

Adult Integrated Behavioral Health Outpatient Program

Encompass Adult Integrated Behavioral Health Outpatient services provides quality outpatient mental health and substance use disorder (SUD) treatment for adults living in Santa Cruz County. Services are provided in a supportive, safe, and welcoming environment for all qualified clients irrespective of race, ethnicity, nationality, language, gender, socioeconomic status, physical and mental ability, and sexual orientation.

Our guiding philosophy is providing quality, whole person care. We provide treatment and case management services that support the client in addressing all issues impacting their day-to-day lives - including mental health, substance use issues, family system challenges, and socio-economic challenges. We strive to provide services that support comprehensive individual well-being and are dedicated to the following core values:

- **Improved quality of life** – Support the client in achieving their treatment goals and improve their overall health and life functioning.
- **Community Engagement** - Fully engage, support, and partner with the client and their sober support networks to promote sustained healing and stability.
- **Client-driven Services and Treatment Plans** - Ensure services are individualized to each client, taking into account their culture, trauma history, mental health needs, and stage of change.
- **Trauma-Informed Experience** - Provide treatment, care, and support across the entire program that is guided by trauma-informed principles.
- **Culturally and Linguistically Responsive** - All program activities are deeply responsive to our diverse local cultures.

Our team of clinicians and counselors work closely with adult clients in providing a comprehensive initial assessment to determine appropriate level of care and to assist in developing individualized, client-centered treatment plans. Services provided include individual and family counseling, crisis intervention, case management, and group counseling. The day/time and frequency of sessions and treatment approach is determined in collaboration with clients.

Services are provided at our North and South Adult Outpatient locations and are also offered in-person or by phone or video in appropriate settings in the community, such as the client’s home. Services are provided Monday through Friday during normal business hours 9:00am-5:00pm with some extended hours to accommodate clients’ needs.

Alto Counseling Center-North 716 Ocean St, Suite #200 Santa Cruz, CA, USA (831) 423-2003	Alto Counseling Center-South 585 Auto Center Dr, Bldg B Watsonville, CA, USA (831) 728-2233
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Adult Mental Health Counseling

Beacon Services

Encompass Community Services' Adult Mental Health Outpatient services are provided in South and North county locations in efforts to support the transportation needs of clients and accessibility to services. Encompass provides mental health treatment services to clients covered by Medi-Cal and who have mild to moderate mental health needs. The program supports clients in improving overall health and life functioning, increasing positive coping skills, and building social supports. Services are provided by a highly skilled and trained team grounded in evidence-based and trauma-informed principles including Motivational Interviewing, Harm Reduction, and Mindfulness-based techniques.

The ReTurn Project

The ReTurn Project, an outpatient mental health treatment program of Encompass Community Services, serves AB 109 clients that are involved in the criminal justice system. The overall goal of the ReTurn Project is to connect with clients while they are in custody to begin addressing their treatment and reentry needs while incarcerated. Once clients are released from custody, ReTurn staff continue to work with the client to identify their reentry and mental health needs as they transition back to the community. The ReTurn Project regularly implements various evidenced based practices such as Motivational Interviewing and mindfulness-based treatment interventions. ReTurn staff work with clients to help them self-identify their reentry issues that are interfering with their successful reintegration into the community.

Adult Substance Use Disorder Counseling

Encompass Community Services' Adult Substance Use Disorder (SUD) Outpatient Program is a California Department of Health Care Services (DHCS)-certified Alcohol and Drug Program (ADP) and Drug Medi-Cal (DMC)-certified program. The Adult SUD Outpatient Program provides high-quality, trauma informed therapeutic interventions for individuals struggling with substance use issues through individual and group counseling and Medication Assisted Treatment (MAT) services. The SUD Outpatient program regularly implements various evidenced based practices such as Motivational Interviewing, Seeking Safety, Matrix, and mindfulness-based treatment interventions. The goal of the SUD Outpatient program is to assist clients with identifying their own substance use and recovery treatment goals so that they may have improved health and overall quality of life.

myStrength App

All clients also have access to the myStrength app, which gives 24/7 access to daily supports to increase overall well-being and resiliency. This includes access to personalized self-care planning for anxiety, depression, SUD, and other mental health challenges; access to mindfulness and meditation activities; and tips and tricks to manage stress.