

ACEs-LA Lunch and Learn
Mental Health Referrals

***San Fernando Valley Community
Mental Health Center, Inc.***

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Overview of SFVCMHC, Inc. Services

- ❖ Largest provider of community mental health services in the SF Valley since 1970
- ❖ Contract provider of the LA County Department of Mental Health (DMH)
- ❖ Additional funding from DCFS, CalOES, Probation, and other sources
- ❖ 50 Programs - Continuum from Prevention & Early Intervention to Intensive Field-Based Services
- ❖ Specialized services for each age group:
 - ▶ Birth to 5/Infant Mental Health
 - ▶ Children/Adolescents – including School-Based Services (in 16 LAUSD schools)
 - ▶ Transition Age Youth (Adolescents/Young Adults up to age 25)
 - ▶ Adults
 - ▶ Older Adults

Services and Eligibility

❖ Insurance/Costs -

- ❖ All services provided at no cost.
- ❖ Most contracts require full-scope Medi-Cal or no insurance.
- ❖ Some programs open to all, depending on funding - (DCFS & CalOES).

❖ Multilingual Staff and Written Materials - English, Spanish, and other languages.

❖ Our Staff - About 450 employees committed to diversity related to race, ethnicity, culture, age, gender, sexual orientation, religion, language, and abilities.

❖ Services May Include:

- ❖ Individual, Family, and Group Therapy
- ❖ Crisis Intervention
- ❖ Parent Education/Support Groups
- ❖ Case Management/Linkage
- ❖ Medication Support Services
- ❖ Wellness Centers
- ❖ Community Presentations/Trainings

Making Referrals to SFVCMHC, Inc. Programs

- ❖ Referring and linking individuals/families to our services -
- ❖ How we respond to and process referrals -
 - ❖ Child and TAY Central Screening Units
- ❖ One Degree Closed Loop Referral (CLR) System – streamlines referrals and access to services and provides a feedback loop to update referring party and individuals referred.
- ❖ We are part of Two One Degree CLR's – ACEs-LA's and our Network of Care CLR for the San Fernando Valley – (we were an ACEs Aware Planning Grantee) -
- ❖ When to refer to DMH vs. a DMH Provider agency like ours –
- ❖ Priority focus on assisting individuals to quickly access services -



One Degree “Opportunities”

SFVCMHC, Inc. One Degree Website Page

Opportunities



Receive mental health services for Transition Age Youth (16-25)



Receive Free Bullying Advocacy and Support for K-12 students



Receive mental health services for children ages 0-17



Receive Mental Health Services for adults ages 18+



Receive support for adults experiencing homelessness with linkage to basic needs and other community resources

Child and Adolescent Programs:

- > Children's Central Screening Unit staff receive referrals and determine best match.
- ❖ Prevention & Early Intervention (PEI)/Outpatient Services:
 - ❖ 3 Youth and Family Centers - in Van Nuys, North Hollywood, and San Fernando
- ❖ Recovery, Resiliency, and Re-integration (RRR):
 - ❖ More intensive level of care
- ❖ Full Service Partnership (FSP):
 - ❖ Highest level of care – intensive field-based services
- ❖ Wraparound Program:
 - ❖ Intensive field-based - (families referred through DCFS or Probation)
- ❖ Therapeutic Behavioral Services (TBS) - one-on-one behavioral services in the home.



Additional Child & Adolescent Programs

- ❖ School-Based Services - in 18 LAUSD schools - (elementary, middle, and high)
- ❖ Bullying and School Violence Advocacy & Child Abuse Treatment Programs (CalOES-funded)
24/7 Bullying Advocacy Warm Line: (866) BE-A-HERO
- ❖ Juvenile Justice Programs - (at B.J. Nidorf Juvenile Hall, Camp Kilpatrick, Early Intervention & Diversion)
- ❖ Multidisciplinary Assessment Team (MAT) - All children removed from their homes by DCFS receive a comprehensive MAT Assessment that helps inform the court's and DCFS' decision about placement.
- ❖ Family Preservation Program - Home-based service for families at high risk involved with DCFS or Probation to support children remaining in their homes. Services include counseling, skills-building with families, and other supportive services to maintain placement.



