

Frequently Asked Questions

REACH: OUTREACH & ENGAGEMENT TEAM

What is Seeking Safety?

Seeking Safety was originally designed to help people who have experienced trauma and/or substance abuse, however this intervention can help any participant who can benefit from working on coping skills. The group activities are designed to help you become safe. "Safety" includes the ability to: cope with life without the use of substances, take good care of yourself, find safe people who can be supportive to you, free yourself from domestic violence or other current abusive relationships, prevent self-destructive acts, find ways to feel good about yourself, and to enjoy life.

Does Seeking Safety cost anything?

There is no cost for participating in the program as services are funded by the Mental Health Services Act (Proposition 63).

Where are Seeking Safety groups offered in the community?

Currently, the program offers on-going weekly groups at the REACH office that are open to the community. Groups are also provided in the community at transitional living facilities, homeless shelters, and parks. If you are interested in starting a group for your program or location, or want to learn more about how to join an open group, please call the Outreach and Engagement Team at (866) 337-3224 or (714) 834-7926.

Are services delivered in group settings only?

Seeking Safety can be provided in a group or individual setting, depending on the needs of the participant. We also provide individual, short-term case management to assist participants in identifying his or her needs and develop a plan to meet these needs. Both of these services link community members to appropriate resources and other supportive agencies.

I have a friend/family member who is interested in your services. How does he/she access these?

The first step would be to contact an Outreach and Engagement Team member at (866) 337-3224 or (714) 834-7926 for more information, to determine program eligibility, and to explore additional community referrals and resources.