



Behavioral Health Services

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ADULT PROGRAMS			
Program	Description	Funding	Schedule
Outpatient Substance Abuse Recovery Program (OSARP)	<ul style="list-style-type: none"> OSARP serves men and women ages 18+ Substance use disorder treatment Evidenced Base Models: Moral Recognition Therapy (MRT) and the Stages of Change Group, individual, family counseling 	SUD Waiver	Walk-in screenings Woodland and West Sacramento Monday – Friday or call 888-965-6647
Path 2 Recovery Program (P2R)	<ul style="list-style-type: none"> Dual Diagnosis Recovery program Serving women/men age 18 + Evidenced Based Models: Illness Management and Recovery as well as, Dialectical Behavior Therapy (DBT) and Trauma Focused Seeking Safety material. Group, individual, family counseling 	SUD Waiver	Walk-in screenings Woodland and West Sacramento Monday – Friday or call 888-965-6647
Perinatal Day Treatment Program (PNDT)	<ul style="list-style-type: none"> Intensive outpatient treatment for Pregnant and parenting women. Gender-specific evidenced based intervention, parenting, relationships, trauma-recovery, drug education, and well-being. Free of cost transportation is provided to and from treatment for women and their children. The Child Development Program (CDP) runs concurrently with PNDT and offers childcare to children ages 0-5 whose mothers attend PNDT. 	SUD Waiver Childcare is offered free of cost.	Walk-in screenings Woodland and West Sacramento Monday – Friday or call 888-965-6647
Intensive Outpatient Treatment	<ul style="list-style-type: none"> Intensive (4 days a week, 3 hours a day) Substance Use Services. Serving adult men and women Woodland location 	SUD Waiver	Walk-in screenings Woodland and West Sacramento Monday – Friday or call 888-965-6647

<p>Substance Use Education Approved for PC1000 Drug Diversion</p>	<ul style="list-style-type: none"> • Drug education and relapse prevention program. • Addresses issues around consequences of use, values, peer relationships and legal problems associated with continued use • Serving women/men age 18 + • PC1000/Drug Diversion approved • Services provided in English and Spanish 	<p>SUD Waiver</p>	<p>Walk-in screenings Woodland and West Sacramento Monday – Friday or call 888-965-6647</p>
<p>Substance Use Services imbedded at Day Reporting Center (DRC)</p>	<ul style="list-style-type: none"> • In Partnership with Woodland and West Sacramento Day Reporting Centers (DRCs) and Probation Department • Outpatient Substance Use Disorder Services are offered onsite at the Day Reporting Centers 	<p>SUD Waiver</p>	<p>Walk-in screenings Woodland and West Sacramento Monday – Friday or call 888-965-6647</p>
<p>Creando Recursos y Enlaces Para Oportunidades (CREO)</p>	<ul style="list-style-type: none"> • CREO/CORE services are aimed at improving access and increasing life functioning for the Latino/Hispanic community of Yolo County struggling with behavioral health issues. • All services are delivered in Spanish by clinicians who are culturally reflective of the community 	<p>MHSA, no cost to client</p>	<p>Outreach services provided in the community Monday – Friday</p>
<p>Medication Assisted Treatment (MAT)</p>	<ul style="list-style-type: none"> • Medications are offered for treatment of Opioid dependence (Vivitrol and Suboxone) and are prescribed as part of a comprehensive treatment plan that includes counseling and participation in social support programs. • Clients enrolled in the Medication Assisted Treatment program attend individualized counseling services and outpatient programming. 	<p>Medi-Cal/ funding for uninsured / HRSA / DHCS Hub and Spoke Grant</p>	<p>Walk-in screening for substance use services Woodland and West Sacramento Monday – Friday or by appointment</p>
<p>Steps to Success (Prop 47)</p>	<ul style="list-style-type: none"> • Outreach, assessment, treatment and case management services for Prop 47 individuals Identified and referred by DA’s office or Probation. • Wraparound services provided to reduce recidivism and promote self-sufficiency, in partnership with Empower Yolo, DA’s office, County, Probation and Legal Services 	<p>Prop 47/Steps to Success Grant</p>	<p>West Sacramento Monday – Friday</p>
<p>Davis Navigation Program</p>	<ul style="list-style-type: none"> • Assessment, triage, navigation and case management services for Davis Community. • Linkage to ongoing mental health, substance use and physical health services. 	<p>County Funding</p>	<p>West Sacramento and Davis Monday- Friday</p>

