

General Family Resources

Suicide and Crisis Lifeline	988
CIT (Crisis Intervention Team)	911
<i>Ask for trained officer (not available in all cities)</i>	
United Way Silicon Valley	211
<i>Free, non-emergency community, health and disaster information</i>	
EPS (Emergency Psychiatric Services)	408 885-6100
Call Center	800 704-0900
<i>To request services in Santa Clara County</i>	
National Alliance on Mental Illness (NAMI)	408 453-0400
<i>Information and support groups</i>	
Mental Health Advocacy Project	408 294-9730
<i>Legal assistance</i>	
EMQ FamiliesFirst Crisis 24/7	408 379-9085
<i>Mobile crisis unit for adolescents (0-17 yrs old)</i>	
Office of Family Affairs	408 792-2166
Main Jail, San Jose	408 808-5216

Hospitals and Clinics

BAP (Barbara Aarons Pavilion), VMC	
Unit 400	408 885-6140
Unit 500	408 885-6150
Crestwood Center, San Jose	408 275-1010
El Camino Hospital	650 940-7291
Kaiser Behavioral Health Center	408 851-4850
Mission Oaks Hospital	408 559-2011
Stanford Behavioral Health Unit	650 723-5001
7th Avenue Center, Santa Cruz County	831 476-1700
Fremont Hospital, Alameda County	510 796-1100



Information Booklet For Families in Crisis

5150

72-Hour Hold

When a person is at risk of hurting themselves or others, or is unable to care for themselves, they can be placed on a 5150 hold for evaluation and treatment.

This is an involuntary hold for the purpose of evaluating and helping your loved one. Only a designated professional can place a person on a 72-hour hold (also known as 5150 hold). This includes police officers, or licensed/card certified members of a crisis team, and/or other mental health professionals.

5250

14-Day Certification for Intensive Treatment

If a person is detained for 72 hours and is still gravely disabled, danger to self or others and has received an evaluation, he/she can be certified for an additional 14 days of intensive treatment related to their Mental Health.

AB1424

Historical Information from Family Members form

You can fill out the AB1424 form, which provides historical information about your loved one, and submit it to your loved ones treatment team.

If you do not have the form then you can send a letter with the necessary information instead.



Commonly used terms:

Danger to Others - words or actions which indicate a serious intent to cause bodily harm to another person; and which are due to a mental disorder.

Danger to Self - threats or actions which indicate the intent to commit suicide or inflict serious bodily harm to oneself, or actions which place the person in serious physical danger which is due to a mental disorder.

Gravely Disabled - An adult who, as a result of a mental disorder (rather than a chosen lifestyle or lack of funds) is unable to provide for his or her basic needs for food, clothing or shelter.

Advocate - The person mandated by the state law to ensure that mental health patients maintain their statutory and constitutional rights.

Temporary Conservatorship

If the person in charge of the facility where your loved one is staying, believes that he or she may benefit from the services of a conservator because he or she remains gravely disabled, then your loved one may be placed on a temporary conservatorship (T-Con) for up to 30 days. This can only be done by a medical doctor.

A **conservator** is a person who is appointed by a court to take care of your loved one and/or his or her property, while he or she is considered gravely disabled. The disability can be as a result of a mental disorder and/or an impairment due to chronic alcoholism.

A conservator may be a public agency representative or a private person.



EPS

What is EPS? EPS stands for Emergency Psychiatric Services. It is a locked psychiatric emergency room, which provides emergency psychiatric care for people in Santa Clara County.

The EPS Process - Every patient is assigned to a psychiatric registered nurse and a psychiatrist at all times. The psychiatrist will complete an evaluation and make a plan of care for each patient.

Care may include:

- * Crisis intervention and release back into the community with follow up services as appropriate. (Either Mental Health and/or Substance Abuse)
- * Medication and stabilization—with release from EPS back to the community
- * Medication and subsequent hospitalization—for further stabilization.



Release of Information

Your loved ones medical information **cannot** be released to you unless they sign a release of information form.

CIT (Crisis Intervention Team)

When calling 911 you may be able to request a CIT (Crisis Intervention Team) officer. This is a law enforcement officer who has received special training to help him or her productively interact with your family member who may have mental illness or who may be in crisis.

NOTE: It is important to know that not all cities have officers trained in crisis intervention.

How you can help...

When interacting with law enforcement or medical personnel, please provide current and accurate information (AB1424) for your loved ones assessment.

Such as current medications, previous treatment, and any other information that will help accurately evaluate your loved ones needs.

Riese Hearing

What is a Riese Hearing?

If a person on a hold refuses medication, then that person is allowed to request a Riese hearing, also known as a Medication Capacity Hearing.

A person on any of the LPS holds may refuse psychiatric medications. During a Riese hearing, a hearing officer, who is an attorney, will decide whether the patient has substantial mental capacity to make medication decisions. These hearings are usually held at the hospital.

At the core of Riese is the legal presumption that all mental health clients are competent. To assess capacity, the Riese court stated the decision maker should focus on whether the patient:

- 1) is aware of his or her situation (e.g. diagnosis/condition);
- 2) is able to understand the benefits and risks of, and alternatives to, the medication; and,
- 3) is able to understand and evaluate the medication information and participate in the treatment decision through a rational thought process.



Privacy Considerations

Except in unusual circumstances, no one besides the person being held is notified of the hearing. This is not considered a public hearing and therefore client privacy is of utmost importance.