



Behavioral Health Services for Adults

Program	Capacity	Eligibility	Description of Services	Funding	Dosage
Outpatient Substance Abuse Recovery Program (OSARP)	35 at any point in time 100+ annually	Adults with substance abuse issues	The Outpatient Substance Abuse Recovery Program (OSARP) serves men and women 18 and older who need assistance in beginning a clean and sober lifestyle. Cognitive Behavioral group treatment offered in Woodland and West Sacramento including <i>Gender specific groups, mixed family groups, Interactive Journaling</i> and <i>family therapy</i> offered on a weekly basis in both cities. Medical detox is available for opiate and stimulant withdrawal, mandatory random drug testing, individual counseling for the duration of treatment physical exam, minimum program length 4-6 months	Sliding Scale, Medi-Cal, Cal Works, CPS, Probation, Perinatal	Phase I – 33 hours Phase II – 24 hours Phase III – 16 hours Aftercare – 6 hours Total program dosage (77-100) hours
Dual Diagnosis Program	35 at any point in time 100 annually	Adults with co-occurring disorders	The Dual Diagnosis program serves adult clients who are experiencing a range of mild to moderate mental health issues that complicate and contribute to their drug use. Clients experiencing clinically significant symptoms of depression, anxiety, or a variety of other disorders can benefit from treatment that acknowledges the interaction between these issues and drug and alcohol use. Group time is divided between education and cognitive restructuring. <i>Gender specific groups, mixed family groups</i> and <i>family therapy</i> offered on a weekly basis in both cities. Offered in Woodland and West Sacramento, medical detox is available for opiate and stimulant withdrawal, mandatory random drug testing, individual counseling for the duration of treatment, physical exam, minimum program length 6-8 months.	Sliding Scale, Medi-Cal, Cal Works, CPS, Probation, Perinatal	Phase I – 44 hours Phase II- 44 hours Phase III – 20 hours Aftercare – 6 hours Total program dosage (114 – 140 hours)

Moral Reconciliation Therapy	60 -120 annually	Adults referred through probation	Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth. MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. MRT focuses on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning. Participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months.	AB109, other funding streams if enrolled in other programs	36 groups
Integrated Behavioral Health Services		CCHC primary care patients	Behavioral Health Services are delivered within the primary care clinics and are available for patients referred by their Primary Care Providers. The Behavioral Health staff is part of the patient's health care team to bridge the gap between medical and behavioral/mental healthcare services. Brief, confidential individual counseling services. Referrals to other agencies, brief case management services helping patients access SSI, Medications, Medi-Cal, and other supportive services. Assistance in managing serious health conditions such as chronic pain and diabetes.	Sliding Scale, Medi-Cal, CMSP Path2Health	

<p>ROSC Recovery Oriented Systems of Care</p>	<p>120 annually</p>	<p>Yolo County residents who are homeless or uninsured</p>	<p>Funded through SAMHSA, this program assists individuals with establishing a medical home. The team does outreach at the local homeless shelters as well as accepting community referrals. Provide mental health, substance abuse, primary care and intensive case management services. Assist clients with accessing treatment for these issues as well as accessing health coverage, educational/employment resources and other linkages within the community. Offered throughout the community.</p>	<p>SAMHSA</p>	
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Behavioral Health Services for Families

