A return to wellness

They helped me get out of a dark place in my head. Now I feel 10x better.

... Thank you so very much for helping lift the weight off my chest and clearing my head.

It got me back in tune with myself.

Reflections from recent guests

ABOUT US

Family & Children Services of Silicon Valley is a division of the Northern California nonprofit organization Caminar.

Our mission is to empower and support individuals and families to move toward resilience, wellness, and independence.

Our Santa Clara County programs include:

- Outpatient mental health and counseling services for youth and adults
- Adult substance use treatment (in-custody services, partial hospitalization, intensive outpatient, outpatient)
- Family violence and abuse prevention
- LGBTQ programs (LGBTQ Youth Space, LGBTQ Wellness)
- Mental health services for children and adults who are Deaf or Hard-of-Hearing
- On-campus counseling and family support programs
- Blackbird House Peer Respite Program

CONTACT US

Blackbird House
408.292.2777
blackbirdhouse@fcservices.org

Our other programs
408.292.9353
info@fcservices.org

www.fcservices.org
**Blackbird House - A Peer-Run Respite Program for Adults**

**OUR APPROACH**

A safe place for adults at-risk of a mental health crisis to stabilize and recover wellness

Guests have a few nights to rest and access 24/7 non-judgmental support from trained peers who have lived experience with mental health challenges.

While staying with us, guests may choose to take part in a menu of supportive services, such as mindfulness exercises, music appreciation, arts and crafts, and guided meditation.

Guests also may receive assistance to create plans to promote their wellness and to connect with community resources.

During their stays, guests have time, space, and support to turn what could be a crisis into a time of learning and growth.

**OUR CORE VALUES**

**Hope**

We hold the belief that things can get better. No matter how bad things seem in the moment, this too shall pass.

**Empowerment**

We encourage ourselves and others to reach their full potential by allowing them to find their internal strengths.

**Recovery**

We believe that individuals who experience mental health challenges can go on to lead successful fulfilling lives.

**Mutuality**

Regardless of our job title, we all strive to treat each other equally and with the utmost respect. We respect the validity of every individual's experiences, thoughts, opinions, and feelings.

**Integrity**

We practice honesty at all times – personally and professionally.

**ELIGIBILITY**

Guests must:

- Be 18 years of age or older,
- Be residents of Santa Clara County,
- Have a housing plan for after checkout, and
- Have full Medi-Cal benefits, be eligible for Medi-Cal, or have no health coverage.

Blackbird House is for people of all genders and sexual orientations.

No fees are charged to guests.

Guests are not required to be receiving services through the mental health system in order to stay at Blackbird House. If guests are interested in mental health services, our team will provide assistance in accessing care.

**CONTACT US**

For information or to schedule a stay, please contact us:

408.292.2777
blackbirdhouse@fcservices.org

Blackbird House is located near downtown San Jose and is accessible by bus. Location details will be provided to guests when arranging a stay.