



Stronger Families...Brighter Futures

Who We Are ...

Vista Hill is a community-based, dynamic non-profit organization. We maintain a diverse array of quality services and programs throughout San Diego County, assisting under-served, troubled children, teens, adults, and families. Our three areas of focus are intellectual and developmental disabilities, substance use disorders, and mental illness.

FAMILY TREATMENT & RECOVERY SERVICES

ADAPT Program*

ADAPT introduces a partnership between behavioral health services and public health nursing to provide timely, accessible, and holistic mental health treatment to individuals and family members who screen positive for postpartum anxiety and/or depression. ADAPT services include in home and community based therapy and Peer Support including skill building education, case management, and linkage to community resources.

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*Full or partial funding – County of San Diego HHSA.



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SINCE 1957

Information Sheet

Accessible Depression and Anxiety Peripartum Treatment ADAPT

The new Vista Hill Accessible Depression and Anxiety Peripartum treatment (ADAPT) program introduces a partnership between mental health services and public health nurses to provide timely, convenient and holistic mental health treatment to individuals and family members who screen positive for postpartum anxiety and/or depression. This program will utilize trauma-informed, evidence-informed practices to provide in home therapeutic and peer support services to in a setting most convenient for the client. ADAPT staff will be co-located within the Nurse Family Partnership (NFP) and Maternal Child Health (MCH) program sites in order to establish collaborative relationships, participate in regular case conferences, and be a part of a multidisciplinary team with the referring sources.

ADAPT Services Provide:

- In-home mental health services to families in need of therapeutic support and interventions specifically relating to peripartum depression and anxiety
- Peer Staff support and guidance along with treatment oriented case management
- Trauma- sensitive, culturally responsive, evidence- informed practices
- Quarterly training to Public Health Staff on applicable topics
- Collaborative partnerships and coordination of care for wraparound support of clients and their families

Program Eligibility

- Referred from Nurse Family Partnership (NFP) or Maternal Child Health (MCH)
- Identified need for peripartum interventions
- Families residing in San Diego County

Funded by the County of San Diego

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To enhance and improve the quality of life for families and individuals of all ages, by providing an array of mental / behavioral health, education and social services in a fiscally responsible manner.

