Outreach/Education

- Mandala Warmline for individuals experiencing mental health challenges who are in need of peer support or resource referrals.
- Outreach to Community and Faith-Based Alliances
- Training to other mental health organizations

Mandala Sanctuary (1-3 months)

- 12 beds with Safe Room
- 1st Episode: extreme altered states of psychosis and mania
- Minimal or no exposure to antipsychotics or mood stabilizers
- Referrals transported from PES, mobile crisis units or by family/support network

24/7 staff trained in:

- Intentional Peer Support (IPS),
- Being with Extreme States Training (BEST)
- Emotional CPR (ECPR)
- Family Systems based therapy meetings with support network
- Faith-based Alliances to support specific spiritual needs

Continuum of Care

For those in need of further referrals after crisis stabilization:

- TAY Sys of Care
- Adult Sys of Care

Mandala Mobile

Structure: 2 Staff (One MFT/LCSW, One Peer)

Purpose: Assess crisis situation and determine best

environment for person in crisis

Intervention Methods: Family Systems Therapy-Respond to crisis calls; gather individuals and their support networks together for communal decision making process.

Referral Sources

Community Outreach &Training:

- PES (John George, Alta Bates/Herrick)
- BHCS Crisis Services
- Board and Care Homes
- Individuals & Families
- Schools & Community

Community Healing Room

- WRAP Groups
- Harm Reduction Groups
- Hearing Voices Groups
- Special Messages Groups
- Movement and Exercise
- Mindfulness Practices (Yoga and Meditation)
- Art and Expression
- Community Garden for Nutritious Meals at Sanctuary and Respite
- Network of Peer Supporters
- Health & Wellness Speakers Series

Mandala Crisis Alternative (4-6 weeks)

- 12 beds
- Alternative to psychiatric hospital for crisis stabilization
- People on/off meds, people with multiple episodes

Nurse practitioner and on-call peer support 24/7 trained in:

- Intentional Peer Support (IPS),
- Being with Extreme States Training (BEST)
- · Emotional CPR (ECPR)
- Family Systems based therapy meetings with support network
- Faith-based Alliances to support specific spiritual needs

Harm Reduction

Holistic Health Approach for those wanting to taper off meds

Mandala Respite (2 weeks)

- 8 -12 beds
- Prevention option to advert an oncoming crisis
- People on/off meds, people with multiple episodes

House Manager, Peer support 24/7 trained in:

- Intentional Peer Support (IPS)
- Emotional CPR (ECPR)

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