Project Life Coach

Round 1 Innovation project funded by the Mental Health Services Act (MHSA)

- Supportive Employment Services
- Comprehensive Life Coaching
- Participant Driven Services

Project Life Coach

- Increase access and utilization of services to the unserved and underserved, including monolingual populations

- Participant Driven Services
  - Assessment, Collaborative care plan development
  - Developing coping skills, identifying stressors, setting goals
  - Fostering independence
PLC Services

- Life Coaching Services
- Education
- Outreach and Engagement
- Case Management
- Brief Individual Therapy
- Support Groups
- Referrals and Linkages

PLC Staff

- Project Lead – Master’s Level Clinician
- Peer Specialists – 5 FTE Mental Health Workers
- Clinicians – 2.5 FTE Master’s Level Clinicians
  - Family Member/Consumer
  - Bilingual: Spanish, Vietnamese, Farsi, Korean

Eligibility Requirements

- Individuals, age 18 and older, who have a documented mental health diagnosis
  - Psychiatrist/psychologist/therapist
  - Orange county mental health clinic
- Orange County residents
- Legal to work here in the US
Enrollment Process

- **Referral**: Self-referred or referred from another agency/organization/clinic
- **Screening**: Project lead verifies eligibility
- **Intake**: Assigned clinician completes intake paperwork
- **Services**: Peer Specialist, Clinician
- **Terms**: Enrollment for up to 1 year

PLC Project Workflow

**Referral**
- Participant Referral (Recovery Centers, County Clinics, local agencies, social service providers)

**Intake**
- If meets inclusion criteria, clinician will meet with individual for initial assessment

**Screening**
- Eligibility Determination
  - Participant does not meet eligibility requirements; Referrals/Linkages
  - Participant declines services; Referrals/Linkages

**Services**
- Peer Specialists provide brief individual therapy as needed
- Peer Specialists provide ongoing supportive services
- Participants gain new coping skills and identify stressors
- Participants become more independent and successful in pursuit of life goals
- Participants gain and maintain employment

**Outcomes**

- To date, Project Life Coach has enrolled and served 207 Participants
- PLC has assisted and supported 77 Participants in competitive employment
- PLC has provided brief individual therapy to 75 of the participants
Participant Demographics

Project Life Coach has placed 77 out of the 164 active Participants in competitive employment. Various factors contributed 87 out of the 164 that were not placed, which included participants volunteering, deciding to pursue higher education, and some were simply unable to return to employment.

Additional Resources

- **OC NAMI**: National Alliance on Mental Illness
  714-544-5688

- **Women Helping Women/ Men2Work**:
  919-651-2333

- **Orange County One Stop Center**: North Orange County: 714-261-8880
  South Orange County: 949-361-8000

- **The OC WarmLine**: 877-923-8888

- **Goodwill Volunteer to Work**: 714-962-8823

- **OC Links**: Health Care Agency Behavioral Health Information and Referral Line
  855-625-9677
  (855-625-9677)
Contact Us

Project Life Coach
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PARTICIPANT TESTIMONIALS