

**PROGRAMS OF
SAN FERNANDO VALLEY COMMUNITY
MENTAL HEALTH CENTER, INC.**

CHILD & ADOLESCENT SERVICES:

Children's System of Care - Van Nuys - (818) 901-6376

Central Valley Youth and Family Center - Van Nuys - (818) 908-4990

Erikson Center - Van Nuys - (818) 908-4999

Juvenile Justice Outpatient Services - Mission Hills - (818) 361-5030

Multisystemic Therapy - Mission Hills - (818) 361-5030

Nidorf Juvenile Hall Program - Mission Hills - (818) 361-5030

North Valley Youth and Family Center - Mission Hills - (818) 361-5030

Therapeutic Behavioral Services - Van Nuys - (818) 909-3380

Turning Point (Wraparound) - Van Nuys - (818) 901-6376

Youth Contact - Van Nuys - (818) 908-4990

TRANSITIONAL YOUTH:

Transitional Youth Outpatient - Van Nuys - (818) 908-4900

Transitional Youth Intensive Day Treatment - Van Nuys - (818) 787-6267

Transitions - Van Nuys - (818) 901-4854

ADULT OUTPATIENT SERVICES:

Center for Family Living/Manos de Esperanza - Van Nuys - (818) 901-4854

Macdonald Carey Center - North Hollywood - (818) 908-3855

CalWORKs Supportive Services and Domestic Violence Prevention and Treatment Program - Mission Hills - (818) 838-1352

Community Assessment Services Center - Van Nuys - (818) 258-1900, Palmdale - (661) 266-4517, Santa Clarita - (661) 250-2873

Family Links - Mission Hills - (818) 365-4723

COMMUNITY SUPPORT SERVICES:

Assertive Community Treatment - Van Nuys - (818) 373-4993

Adult Day Rehabilitation - Van Nuys - (818) 374-4080

Life Works (Adult Day Treatment Intensive) - Van Nuys - (818) 374-4080

Victory Clubhouse - Van Nuys - (818) 989-7475

The Harbour - North Hollywood - (818) 980-7576

Independent Living/Satellite Housing - Van Nuys - (818) 374-5383

Valley Employment Services - Van Nuys - (818) 902-5315

HOMELESS SERVICES:

Foundations (AB2034) - Van Nuys - (818) 904-3946

Cornerstone - Van Nuys - (818) 901-4836

Sidekicks - Van Nuys - (818) 901-4836

SENIOR SERVICES:

Homebound - Van Nuys - (818) 374-6901



San Fernando Valley
Community Mental Health
Center, Inc.
A Non-Profit Corporation

Domestic Violence Prevention and Treatment Program

For Further Information

Call (818) 838-1352



Domestic Violence Prevention and Treatment Program

The **Domestic Violence Prevention and Treatment Program** is designed primarily to assist CalWORKs participants overcome domestic violence barriers which impede their ability to work and lead productive lives.

The **Domestic Violence Prevention and Treatment Program** offers case management and counseling services for victims of domestic violence and domestic abuse. In addition to providing direct services at the clinic, the staff works assertively in the community with the client and contacts appropriate resources for assistance. These include law enforcement, "safe haven" shelters, legal services, schools and hospitals. Every effort is made to help the client develop a physically safe and emotionally stable environment. Interventions are focused on helping to remove barriers to employment and encourage the development of positive self esteem and family life.

Through the Department of Public Social Services, CalWORKs participants also qualify for vocational services which provide assistance in the areas of employment preparation, work adjustment, job coaching and placement.

WHAT IS DOMESTIC VIOLENCE/ABUSE?

Domestic violence/abuse is any type of physical, verbal, emotional, sexual and/or economic abuse used by a person in order to control, isolate, harass, intimidate or threaten another person. This can happen between:

- ◆ Husband and Wife.
- ◆ Boyfriend and Girlfriend
- ◆ Parents and a Child
- ◆ Parent and an Adult Child
- ◆ Family Members
- ◆ Same Sex Couples
- ◆ Dating Teens

The common denominator is the abusive partner's need to maintain power and control over the victim.

- ◆ **Physical Abuse:** pushing, shoving, hitting, slapping, choking, pulling hair, punching, kicking, grabbing, using a weapon against

the victim, beating, throwing the victim down, twisting arms, tripping, biting, etc.

- ◆ **Verbal Abuse:** criticizing the victim, making humiliating remarks, name calling, yelling obscenities.
- ◆ **Emotional Abuse:** belittling the victim, name calling, playing "mind games", and/or making the victim think she/he is mentally ill.
- ◆ **Economic Abuse:** preventing the victim from getting/keeping a job, making the victim ask/beg for money, giving the victim an allowance for taking the victim's money.
- ◆ **Sexual Abuse:** making the victim do sexual things against his/her will, physically attaching the sexual parts of the victim's body, treating the victim like a sex object.
- ◆ **Using Children:** making the victim feel guilty about the children, using the children to give messages, using visitation as a way to harass the victim.
- ◆ **Threats:** making and/or carrying out threats to do something to hurt the victim emotionally, financially and/or physically, threatening to take children, reporting the victim to the welfare office of the Department of Children and Family Services, and/or threatening to commit suicide.
- ◆ **Using Privilege:** treating the victim like a servant, making all the "big" decisions, acting like the "master of the castle".
- ◆ **Intimidation:** creating fear in the victim by using looks, actions, gestures, a loud voice, smashing things, destroying the victim's property.
- ◆ **Isolation:** controlling what the victim does, where the victim goes, who the victim sees and with whom the victim talks.

WHAT ARE TYPICAL EFFECTS OF DOMESTIC VIOLENCE/ABUSE?

Immediate effects include:

- ◆ Sleep Disturbances
- ◆ Panic Attacks
- ◆ Nightmares

- ◆ Depression
- ◆ Anxiety
- ◆ Fearfulness

Delayed effects may be less obvious and include:

- ◆ Relationship Difficulties
- ◆ A Fear of Intimacy
- ◆ Loss of Interest in Life
- ◆ Low Self-Esteem
- ◆ Employment Problems

EFFECTS ON CHILDREN

Children who witness domestic violence are at a high risk of developing emotional, physical and behavioral problems. The stress often causes physical symptoms such as headaches, asthma, insomnia and eating problems. In a high percentage of wife abuse situations, the children are physically or sexually victimized as well.

TYPES OF SERVICES AVAILABLE

- ◆ Service Assessment
- ◆ Clinical Assessment
- ◆ Case Management
- ◆ Individual Counseling
- ◆ Referrals
- ◆ Crisis Interventions
- ◆ Community Outreach
- ◆ Consultation
- ◆ Crisis Assistance Available 24 hours, 7 days a week

HOURS

8:00am - 5:00pm. Monday - Friday.

FEES

CalWORKs participants are able to receive domestic violence supportive services at no cost to them.

FUNDING

Funds are provided by the County of Los Angeles from funds made available under the CalWORKs Grant Program.