

# Youth for Change Handbook

Important Information for Clients and Family Members



[www.youth4change.org](http://www.youth4change.org)



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## Welcome to Youth for Change!

### Our Mission Statement:

Enhancing the well-being of children, individuals, families, and communities.

### Who We Are and the Youth for Change Difference

Youth for Change is a non-profit, public benefit organization that provides comprehensive and dynamic, support and treatment to individuals, families and communities in the North State.

Established in 1991, the Youth for Change team has continually developed community partnerships for the purpose of championing the well-being of children and families. Youth for Change strives to be a culturally responsive and trauma-informed agency.

Youth for Change believes that the best place for a child is with their family. When a family is in crisis and unable to meet a child’s need for safety and health, Youth for Change makes every effort to provide support, skills and resources to help each family in a healthy and nurturing way.

Youth for Change has a mission to support children, individuals, and families so that they may live

happy, healthy and safe lives by providing services that promote dignity, self-determination, and well-being.

### Hours of Operation

Hours of operation may vary depending on the program. Youth for Change operates during regular business hours (8a.m. to 5p.m.) but appointment times may vary and are flexible. The Hospital Alternatives Program, Full Service Partnership, Wraparound Services, and Family Urgent Response System provide services 24/7, as needed. Access to after hour services:

- Butte County Behavioral Health Crisis Services 24-hour hotline: 1(800) 334-6622.
- Sutter - Yuba Behavioral Health 24-Hour Psychiatric Emergency Services (888) 923-3800.

If you are in crisis or life-threatening danger, call your local law enforcement immediately (911).

## Our Programs

### 6th Street Center for Youth (Butte)

6th Street opened in 2008 as a Mental Health Services Act (MHSA) funded collaboration between Youth for Change and Butte County Department of Behavioral Health. Our services are for youth ages 14-24 that are homeless, marginally housed, or runaways. 6th Street Center provides a safe and supportive environment where youth experiencing homelessness can acquire the skills they need to regain stability in their lives. We do this by modeling healthy behavior and relationships, encouraging productive activities, and providing access to needed resources. Services range from basic needs including food, laundry, and hygiene to counseling, educational and employment advocacy, intensive case management, and family reunification. Transitional and Master Lease Housing Programs are open to homeless transition age youth (18-23) who are participating in 6th Street or Behavioral Health services. For more information about specific services and events, please visit the program website at: [www.6thstreetcenter.org](http://www.6thstreetcenter.org)



### Community Based Services (CBS) (Sutter/Yuba)

Community Based Services provides Specialty Mental Health Services in the environment that is most comfortable to the client and/or family: a school, community, home, or office setting. CBS serves youth referred by Sutter/Yuba County Behavioral Health with full scope Medi-Cal. Services are provided to help reduce the feelings and behaviors that make it challenging for you at home, with your friends, or at school.

Service time varies depending upon your needs and medical necessity

### Differential Response (DR) (Yuba County)

Based on a triage process, Youth for Change's DR program responds to low and moderate risk child welfare reports with comprehensive community services, provides home visits, navigation support for families to access community services, therapeutic services, and a wide range of individualized support and skill building.

### Facilitating All Resources Effectively (FARE)

FARE is a program that offers, family team decision making meetings to families involved with the child welfare system. Our goal is to identify strengths of the family and insure their participation in all stages of the process. Our meetings strengthen partnership and collaboration between family members, social workers, and other service providers. We acknowledge that families know what they need and should be a part of the planning of their case. We strive to ensure that families participate in all aspects of their case from placement and case planning to transitioning children home.

### Foster Care Services/Adoptions

Traditional Foster Care provides comprehensive supportive services to foster/resource parents as well as a safe, nurturing, and supportive relationship for youth in need of a stable home. Intensive Treatment Foster Care is a short-term program that assists in stabilizing a youth's behavior as they prepare to reunify with a family member or other long term placement options. Transitional Housing Programs (THP, THP Plus, and THP plus FC) assists participants with the financial responsibilities of independence, while helping gain the necessary skills to sustain themselves. Adoptions provides education and supports to ensure that foster children are placed with lifelong families and provided with after care services.

### Homeless Emergency Action Response Team H.E.A.R.T.

Offers 24 hours services to homeless and runaway youth (under the age of 18) and their caregivers in Butte County. The goals of this program are to provide physical and emotional safety to youth experiencing a homeless or runaway episode; reunite runaway youth with their families and strengthen family bonds; promote stable living conditions for runaway and homeless youth, including youth that are at risk from separation from their families; and design, implement, and maintain a services delivery system that is responsive to the unique needs of runaway and homeless youth in Butte County. Clients can be in

services for a short period of time to resolve a crisis or for long term clinical and case management services depending on the client's identified needs. To access H.E.A.R.T. services call 1-877-4-RUN-AWAY.

