



2014-2015 PROGRAMS AND SERVICES

CALL FOR SERVICES

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Antelope Valley 661.265.8627

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CHILD AND FAMILY GUIDANCE CENTER PROGRAMS AND SERVICES

The Child and Family Guidance Center provides mental health services to children and their families. Services are provided at five sites in the San Fernando Valley communities of Northridge, Winnetka, and Van Nuys. In addition, the Center provides services at three sites in the Antelope Valley communities of Palmdale and Quartz Hill. The Center also provides mental health services at school sites, in homes and in collaboration with many social service agencies.

SAN FERNANDO VALLEY AND ANTELOPE VALLEY OUTPATIENT SERVICES

Outpatient services are available in English and Spanish and include individual, family, and group therapy; psychiatric evaluation; psychological assessment; and case management services.

1. Individual, Family, and Group Therapy services include a variety of evidence-based practices (EBPs) that are based on each individual child's unique needs. EBPs are offered at all outpatient sites in the San Fernando Valley and Antelope Valley and include the following:

- **Aggression Replacement Therapy (ART)**

ART is a group therapy approach for 9-17 year-olds who exhibit aggressive behavior. ART consists of three components, including: skill-streaming (acquisition of prosocial skills); anger control; and moral reasoning.

- **Child Parent Psychotherapy (CPP)**

CPP is a parent-child therapy approach for young children, ages 0-5 years. It is designed to restore a nurturing child-parent relationship and support healthy development that has been disrupted by trauma, such as child abuse or domestic violence.

- **Crisis Oriented Recovery System (CORS)**

CORS is a brief intervention that does not exceed 6 sessions. This approach is designed for children/youth, ages 3 to 18, and adults who have experienced a crisis within the last 30 days that cannot be effectively addressed through the client's or family's traditional coping strategies. The focus of treatment is restricted to the specific crisis and the therapist functions as a consultant to assist the client/family to return to their previous level of functioning. Once the client/family is stabilized, the case may be reassigned to another treatment program.

- **Functional Family Therapy (FFT)**

FFT is an intensive short-term treatment program for youth, ages 11 to 17, and their families that focuses on reducing negativity and blame, increasing hope, improving positive communication, and addressing relational patterns that contribute to behavior.

- **Incredible Years (IY)**

IY utilizes a developmentally-based curriculum that targets 2-12 year-old children with behavioral problems and their parents. IY incorporates a group modality to strengthen parenting competencies, foster parental involvement in children's school experience, and enhance children's social and emotional development.



SAN FERNANDO VALLEY AND ANTELOPE VALLEY OUTPATIENT SERVICES CONTINUE

- **Managing and Adapting Practice (MAP)**

MAP is designed for children ages 3-18 years who are exhibiting emotional and behavioral problems. MAP is not a specific approach to treatment but rather a model for making treatment decisions. Clinicians have access to the most current scientific information, measurement tools and clinical protocols via an online database. While the MAP approach applies to a broad range of problems, DMH has approved implementation to target anxiety, trauma, depression and disruptive behavior.

- **Multi-Systemic Therapy (MST)***

MST is an intensive short-term treatment program for families that is aimed at meeting the mental health needs of adolescents who are exhibiting serious antisocial behaviors. Referral behaviors include truancy, poor school performance, aggression, theft, noncompliance, and substance abuse. In an effort to reduce barriers that often interfere with a family engaging in the therapeutic process, MST services are provided in the home and community. MST therapists are available 24 hours per day, seven days a week, and they typically have multiple face-to-face contacts with the family during each week of treatment. The therapists also maintain regular contact with the minor's probation officer and school. MST therapists carry a caseload of between 4 and 6 families.

- **Parent-Child Interaction Therapy (PCIT)**

PCIT is a hands-on treatment approach designed to help children with significant behavioral problems (i.e., tantrums, whining, not listening, anxiety, etc.). The program consists of having the parent and the child in a small room, the parent has a microphone in their ear, and the therapist is observing them from a two way mirror. The therapist coaches the parent on how to actively participate in, praise, and reflect the child's play and ignore unwanted behavior. The goals of the program include enhancement of the parent/child bond; improvement of parenting skills; increased compliance with parental directives; and a decrease in behavioral problems.

