

S.F. Children's System of Care

Presentation to the Adolescent Health Working Group

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Child, Youth & Family Section**

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Community Mental Health Services, Child, Youth and Family Section (CMHS/CYF)

- We are the primary provider of mental health services to low income children, youth and their families in San Francisco
- Our resources enable us to serve roughly 4,600 clients each year
- Most of our treatment services must be directed by law to seriously emotionally disturbed children

CMHS/CYF Mission

- Our mission is twofold:
 - To create a family-focused, culturally-competent, community-based, and evidence-based system of care for children and youth with serious emotional disturbances and their families

CMHS/CYF Mission (Cont.)

- To provide a range of prevention activities to promote wellness and prevent the development of serious emotional disturbance among at risk children and youth

CMHS/CYF Core Principles & Beliefs

- Decisions are client-centered
- Clients are met where they are
- Treatment plans are developed with the client
- Services are family-focused
- Providers are clinically and culturally competent

CMHS/CYF Core Principles & Beliefs (Cont.)

- Wellness and recovery principles are the core of the delivery system
- Services are community-based
- Practice is evidence-based and guided by outcomes
- Providers are partners
- Efficiency, accountability, and flexibility are paramount

CMHS/CYF Services

We offer a variety of prevention, early intervention, treatment and after care services:

- Children's System of Care
- Intensive case management services
- Prevention and early intervention
- School-based partnerships
- Outpatient mental health services
- Day treatment programs
- Mental health crisis teams
- Hospitalization & post-hospitalization transition services
- Residential & subacute treatment programs

Children's System of Care

- Our goal is to offer a continuum of care that meets the total needs of San Francisco children and youth so they may grow up to be productive, well-functioning adults and stay out of the adult mental health system and jail

Children's System of Care (Cont.)

- We achieve our goal by fostering a Children's System of Care where children and families can be referred through any door - whether through the courts, child welfare, juvenile justice, the schools, community-based organizations

Children's System of Care (Cont.)

Our partners under the Children's System of Care include:

- Department of Children, Youth and Their Families
- Department of Human Services (DHS)
- Juvenile Probation Department (JPD)
- Mayor's Criminal Justice Council
- Private Industry Council of S.F.
- San Francisco Unified School District (SFUSD)
- Various community based organizations

Children's System of Care Initiatives: The LOFT Program

- Partner with Larkin Street Youth Services to designate beds at the LOFT Program for homeless, runaway and other youth who need residential placement through CMHS/CYF, DHS and/or JPD
 - Provides safe housing and life skill development to youth
 - Services include: case management, life skills training, educational services and job readiness training

Children's System of Care Initiatives: Project Impact

- Partner with JPD on Project Impact to serve over 400 at risk youth
- CMHS/CYF provides:
 - Mobile crisis support through Comprehensive Child Crisis Services
 - Outpatient treatment through CSOC
 - Intensive care management services through Family Mosaic Project

Children's System of Care Initiatives: Youth Task Force

- Partner with Legal Services for Children, Inc. to administer the CSOC Youth Task Force –
 - Gives youth a voice in the planning and delivery of services
 - Promotes youth leadership

Children's System of Care Initiatives: Family and Youth Info Sharing Day

- Hosted first community outreach event with clients, families, service providers, public agency partners and others to discuss recommendations for systems change

Children's System of Care Initiatives: Youth Development Crime Prevention

- New partnership between CMHS/CYF, Community Substance Abuse Services, JPD & San Francisco Private Industry Council to provide community-based employment training, health, mental health, substance abuse, and other support services to over 200 youth with juvenile justice involvement
- Priority for Log Cabin Ranch School graduates and young girls with juvenile system involvement

Children's System of Care Initiatives: Family Involvement Team

- The CSOC Family Involvement Team, or FIT, is a nationally and State recognized strategy to integrate family voice into children's services
- FIT members are paraprofessional staff with experience in one of the four major child serving systems and serve as a bridge between service providers and families

Children's System of Care Initiatives: L.E.A.F.

- Partner with FIT to create the Life Endangerment Affects Families, or L.E.A.F., a community based initiative to help children, youth, and families affected by gun violence
 - Hold community outreach meetings
 - Provide clinical services

Children's System of Care Initiatives: STOP

- Collaboration between CMHS/CYF and DHS that provides prevention and after care services to approximately 20 children and youth annually
- Services allow children and youth to remain in their home and/or to return home (voluntary family preservation & family reunification cases)

Children's System of Care Initiatives: Foster Care Mental Health Program

- Partnership with DHS to improve coordination of mental health services for children in the child welfare system
- Multi-disciplinary team provides mental health screening, assessment, referral and service coordination, urgent care, treatment authorization, and consultation

Children's System of Care Initiatives: Federal System of Care Grant

- We have received a new multi-million dollar, six-year Federal grant to expand our local children's system of care

Children's System of Care Initiatives: Federal System of Care Grant (Cont.)

