

### ***WHAT IS TSCORE?***

TCORE is a collaboration between Human Resources Consultants, Inc. (HRC) and Transitional Living & Community Support, Inc. (TLCS) to provide outpatient services to those adults living in Sacramento County who have a mental health diagnosis and require mental health services.

### ***WHAT IS THE PURPOSE OF TSCORE?***

The purpose of TCORE is to provide recovery oriented services with ongoing support to ensure that program participants receive mental health services that meet their individual and cultural needs.

### ***HOW LONG CAN I STAY WITH TSCORE?***

The length of services with TCORE may vary based on individual needs. Each participant will complete an individualized goal plan that will assist in determining length of stay. It has been recognized that people with mental illness do recover and may be able to transition to alternate services based on where they are in their recovery.

### ***WHO WILL ASSIST ME AT TSCORE?***

Each Participant will have access to one-on-one and group opportunities and is assigned to a Rehabilitation Team which includes four Personal Service Coordinators (PSCs), a Consumer-Family Advocate and Team Leader. TCORE also has Benefits-Resources and Employment Specialists available to all participants as well as Psychiatrists, Registered Nurses, and Therapists.

### ***HOW CAN I RECEIVE SERVICES FROM TSCORE?***

Referrals can be made by calling  
Sacramento County Adult Access at  
916-875-1055



### ***WHAT SERVICES CAN I RECEIVE FROM TSCORE?***

- ◆ Access to Medication Services
- ◆ Recovery Oriented Services to assist with managing symptoms
- ◆ Services Provided in Preferred Language
- ◆ Linkage to Community Resources
- ◆ Linkage to General Medical Care
- ◆ Assistance Applying for Benefits (SSI/SSDI, SDI, Medi-Cal, GA, TANF, etc.)
- ◆ Assistance with Substance Abuse
- ◆ Referrals for Individual Therapy
- ◆ Referrals and Support with Housing
- ◆ Family Support Services
- ◆ Advocacy
- ◆ Skills Building Groups
- ◆ Supportive Employment and Vocational Services

### ***CAN I RECEIVE PRIMARY HEALTH CARE AT TSCORE?***

Although TCORE does not offer primary health care services, we are committed to meeting the overall health needs of our participants and in doing so have collaborated with WellSpace Health to offer their services as an option for your health care needs in a satellite medical clinic co-located with TCORE. WellSpace Health can meet your basic health care needs onsite and provide referrals for specialty health care providers when needed.

WellSpace Health has been providing comprehensive care since 1953.

### ***TCORE STAFFING***

Consistent with the values of the MHSA, TCORE is dedicated to hiring persons with lived experience as a consumer and/or a family member of mental health services at all levels of the organization including service providers, management, administration and Board of Directors.



## ***TCORE***

### ***RESPECTS YOUR RIGHT TO PRIVACY***

At TCORE, we are committed to treating and using protected health information about you responsibly.

We abide by all Federal and State laws regarding privacy and confidentiality of protected health information. (45 CFR, parts 160, 162, and 164. Civil Code Part 2.6, Section 56 Health and Safety)

### ***OUR MISSION:***

Human Resources Consultants, Inc. is dedicated to assisting persons with psychiatric disabilities believe in their own competencies and their ability to recover and lead meaningful and productive lives.

*This program is funded by the:*



Division of Behavioral Health Services  
through the voter approved  
Proposition 63,  
Mental Health Services Act (MHSA).

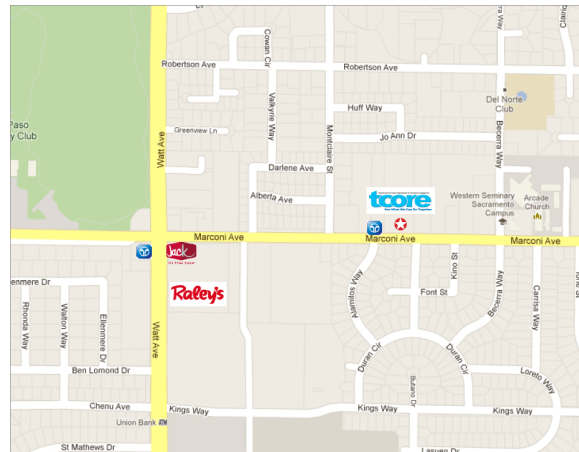
### ***HOW DO I GET TO TCORE?***

#### ***Driving Directions:***

Business 80 Freeway; Exit Marconi Ave.  
east bound  
Watt Ave.; turn on Marconi Ave.  
east bound

#### ***Public Transit Bus Routes:***

#25 (Marconi Avenue)  
#80, 82, & 84 (Watt Avenue)  
Call (916) 321-Buss (2877)  
for more information on public



#### ***Services brought to you by:***



**Human  
Resources  
Consultants**

*In collaboration with:*



**TLCS, Inc.**

## ***SERVING THE SACRAMENTO COMMUNITY***



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