- **Positive Parenting Program (Triple P)**

Triple P is parenting and support for families with children from birth to age 16. Triple P is designed to reduce and prevent behavioral problems by focusing on developing positive relationships, attitudes, skills, and conduct. Caregivers are offered tools and taught strategies to help them effectively manage and discipline misbehavior; practice self-care; and develop realistic expectations of their children and themselves.

- **Seeking Safety (SS)**

SS is designed for youth, age 13-18, with a history of trauma and/or substance abuse who are engaging in impulsive and/or high risk behaviors. Seeking Safety is a treatment mode that focuses on the present, teaches coping skills, and provides psychoeducation.

- **Trauma Focused Cognitive Behavior Therapy (TF-CBT)**

TF-CBT is intended for 3-18 year-olds who are experiencing significant emotional and behavioral difficulties related to traumatic life events. TF-CBT incorporates psychoeducation, parenting, relaxation training, affect modulation, cognitive processing of the trauma, writing of a trauma narrative, and enhancement of safety and social skills. The treatment model includes parallel child and parent individual sessions followed by conjoint parent-child sessions.

2. Infant Childhood and Relationship Enrichment Program (ICARE)

The ICARE Program provides mental health treatment to infants and children up to age five. This program focuses on strengthening the relationship between parent and child in order to address the child's challenging emotional and behavioral difficulties.

SAN FERNANDO VALLEY AND ANTELOPE VALLEY OUTPATIENT SERVICES CONTINUE**3. Parent Library**

The Parent Library is for parents to learn more about their child's emotional and developmental needs and the tools that can help on the challenging days. Our Parent Partners are available to help if you need assistance with locating material. We are here to support you and your family. You can watch a video, read a book or just relax and drink a cup of coffee and enjoy!

4. Psychiatric Services

The Center provides psychiatric evaluations and medication monitoring.

SAN FERNANDO VALLEY OUTPATIENT PROGRAMS**1. California Work Opportunity and Responsibility to Kids (CalWORKs Program)**

The CalWORKs Program provides mental health services to adults receiving state-funded financial assistance. Services are focused on removing mental health barriers to help individuals achieve long-term self-sufficiency through employment or career training. Services include: individual, family, and group therapy, psychiatry, case management, employment support, and peer support. **NEW Adult Services** CFGC now offers mental health services to parents of our youth clients. Parents must have Medi-Cal for themselves and will receive evidence-based services focused on healing their own anxiety, depression, or trauma. Parents may receive individual therapy and brief case management services in this program.

2. Child Abuse Treatment and Evaluations

The Center provides treatment for a variety of mental health traumas, such as childhood physical and sexual abuse, neglect, and domestic and community violence. In addition, the Center offers the Assessment of Sexual Knowledge (ASK) evaluation to assist clinicians with treatment planning.

3. Community Family Center

The Community Family Center offers a wide variety of bilingual (Spanish/English) supportive services, including parent education, health insurance enrollment, mental health and home visits, to families residing in an impoverished area of Northridge. In addition, the Low Cost Healthcare Coverage/Food Stamps Application Assistance Program enrolls qualifying low-income families in Medi-Cal and Healthy Families healthcare and provides linkage to the food stamps program.

4. Community Resource Services (CRS)

CRS provides intensive in-home case management services through collaboration with the treatment team. Services entail an in-home assessment of the family's strengths and needs; formulation of an individualized case management plan; linkage to community resources; and school advocacy. In addition, CRS offers a specialized case management program for high school age youth. Services included transition planning; linkage to vocational training, college, and employment resources; and school placement assistance and advocacy.



SAN FERNANDO VALLEY OUTPATIENT PROGRAMS CONTINUE

5. Crisis Program

The Crisis Program at the site provides short-term treatment to stabilize a crisis situation and to improve the client's ability to attend outpatient treatment programs at the Center. Crisis situations include suicidal and/or homicidal behaviors, recent psychiatric hospitalization, witnessing a traumatic event, experiencing an acute trauma (e.g., rape, death of a loved one), severe PTSD symptoms, and other situations that require immediate services.

6. Family Preservation Program

The Family Preservation program offers short-term services designed to assist families involved with the Department and Family Services by improving parenting and family functioning while keeping children safe. The Center works closely with the Family Preservation lead agency and develops a comprehensive plan. An in-home counselor is assigned to teach parenting skills and help strengthen the family's functioning. In addition, the Center provides mental health services to the children identified as having mental health needs.

