

# FAMILY PRESERVATION

KEEPING YOUTH SAFE AND TOGETHER WITH THEIR FAMILIES



The Family Preservation program provides a “safety-net” for youth and their families who require specialized mental health and family support services. Trained clinicians provide individual, family, and group therapy, including comprehensive mental health services, with the goal of nurturing and strengthening families, so youth can remain safe and together with their families.

## WHAT SERVICES LOOK LIKE:

**When youth are referred to our Family Preservation program, they first receive a comprehensive assessment to determine their family’s strengths and needs. Staff utilize an array of mental health services and supports that are individualized and based on specific needs.**

- Families are referred and authorized through Nevada County Children’s Behavioral Health Department.
- Once a youth and family are authorized for services, the youth and family complete an assessment with the Clinician, who develops a treatment plan to identify goals for the youth and family.
- Youth receive individual and/or family therapy one or more times per week, or as needed.
- Therapy is provided by a licensed, licensed waived, or graduate student status clinician.
- A Family Support Specialist provides parent education and parent/family support services.
- Child Family Team meetings are available based on need to help families overcome significant challenges.
- Mental health services are provided in families’ homes, schools, community settings, telehealth, or at our conveniently located counseling center.
- Comprehensive case management services are provided including:
  - Linkage to psychiatric evaluations and medication management (as needed).
  - Attendance and advocacy at school meetings such as Individualized Education Plan (IEP) meetings, and Student Study Team (SST) meetings.
  - Linkage to community-based resources for transportation, food, clothing, and shelter.
  - Collaboration with schools, doctors, hospitals, social services, child welfare, courts, and juvenile justice.
- Professional staff participate in ongoing cultural competency training, translation services are always available, and we understand and respect each family’s unique culture, placing it at the center of our work together.
- We create safety plans with families to prevent or utilize in a crisis.



## PROGRAM FACTS:

- Family Preservation serves Medi-Cal-eligible youth, ages 0 – 21.
- We always work with a child and their families/caregivers, never with a child in isolation.
- Therapeutic services may be provided in the family's home, in the school setting, in the community setting of the family's choice, or in our conveniently located counseling center.
- We achieve excellent outcomes through our use of evidence-based therapy modalities and best practices recognized as effective in working with individuals and families, with such concerns as trauma, depression, anxiety, aggression, behavior disorders as well as parenting skills support and social development.

## HOW TO MAKE A REFERRAL:

You may request Stanford Sierra Youth & Families' Family Preservation services by contacting Nevada County's Access Team at (530) 470-2736. Access Team members provide information, assess service needs and eligibility criteria, authorize mental health services, and make referrals to contracted Stanford Sierra Youth & Families' mental health programs.

## FOR MORE INFORMATION:

Please contact our Family Preservation Program Director at (530) 478-0900.

## OUR MISSION:

**Stanford Sierra Youth & Families believes each and every young person deserves the love, safety, and unconditional commitment of a family and the opportunity to develop as a healthy and productive young adult. Thus, lifelong permanency is at the heart of our agency's Family Preservation work, as we help to establish and maintain stable and permanent families.**

