

PROJECT HOPE is a collaborative effort between Alma Family Services and the San Gabriel/Pomona Regional Center (SG/PRC) to help increase one's quality of life.

Project Participants

PROJECT HOPE offers support, treatment and education for San Gabriel/Pomona Regional Center's adult clients, who are frequent users of emergency and inpatient psychological services.

PROJECT HOPE strongly encourages the participation of family members or care-providers in the healing process.

The typical participant at PROJECT HOPE has the following condition:

- A history of one or more admissions to psychiatric emergency services and inpatient facilities.

and may also have any of the following:

- A history of unsuccessful placements in residential facilities and day programs
- Drug and/or alcohol problems
- Behaviors that include being aggressive, assaultive, self-injurious, sexually assaultive or sexually acting-out, making suicidal threats, or having physical and verbal outbursts.



PROJECT HOPE

This project and brochure are funded by the
Mental Health Services Act (MHSA)
in partnership with the
California Department of Mental Health
and
Department of Developmental Services.

You are not alone!

**Seeking to prevent the
onset of psychiatric crises
requiring emergency
services or inpatient
hospitalization**

PROJECT HOPE therapeutic team will...

- Assess the individual's psychological, medical, neurological, and pharmacological history.
- Develop a plan of care for the individual.
- Define the responsibilities of all participants in the individual's plan of care.
- Provide education regarding medications and side effects.
- Provide education on "Signs and Symptoms of Mental Health Disorders" to families/care providers of project participants.
- Provide education on "Navigating the Mental Health System" to families/care providers of project participants
- Make recommendations for stabilization of the individual in the community.
- Conduct individual and group psychotherapy services which include training in anger management.
- Conduct group/individual social skills training.
- Conduct group/individual sexuality training services.

Treatment

Treatment for PROJECT HOPE participants consists of individual or group therapy for the Regional Center client and education/training for the care provider/family members who are supporting the individual participating in PROJECT HOPE.

Project participants may also receive psycho-educational topics such as anger management, social skills training and sexuality training.

Therapy focuses on recognizing and affirming the individual's positive qualities while developing socialization and independent living skills.

Treatment for PROJECT HOPE participants is free of cost to the participant.

Therapeutic Team

The PROJECT HOPE therapeutic team consists of licensed clinicians and collaborates with staff and consultants of the San Gabriel/Pomona Regional Center.

In some cases PROJECT HOPE may also collaborate with the Bio Behavioral Consultation Committee Members.

Treatment Locations

Individual psychotherapy services may be provided at Alma offices, residential facilities, or at other locations as appropriate.

Group therapies/group trainings are provided at two different locations:

Alma Family Services

4024 Durfee Ave.

El Monte, CA 91732

and/or

San Gabriel/Pomona Regional Center

761 Corporate Center Dr.

Pomona, CA 91768

Referral Process

Services for PROJECT HOPE may be requested by contacting the individuals' SG/PRC Service Coordinator at (909)620-7722 or by calling the Service Coordinator's direct phone number.

Confidentiality

The team at PROJECT HOPE treats confidentiality with utmost importance. No information during therapy sessions will be shared without the participant's consent.