

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



Family & Children Services
of Silicon Valley

A division of Caminar

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

Located in San Jose.

Our other programs
408.292.9353
info@fcservices.org

www.fcservices.org



Blackbird House

A Peer-Run Respite Program for Adults in Santa Clara County



www.fcservices.org



Family & Children Services
of Silicon Valley

A division of Caminar

Blackbird House - A Peer-Run Respite Program for Adults

OUR APPROACH

Blackbird Peer Respite is a voluntary, short-term, peer-run service that provides non-clinical crisis support to help people find new understanding and ways to move forward with their recovery.

Guests may stay for up to 14 days.

Blackbird House operates 24 hours per day in a homelike environment.

During their stays, guests have time, space, and support to turn what could be a crisis into a time of learning and growth. Guests may choose to participate in groups and wellness activities, and to get connected with local resources.

The service is run by peers who have “been there” and who have completed extensive training to support the wellness of guests.

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 upmost 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:

- Are 18 years of age or older with full Medi-Cal benefits, Medi-Cal eligible, or no health insurance,
- Self-identify as experiencing mental health concerns or distress that does not meet requirement for inpatient hospitalization,
- Have an identified place of residence to stay in Santa Clara County at the time of intake (which could include a shelter),
- Are able to manage medical needs independently,
- Voluntarily agree to engage in services, and
- Are not in need of detox or immediate medical attention and can function in communal environment independently.

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

No fees are charged to guests.

CONTACT US

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

408.292.2777

blackbirdhouse@fcservices.org

