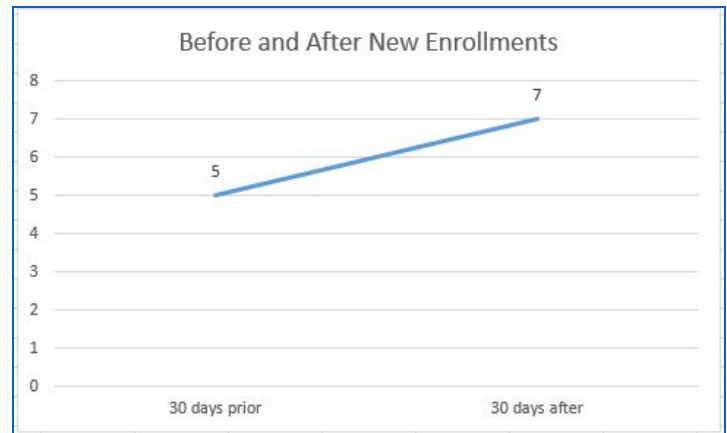


Figure 3 shows the amount of new enrollments comparing 30 days prior National Night Out and 30 days after the event.

prior the National Night Out event and thirty days after which showed there was an increase of two new clients enrolled in the outpatient program overall (see fig. 3).

Two may not seem like a big difference but it shows there was an increase of new clients which can be used as a goal for the next few months as well as participating in other outreach events in cities such as Soledad, Gonzales, and Greenfield.

Another survey result showed that 37 people knew someone with a substance abuse problem compared to 27 who answered no to the

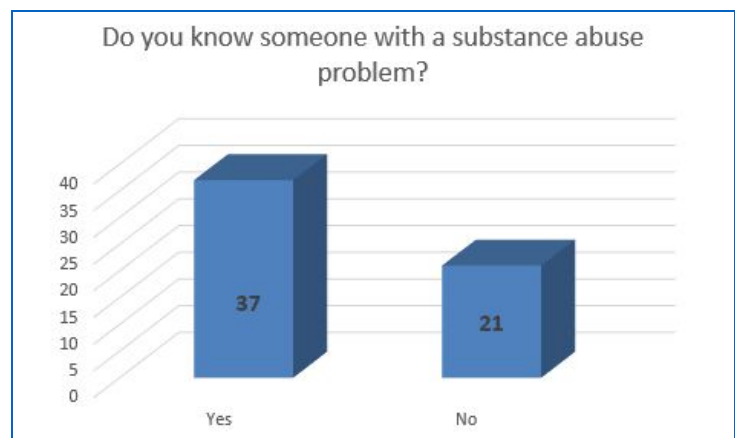


Figure 4 shows the number of community members who answered yes or no to them knowing someone with a substance abuse problem.

question (see fig. 4). Although the person who was receiving the information may not have been the person who has a substance abuse problem there is a higher possibility now that the information will reach the correct and possibly seek treatment services at Sun Street Centers.

There was an expectation of collecting fifty surveys although seventy were printed and there were a total of fifty-eight surveys completed by people who attended the event. The data was collected through the site manager who enters all the new client information into different spreadsheets depending on their pay source and level of care. After reviewing the data collected it was also determined that there were no clients who were referred through any other agency like Behavioral Health to attend treatment.

Although the project did not achieve the expected outcome of the ten new enrollments there was more awareness spread about Sun Street Centers services as well as the process of getting someone into treatment due to the high interest in collaboration by agencies that were present at National Night Out including the director from Mee Memorial Hospital. The FAQs/brochures were distributed at various locations. There were 20 FAQs dropped off at the South County Mental Health Center, 15 were given to the coordinator of King City in Bloom, and the remaining 15 were taken to Mee Memorial Hospital. Additional 15 FAQs/brochures were placed in the lobby of the Sun Street Centers King City Outpatient office.

Conclusion & Recommendations

Overall National Night Out was a great opportunity to educate and inform South County community members as well as other agencies in a face to face setting which is often more effective. The results demonstrated that there is a need for more outreach for South County residents. Although there are people who know about Sun Street Centers there is still a lack of

knowledge to what the outpatient services entail. Once reviewing the overall project it is evident that there is going to be more benefit to Sun Street Centers if they have continuous outreach happening throughout the fiscal year.

A recommendation for Sun Street would be to continue with community outreach and have as much community involvement in order to inform as many people as possible. Also, collaborating with other South County agencies as there was a lot of interest by agencies who participated in National Night Out. Making connections was the first step taken during National Night Out therefore the next step would be to follow up and begin collaborating which can potentially mean more referrals from different programs.