### Hospital Alternatives Program (HAP)

The Hospital Alternatives Program (HAP) specially trained Clinicians and Behavioral Health Counselors provide comprehensive response and support services to youth who are in need of intensive services as an alternative to being hospitalized following a 5150 screening. HAP is a collaboration between the Butte County Behavioral Health Crisis Services and Youth for Change. In order to receive HAP services, participants must have full scope Medi-Cal and a referral must be made by the Butte County Crisis Services (530) 891-2810 or (800) 334-6622.

### In-Home Parenting

In-Home Parenting is an educational program offered to Butte County families receiving mental health services in the home. Parents who want to improve their parenting skills can work with a Parent Educator to improve their relationship with their child(ren) and enhance their family support system. In Home Parenting offers parent support, parent-child activities and works with parents to develop parenting techniques that offer positive results.

### Medication Support Program (Butte, Sutter, Yuba)

Medication Support (Med Support) services are offered to all children, adolescents, and their families who are enrolled in a variety of Youth for Change programs. These services include psychiatric consultation, diagnostic assessment, psychotropic medication treatment, and psychotherapy.

### YFC Outdoors

Youth for Change Outdoors is available to Youth for Change clients receiving services in any one of our programs. The aim is to engage behaviorally challenged youth in a safe and structured outdoor environment, allowing the youth to choose the degree to which they are challenged. Through this process the youth will learn about themselves, their immediate surroundings, environmental stewardship, teamwork, and their own ability to make safe, responsible decisions independently, and/or in a group setting.



### School Based Counseling (SBC)

The School Based Counseling program provides counseling services to students and their families who are referred by Paradise Unified School District. These services can be provided at eligible school sites, Youth for Change sites, and/or the student's homes. Individual, group, and family sessions may be offered. Therapists may also provide psychoeducation to classroom teachers to help them interact more effectively with their students. This program is a collaboration between Youth for Change, the Paradise Unified School District, and the Butte County Department of Behavioral Health.

### Strong Starts (Butte)

Strong Starts provides specialty mental health services in the environment that is most comfortable to the client and/or family.

Youth For Change also provides Parent Child Interaction Therapy (PCIT). PCIT helps to improve the child and caregiver relationship by building attachment and coaching caregivers to respond consistently and predictably to the child's needs and behaviors. PCIT is available in Butte, Yuba, and Sutter counties.

## Our Programs continued



### Therapeutic Behavioral Services (TBS) (Butte, Sutter, Yuba)

TBS services provide additional short-term support to youth under the age of 18. TBS staff will assist children/youth in their transition to lower levels of care (including home or home like setting) or avoid moving to a higher level of care (including a psychiatric hospital, STRTP or group home in the Rate Classification Level (RCL) 12 or higher).

### Wraparound Services (Wrap) (Butte, Sutter)

Wrap's approach focuses on what is working with the family. It builds on individual's strengths, assets, and skills. It pulls people and community together. A team is created that strives for trust, cooperation, self-worth, and family unity. Each family is in charge of their own goals and successes. Families with children who have been placed in or are at risk of placement in a Short Term Residential Therapeutic Program (STRTP) or above as identified by the Butte County Interagency Placement Unit (ISPU) are eligible for Wrap.

### Full Service Partnership (Sutter-Yuba)

Through a collaborative partnership with Sutter Yuba Behavioral Health, Youth for Change addresses the total needs of the family whose child is experiencing significant emotional, psychological, or behavioral concerns interfering with their well-being. Children 0-15 with severe emotional disturbances may be eligible for services.

### Family Visitation Centers (Butte)

Family visitation services are available to families involved with the child welfare system in Butte County.

The purpose of visitation between the parent, guardian, or relative and child is to ensure the following:

**PROMOTE** and maintain the relationship between the parent and child during the family's time together and during times of separation.

**PROVIDE** a respectful and compassionate environment that allows the child to have an enjoyable experience with the parent.

**ENSURE** the child is emotionally and physically safe when visiting the parent before, during, and after the visit.

**ENHANCE** parenting skills through individualized feedback, parenting support, and modeling during visitation.

### Butte County California Home Visitation Program (CHVP):

Youth For Change provides certified Parents as Teachers home visitors to support Butte County families with young children ages 0-3, as they experience and overcome challenges every parent faces. The CHVP is fun, increases parenting confidence and satisfaction, helps babies reach developmental milestones, and provide navigation support to parents to access community resources.