- Activities we will undertake with new Federal funds include:
 - Expand the Family Involvement Team and 24-hour child crisis mobile response teams;
 - Develop a day treatment program targeting Latino and African American Youth involved in the Juvenile Justice System;
 - Provide greater support to children ages 0-5;
 - Add a care coordination team;
 - Provide more youth development training and conduct outreach to youth on the streets

Prevention & Early Intervention

- We promote wellness among San Francisco's children and youth by providing mental health prevention and early intervention services through partnerships with CBOs, schools, health centers, child care centers and family child care providers

Intensive Care Management

- Family Mosaic Project and the CSOC Intensive Care Management Team provide intensive wrap around, community based services to seriously emotionally disturbed children and youth
- Services provided: assessments, plan of care development, linkages to services, and plan progress monitoring

Prevention & Early Intervention: Firesetters Education, Prevention, and Treatment Pilot Project

- Partnership with the San Francisco Fire Department (SFFD), SFUSD, and DHS to identify juvenile firesetters
- Mental health assessments provided by Comprehensive Child Crisis Services at the request of SFFD
- Children, youth and families linked to needed mental health and support services in lieu of arrest if appropriate

Prevention & Early Intervention: Integrated Satellite Health Clinics

- Builds partnerships between neighborhood family health centers and children's mental health clinics in four target neighborhoods
- Services range from comprehensive health screening and exams for infants, children and youth to individual, family and group counseling

School-Based Partnerships

- CMHS/CYF partners with SFUSD to provide prevention, early intervention, treatment and after care services to at risk children and youth

School-Based Partnerships: Wellness Program

- Wide range of integrated health, behavioral, substance abuse and support services offered at 7 high school sites (Galileo, Lincoln, Lowell, Marshall, O'Connell, Mission, and Washington)
- Direct services: health assessments, health education, case management, and mental health & substance abuse counseling
- Community referrals: long-term physical and mental health care for student and/or family and sensitive services

School-Based Partnerships: SED/Mental Health School Partnership

- Provides mental health services to seriously emotionally disturbed children and youth at school sites with the goal of preventing referrals to more restrictive settings
- On-site services: individual & group sessions, crisis intervention, teacher & paraprofessional consultation, AB3632 assessments, and participation in IEP and Student Study Team meetings

School-Based Partnerships: Healthy Start Program

- Healthy Start provides services at or near the school site to promote the health, educational, and social development of children and youth
- On-site CMHS/CYF services: individual and family counseling, support groups, parenting support, conflict management, and staff wellness

Outpatient Mental Health Services

- Services provided: psychological testing, medication monitoring, parent support groups, parenting classes, and individual, couple and family therapy
- Service sites: community clinics, clients home, school sites, health centers, and child care facilities

Day Treatment Services

- Provide both partial and comprehensive day treatment services
- Intended for children and youth where less structured services are insufficient or where children and youth are stepping toward community living after leaving a residential or hospital placement
- Services include: structured classes, individual and group therapy, and family sessions

24-Hour Mental Health Crisis Teams

- 24-hour emergency response for any child or youth undergoing a mental health crisis
- Assessments evaluate for assaultiveness, suicidality, agitation, and absence of behavior control, psychosis or severe depression
- Team can hospitalize and refer to shelter and placement agencies
- Services also provided to victims of sexual assault

Hospitalization and Post-Hospitalization Transition Services

- CMHS/CYF coordinates and authorizes all acute and partial hospitalization, lengths of stay, and transition services from hospital when children are hospitalized based on medical necessity

Residential and Subacute Treatment Programs

- CMHS/CYF refers clients to privately run facilities that provide residential, educational, and mental health clinical services in one setting
- Facilities coordinate a child's care and transition from placement to the community

Contact Information

- For more info on CMHS/CYF programs, please contact:

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Contact Information

- CMHS 24/7 Access Helpline:
(415) 255-3737 or toll-free 1 (888) 246-3333
- S.F. Suicide Prevention/Crisis Line:
(415) 781-0500
- Child and Adolescent Sexual Abuse
Resource Center:
(415) 206-8386
- Medical emergencies: 911