

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

CHILD & ADOLESCENT SERVICES:

Children's System of Care
Van Nuys - (818) 909-5870

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) 901-4854

Transitional Youth Intensive Day Treatment
Van Nuys - (818) 901-4854

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) 285-1900
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

**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

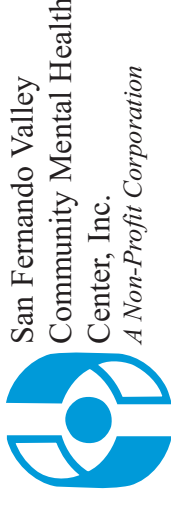
HOMELESS SERVICES:

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

Cornerstone - Van Nuys - (818) 901-4836

SENIOR SERVICES:

Homebound - Van Nuys - (818) 374-6901



Transitional Youth Intensive Day Treatment

14535 Sherman Circle

Van Nuys, CA 91405

(818) 901-4854



Transitional Youth - Intensive Day Treatment

INTENSIVE DAY TREATMENT PROGRAM FOR TRANSITION-AGE YOUTH (18-21 YEARS)

Lisa, age 19, was referred to the Transitional Youth Intensive Day Treatment Program by an outpatient therapist who felt she needed more services than weekly therapy could provide. Diagnosed with schizoaffective disorder, Lisa had undergone multiple hospitalizations for severe depression, suicide attempts, and homicidal ideation.

Although she lives at home with her family, Lisa was socially isolated and suffered from periodic alcohol and drug dependency. She also lacked independent living and job skills that could help her live independently.

In the Intensive Day Treatment program, Lisa began to form positive relationships with other clients and staff and began to believe in herself and her strengths. With the support of intensive therapy and focus groups, she learned to cope more realistically with her mental illness. She also began the process of recognizing and accepting her alcoholism and addiction through drug education and dual diagnosis treatment groups. She has now started to attend 12-Step meetings.

Today, Lisa is ready to begin training in the Center's Valley Employment Services program. She has learned to cook and budget her income from SSI, and has also developed some friendships outside of the Day Treatment program. With ongoing support in all these areas, Lisa is looking forward to moving into the Center's transitional housing provided by the Center and beginning a life that she never thought possible.

HOW TRANSITIONAL YOUTH - INTENSIVE DAY TREATMENT CAN HELP

The Intensive Day Treatment Program is for transition-age youth ages 18 through 21 with severe emotional problems.

The program's mission is to support transition-aged youth in developing their ability to live independently, to enhance the quality of their life, and to effect a smooth integration into the adult community. Services are funded by a Short-term Doyle/Medi-Cal contract with the Los Angeles County Department of Mental Health.

AVAILABLE SERVICES

Services provided five days a week at the Van Nuys program site include:

- ◆ Clinical Assessment
- ◆ Coordinated individualized treatment planning
- ◆ Crisis Intervention
- ◆ Transitional Housing
- ◆ Intensive individual, group, and family therapy
- ◆ Medication support
- ◆ Case Management
- ◆ Dual Diagnosis recovery treatment
- ◆ Psycho-social skills coaching (e.g., impulse control and anger management)
- ◆ Independent living skills training
- ◆ Vocational skills
- ◆ Recreational groups and outings
- ◆ Linkage to community resources

FEES

All costs are covered by Medi-Cal under EPSDT funding.

FUNDING

Funds are provided in whole or in part by the County of Los Angeles through the Department of Mental Health.

Reasonable accommodations available upon request.