

History and Description of the Center

The Child and Family Guidance Center serves the San Fernando Valley, a part of the City of Los Angeles, whose population is ethnically and economically diverse and numbers more than one million. It is a private non-profit organization that has been in operation since 1962 and constitutes a network of mental health services for children and families. The Center is a multi-funded agency with capacity to provide traditional outpatient treatment services, therapeutic non-public school services, and specialized programs as well as community outreach and active collaboration with other agencies. The organizational structure encourages inter-professional relationships and responsibilities based on functional rather than discipline classification. Multidisciplinary collaboration and teamwork are essential to the services we provide. The theoretical perspective is integrationist -- during their training, interns have opportunities to work with supervisors who conceptualize cases and intervene from a variety of different theoretical orientations.

The Center has a large facility which opened in Northridge in 1976, designed for its Outpatient programs and Northpoint School, a therapeutic non-public day school for severely emotionally disturbed children. The Outpatient Department has an additional site in Van Nuys which houses general outpatient and home-based services as well as community outreach and school site programs. The Early Childhood and Trauma Services are located nearby in Northridge. The Community Family Center, also located nearby, offers a variety of bilingual (English/Spanish) supportive services to families residing in Park Parthenia, a low income, subsidized housing project. An additional facility, located in Palmdale, provides outpatient and day treatment services to both urban and rural families in the Antelope Valley. Our most recently added "satellite" is the North Hills Wellness Center – a shared endeavor among CFGC, Valley Community Healthcare (VCH) and Monroe High School which is located on the campus of Monroe High School. Its goal is to implement a wellness model that provides integrated healthcare services to the North Hills community and the students; its mission is to facilitate innovative approaches to assure high quality of care and improved health outcomes. All facilities were built with appropriate specifications for clinical offices, physical facilities for therapeutic classroom milieu, and observation, and special equipment for training, research, and evaluation.

Adjunct services include the Community Resource Services Department (CRS), Psychiatric Services and Therapeutic Behavioral Services (TBS). The CRS Department was created to work across sites and divisions of the Center to provide adjunct services to indigent families that are receiving mental health treatment at the Center. The CRS programs are designed to link these families to both financial and community support services to increase their stability and allow them to address the mental health needs of their children in psychotherapy. Psychiatric services are provided at all Center sites by 14 full- and part-time psychiatrists who work for the Center. Psychiatric Services include evaluation, ongoing psychopharmacology follow-up, and consultation to referring staff. TBS is a specialized adjunctive services program designed to provide services in the home or community in addition to more traditional intervention strategies.