### Butte County CalWORKs Home Visiting Program (HVP):

Youth for Change provides certified Parents as Teachers home visitor to support Butte County families having young children ages 0-24 months and enrolled in the Butte County CalWORKs program. The Cal WORKs HVP activities count toward CalWORKs requirements, are fun, increase parent confidence and satisfaction, help babies reach developmental milestones, and provide navigation support to parents to access community resources.

### Family Urgent Response System (FURS - Butte Yuba and Sutter Counties):

FURS is a free 24/7/365 hotline for current to former foster youth and caregivers to call and get IMMEDIATE help for any big or small issue you may be experiencing. CALL OR TEXT 1-833-939-FURS (3877). FURS is a safe, judgement-free, and private space to talk. If needed, a team can meet with you in person to help create a plan to stabilize your situation. CAL-FURS.ORG for more information

To view more details, contact information, and the scope of services for any of our programs listed above please visit our website at: [www.youth4change.org](http://www.youth4change.org)

## Youth for Change Values

The following are based on social work's core values of service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. These principles set forth ideals to which all Youth for Change employees, interns, and volunteers aspire.

### We Value: Service

**Ethical Principle:** Our primary goal is to help people in need by drawing on our knowledge, values, and skills to help people in need.

### We Value: Social Justice

**Ethical Principle:** We will strive to ensure access to needed information, services, and resources; equality of opportunity; and meaningful participation in decision making for all people and promote sensitivity and awareness about cultural and ethnic diversity.

### We Value: Dignity and Worth of the Person

**Ethical Principle:** We will respect the inherent dignity and worth of a person.

### We Value: Importance of Human Relationships

**Ethical Principle:** We will recognize the central importance of human relationships. We will ask for and respond to feedback, preferences, and grievances in an effort to promote, restore, maintain, and enhance the well-being of individuals, families, organizations, and our community.

### We Value: Integrity

**Ethical Principle:** We will behave in a trustworthy manner and act honestly and responsibly and promote ethical practices on the part of our organization and those with which we are affiliated.

### We Value: Competence

**Ethical Principle:** We will practice within our area of competence and develop and enhance our professional expertise.



## The Core Evidence Based Practices Treatment Models at Youth for Change

Youth for Change encourages and may implement the following techniques in their treatment program processes: Therapeutic Crisis Intervention, Parent-Child Interaction Therapy, Nurtured Heart Approach, Nurturing Parenting, Motivational Interviewing, Trauma Focused Cognitive Behavioral Therapy, Adoption Competent Practice, Dialectical Behavioral Therapy, Feedback Informed Treatment, and The Child and Adolescent Needs and Strength Assessment.

An in-depth explanation of each of the treatment practices mentioned above is available upon request.

**Scope of Practice:** Youth for Change employees possess a wide range of experience and educational background and are selected for their specific expertise, energy, and attitude toward service delivery in accordance with our mission to enhance the well-being of others. We employ paraprofessionals with Bachelor's Degrees in fields related to social service, health and wellness, and youth development; and also Master's level professionals working toward licensure in the field of social work and marriage family therapy. Licensed Clinical Social Workers and Licensed Marriage and Family Therapists supervise all the clinical and social work service provided at Youth for Change.

### Client Rights

Youth For Change protects and promotes the rights, dignity and respect of those we serve. This commitment guides the delivery of our services and all our interactions. While in our care you have the right to freedom from anykind of abuse, financial or any other exploitation, retaliation, humiliation, or neglect.

#### Foster Care Youth Rights

The California Code of Regulations, Title 22 requires that any child admitted to a home/facility must be advised of his/her personal rights. Homes/Facilities are also required to post these rights in areas accessible to the public.

**Grievance Procedure:** If ever you are unsatisfied with your services you are encouraged to contact the Compliance Officer at (530) 877-1965 to communicate your needs, complaints, or requests. You may also contact Butte, Yuba, or Sutter County Behavioral Health's Patients' Rights Advocate, as applicable, at any time to report a complaint; this contact information is always visible in the lobby of our applicable service sites.

During the intake process you shall be provided with Your Rights as a Foster Care Youth in California. This form describes the personal rights to be afforded each child admitted to a home/facility. This form also provides the complaint procedures for the child and authorized representative. This form is to be reviewed, completed, and signed by each child and/or each authorized representative upon admission to the home/facility. The child and/or authorized representative also have a right to receive a completed copy of the originally signed form. The original signed copy shall be retained in the child's file which is maintained by the home/facility.