FAMILY SERVICES			
Program	Description	Funding	Schedule
Functional Family Therapy (FFT)	<ul style="list-style-type: none"> • FFT is an evidence-based family therapy program. • Offered in both English and Spanish in our clinic locations or in the home. • FFT aims to reduce negativity and blame within the family and increase hope for change. • Realistic and obtainable family goals and a behavior change plan are developed collaboratively and external supports for ongoing change are identified. 	EPSDT, Juvenile Probation, sliding scale	
CalWORKS Program	<ul style="list-style-type: none"> • Counseling and case management services • Embedded in the Department of Employment and Social Services Office in both West Sacramento and Woodland and offered county wide in home and community. 	CalWORKS	Woodland and West Sacramento Monday – Friday
PARENTING AND CHILD DEVELOPMENT SERVICES			
Nurturing Parents, Nurturing Families (NPNF)	<ul style="list-style-type: none"> • NPNF is an evidence-based parent education program • 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. • NPNF is administered as a group-based program or through more specialized individual sessions (Spanish and English). 	CWS, sliding scale	
Teen/Young Parenting	<ul style="list-style-type: none"> • Parenting for Young Parents: Nurturing Skills for Teen Parents is an evidence-based program that uses the Active Parenting for Teens curriculum. • Nurturing Skills for Teen Parents can be offered in 12-16 sessions (either group or individually). 	CWS, sliding scale	

<p>Co – Parenting</p>	<ul style="list-style-type: none"> • Improve parental communication and interactions and increase positive cooperative parenting. • For parents who are no longer maintaining a couple’s relationship. • May be scheduled for both parents in the same session, or for those who are in more conflicted relationships, individual sessions initially. 	<p>CWS, sliding scale</p>	
<p>Family Life Skills Partnership (FLSP)</p>	<ul style="list-style-type: none"> • Family Life Skills Partnership (FLSP) was developed to provide instruction and support for the development of adult life skills and positive parenting practices. • FLSP is a hands-on home-based program to more fully integrate “real life” strengths and challenges into individualized family support services. 	<p>CWS, Sliding Fee</p>	
<p>Reflective Family Practices (RFP)</p>	<ul style="list-style-type: none"> • Reflective Family Practices is an innovative family counseling program based on current research in the fields of child development, attachment, mentalization, and neuroscience. • Using video tape reflection, this model provides hands-on coaching, education and intervention with families. 	<p>CWS, Sliding Fee</p>	

YOUTH SERVICES			
Program	Description	Funding	Schedule
Trauma Focused Cognitive Behavioral Therapy (TF-CBT)	<ul style="list-style-type: none"> • TF-CBT is an evidence-based therapy for youth • Addressing significant emotional and behavioral difficulties related to traumatic life events. • Youth and parents learn skills to help process, manage and resolve distressing thoughts, feelings and behaviors related to trauma; and enhance safety, growth, parenting skills, and family communication 	EPSDT, Juvenile Probation, sliding scale	
Cognitive Behavioral Interventions for Substance Abuse (CBI-SA)	<ul style="list-style-type: none"> • CBI-SA is a high dosage cognitive-behavioral group intervention. • CBI-SA teaches strategies for avoiding substance abuse and emphasizes skill building activities for promoting cognitive, social, emotional and coping skills development. 	EPSDT, Juvenile Probation, *ATP (Adolescent Treatment Program, no cost to client)	
School Services	<ul style="list-style-type: none"> • Our Youth Services Team partners with Woodland Joint Unified School District to provide support to students struggling with substance abuse utilizing a Cognitive-Behavioral and Motivational Enhancement approach. 	WJUSD	Referrals are made directly by participating schools Monday – Friday
Wraparound Services (WRAP)	<ul style="list-style-type: none"> • Provide youth and families with strength-based, needs-driven, family-centered, and cost-effective services. • Build life skills and strengthen individual and family supports with the aim of improving family function, overcoming barriers, preventing or reducing out-of-home placements, and skills, and self-efficacy. • 24-hour crisis support by Wraparound team 	DESS, Probation	Provided as needed, Referrals are made directly by DESS, Probation
Individual Youth Therapy	<ul style="list-style-type: none"> • Cognitive behavioral therapy, psycho-education, relaxation techniques, emotion regulation skills and cognitive coping techniques. 	EPSDT, Juvenile Probation, *ATP (Adolescent Treatment Program, no cost to client), sliding scale	Provided as needed, usually once per week, for those clients referred



INTEGRATED BEHAVIORAL HEALTH SERVICES (for CCHC Primary Care patients only)

<p>Integrated Behavioral Health (IBH) Services</p>	<ul style="list-style-type: none"> • Integrated Behavioral Health (IBH) Services are integrated within the primary care clinic • Available for CommuniCare Health Centers Medical patients referred by their Primary Care Providers. • Brief, confidential individual counseling services, referrals to other agencies, coordination of referrals to substance abuse recovery programs, assistance in managing serious health conditions such as chronic pain, hypertension and diabetes. • Ages 4 and up, access to adult and child psychiatry 	<p>Medi-Cal/Beacon, Medicare, Covered CA, sliding fee</p>	<p>CCHC primary care locations in Davis, Woodland, West Sacramento Monday – Friday and Saturdays in West Sacramento</p>
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