

RESILIENT YOUTH SAFE & EMPOWERED (RYSE) ABOVE



Stanford Sierra Youth & Families' (SSYAF) Resilient Youth Safe & Empowered (RYSE) Above program provides prevention and early intervention outpatient (OP), intensive outpatient (IOP), and aftercare recovery support services for youth with substance use disorder and co-occurring mental health service needs. These substance use and prevention treatment services are provided for youth and adolescents, ages 12 to 20, in Sacramento County. Our dedicated team uses a trauma informed approach to support recovery and prevent relapse by addressing the youth's underlying needs related to their substance use, while building up the youth's strengths and support systems throughout the treatment process. Services may be provided in the office, home, school, and/or in a community location, based on individual needs.

The goals of the program are to build upon the youth's strengths and successes, reduce substance use, increase resiliency, reinforce family connections, and improve overall well-being.

WHAT SERVICES LOOK LIKE:

- When youth and their families are referred to the RYSE Above program, they first receive a comprehensive assessment to determine the youth/family's individual strengths and needs.
- Youth and families collaboratively develop a treatment plan with RYSE Above staff to identify goals and objectives.
- Treatment is provided by highly trained staff in trauma informed services and substance use prevention and treatment that can include Licensed or Licensed Waived Clinicians and Registered/Certified Drug & Alcohol Counselors.
- Professional staff are culturally competent, meaning not only are translation services always available to youth & families, but we understand and respect each family's unique culture and put it at the forefront of our work together.

Stanford Sierra Youth & Families



PROGRAM FACTS:

- The RYSE Above program serves Sacramento County youth and adolescents, ages 12-20, who are determined to be Drug Medi-Cal eligible.
- Services address the young person's alcohol and drug challenges as well as any mental health and familial concerns.
- The length of services will vary based on individual need. The individual must meet medical necessity for services and will be re-assessed every 6 months. The level of services delivered will be indicated by individual clinical need and reflected in the youth's treatment plan.
- RYSE above services include: assessment, treatment planning, individual counseling, group counseling, family therapy, educational groups, collateral support, crisis intervention services, discharge planning, and recovery services.
- We achieve excellent outcomes through the use of evidence-based/best practices (i.e. Motivational Interview (MI), Cognitive Behavioral Therapy (CBT), Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), Seeking Safety, and The Seven Challenges).
- SSYAF always partners with families and caregivers, and never works with a youth in isolation. We consider the whole family and ensures youth and their family have a voice in service delivery. Parent/caregiver's involvement in their youth's treatment and recovery increases the likelihood of a successful treatment experience.
- RYSE Above has a "no wrong door" program design. SSYAF provides a full continuum of care (i.e., substance use and prevention treatment, mental health, juvenile justice, foster care, and family empowerment services), which allows young people and their families to access multiple services from one agency.
- RYSE Above services may be provided in the family's home, in the school setting, in a community setting of the family's choice, or in our conveniently located counseling center. Group services are available at SSYAF's facilities conveniently located in the community.

HOW TO MAKE A REFERRAL:

Youth and their families may request Stanford Sierra Youth & Families' RYSE Above services by contacting Sacramento County's SUPT (Substance Use Prevention & Treatment) System of Care for Treatment Services at (916) 874-9754.

For more information about our RYSE Above Program, please contact our Clinical Director at (916) 344-0199.



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Substance Use Prevention & Treatment Services.