

START is an evidence informed model with outcomes that include:

Increase expertise and capacity to support people with IDD and co-occurring behavioral health needs

Create and maintain community collaboration

Maintain stable community living

Decrease emergency service utilization and hospitalization

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**Crisis Prevention and Response
for People with I/DD and
Behavioral Health Needs and the
People that Support Them**



**A COLLABORATIVE INITIATIVE WITH
REGIONAL CENTERS THROUGHOUT THE STATE**

**Alta California Regional Center
Central Valley Regional Center
Redwood Coast Regional Center
Regional Center of the East Bay
San Andreas Regional Center
Golden Gate Regional Center
South Central Los Angeles Regional Center
Valley Mountain Regional Center
Westside Regional Center**

CALIFORNIA START

The START Model provides prevention and intervention services to people with intellectual/developmental disabilities and complex behavioral health needs through crisis planning and response, education, consultation and coaching.

Services are based upon a comprehensive biopsychosocial assessment. The START model conceptualizes presenting problems within the context of the environment in which the person lives, works and interacts with those around them.

The goal of the START program is to build capacity through relationships across service systems in order to help people remain in their homes and communities and enhance the ability of the community to best support them.

START teams base their work and approaches on recognized best practices that together form the START models Guiding Principles



SERVICES

Consultation and Education

CA START provides consultation, education and technical assistance to community partners and organizations to help build capacity in the network to better support people with complex needs. START Coordinators are trained in systemic consultation interventions to enhance service outcomes through outreach and training.

Community Partnerships

CA START facilitates communication and collaboration across developmental disability, mental health, community and family networks to improve community supports and connections, improve treatment outcomes, and decrease the need for hospitalization and loss of community placement. The CA START teams do not replace any elements of the current service continuum but works in conjunction with parts of the system to improve outcomes.

Cross Systems Crisis Plan Development

CA START works with START recipient and their system of support to develop a biopsychosocial crisis prevention and intervention plan. The planning process includes developing a common understanding of behavioral health challenges, recommending potential preventive, strength-based strategies, and identifying specific crisis response strategies.

Crisis Response

CA START provides crisis response and support to enrolled START recipients and their system. START

collaborates closely with local mental health first responders and assists with crisis stabilization and prescreening if inpatient admission is needed.

START Therapeutic Coaching (STC)

Therapeutic Coaching is designed to assess and stabilize a person in their community environment(s). STC provides planned and emergency strengths-based, clinical coaching to primary caregivers to rethink presenting challenges. Not all START recipients receive STC as it is based on assessment and determination of need by the START clinical team.



ELIGIBILITY

Who is Eligible for CA START?

CA START services are available for people ages 6 and over who have a documented developmental disability, co-occurring behavioral health needs and who have previously been made eligible for regional center services.

How to make a referral?

Please speak to your regional center Service Coordinator for more information about how to be referred to CASTART.