



# La Casa MHRC

## Mental Health Rehabilitation Center

At the La Casa Mental Health Rehabilitation Center (MHRC), we provide comprehensive mental health and psychiatric treatment services in a safe, welcoming inpatient environment for adults with serious mental illness.

We believe recovery starts from within, and that our job is to do whatever it takes to provide the support needed on your recovery journey in a comfortable, structured setting. We have a multidisciplinary team of nurses, a psychiatrist, clinicians, peer specialists, and recovery specialists who provide support 24 hours a day.

Our services emphasize choice-making skills and harm-reduction techniques. We provide a safe, respectful environment where you can receive immediate, individualized assistance and a compassionate presence to stabilize symptoms, avoid the need for higher levels of care, and receive appropriate referrals to community-based resources.

### What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to support your goals in life.

**Our culture** is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

**Our staff** are passionate, resourceful, and motivated. They are your partners in recovery.

**Our goal** is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

**“The key thing is that La Casa has an empowering environment for people struggling with serious mental illness. There is a sunnier tomorrow at La Casa. The clients have a life of dignity and hope at La Casa.”**

— MOTHER OF LA CASA CLIENT

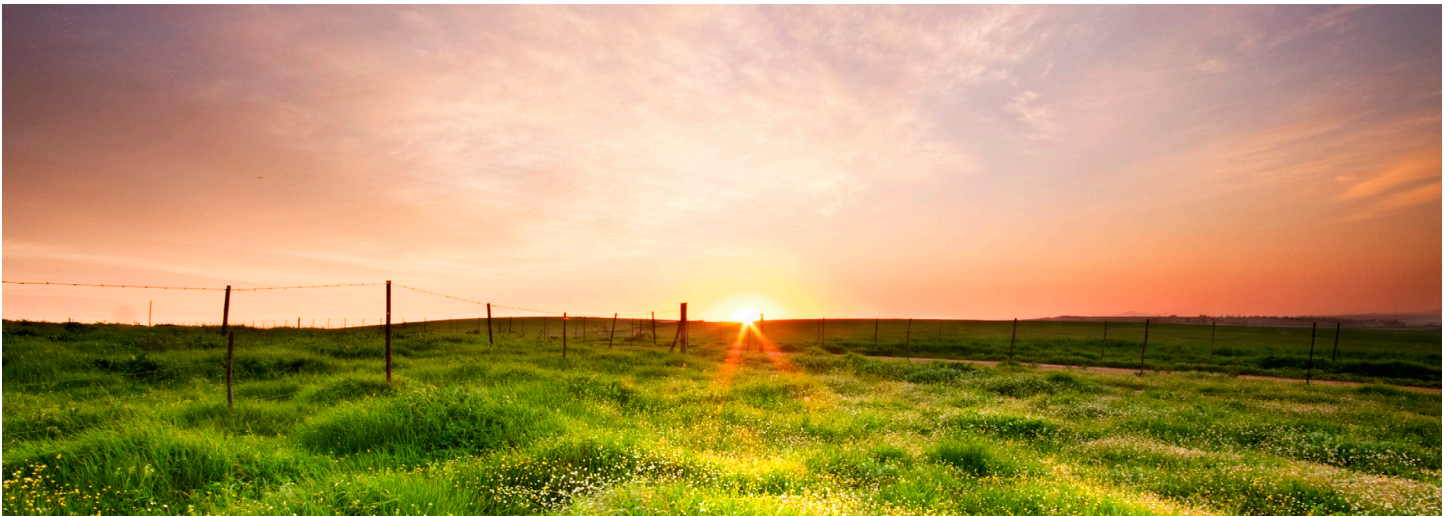


### CONTACT

6060 Paramount Blvd  
Long Beach, CA 90805  
562-634-9534 Main  
562-634-8354 Fax

### OFFICE HOURS

Open 24-hour, 7 days per week



## Services at La Casa MHRC

- Risk-focused assessment and intervention
- Psychiatric assessment and treatment
- Relief of symptoms and distress
- Co-occurring recovery
- Individual and group therapeutic interventions
- Medication support
- Independent living skills training
- Community transition and linkage
- Social and interpersonal skills training
- Counseling and education with families
- Advocacy and empowerment

## Accessing Services

- All referrals are made through the Los Angeles County Department of Mental Health.

## Admission Criteria

- Adults, ages 18+, diagnosed with a serious mental illness.
- An assessment screening by La Casa's Social Work department will take place prior to admission.
- The clinical team will coordinate the admission process with the client, the county/customer liaison, the discharging facility, the conservator, and the client's family. No client will be admitted or denied admittance to La Casa on the basis of race, color, religion, ancestry, national origin, or sexual preference.

## Our Story

Opened in 1987, La Casa Mental Health Rehabilitation Center (MHRC) is an inpatient sub-acute program that serves adults with serious mental illness who would otherwise be in a state hospital or a more intensive hospital setting. Staff at La Casa MHRC provide training in social skills and community living, along with therapeutic and activity groups.