7. Full Service Partnership (FSP)

The FSP Program provides intensive in-home treatment services for children and their families, ages 0-15 years. FSP targets children who exhibit high risk behaviors and may be at risk of placement in a higher level of care. This program includes individual/family in-home therapy twice per week, intensive case management, and psychiatric services as needed.

8. Gang Reduction and Youth Development Program (GRYD)

The GRYD Program is a gang-prevention program based out of Sutter Middle School. The program is designed to deter youth (ages 10 to 15 years) from engaging in gang or delinquent activity by empowering community members, students, and families. The GRYD program provides case management services, homework assistance, recreational activities, and family support (parenting classes and education).

9. Children's Health Outreach Enrollment Utilization Retention Service (CHOEUR)

Assist eligible families with enrollment and utilization of low cost health coverage programs (example, Medi-cal)

10. In-Home Behavioral Intervention Team (IBIT)

The IBIT program provides in-home parenting instruction to parents with children 3-5 years of age who exhibit emotional and/or behavioral challenges. IBIT focuses on strengthening the relationship between parent and child and increasing the parent's ability to understand and manage their child's difficult behavior. This program also includes academic and school readiness support to assist the child as he or she encounters all of the expectations and responsibilities of preschool or kindergarten.

11. Intensive Home-based Services (IHS)

The IHS program provides probation youth and families in-home parenting and youth instruction to increase prosocial behavior using a Social Learning model. ICM focuses on creating monitoring plans, safety plans, structure in the home, assistance with school, and vocational resources.

SAN FERNANDO VALLEY OUTPATIENT PROGRAMS CONTINUE**12. Multi-disciplinary Assessment Team Program (MAT)**

MAT is a collaborative program between the Department of Children and Family Services, the Department of Mental Health and other community providers. The MAT Program is designed to ensure immediate and comprehensive strength-based assessment of children and youth entering out-of-home placement. The MAT assessment was designed to assure that all child and family needs are assessed when a child or youth enters foster care. Other program goals include prompt access to medical and mental health services and facilitation of appropriate team decisions.

13. Northpoint School

Northpoint is a non-public school that serves students (age six to twenty-two years) displaying significant emotional and/or behavior problems whose needs cannot be met in a public school. Northpoint combines academic instruction and a broad spectrum of specialized services, including DIS counseling, language and speech therapy, extracurricular activities, and transition planning. Through a team approach, the educational staff develops a comprehensive individualized program for each student. Staff include the educational director, special education teachers, psychologist/social workers, recreation therapists, psychology interns, and social work interns. Northpoint integrates a rewards-based behavior modification system with cognitive therapy. Emphasis is placed on clear expectations, successful experiences, positive rewards and immediate feedback in an effort to help students realize their academic and social potential.

14. On-site Services: Rancho San Antonio Residential Boys Program

Rancho is a boy's residential probation placement in Chatsworth that serves 100 boys, ages 12-18 years. Rancho is one of two probation assessment centers in Los Angeles. The CFGC provides a comprehensive assessment to youth admitted to the program to assist with determining the appropriate placement and treatment plan. In addition, the Center provides individual therapy to the residents, as well as Seeking Safety, substance abuse, and ART groups. Psychological testing is provided as needed.

15. School-Based Mental Health Program

The School-Based Mental Health Program provides individual and group therapy to youth on-site at the following schools: Burton Elementary School, Camellia Elementary School, Cantara Elementary School, Capistrano Elementary School, Garden Grove Elementary School, Glenwood Elementary School, Granada Hills Charter High School, Haddon Elementary School, Liggett Elementary School, Michelle Obama Elementary School, Monroe High School, Napa Elementary School, Noble Elementary School, Northridge Academy High School, Northridge Middle School, Panorama Elementary School, Parthenia Street Elementary School, Patrick Henry Middle School, Reseda High School, San Jose Street Elementary School, Sendak Elementary School, Stanley Mosk Elementary School, Sutter Middle School, Van Nuys Elementary School, Vista Middle School.

16. Therapeutic Behavioral Services (TBS)

TBS is an intensive behavioral mental health service. TBS is designed to teach children, youth and families new methods of managing challenging behaviors. In addition, families learn skills and strategies to increase positive behaviors in the current environment. TBS collaborates with the client's current mental health treatment providers and works closely with school and community partners. TBS services can be provided in the home, school, residential placement, group home or community settings.