## Drug, Alcohol, Tobacco & Weapons Policy & Emergency Procedures



Youth for Change is a drug/alcohol-free workplace. Each YFC staff member has a responsibility to deliver services in a safe, conscientious manner which includes refraining from the use of illegal drugs, alcohol, and tobacco while on YFC property or while performing their work duties. Prescription medication should be taken as prescribed and is permitted so long as it does not impair ability to perform job duties safely and effectively. All prescription medication should remain under the control of the prescribed individual at all times.

Clients and their family members are asked to assist us in keeping our work environment drug, alcohol, and tobacco free and participate in sessions, visitations and appointments in a manner that contributes to the health and well-being of themselves and others by being alcohol and drug-free. We ask that clients adhere to California and Federal laws with regard to possessing, ingesting, manufacturing, or transporting any controlled substance while on YFC property or while engaging in a YFC service. Any person suspected to be under the influence of alcohol or illegal drugs may be asked to leave the premises.

**Weapons:** We ask that all clients, family members, community partners, and peers act in accordance with city, county, and state laws and not unlawfully possess weapons on all Youth for Change premises, or during Youth for Change functions.

**Emergency Procedures and Exits:** Each Youth for Change site is equipped with emergency procedures and exits to maximize your safety during your session or stay. You can find these exits clearly marked and routes posted throughout the facilities. We are visited regularly by the Fire Marshal to ensure our compliance with safety procedures. All staff participate in regularly scheduled safety trainings as well as emergency procedure drills.

**Non-Violent Practices:** It is our strict policy at Youth For Change to NOT use the following interventions in treatment: Locked seclusion, mechanical restraint, verbal abuse or humiliation, excessive force beyond the resources needed to safely and humanely intervene with clients at risk of grave harm to self or others, withhold food or water, demeaning or degrading activities, punitive restrictions or assignments, or corporal punishment.



## We Are a Culture of Feedback

We rely on you to tell us if the work we are doing together is not meeting your treatment goals. If there is ever anything we can do to better meet your therapeutic needs we want and need to know so that we can make the appropriate adjustments to create the best possible outcome. We receive this feedback in a multitude of ways:

- Suggestion boxes are available at our sites.
- During your treatment you may be asked to participate in a client satisfaction survey regarding your satisfaction with our services.
- We also ask our community partners to rate us on our professionalism, friendliness, and competency in a survey on an annual basis.
- Longitudinal Study: We hope to determine if we are indeed accomplishing our mission of enhancing the well-being of others through the use of a longitudinal study.
- During the treatment process you may be asked for permission to contact you to determine if you were satisfied and benefited from services at Youth For Change after exit.
- Youth for Change employees also participate in an internal organizational climate survey on an annual basis.
- Treatment staff are trained in receiving feedback via Feedback Informed Treatment (FIT), which will help you to communicate your preferences, level of satisfaction and progress in your treatment.



## Contact Information

### Butte County

#### Chico

##### Cohasset Road Site

260 Cohasset Rd., Suite 120  
Chico, CA 95926  
Phone: (530) 877-1965  
Fax: (530) 877-3020

##### 6th Street Center for Youth

130 West 6th Street  
Chico, CA 95928  
Phone: (530) 894-8008  
Fax: (530) 894-1979

#### Paradise

##### Paradise Specialty Services

5910 Clark Rd. Suite G  
Paradise, CA 95969  
Phone: (530) 877-1965

#### Oroville

##### Oroville Counseling Center

2856 Olive Highway, Suite A  
Oroville, CA 95966  
Phone: (530) 533-1576  
Fax: (530) 533-1979

2854 Olive Highway, Suite B & C

Oroville, CA 95966  
Phone: (530) 533-1576  
Fax: (530) 533-1979

##### The Family Place Oroville

1770 High Street  
Oroville, CA 95965  
Phone: (530) 552-1411  
Fax: (530) 552-1412



### Sutter-Yuba Counties

#### Sutter - Yuba Support Center

1525 Plumas Court, Suite C & D  
Yuba City, CA 95991  
Phone: (530) 418-1002  
Fax: (530) 418-1003

#### Marysville Counseling Center

1128 Yuba Street  
Marysville, CA 95901  
Phone: (530) 418-1001  
Fax: (530) 418-1005

#### Homeless Emergency Action Response Team (HEART)

1-877-478-6292

#### Family Urgent Response System (FURS)

1-833-939-3877



*Pictures are not of actual clients.*



v05.11.23

Youth for Change  
Administration Office

Phone: (530) 877-8187 Fax: (530) 877-3020

Mailing Address:

260 Cohasset Rd. Suite #120, Chico, CA 95926

[www.youth4change.org](http://www.youth4change.org)



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