



# California—State Resource Guide

## State Mental Health Agency

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

Stephen W. Mayberg, Ph.D., Director  
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: [www.dmh.cahwnet.gov](http://www.dmh.cahwnet.gov)

*Spanish language assistance available*

## State Substance Abuse Agency

Contact your State substance abuse agency for information about treatment and care of substance abuse disorders:

Kathryn P. Jett, Director  
Department of Alcohol and Drug Programs  
1700 K Street  
Sacramento, CA 95814  
Phone: 916-327-3728  
Toll-free: 800-879-2772  
TDD: 916-445-1942  
Internet: [www.adp.cahwnet.gov](http://www.adp.cahwnet.gov)

## State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Federal Center for Mental Health Services.

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:

Protection and Advocacy, Inc.  
100 Howe Avenue, Suite 185-N  
Sacramento, CA 95825  
Phone: 916-488-9955  
Toll-free: 800-776-5746  
TDD: 800-719-5798  
Fax: 916-488-9960  
E-mail: [infor@pai-ca.org](mailto:infor@pai-ca.org)  
Internet: [www.pai-ca.org](http://www.pai-ca.org)

*Spanish language assistance available*

## Family Support

The Center for Mental Health Services 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:

Parents Helping Parents  
3041 Olcott Street  
Santa Clara, CA 95054  
Phone: 408-727-5775  
Fax: 408-727-0182  
E-mail: [info@php.com](mailto:info@php.com)  
Internet: [www.php.com](http://www.php.com)

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

The Centers for Medicare and Medicaid Services, which are part of the 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: [www.CMS.gov](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  
75 Hawthorne Street, Suite 408  
San Francisco, CA 94105-3903  
Phone: 415-744-3501  
Fax: 415-744-3517  
Internet: [www.CMS.gov/RegionalOffices/10\\_RO9.asp](http://www.CMS.gov/RegionalOffices/10_RO9.asp)

### 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: [swelch@mhac.org](mailto:swelch@mhac.org)  
Internet: [www.mhac.org](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: [www.namicalifornia.org](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:

Sally Zinman, Executive Director  
California Network of Mental Health Clients  
1722 J Street, Suite 324  
Sacramento, CA 95814  
Phone: 916-443-3232  
Toll-free: 800-626-7447  
Fax: 916-443-4089  
E-mail: [main@californiaclients.org](mailto:main@californiaclients.org)  
Internet: [www.californiaclients.org](http://www.californiaclients.org)

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by the Center for Mental Health Services, 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: [www.mhsselfhelp.org](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  
E-mail: [info4@power2u.org](mailto:info4@power2u.org)  
Internet: [www.power2u.org](http://www.power2u.org)

The Consumer Organization & Networking Technical Assistance Center (CONTAC) funded by the Center for Mental Health Services, is a resource center for consumers/survivors and consumer-run organizations across the United States. Services and products include informational materials; on-site training and skill-building curricula; electronic and other communication capabilities; networking and customized activities promoting self-help, recovery, leadership, business management, and empowerment.

For more information contact:

Consumer Organization & Networking Technical Assistance Center (CONTAC)  
P.O. Box 11000  
Charleston, WV 25339  
Phone: 304-345-7312  
Toll-free: 888-825-TECH (8324)  
Fax: 304-345-7303  
E-mail: [usacontac@contac.org](mailto:usacontac@contac.org)  
Internet: [www.contac.org](http://www.contac.org)

### **Other Sources of Information**

There are many sources of information that you can tap. Your 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 [www.findlegalhelp.org](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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