



Phoenix of
Santa
Barbara

MAINSTREAM

A path of
recovery
for those with
psychiatric
conditions.
Learn how to
cope. Learn how
to thrive.

Phoenix of
Santa Barbara is a
non-profit mental
health agency founded
in 1972.

Phone: (805) 965-3434
Fax: (805) 965-3797

www.phoenixofsb.org

Mainstream offers wrap-around services

Mainstream is a wrap-around service where staff provide support to clients in a variety of settings - their homes, in inpatient units, or while they are going about the regular activities of life.



The psychiatric challenges we work with include schizophrenia, bipolar disorder, depression, and drug and alcohol addiction.



We like to partner with family members and significant others of clients in reaching the goals that the client and family members think are important.

Menu of Mainstream Services

We encourage the client to choose options from our menu of services. Families can be important in helping with these choices.

Here are services you can choose. They can also be specially tailored to suit your needs:

- **Supportive housing** services that help in finding and keeping housing
- **Vocational** services: Developing opportunities for paid or volunteer work
- Services to help **access educational offerings** in the community
- **1-1 recreational activities** with clients
- **Group outings**, such as whale-watching, or hiking a trail, or visiting an LA museum.
- Helping clients **develop skills** such as how to more effectively communicate, manage money, head off a crisis, shop, cook, develop friendships
- **Helping families and clients** learn the principles of recovery and support
- **1-1 Counseling** as needed, and phone support
- **Sober coaching** such as helping clients attend 12-Step meetings, and avoiding relapses
- **Medication monitoring**
- **Coordination of services & case management**
- **Group support**
- **24/7 on-call support** for emergencies.
- **Companion services**, where we accompany clients to doctor's appointments and other activities.

Vision

Phoenix of Santa Barbara is a community of staff, clients and family members. Our aim is to offer the right level of support to mentally ill individuals to enable them to establish a positive footing, and to learn how to cope and flourish.



Our vision of the work we do is inspired by the social rehabilitation

model, where we focus on the strengths of individuals, and work to help them cope with, eliminate, or surmount symptoms.

A diagnosis is not your destiny.

We encourage families and individuals to discover the solutions they are seeking, with a strong emphasis on creativity.



Executive Director:
J. T. Turner, MFT

Clinical Director:
Jim Piekarski, MFT



Phoenix of Santa Barbara
Rehab from the inside out

Fee Schedule

There are several options, where you can **pay-as-you-go** for services, with the following rates

\$65 per hour of service

\$35 per half hour of service

\$30 per group attendance

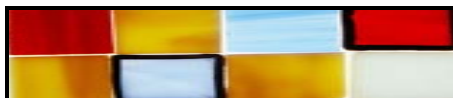
(services are billed monthly)

Get a discount!

- 15 percent discount for an annual package of services
- 10 percent discount for a 6-month package of services
- 5 percent discount for a 3-month package of services

We can help you put together a package of services that meets the client's and the family's needs.

Pay by check or credit card



For information about services
contact Program Manager : **Karen
Booth** at (805) 965-3434 ext 113

kbooth@phoenixofsb.org

Other Phoenix of Santa Barbara Programs

Phoenix House



Mountain House



We have two highly-regarded residential treatment programs in Santa Barbara: Phoenix House and Mountain House. Both houses are in beautiful settings, next to parks. We have private-pay single rooms at these facilities.

Dual Diagnosis Program

For adults struggling with mental illness and addiction, we have an outpatient drug treatment program for adults where the focus is on both harm-reduction and recovery.