

STRENGTHS-BASED CASE MANAGEMENT & ASSERTIVE COMMUNITY TREATMENT

These evidence-based services are community based and individual focused. Multi-disciplinary teams assist individuals in recognizing and utilizing their individual strengths and resources as a springboard for addressing goals in the areas of employment, education, housing, social support and medical services. Clinicians provide support and skill building while also encouraging wellness planning, self-advocacy and community membership and encourage individuals to achieve their unique potential.

SUPPORTED EMPLOYMENT

Employment Works is based on a nationally recognized model of Supported Employment known as Individual Placement and Support (IPS) which is proven to be successful in helping people find and keep jobs. IPS is an integral part of recovery that provides ongoing support, emphasizing individual abilities and desires to re-enter the community workforce.

SUPPORTED EDUCATION

The Supported Education program helps clients with career planning, academic survival skills, and provides outreach services and resources to help overcome educational barriers.

ASSERTIVE COMMUNITY TREATMENT

Assertive Community Treatment (ACT) is an evidence based, team approach that provides comprehensive psychiatric *treatment* and support to adults who have a history of serious and persistent mental illness. The multidisciplinary outreach team is comprised of a psychiatric nurse practitioner, registered nurse, therapist, dual diagnosis specialist, peer specialist employment specialist and case manager.

CHILDREN & FAMILY SERVICES

Children and family programs provide individual, group, and family treatment and skills training for children, adolescents and parents. We provide services in all Josephine County public elementary and secondary schools, and alternative education centers. Our programs work closely with families, schools, corrections, and other youth-serving community agencies. CRT and Jackson County are Initiative. Our consortium and Child Welfare provide services to children in Child Welfare custody.

EASA

Early Assessment & Support Alliance (EASA) identifies youth with symptoms of psychosis as early as possible. The evidenced based program provides support and treatment to enable children to become successful in school and their lives.

FAMILY CARE COLLABORATIVE

The Family Care Collaborative (FCC) program works in collaboration with DHS, local school districts and private referrals and help families grow, evolve and develop new skills for long lasting change with the goal of returning and/or keeping children in the home.

WRAPAROUND PROGRAM

One of three initial Children's Wraparound Initiatives in Oregon. This evidence-based program works in collaboration with Child Welfare and other community partners to address the needs of children (and families).

MEDICAL UNIT and PRIMARY CARE

The Medical Unit provides medical services that include psychiatric assessments and evaluations, consultations, referral to community partner staff, consulting via a direct phone line for primary care providers, prescribing medications, and medication monitoring and management. Options has integrated its own Primary Care services at Hillside Center for physical health care needs of clients.

CRISIS RESOLUTION CENTER

The Crisis Resolution Center (CRC) in Grants Pass provides treatment to individuals who are experiencing a psychiatric emergency and who may have co-occurring disorders. Individual and group therapy, as well as didactic education groups, skills training and medication management are utilized in the stabilization process. The program treats these disorders in a safe, therapeutic, homelike environment and is an alternative to acute hospitalization.

GAMBLING RECOVERY PROGRAM

Options' Gambling Recovery Program provides professional interventions, assessments, individual treatment planning, one-to-one counseling and/or case management sessions, group counseling, family involvement (if appropriate), and aftercare planning. Services are also available to family members, whether the gambler participates or not.

DUAL SOLUTIONS CONTINUUM OF CARE

Dual Solutions meets the needs of indigent individuals experiencing co-occurring mental health and addiction disorders. Evidence-based practices are utilized to best meet the individual's needs and optimize positive treatment outcomes. Certified addiction counselors work closely with a multi-disciplinary team consisting of mental health professionals.

HOUSING & RESIDENTIAL TREATMENT

Options offers several residential treatment facilities for adults with severe and persistent mental illnesses, as well as independent housing, in Josephine and Jackson Counties. We also provide transitional drug and alcohol free housing in Grants Pass for women who are developing the life skills the need to acquire permanent, clean and sober housing. Contact our residential program for more information.

MOBILE CRISIS

The Mobile Community Crisis Response Team provides screening and Peer Specialist Recovery Services for individuals with psychiatric emergencies presenting at multiple locations throughout the community such as response to Public Safety, the Sobering Center, Homeless Shelters, medical offices, and Three Rivers Medical Center.