Program	Capacity	Eligibility	Description of Services	Funding	Cost
Perinatal Day Treatment	30 at any point in time 70 annually	Women with children	The Perinatal Day Treatment (PNDT) program is an intensive day program (3 hours/day, 4 days per week) developed to meet the gender-specific needs of pregnant and parenting women with young children. The program includes individual and group therapy with a strong emphasis on parenting, relationships, drug education, and health and well-being. The PNDT program works to support and assist women with family reunification requirements, as mandated by Child Protective Services and/or other referring agencies. An on-site Child Development Program offers childcare to children ages 0-5. A variety of evidence based and cognitive behavioral curriculum are offered including <i>Nurturing Parenting</i> and <i>Seeking Safety</i> . <i>This program is a minimum of six months in length.</i> Transportation is provided to and from treatment for women and their children.	Medi-Cal, Perinatal funding, CPS, CalWorks	Phase I – 96 hours Phase II – 96 hours Phase III – 96 hours Aftercare – 24 hours Total program dosage (312-350 hours)
Child Development Program	60 children annually	Children of mothers attending Perinatal Day Treatment	Children are assessed for developmental needs and/or delays by competent child-centered staff who work diligently to enhance self-esteem, improve emotional and physical development, and stimulate growth and awareness. The women receive care and child development education to help them enhance parenting abilities and confidence and parenting tools to enhance their children’s emotional, cognitive, and physical development	California Department of Education/First 5 Yolo, City of West Sacramento	Included in PNDT description above
Family Life Skills Program		Families involved with CPS	The Family Life Skills Outreach Parenting Program works with parents referred by Child Protective Services who have children in foster care and are being reunified with the parents. This program provides families with: Parenting education and tools. Information pertaining to healthier transitions when children reunify with their families. Floor-time techniques to foster secure attachment relationships and bonding. Monitoring child safety, health, and well-being. Provide parent support.	CPS	No cost
Functional Family Therapy		Families	This program provides children and their families with an average of twelve sessions of family therapy. The therapy is intended to reduce negativity and blaming within the family and to increase the family’s hope that change can be accomplished. The therapy focuses on identifying obtainable goals for the family and developing a behavior change program. The therapy also encourages a generalization stage that helps the family find external support for ongoing change. The therapy expects to improve the family functioning and to change attitudes and skills. Functional Family Therapy is an evidence based practice provided in English and Spanish.	Probation, CPS, Medi-Cal	
Nurturing Parenting Program		Parents	Nurturing Parents, Nurturing Families (NPNF) is an evidence based, strengths-based parent education program which meets the requirements of Welfare & Institutions Code, Section 16507.7. NPNF has been designed to enhance parent-child attachments by increasing parental knowledge, authenticity, empathy, and the capacity for sensitive responsiveness in a safe and supportive environment.	CPS, Medi-Cal, Sliding Scale	

Behavioral Health Services for Adolescents

Program	Age(s)	Eligibility	Description of Services	Funding
FFT Functional Family Therapy	10-18	Any family referred- Juvenile Justice and/or CWS	This program provides children and their families with an average of twelve sessions of family therapy. The therapy is intended to reduce negativity and blaming within the family and to increase the family's hope that change can be accomplished. The therapy focuses on identifying obtainable goals for the family and developing a behavior change program. The therapy also encourages a generalization stage that helps the family find external support for ongoing change. The therapy expects to improve the family functioning and to change attitudes and skills. Functional Family Therapy is an evidence based practice provided in English and Spanish.	Probation, CWS, EPSDT
University of Cincinnati Cognitive Behavioral Interventions for Substance Abuse	13-18	Adolescents with substance abuse issues	The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population. The components of the curriculum include pretreatment (optional), Motivational Enhancement, Cognitive Restructuring, Emotional Regulation, Social Skills, Problem Solving, and Relapse Prevention.	Probation, EPSDT, YCOE
Girls' Circle/Boys Council	13-18	Adolescent girls or boys referred	This gender specific curriculum is offered weekly in West Sacramento and Woodland. These groups offer a structured support group for adolescent girls and boys, designed to foster self-esteem, resist peer pressure, reduce self-doubt, improve decision-making and allow for genuine self-expression.	Probation, EPSDT
T4C Thinking 4 Change	13-18	Adolescents (High risk)	T4C is an evidence based curriculum utilizing cognitive behavioral therapy to intervene in unhealthy thought patterns that lead adolescents to unhealthy behavior choices. T4C focuses on cognitive restructuring, social skills, and problem solving interventions. (Groups are offered 1x/week for 2 hrs.) Offered in West Sacramento and Woodland.	Probation, EPSDT
TFCBT Trauma Focused Cognitive Behavioral Therapy	3-18	CWS youth/ Juvenile Justice Youth and families	TF-CBT is a conjoint child and parent psychotherapy approach for children and adolescents who are experiencing significant emotional and behavioral difficulties related to traumatic life events. It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques. Children and parents learn new skills to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings, and behaviors related traumatic life events; and enhance safety, growth, parenting skills, and family communication. Offered in West Sacramento and Woodland (12-16 sessions).	Probation, EPSDT