

HOPE Connections Peer and Family Engagement

HOPE Connections offers adult, youth and family mental health support and referral services, along with side-by-side coaching and education on San Diego's Mental Health System of Care. We provide quality care while respecting the value and dignity of each individual and family we serve.

We believe in strengthening the voices of our clients and instilling hope and resiliency using a strong peer model. Our services practice cultural responsiveness, creativity, and the highest ethical standards.

HOPE Connections helps to reduce the stigma related to mental illness that can create barriers to recovery.

HOPE Connections is led by Mental Health Systems in collaborative partnership with the National Alliance on Mental Illness, San Diego (NAMI-SD) and Union of Pan Asian Communities, San Diego (UPAC-SD). The program provides guidance, support, information, linkages and referral services to adults, youth, and families.



HOPE Connections

Business Office:

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A collaborative partnership with:



Funded by the County of San Diego, Health and Human Services Agency, Mental Health Services

MHS is a 501(c)(3) non-profit corporation.

HOPE Connections

**Peer, Family Engagement and
Mental Health Support Services**



How Can We Help?

We provide a wide range of services to assist you in your recovery and enhance your well-being. Our goal is to help you successfully reintegrate into your community, supporting you and your family as you navigate the County of San Diego's mental health and primary health care systems. Our services are offered both at the San Diego County Psychiatric Hospital (SDCPH) and at our satellite site. We are available during significant life transitions such as:

- Initial engagement of services
- Transitions between different mental health and primary care programs
- Changes in living situations
- Becoming employed or returning to employment
- Transitioning out of the mental health system to community resources
- Learning to access the support you need from San Diego County Psychiatric Hospital (SDCPH), County Outpatient Clinics and other community services

Our Services

Guided by peer and family support staff, our services are developed with you and your significant others. Individualized goals are created to help you identify and achieve your hopes and dreams. The length of your services with us is based on your level of need. Our staff include men and women of varied ages, ethnic and racial backgrounds, who are trained peer and family supports.

We provide the following Peer and Family Engagement Services:

- Needs Assessment
- Peer and Family Support Programs
- Side-by-side Coaching
- Increasing the involvement, trust and support of your family
- Education on subjects such as mental illness, symptom management, how to talk to your doctor, and how to access support

We offer referrals and linkages to:

- Peer Support
- Family Education and Support
- Therapy and Treatment
- Co-Occurring Disorders Services
- Non-Residential/Outpatient Programs/ Primary Care
- Transition Age Youth Services (TAY)



Who Do We Serve?

We serve adults at least 18 years of age or older (including TAY and older adults) who are accessing the San Diego County Outpatient Mental Health Clinics.

Our primary focus is providing services to anyone accessing emergency psychiatric services, as well as providing services to their families and supports.

Referral Process

We accept referrals from agencies and individuals including:

- Self-referral
- Referral by family or friends
- Referral by community organizations

Referral to community resources is provided to those who are ineligible for our program.

