



# California—State Resource Guide

## State Behavioral Health Agency

For more information about admission, care, treatment, release, and patient follow-up in public or private mental health and substance abuse treatment facilities, contact your State agency:

Department of Mental Health  
Health and Welfare Agency  
1600 Ninth Street, Room 151  
Sacramento, CA 95814  
Phone: 916-654-3890  
Toll-free: 800-896-4042  
TDD: 800-896-2512  
Fax: 916-654-3198  
E-mail: [dmh.dmh@dmh.ca.gov](mailto:dmh.dmh@dmh.ca.gov)  
Internet: <http://www.dmh.ca.gov>

Department of Alcohol and Drug Programs  
1700 K Street  
Sacramento, CA 95811  
Phone: 916-327-3728  
Toll-free: 800-879-2772  
TDD: 916-445-1942  
Email: [ResourceCenter@adp.ca.gov](mailto:ResourceCenter@adp.ca.gov)  
Internet: <http://www.adp.cahwnet.gov>

## State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Federal Substance Abuse and Mental Health Services Administration (SAMHSA). Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address

issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Disability Rights California  
1831 K Street  
Sacramento, CA 95811-4114  
Phone: 916-504-5800  
Toll-free: 800-776-5746  
TDD: 800-719-5798  
Fax: 916-504-5802  
E-mail: [info@disabilityrightsca.org](mailto:info@disabilityrightsca.org)  
Internet: <http://www.disabilityrightsca.org>

*Spanish language assistance available*

## Family Support

SAMHSA awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information, contact:

United Advocates for Children and Families  
2035 Hurley Way, Suite 290  
Sacramento, CA 95825  
Phone: 916-643-1530  
Toll-free: 866-643-1530  
Email: [information@uacf4hope.org](mailto:information@uacf4hope.org)  
Internet: <http://www.uacf4hope.org>

Parents Helping Parents  
Sobrato Center for Nonprofits-San Jose  
1400 Parkmoor Avenue, Suite 100  
San Jose, CA 95126  
Phone: 408-727-5775  
Toll-free: 855-727-5775 (Statewide)  
Fax: 408-286-1116  
Internet: <http://www.php.com>

### **Centers for Medicare and Medicaid Services (CMS)**

The Centers for Medicare and Medicaid Services, which are part of the U.S. Department of Health and Human Services, investigate some complaints about treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services  
7500 Security Boulevard  
Baltimore, MD 21244-1850  
Phone: 410-786-3000  
Toll-free: 877-267-2323  
TDD: 866-226-1819  
E-mail: [question@cms.gov](mailto:question@cms.gov)  
Internet: <http://www.CMS.gov>

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 9. The regional office address and telephone numbers are:

San Francisco Regional Office  
Centers for Medicare and Medicaid Services  
90 – 7<sup>th</sup> Street, Suite 5-300  
San Francisco, CA 94103-6706  
Phone: 415-744-3501  
Internet:  
<http://www.cms.gov/RegionalOffices/Downloads/SanFranciscoRegionalOffice.pdf>

### **Advocacy Organizations**

Local chapters of Mental Health America (formerly the National Mental Health Association) have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health Association in California  
1127 11<sup>th</sup> Street, Suite 925  
Sacramento, CA 95814  
Phone: 916-557-1167  
Fax: 916-447-2350  
E-mail: [rselix@mhac.org](mailto:rselix@mhac.org)  
Internet: <http://www.mhac.org>

The National Alliance on Mental Illness maintains a helpline for information on mental illnesses and referrals to local groups.

The local self-help groups have support and advocacy components and offer education and information about community services for families and individuals. For information about the Alliance's affiliates and activities in your State, contact:

NAMI California  
1010 Hurley Way, Suite 195  
Sacramento, CA 95825  
Phone: 916-567-0163  
Fax: 916-567-1757  
E-mail: [support@namicalifornia.org](mailto:support@namicalifornia.org)  
Internet: <http://www.namicalifornia.org>

*Spanish language assistance available*

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information about mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

California Network of Mental Health Clients  
2012 19<sup>th</sup> Street, Suite 100  
Sacramento, CA 95818  
Phone: 916-443-3232  
Toll-free: 800-626-7447  
Fax: 916-443-4089  
E-mail: [info@californiaclients.org](mailto:info@californiaclients.org)  
Internet: <http://www.californiaclients.org>

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by SAMHSA, promotes and helps to develop consumer-run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking. For more information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse  
1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107

Phone: 215-751-1810  
Toll-free: 800-553-4KEY (539)  
Fax: 215-636-6312  
E-mail: [info@mhsselfhelp.org](mailto:info@mhsselfhelp.org)  
Internet: <http://www.mhsselfhelp.org>

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities. For information on consumer/survivor activities in your area, contact:

The National Empowerment Center  
599 Canal Street  
Lawrence, MA 01840  
Phone: 978-685-1494  
Toll-free: 800-769-3728  
Fax: 978-681-6426  
Internet: <http://www.power2u.org>

### Other Sources of Information

There are many sources of information that you can tap. Our area mental health authority, which is generally a part of the local government, may be useful. Other branches of your city or county government also may be able to help. For example, the education office might have information about help for children, and the agency for the aging might know about services for senior citizens. In addition, your family physician or area hospital may be able to make referrals. For legal advice, contact your local bar association or go to <http://www.findlegalhelp.org>. Also, your local library and telephone yellow pages may have resource lists for sources of help in your community.

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