ANTELOPE VALLEY OUTPATIENT PROGRAMS

1. Community Schools Program

The Community Schools Program provides individual and group therapy as well as classroom consultation at elementary, middle and high schools throughout the Antelope Valley. Parent education and family therapy are also offered.

2. Desert Pathways School

Desert Pathways School is an integrated public school and mental health program for high school age youth with emotional and behavioral difficulties. Therapists from the Center provide intensive mental health support to the students and classroom consultation to the school staff and are on the campus five days a week. The ultimate goal is to enable children to successfully return to mainstream educational settings.

3. Full Service Partnership (FSP)

The FSP Program provides intensive in-home treatment services for children and their families, ages 0-15 years. This program is designed for children who are exhibiting high risk behavior and may be at risk of placement in a higher level of care. FSP includes individual/family in-home therapy twice per week, intensive case management and psychiatric services as needed.

3. Healthy Families America (HFA)

HFA is a home visitation program for at-risk parents with newborn children. The program's goals are to promote healthy infant and parent bonding and prevent abuse.

4. Specialized Foster Care

Specialized Foster Care offers enhanced outpatient treatment services for children in foster care. Children are referred by Department of Children Services and Department of Mental Health co-located staff. Services are provided in the office or field.

5. Wraparound Services

Wraparound is a family-centered, strengths-based, needs-driven planning process. This intensive in-home program is run by the Department of Children and Family Services and targets youth who are at risk for placement in a higher level of care or are returning home from a higher level of care. The goals of the program are safety, permanency and well-being of the children.

6. Yellen Learning Center

Yellen Learning Center is a special education school serving elementary age children, grades K-8, who have emotional and behavioral difficulties. Therapists from the Center provide intensive mental health support to the students, offer classroom consultation to the school staff and are on campus five days a week. The ultimate goal is to enable children to successfully return to mainstream educational settings.

Community Family Center



CFGC provides classes in parenting, language skills, financial literacy, exercise, and nutrition. We also provide families access to social, health and job resources.

Ann Tate and her children joined our classes. With our support and her new skills, Ann found a job and can now better provide for her family.

Our Community Family Center, located in Northridge, is the only outreach program of its kind.

WE GUIDE MORE THAN 10,000 CHILDREN & THEIR FAMILIES ANNUALLY

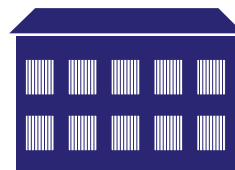
► FROM 1,100 REFERRING SOURCES



DEPARTMENT OF CHILD AND FAMILY SERVICES



SCHOOLS



JUVENILE JUSTICE SYSTEM



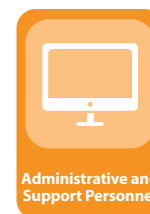
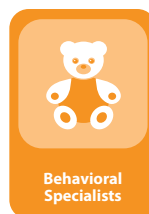
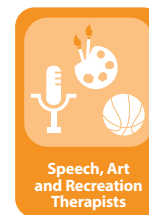
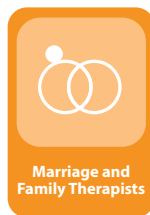
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Degrees

- Associate in Arts (13)
- Associate in Science (1)
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- Bachelor of Science (23)
- Certified Medical Assistant (1)
- Certified Medical Investigator (1)
- Master of Arts (37)

- Master of Business Administration (2)
- Medical Degree (14)
- Master of Public Administration (1)
- Master of Public Health (1)
- Master of Science (11)
- Master of Social Work (63)
- Doctor of Philosophy (14)
- Doctor of Psychology (14)
- Registered Nurse (2)

Licenses

- Licensed Clinical Social Worker (24)
- Licensed Marriage and Family Therapist (20)

Credentials

- Teaching Credentials (13)

Serving Los Angeles County's San Fernando & Antelope Valleys Since 1962



Our offices are located in:

Northridge | Van Nuys | Palmdale | Winnetka | Quartz Hill

We serve the San Fernando Valley Communities of:

