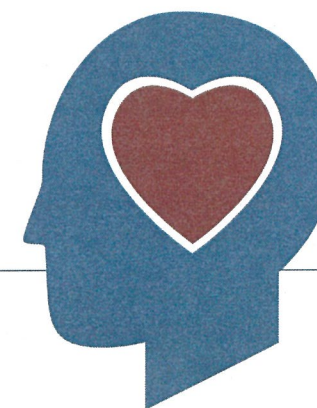




Humboldt County
Mental Health
**Humboldt
Bridges
to Success**



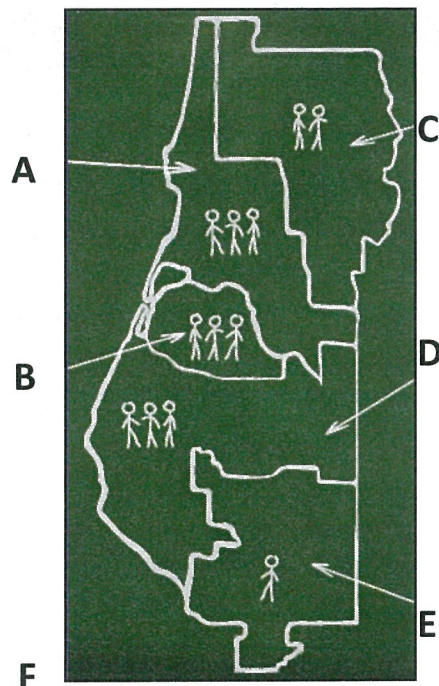
How to access services through Humboldt Bridges to Success:

Please contact your child's school administration or speak with your school counselor or psychologist.

The regional team will typically respond within 24 hours of the discussed referral.



For mental health crises that require immediate attention, call the Mental Health 24-Hour Crisis Line at 707-445-7715 or toll-free at 888-849-5728.



HBTS staffing for regions on the above map include:

- A. Northern Humboldt** – one Clinician, one Service Navigator and one Family and Child Support Technician.
- B. Humboldt Bay** - one Clinician, one Service Navigator and one Family and Child Support Technician.
- C. Eastern Humboldt** - one Clinician and one Service Navigator.
- D. Eel River Valley** - one Clinician, one Service Navigator and one Family and Child Support Technician.
- E. Southern Humboldt** - one Clinician.
- F. Humboldt County** - one Clinician and one Service Navigator serve youth ages 0-5 throughout the county.

Humboldt Bridges to Success

The Humboldt Bridges to Success (HBTS) team works with staff at local schools to provide short-term, school-based mental health intervention and support to students who are in crisis or are at risk of crisis. These services are available to children and youth through 12th grade. Services include:

- School-based crisis response - Staff work with students, their families and schools to de-escalate and resolve crises
- Crisis stabilization - Crisis assessment, short-term counseling and case management services
- After-care - Referrals for long-term assistance and support may be provided.
- Education and training - HBTS is designed to increase awareness and ability to recognize the signs and symptoms of behavioral health issues and how to respond
- Availability - Services are available and accessible through schools countywide
- Need help? Talk to your child's school administration to discuss a referral to HBTS.

Application of HBTS

HBTS has six DHHS Mental Health Clinicians stationed throughout the county along with five Student Services Navigators and three Family Support Technicians. These staff work alongside school personnel (counselors, school psychologists, teachers and administrators) to:

- Identify children and youth in need of support
- Determine and provide an appropriate, limited-duration intervention over a number of weeks or months
- Determine if the intervention had the desired impact
- If successful, slowly discontinue the intervention and continue to monitor the child
- If additional supports are needed, access more intensive, longer-duration interventions.



HBTS referral process

- Referring school staff member completes HBTS Crisis Triage Referral Checklist
- Referring school staff member meets with site administrator (or designee) for HBTS referral approval
- School site administrator (or designee) sends referral to identified regional team
- Supervising Mental Health Clinician and Supervising Mental Health Coordinator review referral and assign regional team or other supports as needed
- When indicated, regional clinician will meet with staff and/or child or youth to complete evaluation
- When indicated, regional clinician will create a Service and Support Plan, and will work with the Student Services Navigator and Family Support Technician for follow-up and assistance with accessing services.