The project could've been improved by having the opportunity of being more involved within South County due to not being too familiar with that specific county. Being more involved by attending other city meetings regarding services of other agencies other than the common ones who currently refer clients. Building better partnerships would benefit the program enormously. Including the outpatient counselors more could've also been to my advantage since everyone has different ideas. Sun Street Centers should continue to build from the project that was begun in King City and expand outreach into the communities throughout the Sun Street Centers system. The distribution of the FAQs/brochures should be continued as well as and there should be constant updating to keep the FAQs up to date since information is always changing.

Personal Reflection

The project demonstrated that it takes a lot of time and dedication to achieve what your goal is, although substance abuse is a tough subject doing outreach proved to be an effective start to improve better number of clients seeking services but also concluded that it is something that

needs to be re-occurring for it to be even more effective and show better results. Planning took coordination and adjusting. It was a success the start of a collaboration between Sun Street Centers and King City in Bloom which shows there are other potential collaborations possible.

Being able to work with others within the agency helped because communication was definitely a strength. There was mentor changes but again communication played a factor to allow this project to continue. Teamwork was another strength that helped the outreach National Night Out event be successful and my internship in general as well. There were more than the expected surveys completed which was another success.

A challenge faced was working full time and attending school full time since there is not enough time in a day to complete everything. The way this was addressed was by maintaining constant communication with my mentor and supervisor in order to coordinate a schedule that would allow me to accomplish my weekly duties. Another challenge was that my work site is in Salinas while my internship site is in King City therefore it involved a lot of traveling back and forth. This challenge was able to be addressed by changing my schedule from spending a full day in King City to only spending half a day. There were two mentor changes that made it difficult because there was routines being changed. The final and third mentor stuck through which helped mainly because it was during the actual implementation time. The changes created stress but were also taken as opportunities to learn from.

Substance abuse is a delicate social problem to discuss and even to try to create solutions. The broad social problem that the project relates to is there needing to be a reduction on the amount of people suffering with addiction and raising the amount who are obtaining sobriety and reaching recovery. The project conducted allowed there to be more awareness among South

County community members about substance abuse services therefore by increasing knowledge of services we are potentially working on getting more people to seek treatment. When people aren't aware of the services that extends the time they are suffering with an addiction so by informing them of all the appropriate treatment services it just means they can take the next step and obtain the help they need to reach recovery.

There should be continuous outreach being done whether it means creating resource fairs or presentations. Providing presentations would be beneficial due to them being more specific to the objective of spreading the information throughout the community members. Community involvement would be another way to build more relationships which will then allow referrals to flow from different agencies who don't provide substance abuse treatment. Another thing that can be done would be to have someone out in the community personally looking for people who may need treatment and try to get them into the office for an assessment.

Future capstone students should take advantage of all the time during their internship as well as communicating constantly with their mentor. There are many different things going on at the agencies everyday therefore good advice would be to ask as many questions as you can so you catch all the important information. There are changes happening often so make sure to make adjustments as needed. When it comes to doing an outreach project keeping track of every single step or task completed is important along with preparing things ahead of time. Conducting an outreach project takes the participation of many to make it happen therefore don't be afraid to ask for help when you need it.

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Appendix A

Scope of Work

Activities	Deliverables	Timeline/Deadlines	Supporting Staff
Discuss capstone ideas with mentor	Created list of potential projects	Jan - March 2019	Guillermo Rodriguez
Site Visit/Capstone discussion	Capstone approved	March 14, 2019	Adrienne Saxton, Guillermo Rodriguez
Met with Prevention Manager Darlene Acosta	Emailed middle school district with proposal	April 18, 2019	Darlene Acosta
Research pre & post & surveys. Discussed templates with Jorge from Prevention department	Received email with templates and reviewed	April - May 2019	Jorge Quiroz, Guillermo Rodriguez
Met with Darlene and Danelle from Prevention Dept. regarding National Night Out	Obtained event flyer	June 25, 2019	Darlene Acosta, Danelle
Developed survey for National Night Out	Survey approved	July 16, 2019	Darlene Acosta, Laura Martinez
Requested National Night Out flyer	Emailed flyer to Sun Street staff	July 16, 2019	Darlene Acosta
Requested swag for event	Emailed Rocio Tovar	July 24, 2019	Laura Martinez
Received swag items from Rocio	Took items to National Night Out event	August 6, 2019	Rocio Tovar
Printed 70 surveys	Completed 58 surveys at National Night Out	August 6, 2019	Laura Martinez, Darlene Acosta
Plan FAQ information	Developed potential layout	September 19, 2019	Laura Martinez
Create data tables showing survey results	Data collected put into spreadsheet	September 26, 2019	Laura Martinez

Met with Site Manager	Obtained enrollment census	September 26, 2019	Laura Martinez, Mariana Casillas
Research resources for FAQ	Collected resources for FAQ	October 03, 2019	Laura Martinez
Create FAQ	FAQ approved	Sept.-Nov. 2019	Laura Martinez
Print 50 FAQ's	Distribute FAQ's to agencies	November 7, 2019	Laura Martinez

Appendix B

Survey



Do you know someone with a substance abuse problem?

