

Casa Pacifica Programs in Santa Barbara County

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In Home Therapeutic Programs

Therapeutic Behavioral Services (TBS)

- Short term intensive behavioral support for youth at risk of being placed in a higher level of care, psychiatric hospitalization, or for youth transitioning to a lower level of care

Intensive Home-Based Services (IHBS)

- Short term intensive behavioral support for youth who are exhibiting behaviors that impair an area of life functioning

Eligibility:

- Youth under the age of 21
- Full scope Medi-Cal
- Currently receiving mental health services out of Santa Barbara Behavioral Wellness or other qualifying CBO
- Meets medical necessity or has a qualifying mental health diagnosis

In Home Therapeutic Programs

What we do:

- Collaborate with Care Coordinator and client/caregiver to identify 1-2 specific behavioral objectives
- Meet one-on-one with client to teach skills aimed at reducing the intensity and frequency of the identified behavior (e.g., coping skills, anger management skills, self-soothing skills, etc.)
- Meet weekly with caregiver to teach skills aimed at supporting youth in reduction of target behavior

Safe Alternatives for Treating Youth (SAFTY)

Mobile crisis hotline available 8am-8pm, 7 days per week to all youth aged 20 and under in Santa Barbara County.

When to Call SAFTY?

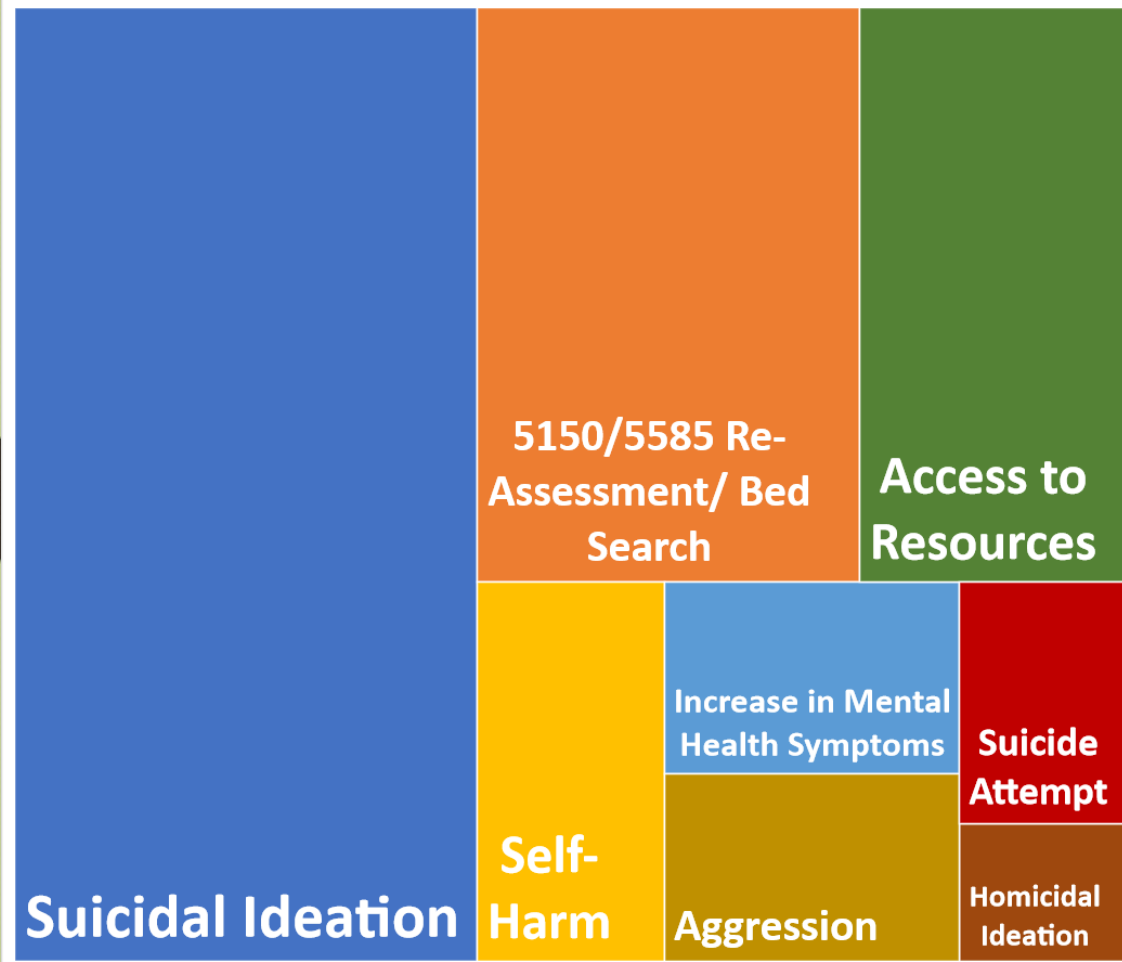
- Suicidal risk
- Self-injurious behaviors
- Homicidal risk
- Grave disability
- Emotional disturbance

Types of Responses

- **Phone:** the first level of intervention via the hotline
- **In-person:** level of risk and imminence, considering hospitalization
- **Telehealth** (mostly used for concerns due to COVID-19)

SAFTY Data

July 2022 - May 2023



- Total calls to the line: 2,043
- Total face-to-face: 612
- Hospitalization rate: 7%
- Proactive referrals: 91

SAFTY

Follow up: SAFTY Specialists will offer a follow-up [via phone or in-person] to all youth/ family within 24 hours of a crisis in order to ensure the stabilization of the crisis.

