

DANIEL'S PLACE

(FREE MENTAL HEALTH SERVICES)

A program of Step Up on Second

Mission

Daniel's Place assists young adults between the ages of 18-28 who are experiencing their first episodes of mental illness. Daniel's Place offers the young adult- as well as their family- education, support and advocacy in negotiating the mental health system. Daniel's Place also offers case management and medication support for individuals not yet in treatment. Our hope is that early intervention and education for the whole family ultimately leads to the prevention of a persistent disability.

History

Daniel's Place opened in July 1998 in memory of Daniel Greenberg (1959 – 1997). Daniel was a scholar, athlete, actor, humanitarian, outreach worker at Step Up and member of the Step Up Board of Directors. Daniel's Place was created to honor his memory and to educate and support individuals and their families in their recovery from mental illness.

Services

All services at Daniel's Place are free of charge and include:

- ❑ **Support groups** – to share tips on coping strategies, individual experiences and to encourage each other on how to manage their illness (Peer Support, Women's Groups, Employment Assistance, Therapy group...etc...)
- ❑ **Support for family members** – providing support to parents and siblings to create a better understanding of the illness and play a helpful family role
- ❑ **Activity groups** – Art workshops, exercise groups, and various social activities
- ❑ **Outreach to new families** – outreach to families who have a young adult member who has recently been diagnosed with a mental illness
- ❑ **Psychiatric and medical support** – for those without resources
- ❑ **Peer Advocacy** – support to young adults from those who have experienced and are recovering from illness
- ❑ **Benefits Advocacy** – help in navigating the complex benefits system

Why are we needed

Daniel's Place is the only facility in the Westside area (though we serve all of LA County) that offers services targeted to families whose son or daughter is experiencing a "first break" or the first episodes of a mental illness. Due to a mix of environmental and biological reasons, adults who suffer from mental illness typically experience their first break between the ages of 18 and 28. Daniel's Place focuses on assisting families at the earliest possible moment after the first break. This can be a time of great agony and despair for families as their illness turns their life upside down. Daniel's Place also offers guidance and support as the individual first engages the complex and confusing mental health system of services.

National statistics show that one in five families experience mental illness. Daniel's Place services are unique because they are tailored to the needs of each individual and family we serve. The earlier a treatment plan is put into place the greater the likelihood of reducing future relapses. Daniel's Place advocates for the young adult to be active and assertive in managing their treatment. These actions promote re-integration and being more fully engaged in their recovery goals and hopefully, the prevention of a long-term persistent disability.

Daniel's Place is located at 2701 Ocean Park Blvd., Suite 150, Santa Monica, CA 90405

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