

A&A Health Services

Clinical and Recreational Program

A&A Health Services of San Pablo - an Adult Residential Facility

Focus: Mental Health and Dual Diagnoses

- **Transitional Adult Residential Community.**
 - Providing a comprehensive and unique solution of:
 - Mental Health Services, Therapeutic and Life Skills Programs.
- **225-bed licensed community providing resident centered care.**
- ❖ **Unique Approach:**
 - We design programming around the assessment *and*
 - What is important to the client, as well as their “best life” goal.
- **Specialize in helping clients that are aging in place**
 - Who need help with ADL’s (within our mental health acute setting)
- **Only provider with a background of:**
 - Mental Health, Senior Living, Dementia Care and Skilled Nursing.

Putting People First

“On My Own Program” and video of A&A Health Services San Pablo

Click on the link below for community video:

<https://youtu.be/HeQkMcO0WHE>

A&A Health Services - Services

- A Homelike Transitional Residential Care Community
- Mental Health Programming for Complex Patients with Dual Diagnosis.
- 24 x 7 Admissions from Acute and Forensic settings
- 24 x 7 Awake Staffing
- Medication Management by our Staff and Nurses, EMRs
- Psychiatric Support and Oversight
- Social Workers
- Mental Health Workers
- Nursing Care:
 - ADL's, Diabetic Care, Transfer Assist, Catheters, Oxygen
- Transportation to all necessary appointments in the client's county of origin
- Diabetic Care and Injections
- Life Skills Coaching

A&A Health Services - Life Skills Coaching

- **Communication skills and talking**
- **Financial awareness and money management**
- **Domestic tasks**
 - Doing the laundry, Keeping a room tidy, Cooking classes, Shopping for and Eating healthy food
- **Personal self-care**
 - Washing, Bathing, Cleaning teeth, Shaving, Combing hair and Getting dressed
- **Personal self-management**
 - Coping with stress, Managing time, Taking medication
- **Improving social skills**
- **Managing living in the community**
 - Taking public transportation, Obtaining a Real ID
- **Forward planning**
 - Applying for a job, Guidance in permanent housing searches

Staffing

- Executive Director
- Medical Director
- Licensed Vocational Nurses
- Med-Techs (administer and oversee Med Room)
- Mental Health Workers
- Social Workers
- Psychiatrist
- Life Coach
- Substance Abuse Counselor
- Housekeeping
- Dietary
- Maintenance

Summary – “IMD Lite”

- **A&A Health Services has created a transitional program that is missing from the current system**
 - Unfortunately, the current system keeps residents in acute settings, without having an appropriate step-down program.
- **Psychiatrist and Social Worker patients are cycled in and out of the acute system**
 - There is nowhere to discharge clients into an ARF, that has the higher level of care *with Wraparound Services*.
- **We have developed a program, accompanied by the community’s “physical plant” that fills the gap**
 - By providing services to patients that do not need to be in an acute setting, however they are not ready to go to a “standard” ARF – one that doesn’t have the services that are needed to ensure that the patient’s outcomes are successful in the future.