



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



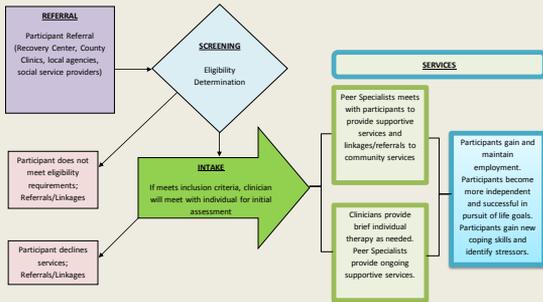
- ❖ Individuals, age 18 and older, who have a documented mental health diagnosis
 - Psychiatrist/psychologist/therapist
 - Orange county mental health clinic
- ❖ Orange County residents
- ❖ Legal to work here in the US

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

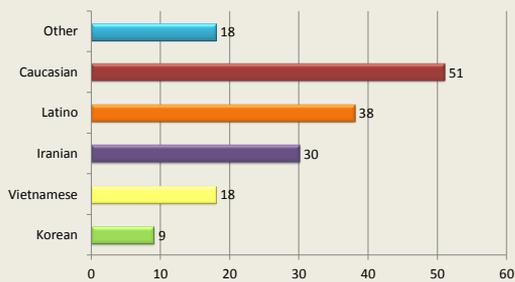


Outcomes

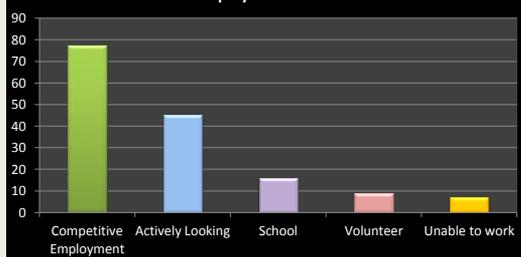


- ❖ To date, Project Life Coach has enrolled and served 207 Participants
- ❖ PLC has assisted and supported 77 Participants in competitive employment
- ❖ PLC has provided brief individual therapy to 75 of the participants

Participant Demographics



Employment Status



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 that participants were volunteering, deciding to pursue higher education, and some were simply unable to return to employment.

Additional Resources

❖ OC NAMI National Alliance on Mental Illness 714-544-8488	❖ The OC WarmLine: 877-910-WARM
❖ Women Helping Women/ Men2Work 949-631-2333	❖ Goodwill Volunteer to Work 714-462-4823
❖ Orange County One Stop Center North Orange County: 714-241-4900 South Orange County: 949-341-8000	❖ OC Links Health Care Agency Behavioral Health Information and Referral Line 855-625-4657 (855-OCLINKS)



Contact Us

Project Life Coach

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PARTICIPANT TESTIMONIALS