Developmental Screening and Linkage to Early Intervention Services

- ❖ Developmental Screening for all Children Ages Birth to 5 – We use the Ages & Stages Questionnaire (ASQ) and the ASQ-Social Emotional (ASQ-SE) Tools.
- ❖ Assessment Process – We conduct detailed Psychosocial Assessments including all areas - health, mental health, developmental, academic, family history, and basic needs.
 - ❖ The Regional Center – Staff assist parents/caregivers with linkage to The Regional Center, as appropriate, to request an assessment.
 - ❖ The School District – Assessment for Special Education Services – Staff are knowledgeable about navigating the school district system to request an assessment for an IEP or 504 Plan for accommodations to access the general education curriculum.



Transition Age Youth (TAY) Programs

(Ages 16-25)

- > TAY's Central Screening Unit staff receive referrals and determine best match.
- ❖ PEI Outpatient, RRR, FSP, and TBS Programs - same levels as Child/Adolescent Programs
- ❖ Early High Risk Signs of Psychosis – 2 Evidence-Based Programs (ages 12 to 30):
 - ❖ PIER – Portland Identification and Early Referral Program
 - ❖ CAPPS – Center for the Assessment and Prevention of Prodromal States
 - ❖ Adolescents/TAY who have experienced a first psychotic episode within 30 days;
 - ❖ OR have genetic factors (parent or sibling with psychotic disorder) and a decline in daily functioning;
 - ❖ OR have been diagnosed with bipolar disorder or depressive episodes with psychotic symptoms.



Adult and Older Adult Programs

- ❖ PEI Outpatient, RRR, and FSP Programs – All levels of care for both Adults and Older Adults.
- ❖ Domestic Violence Prevention & Treatment Program – counseling and resource linkage.
- ❖ CalWORKS – (ages 18-59 with a minor child and presenting with mental health issues) -
 - ❖ Clients are referred by DPSS (through GAIN’s Welfare to Work Program) and focus is on assessing strengths and barriers to obtaining and sustaining employment.
- ❖ Valley Employment Services – (clients of the Center ages 18+) -
 - ❖ Funded through the Department of Rehabilitation and Los Angeles County DMH.
 - ❖ Vocational Assessment - identify current skill level and barriers to obtaining/maintaining employment. Employment Specialists provide comprehensive services to promote skill acquisition, opportunities for “in-vivo” practice, and assistance to be employment-ready (resume writing, clothing for interviews, etc.).



Additional Adult and Older Adult Programs

- ❖ Homeless/Housing Continuum – Assist with basic needs - emergency food, clothing, showers, laundry, money management, case management, therapy, medication support, groups, and supportive interim or longer-term housing.
- ❖ Outreach and Engagement - Outreach directly in the community/streets for individuals presenting with chronic and persistent mental illness and history of homelessness.
- ❖ Substance Use Services – Ages 18+ presenting with substance use & co-occurring disorders.
- ❖ Client Run Center - Ongoing peer support, self-help, advocacy, community integration, and social activities for adults on path to mental health recovery. Staffed by individuals with mental illness and significant lived-experience.
- ❖ Victory Wellness Center – Recovery-based services, case management, mental health, crisis intervention, medication management, peer support, self-help, and social activities.
- ❖ Diversion and Re-Entry Programs – A range of programs for adults re-entering the community after being incarcerated or to prevent incarceration.

Community Mental Health Resources

- ❖ Crisis Text Line - Text HOME to 741741 - (All of US and Canada) - 24/7 live support with a trained Crisis Counselor on a secure, on-line platform.
- ❖ 988 - National Suicide Prevention Hotline - 988 became available nationally on 7/16/2022 - can call, text, or chat.
- ❖ 211-LA - Database of 50,000 health and social services available to LA County residents for free/low cost services including housing, transportation, employment, legal, food, and more.
- ❖ National Alliance on Mental Illness (NAMI) - <https://www.namifv.org> - Nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness - education, advocacy, support groups, and outreach.
- ❖ National Institute of Mental Health (NIMH) - <https://www.nimh.nih.gov> - Assistance seeking help, resources and fact sheets by mental health diagnosis, research, and grant opportunities.
- ❖ Substance Abuse & Mental Health Services Administration (SAMHSA) - <https://www.samhsa.gov> Provides public messages, training, how to find services, and resources.
- ❖ The Coalition to Support Grieving Students - www.grievingstudents.org - Free videos and downloadable grief support modules for school personnel.

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