



Pacific Clinics

PROVIDING LIFE-CHANGING MENTAL
HEALTH AND SUPPORTIVE SERVICES



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE



1 in 5

individuals will experience
mental illness in their lifetime.

Learn how Pacific Clinics can
help you or someone you know
get the care they need.

Treatment . Support . Wellness .

Who We Are

At Pacific Clinics, we provide life-changing mental health treatment and supportive services to children, adults and families; train mental health professionals; and advocate against stigma.

Founded in 1926 in Pasadena, Pacific Clinics now operates in over 60 locations in Los Angeles, Orange, San Bernardino and Ventura Counties. Every year, we treat and serve over 20,000 clients—almost half are children and youth.

Our mental health staff includes psychiatrists, psychologists, nurse practitioners, clinical social workers, and marriage and family therapists who care for the mental health needs of our clients.

Our individual whole-person approach to wellness also provides our clients with supportive services such as housing and employment assistance. Peer Partners, Health Navigators, Child Development Specialists and other staff provide essential services. Referral services are available when needed.

We focus on prevention and early intervention, intensive and integrated services, wellness and recovery. Please call to see if we can help you or someone in your life who needs help. Or visit our website to learn more.

“What excites me about the work at Pacific Clinics is the opportunity to think creatively about our programs so we’re meeting the needs of those we serve. We want to make sure the best care is given to our clients—that’s one of the things that keeps me alive and keeps me going.”

— Dr. Vijay Ranganath, Medical Director



Who We Serve

Pacific Clinics serves low-income individuals and families, including those who are homeless, living with severe and persistent mental illness to help them achieve healthier, more fulfilling lives.

Children, Youth and Families

(Ages 0 to 16 years)

Our programs for children suffering from mental illness focus on their emotional and behavioral needs so that they can thrive in school and at home. We provide services at over 200 schools. We also offer Head Start and Early Head Start for preschool children in Altadena, Glendale and Pasadena.

Teens and Young Adults

(Ages 16-25 years)

Teens and young adults (Transitional Age Youth or TAY) have unique struggles that we address in our programs. In addition, we serve TAY with mental illness who have become homeless after they have aged out of the foster care system.

Our drop-in centers, counseling services, independent living skills courses, employment preparation and placement programs offer many options for these teens and young adults.

Adults and Families

(Ages 26-59 years)

Teams of mental health professionals and support staff work with adults and families to address mental health wellness and supportive services. Services provided include counseling,

*“Pacific Clinics is where my
mental health recovery began.
They never gave up hope on me.”*

— Shelley

medication support, substance use treatment, community resources and other coordinated programs.

Older Adults

(Ages 60 and older)

Depression, dementia or other mental illness—coupled with physical illness and isolation—compound the unique challenges of older adults. Services are offered in our clinics, at client homes, or in other community settings.

Training for Mental Health Professionals

Pacific Clinics is committed to advancing behavioral healthcare. The Pacific Clinics Training Institute (PCTI) provides innovative certification programs, continuing education and training for behavioral health professionals, educators, other nonprofit service providers, individuals and family members.

PCTI has trained over 20,000 professionals and enhanced their skill sets to help people with mental illness.

Why We Care

Mental Health Stigma

At Pacific Clinics, we know that stigma is one of the primary reasons why individuals do not seek help and are not diagnosed. They suffer alone and do not receive the care they need.

We acknowledge that cultural taboos or fear of being labeled as mentally ill are real concerns for our clients.

Through education, we strive to change minds and hearts so that those who need help can seek the care they need.

Mental and Physical Health

People with severe mental illness die on average 25 years earlier than the general population because they don't seek or receive proper medical health care.

We help navigate both mental and physical health care for body and mind wellness.



22

Number of
languages
our staff speak.

Culturally Specific Programs

To meet the needs of our Asian/ Pacific Islander, Armenian and Latino clients, specialized centers and programs are available including the Asian Pacific Family Center, Armenian Hye-Wrap Services and Latino Youth Services.

Substance Use and Mental Illness

An estimated 50-60% of people with mental illness also have a co-occurring substance use disorder- also known as a Dual Diagnosis.

Pacific Clinics is a Certified Substance Abuse provider and our certified Substance Use Disorder Counselors work with our trained mental health professionals to help clients who are dually diagnosed. We offer integrated substance use and mental health outpatient treatment, and individual, family and group counseling.

Every Client has an Individual Pathway

INTEGRATED TO TREAT THE WHOLE PERSON



Once referred, a client meets with an **intake specialist who identifies their needs** and connects them to a local Pacific Clinics office.



After a full assessment **a mental health team is put together for each client**. This may include a psychiatrist, nurse, therapist, mental health worker (MHW) and peer partner.



To meet our clients' financial or other supportive needs, they may be **assigned to a housing specialist, health navigator or employment specialist**.



Although most services are in-house, **our partnerships with agencies (such as recovery programs)** help our clients get a broad range of support.



Mission Statement:

Building on people's strengths, we deliver quality behavioral and mental healthcare services.



Pacific Clinics
ADVANCING BEHAVIORAL HEALTHCARE

**Our Call Center Is Your
Gateway to Services**

**For Appointments or Referrals,
Call Toll-Free:**

**877-PC-CARES
877-722-2737**

**Hours of Operation:
8:30 am – 5:30 pm
Monday – Friday**

** Program operating hours vary by site and may
be available on weekends and evening hours.*

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