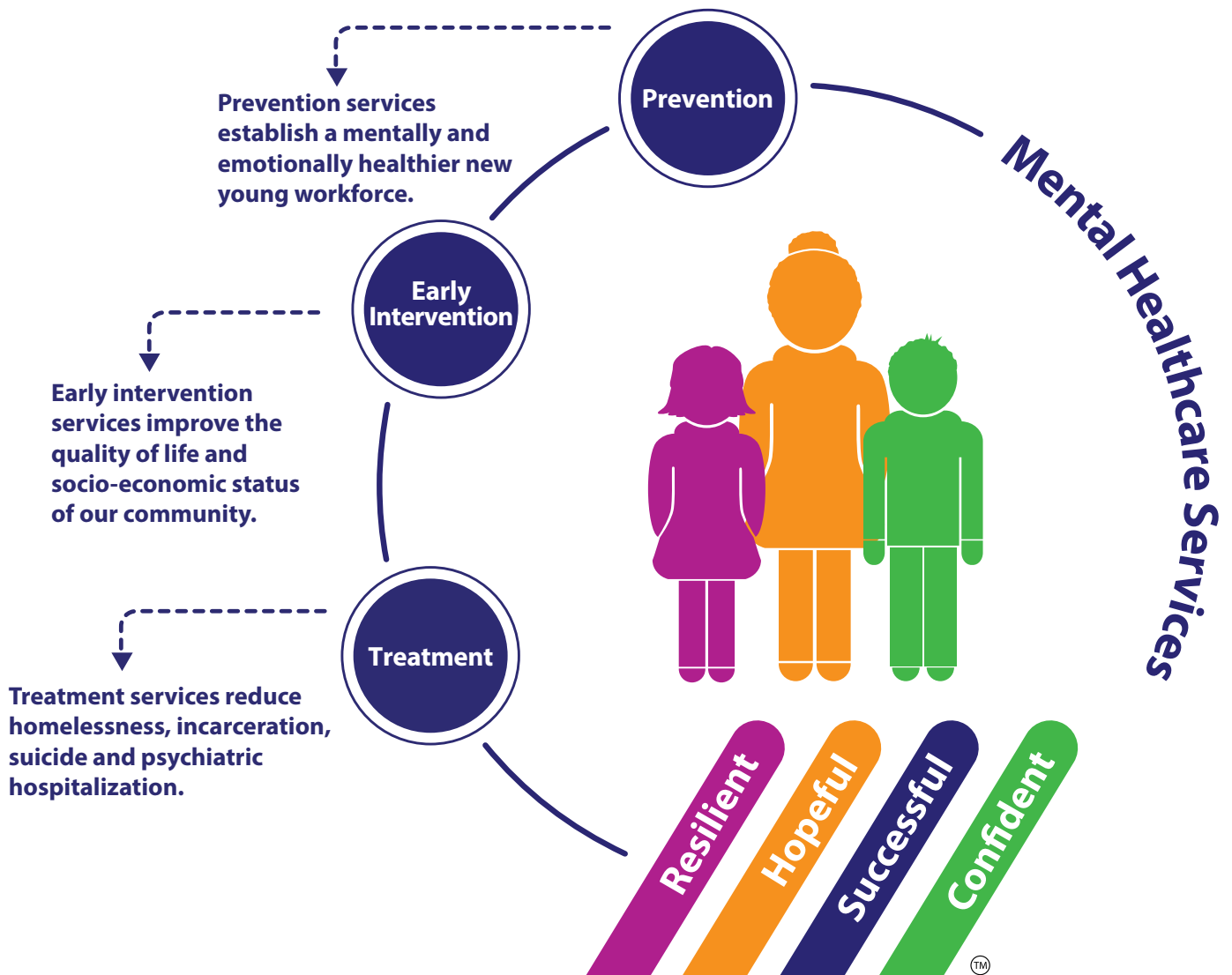
Arleta	Lakeview Terrace	San Fernando	Valley Village
Bell Canyon	Mission Hills	Sherman Oaks	Van Nuys
Calabasas	North Hills	Studio City	West Hills
Canago Park	North Hollywood	Sun Valley	Winnetka
Chatsworth	Northridge	Sunland Tujunga	Woodland Hills
Encino	Pacoima	Sylmar	
Granada Hills	Panorama City	Tarzana	
Hidden Hills	Reseda	Toluca Lake	

We serve the Antelope Valley Communities of:

Acton	Lake Los Angeles	Littlerock	Pearblossom
Lake Hughes	Lancaster	Palmdale	Quartz Hill

We Serve the Santa Clarita Valley Communities of:

Canyon Country	Newhall	Valencia
Castaic	Santa Clarita	



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