- Yes
- No

Are you familiar with the services Sun Street Centers provides?

- Yes
- No

Do you think there is a substance abuse problem in South County?

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Gender

- Male
- Female
- Other

Employment Status

- Full Time (35 + hrs)
- Part Time (Less than 35 hrs)
- Unemployed Looking For Work
- Unemployed Not Seeking
- Not In The Labor Force Not Seeking

Age

- 0-17 yrs
- 18-24 yrs
- 25-45 yrs
- 46-64 yrs
- 65 + yrs

Provide the following for more information:

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Last Name
First Name
Middle Name

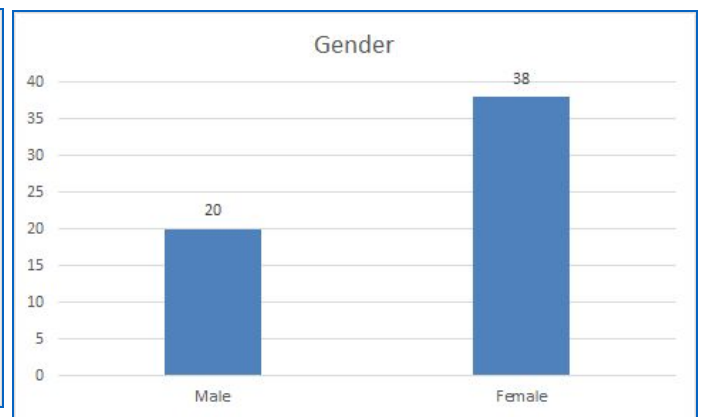
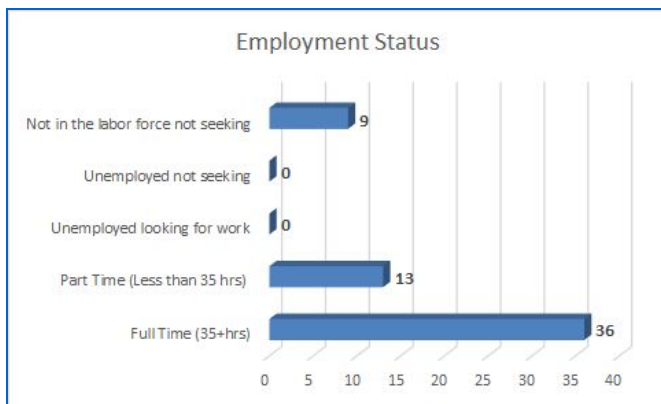
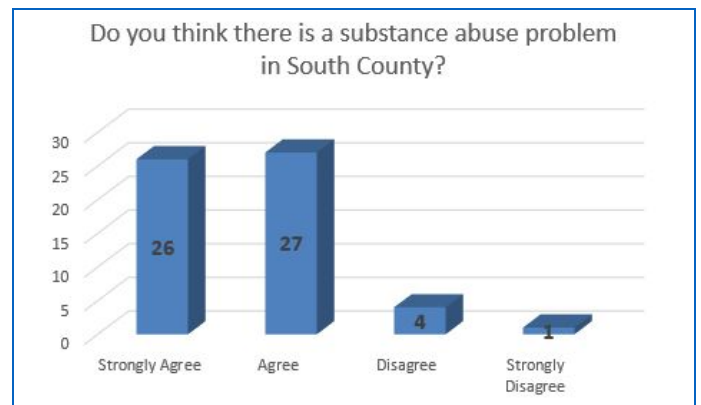
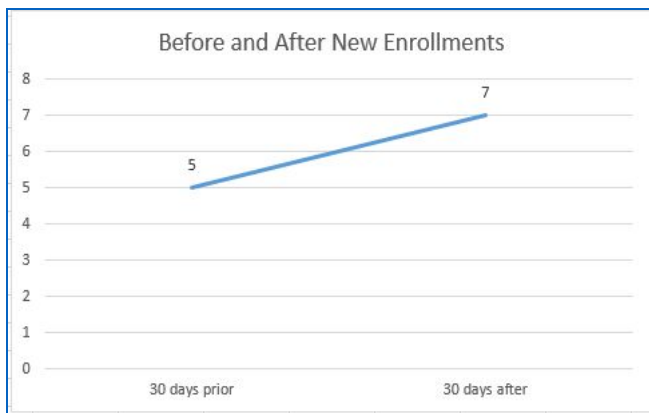
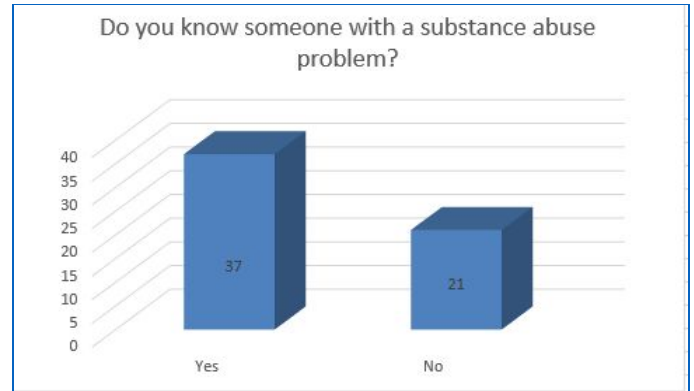
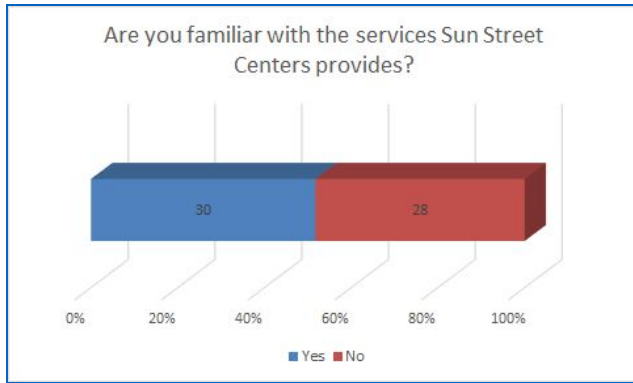
Telephone