Ongoing In-Home Mental Health Services:

Proactive Services: Short-term stabilization services to clients who have active, full-scope Medi-Cal benefits. As well as, longer term therapy services through Anthem Blue Cross insurance.

****Make a referral through the crisis line**

Wraparound

- What is Wraparound?
 - An intensive in-home & in the community service, helping families with children at risk of out-of-home placement because of complex emotional/ behavioral needs.
 - An alternative to residential treatment, using a team approach to coordinate services with community and natural supports.
 - A strength-based planning process, tailored to family's individual strengths and needs.
- Who Qualifies for Wraparound Services?
- Santa Barbara County Child Welfare Services or Formal Probation Youth (300 or 602)
 - Youth who are at risk of out-of- home placement
 - Currently reside in an out-of-home placement and will be returning to the community
 - Members of adoptive families that need support through the Adoption Assistance Program.
 - Youth do not need to be a client of Behavioral Wellness or have a current diagnosis.

Wraparound

How to Refer a Youth to Wraparound

- The Youth's Social Worker or Probation officer can refer a youth to these services by completing a SB163 referral at presenting it at the weekly Interagency Placement Committee (IPC) meeting.
- Other team members working with the youth can discuss with the SW or Probation Officer the need for Wraparound Services and make the request for the referral.

Wraparound Services

- The Wraparound team consist of the Family Facilitator, Child Family Specialist, the Parent Partner, the youth, caretaker, their identified supports, and natural and community supports.
- Approximately 1 Child Family Team/CFT Meeting with the family and all providers are held weekly, 2 individual visits with the youth and 1 session with the parent partner are held a week to support with placement stabilization.
- Team member support is available 24/7, 365 daily for crisis support
- Services focus on identifying strengths and needs, developing plans to address needs, building natural supports and increasing skills that support with stabilization.

FURS 1-833-939-3877

FURS provides 24/7 immediate phone-based and in-person support during situations of instability, closing the gap for families experiencing conflict who previously may have had inadequate options for trauma-informed alternatives to calling 911 or law enforcement.

- In fact, a child or youth does not need to meet any clinical criteria for the caregiver, child, or youth to receive phone or in-person support through FURS.
- FURS is available to current and former foster youth and their caregivers.
 - Includes any child who is, or was, a 300, 601, or 602 and who is served by a county child welfare agency or probation department, and a child or youth who has exited foster care to reunification, guardianship, or adoption.
 - A current or former foster child or youth shall be eligible for services under this chapter until they attain 21 years of age

How FURS Works?

- A Caregiver/youth call or text the state hotline for immediate support.
- If it's determined in home support is needed, state staff will call the local county FURS response team who will respond to the home to help de-escalate the situation, develop support plans and help with linkages to services, as needed.
- Follow ups with the family will be made for 72 hours to ensure stabilization
- Any current case worker (social worker or probation officer) will receive a summary report of the situation and outcome.

CFT Program

- Capacity 45 families per month.
- The process of holding regular, ongoing CFT meetings designed to engage the family helps to consistently assess, monitor, problem solve and plan how to sustain successful placements.
- The main purpose of the Child and Family Team Facilitator and the CFT program at Casa Pacifica is to ensure that each voice of every member in the CFT meeting is heard through every step of the process:
 - What's working well
 - The worries
 - The planning process and works with all members present to develop clear, measurable goals for continued progress and develop an action plan to meet those goals.

School Based Services

- Provide IEP and general education services to include:
 - Individual and Group Counseling and Guidance/Therapy
 - Behavior Intervention
 - Parent Counseling and Guidance
 - Crisis Intervention
- School Districts Include:
 - SMJUHS-Delta High School
 - Lompoc Unified School District
 - Orcutt Unified School District including Olga Reed site in Los Alamos

Camino a Casa

- Casa Pacifica's Camino a Casa program is designed to treat youth ages 12-17 who struggle with emotional dysregulation and high-risk behaviors that jeopardize their safety at home, school and/or the community in Ventura and Santa Barbara County. Camino a Casa takes most major insurances.
- Levels of care include; Residential Treatment Program (RTC), Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), and Intensive In-Home Behavioral Health Services (IIBHS)
- We offer IIBHS throughout Santa Barbara County and IOP in Santa Maria, virtually and in person IOP services

Camino a Casa

- IOP Santa Maria (youth ages 13-17)
 - 3 hours of clinical groups per week, with a focus on acquisition of DBT skills and additional art, recreation and living skills groups. Groups are on Tuesdays, Wednesdays & Thursdays from 330-630PM
 - 1 hour of weekly individual therapy
 - Parent DBT skills group weekly
 - Parent coaching/check-ins (as needed)

Camino a Casa

- IIHBS SB County
 - **Tier 1 services** are available for eligible children who are in jeopardy of being placed in a residential treatment facility or who are returning home from such a placement. A three- to six-month program supplementing ongoing clinical services, Tier 1 services focus on changing a child/youth's behavior, while emphasizing their strengths and capabilities through one-to-one services.
 - **Tier 2 services** is a more intensive intervention with the same goal — to keep children/youth in their own homes and communities who would otherwise be hospitalized, placed in a residential treatment program, or require PHP or IOP services. This goal is accomplished by assigning a team of providers (family facilitator, youth worker, and parent partner, if needed) who build on the family's strengths and use natural supports and community resources.