JAIL DIVERSION

The Jail Diversion program provides jail in-reach and diversion services provided via a therapist, case manager and Peer Specialist. This program is designed to divert individuals from the corrections system into needed mental health services and supports.

MENTAL HEALTH FIRST AID

Mental Health First Aid training is offered to the community throughout the year to teach a 5-step strategy on how to assist someone who is experiencing a mental health crisis.

PEER SERVICES

Options offers an Illness Management and Recovery (IMR) program using Peer Recovery Specialists. Peers teach skills and offer supports to others as they work to develop and make progress toward their life goals and recovery.

DIALECTICAL BEHAVIOR THERAPY

Dialectical Behavior Therapy (DBT) is an evidence-based cognitive-behavioral therapy that brings results and hope to many young people and their families who are struggling with issues such as chronic depression/anxiety, self-harm, anger, impulsivity, eating disorders, attention problems, confusion about self, relationship issues, substance abuse, and other dilemmas.

This is not a full list of services and supports that Options provides. Please contact us for more information .



ADULT THERAPY SERVICES

Mental health specialists and a panel of contracted private providers perform group and individual psychotherapy, mental health assessments, and other services for adults, including referrals to appropriate community resources.

CASE MANAGEMENT/SKILLS TRAINING

Evidence based strengths based Case Management program promotes community integration via work, education, housing, access to entitlements, social and leisure activities, and other community based supports. Education and training on a variety of life skills.

OSECE AND OCEACT

Options is the Oregon Supported Employment Center for Excellence (OSECE) and helps train more than 37 sites in Oregon in this successful model of employment. Options is also the Oregon Center for Excellence for Assertive Community Treatment (OCEACT). OCEACT works with 35 ACT teams. Both Centers for Excellence provide training, technical assistance and program evaluation/certification annually to the programs.

MENTAL HEALTH COURT

Options collaborates with Community Corrections, Public Safety, the Public Defender's office, the District Attorney's office, and the Courts to divert mentally ill offenders from jail or prison and engage them in mental health treatment.

THINKING SKILLS FOR WORK

This program is designed to improve a client's ability to benefit from supported employment and combines computer cognitive training within vivo applications.



INTEGRATED PRIMARY CARE BEHAVIORAL HEALTH

On site therapist and/or nurse practitioner located in multiple primary care office including Grants Pass Clinic and Women's Health Center. Integrated behavioral health services are also provided in federally qualified health centers.

5 STAR PATIENT CENTERED PRIMARY CARE HOME (PCPCH)

Family Medical Nurse Practitioner imbedded in Hillside Center provided integrated medical services to individuals with mental illness and co-occurring disorders. This PCPCH has a 5 star rating and is recognized as achieving the highest ranking possible.

SUICIDE PREVENTION SERVICES & ASSIST TRAINING

This prevention and education program is aimed at increasing identification, referral, treatment and coordination of services for individuals at risk of suicide.

BEHAVIORAL HEALTH FOR OLDER ADULTS & PEOPLE WITH DISABILITIES

The Specialist in this program facilitates the education of community partners regarding the field of geriatrics, disability, mental health, and addiction services by improving service coordination and reducing gaps for people with multiple needs.

PEER SUPPORTED INDEPENDENT HOUSING

A collaborative program with United Community Action Network (UCAN) for increased supported housing for individuals with mental illness.

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Creekside Center
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Child & Family Services
Certified Behavioral Health Center

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Adult Services
Psychiatry Services
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Illinois Valley Center
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Adult Services
Child & Family Services by appt.

Bryson Center
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Adult Services
Child & Family Services
Psychiatry Services
Certified Behavioral Health Center



Options for Southern Oregon serves people of all ages in our community who have mental health needs. Our holistic approach addresses housing, advocacy, community integration, crisis intervention, therapy, co-occurring issues, education, work, and economic well-being. We foster the development of mental and emotional health in children, adults, and families, and support our clients' participation as respected members of the community.

**Phone All Offices: (541) 476-2373
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**Crisis Hotlines:
Josephine County: (541) 474-5360
Jackson County: (541) 774-8201
or Dial 911**