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Comments/Suggestions

Appendix C

Survey Results/Data



Appendix D

FAQs/Brochure

What do I need to do to start treatment?

Anyone interested in Outpatient services must walk-in or call the office to schedule for an assessment. Once the assessment is done you will be notified if you meet the criteria to begin services.

How long is the Outpatient program?

Generally, it is about 3 months long but there are individuals who might need more help meaning participating in the program longer than 3 months or the case may be where the individual may complete sooner than 3 months.

Do you only offer Outpatient services?

Another service offered is co-ed residential which the starting process is similar to the Outpatient services. In order to receive residential services, you must have an assessment completed. There is also a representative from Turning Point available to help find employment, help build resumes, and get clothing for work.

Is there Outpatient services for minors?

King City office currently doesn't offer outpatient services for those under the age of 18. Our Seaside location does offer outpatient services for adolescents therefore for more information please contact the Seaside office at (831) 393-9316.

Community
Resources

Monterey County Health Department
359 Gablian Drive
Soledad, Ca. 93960
(831) 769-8740



Sun Street Centers Co-ed Residential Program
637 Broadway Street
King City, Ca. 93930
(831) 525-8181

Turning Point
637 Broadway Street
King City, Ca. 93930
(831) 422-8852

St. Mark's Episcopal Church (AA & NA meetings)
301 Bassett Street
King City, Ca. 93930
(831) 385-5119

*For more information,
Please call Sun Street Centers at
831-753-6001*

Sun Street Centers
Outpatient Program



Outpatient Services

Outpatient services is a treatment that focuses on providing group and individual session services.

The matrix evidenced-based program is used which is a structured treatment experience designed to give substance abusers the knowledge, structure, and support to allow them to achieve abstinence from drugs and alcohol and initiate a long-term program of recovery.

Core areas addressed include early recovery skills, relapse prevention, and family education. Services are offered in English and Spanish.



Services Include

- Addiction and recovery
- Alcohol and drug education
- Anger management
- Anxiety
- Communication challenges
- Conflict resolution
- Depression
- Employee Assistance Program Services
- Grief and loss
- Introduction to the 12-step recovery format
- Low self-esteem
- Mood management
- Parenting skills
- Family sessions
- Relapse prevention
- Relationship conflict
- Social skills

Frequently Asked Questions:

What pay sources are accepted for Outpatient services?

Private Insurance
 Prop 47
 Self-pay
 Medi-Cal (currently not accepted)

How do I know if I qualify for Prop 47 funding to cover my treatment?

There are three criteria's that need to be met in order to have Prop 47 cover your treatment. Being arrested, charged with, or convicted of a crime (misdemeanor or felony) is the first criteria. The next one is must have lived in South Monterey County within the last five years. The last criteria is must have a mental health or substance use disorder diagnosis.

Do I need to be referred to Outpatient in order to enroll?

No, you can make the decision yourself to seek services although there are people who are referred to attend the program.