



## Safe Coping Skills

Individuals can learn to cope safely, no matter what happens in their life.

Here are some examples of safe coping skills:

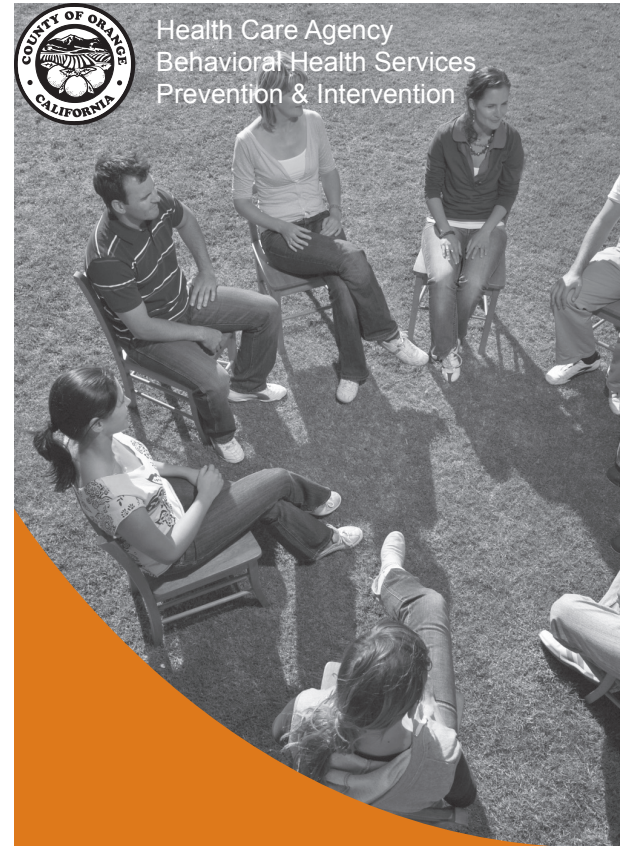
- Ask for help
- Take good care of your body
- Set a boundary in a relationship
- Re-think the situation
- Structure your day
- Observe repeating patterns
- Take responsibility
- Learn from experience



Health Care Agency  
Behavioral Health Services  
Prevention & Intervention



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1725 W. 17th St., Suite 101-B  
Santa Ana, CA 92706  
Phone: (714) 834-7926  
Toll Free: (866) 33-REACH (73224)  
Fax (714) 834-8235

## About Our Program

The mission of the **Risk-reduction, Education, and Community Health (REACH) Program** is to provide culturally competent services to help people improve their physical and emotional health, regardless of his/her circumstances or lifestyle.

Services are offered in a safe, confidential and non-judgmental environment for participants to address a variety of needs utilizing harm reduction methods and a client-centered approach to care.



## Services Provided

### *Case Management for current or former substance users who are HIV positive:*

Staff provides case management for eligible clients to assist them in accessing services to support their physical and mental well-being. Case managers work with each client to identify his/her needs and develop a plan to meet these needs, as well as provide on-going support.

Transportation for HIV positive individuals to medical appointments through van rides and bus passes are also provided to clients who qualify.

### *Education and Prevention:*

Staff conducts HIV, Hepatitis B & C, Syphilis, and Tuberculosis education, testing and counseling at County Alcohol & Drug Abuse Services (ADAS) Outpatient clinics and county-contracted substance use treatment programs. Staff also provides HIV educational classes, at no cost, for court-ordered individuals.

### *Outreach and Engagement:*

Staff provides services that promote mental health wellness to homeless and/or transitioning adults throughout Orange County. A series of educational groups called Seeking Safety are offered to participants to help them develop and practice healthy coping skills. Participants who attend Seeking Safety classes may be eligible to enroll in case management services to assist them in accessing services and developing a plan to achieve personal goals.

## Referral Process & Hours of Operation

REACH considers all referrals from the community.

For more information, please call:  
(714) 834-7926 or  
Toll Free (866) 33-REACH (73224)

Or feel free to drop by:  
1725 W. 17th St., Suite 101-B  
Santa Ana, CA 92706  
Mon-Fri 8 a.m. – 5 p.m.

Available evenings for education and outreach on an as needed basis