



RECOVERY THROUGH INNOVATION

Anchor Rehabilitation Center

The Anchor Rehabilitation Center will finally open its doors to accept patients on May 4. The lengthy and drawn-out process has finally been completed, and the staff are in place per DHCS regulations. We will be providing both rehabilitation services, round the clock nursing, and a skills-building program to enhance distress tolerance, emotion management, interpersonal relations, and mindfulness skills. Patients are generally conserved but have not benefited from several or any previous treatment approaches. This program allows for MediCal reimbursement, such that it is much more inexpensive for the county, as well as providing unique and individually tailored approaches to ensure patients make progress and improve their sense of wellbeing and quality of life. We will be accepting patients with co-occurring substance use disorders, chronic medical challenges, and history of inability to benefit or progress from previous treatment situations. Daily group rehabilitation will be provided based on Dialectic Behavior Therapy, as well as substance use treatment and medical care. We are working with county Behavioral Health Services to provide a needed element in the county's capability to treat folks at all levels of need to build skills and work toward identified goals, and transition services to step patients down to supported community placement that meets their level of need and provides a sense of developing a "life worth living".

Anchor Medication Support Services

Anchor continues to meet weekly with agencies providing mental health and physical health treatment. We monitor and seek out any problems in systems including, referral flow, no shows, coordination among providers, patient concerns, and prompt assistance to RCS Crisis to ensure there is team approach to coordinating care at the required level of intensity. Anchor also participates in the ACT team each morning, to ensure that the level of services needed is provided and coordinated among treating agencies to our community's most seriously disturbed patients. The Anchor medication support services clinic serves as a focal point with the SMH service continuum and ECM wellness coaches and promotes the close coordination and scheduling, so people get the level of need to be touched/supported at the level needed.

Client Feedback

"Larry has been very helpful in my grandson's treatment. He always takes whatever time we need at our visit to work out anything that needs to be worked out. He listens to us very well."

"Whenever I call Anchor Health Management to let them know that I need a refill for my med before I see the doctor they are always prompt to refill before I run out. Always courteous. Doctor Knack is very knowledgeable and keeps up on my lab results."

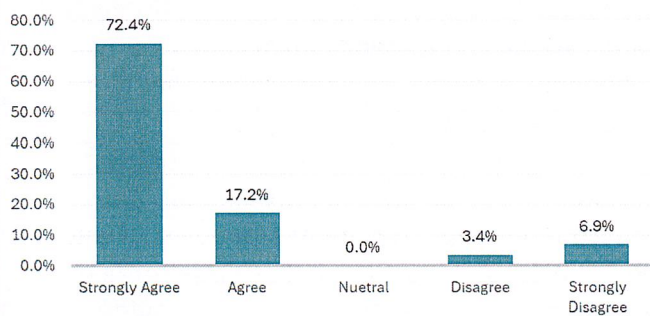
"I'm 74 so Alissa's help has been helpful and encouraging, Dr. Larry is a very nice young man."



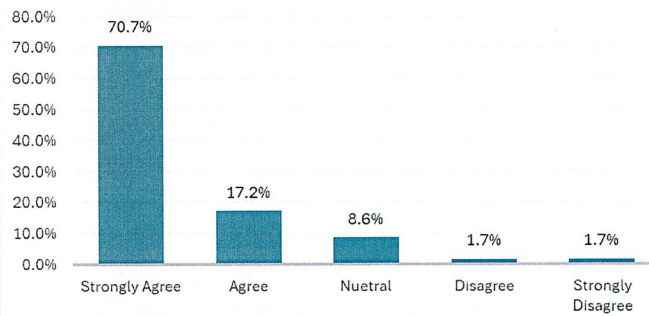
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Client Survey Results

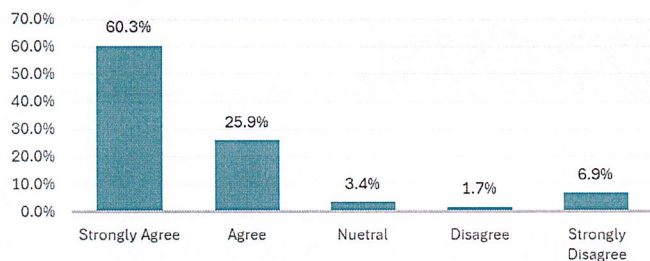
My provider treats me with courtesy and respect:



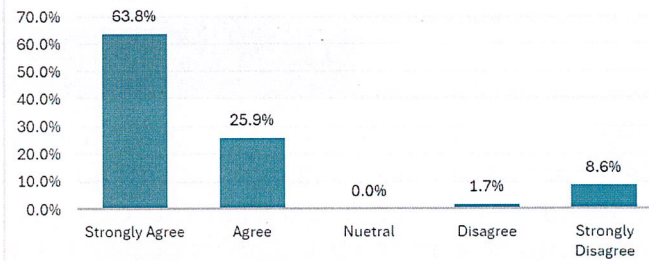
The support staff treats me with courtesy and respect:



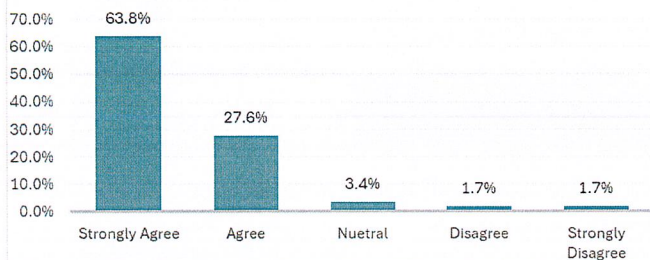
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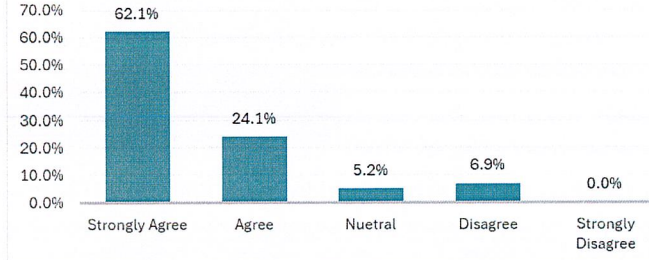
I feel I am listened to when I have a concern:



AHM works with me to schedule my appointments as conveniently as possible:



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“Everyone is good to me and I am thankful of my visits. Thank you.” ~ Anonymous