LIFE SKILLS CENTER

For over ten years, PathPoint’s Life Skills Center (LSC) has provided a venue where our staff can teach independent living skills and stress management skills. Our caring, friendly staff and adjunctive therapists facilitate groups and are also available to meet individually with members for coaching and support.

Socialization activities are available between participants. PathPoint’s Life Skills Center has a comfortable living room where members can relax, talk, play pool or a board game.

PathPoint’s Life Skills Center is open Monday—Friday 10:00 am—2:30 pm. Transportation is available at specified locations in Camarillo and Simi Valley.

LSC GOALS

• Increased social interactions & self-esteem building through communication skills groups, music therapy, creative writing, and peer support.
• Improved coping skills through groups focused on mindfulness, meditation and yoga.
• Independent Living Skills including: cooking skills, budgeting, public transportation, self-care and grooming, planning, and community outings
• Employment Skills through resume building, punctuality, and computer skills
• Community integration
• Facilitation of peer and family support
• Culturally sensitive and bilingual service delivery

CONTACT US

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“PathPoint has given David the support he needs to live independently. On his own he would be very isolated. Your staff are in touch with him every week… when he needs medical or dental care you are the ones he goes to for help. PathPoint has become David’s main social network and his family away from home.”

— DAVID’S FATHER

In partnership with Santa Barbara County Alcohol, Drug, and Mental Health Services & Ventura County Behavioral Health
Since 1980, at the request of Santa Barbara County, PathPoint’s Behavioral Health Division has provided cost-effective residential programs that support individuals living with mental illness, learn to thrive as valued members of our community. Our low-cost housing & services have a proven success record & include rehabilitation, crisis prevention & stabilization, reduction in use of high-cost emergency services, homelessness prevention, and increased self sufficiency.

“I have valued collaborations since the start of my PathPoint career in 1986. Whether working with individuals or service providers, we respect and value each other’s strengths to reach our mutual goals in the community. I believe that through our partnerships recovery happens.”

Jennifer Newbold, LMFT, Vice President

Paths to Recovery (PTR) provides full psychiatric and case-management services to individuals with mental health diagnoses in the Santa Barbara area. The PTR mobile team consists of a psychiatrist, nursing staff, and qualified mental health rehabilitation specialists with expertise in substance abuse, mental illness, and vocational services. Our multidisciplinary team includes therapists and persons with “lived experiences”, our peer staff.

SERVICES:
Integrated treatment for co-occurring mental illness and substance use disorders

- Access to affordable housing
- Homelessness and eviction prevention
- Crisis prevention and stabilization
- Competitive employment and job placement
- Educational advancement
- Community integration
- Facilitation of peer and family support
- Culturally sensitive and bilingual service delivery

RESIDENTIAL SUPPORT SERVICES (RSS):
The residential complexes El Carrillo, Artisan Court and Bradley Studios all feature on-site supportive services for 110 formerly homeless individuals. This population struggles with such challenges as moderate to severe mental health diagnoses, physical disabilities, drug and alcohol addictions and impoverishment. To meet these challenges, PathPoint provides an extensive range of highly individualized support services, a counterpoint to the live-in management by Housing Authority of Santa Barbara.

PathPoint-Owned Properties:
People with behavioral health needs learn skills best in the environment in which they will be used. To meet this goal, PathPoint strategically acquired affordable housing over the past three decades as a way to offset unaffordable rent costs for residents, ensuring housing stability while teaching independent living skills. That housing continues today, with PathPoint residential programs offering bedrooms at several housing sites (multi-family or single family homes).