



Advocating for people with
mental health needs
and developmental disability

HANDBOOK

Purpose

Many of us are not prepared to help with both mental health conditions and intellectual disabilities. Knowing about resources and having a plan to respond can help a caregiver prevent a crisis that requires emergency services or inpatient hospitalization for the person with intellectual disabilities.

Background

California has 21 community-based regional centers in the developmental disabilities service system. Contact all regional centers through the  [California Department of Developmental Services](#).

One of the centers, San Gabriel/Pomona Regional Center, created PROJECT HOPE to:

- 1) Access mental health treatment, social skills, anger management, and sexuality training for adults who use the regional center and have had significant mental health crises;
- 2) Provide training sessions and resources for caregivers who support individuals served by the regional center; and
- 3) Develop web-based plain language videos and tools for a broad audience seeking resources to support adults with mental health conditions and intellectual disabilities.



PROJECT HOPE is funded by the Mental Health Services Act (MHSA) in partnership with the [California Department of Mental Health](#) and [Department of Developmental Services](#).

PROJECT HOPE VIDEOS

Each of PROJECT HOPE's three videos guide caregivers through basic steps of observing, documenting and preparing for a visit with a mental health provider.



Introduction on the website home page describes the purpose of PROJECT HOPE and explains what is covered in the following two videos:



Signs and Symptoms three parts highlight important steps: observing, documenting and preparing. Videos show what to observe and how to record observations. Using the online forms helps caregivers to prepare for a meeting with a mental health provider.



Using the Mental Health System three parts highlight important steps: finding a mental health provider, preparing for the meeting, and meeting with the provider. The video shows what happens during the meeting.

PROJECT HOPE FORMS

(with person's permission, these forms can be completed and shared with mental health provider)

Observation Form 1 focuses on recording behavior or activities to share with a mental health provider.

Observation Form 2 asks for additional important information that helps a mental health provider.

Meeting Preparation Checklist is a list of what to do before the meeting with a mental health provider and what to bring.

RESOURCE WEBPAGE

The resource section of the website includes mental health publications and links to related websites divided into three categories:  Advocacy & Education;  Rights; and  Services.

RIGHTS AND PROTECTIONS

All recipients of mental health services should expect to be treated respectfully and without discrimination. Persons with mental illness have the same legal rights and responsibilities guaranteed to all persons by the US Constitution and laws and the Constitution and laws of California.

Information about rights:

<http://www.camhpra.org/patients-rights-advocacy/chapter-4.html>

PROJECT DETAILS

For in-depth background and replication information about PROJECT HOPE, click the “Project Replication” tab at the bottom of the website page.

CREDITS

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