

PROYECTO BUENA VIDA / PROJECT GOOD LIFE

Proyecto Buena Vida/Project Good Life (PBV/PGL) is an out-patient program for adults 18 and over that offers a variety of integrated behavioral health services coupled with HIV and hepatitis prevention and medical care with followed managed care. PBV/PGL seeks to improve behavioral health and clinical outcomes for racial/ethnic minorities including Hispanic or Latinos, African Americans, and gay, bisexual, lesbian, and transgender individuals. PBV/PGL is expanding behavioral health services for 235 participants with mental health and substance abuse disorders that are at high risk for, or living with, HIV. PBV/PGL will address needs based on age, ethnicity, language, sexual orientation, disability, literacy, and gender among participants. PBV/PGL is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The 6-month program consists of two phases. Phase 1 includes 12 weeks of Cognitive Behavioral Therapy (CBT) and group CBT. Phase 1 also includes:

- Screening and treatment for HIV and Hepatitis B and C
- Hepatitis A and B vaccination

CBT includes short- and long-term goal development with case managers. Weekly group and/or family sessions are held during the same week as individual sessions. PBV/PGL case managers focus on crisis management and linkage to auxiliary support services, including: seeking permanent housing, job skills and job placement, GED completion, ESL support, and LGBT support services.

Phase 2 includes:

- 12 weeks of Assertive Continuing Care Protocol/Community Reinforcement Approach (ACC/CRA).

ACC/CRA is a behaviorally-based intervention that seeks to increase the positive, pro-social day-to-day activities of alcohol- and drug-abusing adults.

In addition, participants will be offered \$15 gift cards for each of the survey packets they complete at two time points; initial intake and exit at 6 months.

Sunrise Community Counseling Center, Inc. (SCCC) is a community-based substance abuse and mental health non-profit service provider organization with 40 years of experience serving the residents of Service Planning Area (SPA) 4/Metro area of Los Angeles, California. SCCC delivers a multi-faceted range of services including substance use disorder treatment, domestic violence intervention, treatment for sexual abuse perpetrators and victims, and dual diagnosis treatment.