



## NORTH COUNTY SERVICES

### **Great Beginnings Program**

The overarching goals of the Great Beginnings Program are to promote the well-being, health, social-emotional, and cognitive development of children prenatally through five years of age. The program offers a continuum of services to prevent and treat mental health problems in early childhood, with an emphasis on primary child abuse prevention, facilitating a strong parent-child attachment and fostering recovery from child trauma, including abuse or neglect. *Contraindications:* Parents with recent substance abuse issues must be consistently engaged in treatment for a period of three months in order to participate in this program with their children. Parents with serious mental health problems must be stable to benefit from services. Families with active domestic violence will not be seen in the home.

### **Prevention & Early Intervention (PEI)**

- **Clinical Program:** Individual counseling for parents experiencing issues such as Postpartum Depression, trauma, etc. **Criteria:** *families with children ages 0-5, clients do not need Medi-Cal or any other payment source to access these services. Clients with Medi-Cal and/or severe mental health symptoms may be referred to a higher level of care.*

### **Early Childhood Specialty Mental Health Services**

Early childhood mental health services to support children demonstrating significant mental health needs. Treatment includes use of evidenced-based practices such as Trauma-Focused Cognitive Behavioral Therapy (TFCBT), Parent-Child Interaction Therapy (PCIT), and Child Parent Psychotherapy (CPP). **Criteria:** *children ages 0-5, Medi-Cal eligible, displaying significant mental health needs.*

### **Katie A**

In coordination with County Mental Health and CWS, CALM conducts mental health screenings/assessments for children ages 0-5 with open CWS cases. These screenings aim to identify possible mental health needs and/or developmental needs and provide recommendations regarding appropriate services, resources and referrals. These screenings will also identify any potential “subclass” members, who will then qualify for specialized additional services (i.e. intensive care coordination, specialized treatment, etc). The goal of Katie A is to ensure that children involved with the CWS system are provided with an appropriate level of mental health service based on their needs (i.e. trauma history, placement history, etc), as well as to support appropriate coordination of care and service delivery. **Criteria:** *Direct referral from CWS.*

### **WEB Newborn/Infant Child Development Visits**

The Welcome Every Baby (WEB) Newborn Home Visiting Program is a free community service for all newborns and their families who live in Santa Maria and Guadalupe. The

program starts with a visit by a Registered Nurse from Marian Regional Medical Center, who then can make a referral to one of CALM's bilingual (including one who is trilingual and speaks Mixteco) Infant Home Visitors for families who are interested in WEB visits. Many referrals for this program are submitted via Dignity Health, but the program can also accept community and/or self-referrals. The Infant Home Visitors can make up to five visits in home for infants (newborn to 18 months) to assist with such issues as breastfeeding (all are certified lactation consultants), nutrition, sleep problems, crying and tantrums, and child development issues (with use of ASQ-3 screening tool).

**Criteria:** *Newborns to age 18 months living within the boundaries of the Santa Maria Bonita School District or in the city of Guadalupe.*

### **Family and Parenting Program**

#### **SafeCare**

An evidence-based, in-home intervention program designed to reduce child maltreatment and neglect by providing skills-based training to families in the areas of parent-child interaction, home safety, and child healthcare. Services are provided through weekly in-home 1-2 hour sessions and typically last up to four months for each family. The goal is to strengthen families, create and maintain safe, healthy home environments and prevent future child maltreatment. **Criteria:** *Families with children ages 0-7 and/or families with a history of child maltreatment or risk for child maltreatment (i.e. young parents, multiple young children, history of mental health issues, history of substance abuse, children or parents with special needs (excluding health)).*

#### **PEI-Home Visitation**

Utilizing the *Healthy Families America* model, home visitation services work to foster protective factors in the child and family by providing education on positive parenting practices, postpartum support, developmental guidance, and assessment. The program also provides assistance and advocacy in accessing programs to assist with basic needs, healthcare, childcare, or housing. **Criteria:** *families with children ages 0-5, with moderate risk factors for child abuse or neglect, such as parental histories of trauma, postpartum depression, poverty, difficulties meeting basic needs, high parental life-stress, social isolation, or limited parenting skills. Clients do not need Medi-Cal (or any other payment source) to access these services.*

#### **Front Porch**

Santa Barbara County's Differential Response Program that connects families with children who are identified as at risk of child abuse and neglect to needed community-based services for the purpose of early intervention and prevention services. CALM receives "Path 2" referrals from CWS, and engages referred families in needs assessments/screenings, identifying and linking families to appropriate resources/supports, providing case-management, and monitoring outcomes.

**Criteria:** *Direct referral from CWS.*

### **Domestic Violence Treatment**

A partnership program with CWS that serves families with parent(s) who have been identified as the victim of domestic violence. The program addresses a much needed gap in service that focuses on domestic violence as one of the underlying factors contributing to child abuse and neglect. Clients are referred directly by CWS for services including: needs assessment, psychoeducational group therapy focusing on the impact of Domestic Violence on children, individual treatment for clients with more complex needs, and case management services. Self-referrals or referrals by other community agencies are also taken. *Contraindications:* Parents with serious mental health problems must be stable to benefit from services.

**Criteria:** *Direct referral from CWS, self, or other community referral*

### **Child Abuse Treatment**

#### **Child Sexual Abuse Treatment (CSAT)**

A recent addition to our North County services, this program provides treatment for children up to the age of 18 who have been affected by sexual abuse and have no other means to pay for treatment.

**Criteria:** *Children up to the age of 18 who have a history of sexual abuse trauma and who do not have any other funding source to pay for services.*

#### **Child Abuse Treatment (CHAT)**

Another recent addition to our North County services, this program provides treatment for children up to the age of 18 who have been affected by any form of child abuse and have no other means to pay for treatment.

**Criteria:** *Children up to the age of 18 who have a history of child abuse trauma and who do not have any other funding source to pay for services.*

#### **Play Therapy Program**

Play therapy is a developmentally appropriate, theoretically based approach that utilizes play as the basis for therapeutic interaction. Through play, the therapist assists children with processing past traumatic events, mastering fears, learning more adaptive behaviors and solidifying a sense of self. The therapeutic relationship fostered between the child and the therapist during play therapy sessions provides the corrective experiences needed for healing, learning to cope with emotions and finding solutions to problems. **Criteria:** *This program serves children between 6-8 who are experiencing symptoms associated with depression, anxiety and adjustment that are interfering with their normal development and functioning.*

### **Intensive Community-Based Treatment**

#### **Intensive Family Reunification Program (IFRP)**

IFRP is designed to provide individual service to biological parents in the process of reunifying with their child(ren). It provides mental health and supportive services to children and their parents, parent education, dyadic and family sessions, and other

tailored resources which support the timely reunification of children with their families.

**Criteria:** *Direct referral from CWS.*

**Family Drug Treatment Court (FDTC)**

Family and group-based treatment for parents and children in the Drug Court process. Family treatment and parenting support is provided to reduce the risk of relapse while assisting the parents in implementing positive parenting practices and supporting the child's recovery from trauma exposure or disruptions due to drug use or parental involvement in the criminal justice system.

**Criteria:** *Referral from CWS and the Court, in collaboration with Good Samaritan*

**SPIRIT**

Intensive team based treatment for children with significant mental health issues/risk of out-of-home placement. SPIRIT provides “wrap-around” services to youth with serious behavioral difficulties, CALM is a member of a team that includes a clinical specialist through County Mental Health, and a parent partner. The program is designed to provide family and behavioral treatment, while also connecting youth to positive activities in the local community.

**Criteria:** *Direct referral from County Mental Health*