

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*

---

## Youth Contact

14550 Sherman Way

Van Nuys, CA 91401

(818) 908-4990



*Maria is a 15 year old youth from Guatemala who was failing in school, running away from home and defying her single mother. The family struggled with issues of acculturation, economics and social isolation. The mother was depressed due to multiple family stressors and was Spanish-speaking only.*

*Through the Youth Contact program, Maria and her mother agreed to be seen by a bilingual therapist at Maria's school since transportation was an issue for the family. Maria was evaluated for her academic and emotional problems and strengths. A team consisting of Maria, her mother, school personnel and the Youth Contact clinician, agreed upon a treatment plan that included Special Education classes, individual and family counseling at school and advocacy for the client and mother. With the increased support, Maria's behavior and school functioning quickly improved.*

### **WHO SEEKS HELP FROM YOUTH CONTACT?**

Children or adolescent, from the ages of 5 to 18 years of age may receive treatment in this program.

### **WHAT SERVICES ARE PROVIDED BY YOUTH CONTACT?**

Outpatient mental health and case management services are provided at selected school sites in the San Fernando Valley. Services provided include crisis intervention, individual and group therapy for children and youth, family therapy, substance abuse prevention and treatment groups, parent support groups and medication prescription and monitoring. Bilingual/bicultural services are available for monolingual Spanish-speaking families.

### **WHO THE YOUTH CONTACT PROGRAM CAN HELP**

Children and youth in the Youth Contact Program receive psychological treatment services to assist them

with emotional problems that are barriers to school achievement and social functioning. Families are included in the assessment and treatment of the children/youth and are seen as full partners in their child's care. In addition, advocacy services help to access appropriate school and community resources to support the youth and family. The goals are to improve the youth's self-esteem, coping and problem solving skills and to reduce emotional and behavioral difficulties at home and in school.

### **FEES**

Medi-Cal, Healthy Families or County funds cover costs for clients with no insurance coverage. A share of costs will be assessed for clients with no insurance or Medi-Cal, based on the family's ability to pay.

### **FUNDING**

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