



Family, Youth and Children's Services Division

The Family, Youth and Children's Services Division is established to lay primary focus of the needs unique to families, youth and children and to provide trauma informed, recovery, wellness and healing faith based health services and community based programs that support the care needs unique to these families, youth and children trauma survivors and mental health consumers, including military veterans and their families.

The goal of Family, Youth and Children's Services is to provide community based programs that are unique to needs and that provide support, and training to families, and care providers, and to provide comprehensive care management for child service recipients that produce a Preventative, Quality, Coordinated and Cost effective pastoral care.

Individual child services are listed below:

PASTORAL COUNSELING
CRISIS INTERVENTION AND PLANNING
SCREENING, ASSESSMENT, EVALUATION & REFERRAL
COLLABORATIVE SERVICE PLANNING
FAMILY SYSTEMS NAVIGATION
SKILLS BUILDING
RESOURCE REFERRAL – EMERGENCY AND TRANSITIONAL HOUSING, HEALTH, HOMELESS
NEEDS, FOOD, EDUCATION, EMPLOYMENT RESOURCES CONNECTION

Family, Youth and Children's Service Programs

Family Youth and Children's Services service programs may be short or long term and may involve one on one and group interaction and are services provided to an individual recipient or recipients family that are charitable or fee-based services as determined by the individuals ability to pay. Individuals will be provided services regardless of their inability to pay.

Service Programs are listed below:

PCM - Pastoral Care Management. – for family youth and children
includes ongoing care and participations in programs:

FSPP - FAMILY SERVICES PARTNER PROGRAM
TBVP- TEEN BATTERER VIOLENCE PREVENTION PROGRAM
TSAP - TEEN SUBSTANCE ABUSE PROGRAM
FEC – FAMILY EMPOWERMENT AND CONNECTING
YAR – YOUTH AT RISK
QIM – QUALITY IMPROVEMENT MONITORING
TTC - TEEN TRAUMA AND CRISIS MANAGEMENT
SBI – INDIVIDUAL AND GROUP SKILLS BUILDING INVENTORIES
YPE - YOUNG PARENT EDUCATION

PC - Pastoral Counseling

Pastoral Counseling, including faith-based specific counseling and treatment offers a trauma informed approach, and is faith-based counseling provided by a Spiritual Advisor ie: Pastor or Certified Pastoral Care Specialist, provided to any person who specifically request pastoral counseling including faith based [spiritual or religious] guidance or counseling. Such counseling may include spiritual or religious guidance, confession, counseling, mental health, substance abuse, and support counseling and referral



based on biblical principles, social awareness education, and training. We do not charge a fee for Pastoral Counseling services.

CIP - Crisis Intervention and Planning

The CIP program is designed for a PCMS service provider informed in trauma, trauma informed care, and crisis training, to intervene and address individual and family crisis, including recognizing and responding to individuals experiencing a mental health problem or crisis, and planning collaborative strategies to decrease additional current or future crisis situations through the development of short and long term recovery strategies. A Pastoral Care Practitioner will facilitate to the next level of care as needed.

Individual Faith Based Mental Health Assessment Evaluation

Pastoral Care Specialist administers screening, and a battery of assessments. The Pastoral Care Specialist are ordained clergy whose training includes, specialized education and training in analyzing behavior, recognizing and responding to mental health crisis, advocating for trauma victims and survivors, working with offenders, assessing individual, home and community risk, administering a battery of assessments that observe behavior while screening and assessing Trauma histories, Alcohol and Drug consumption, Batterer and Domestic Violence, Sexual Behavior Analysis, Survivor/Victim Abuse and Neglect.

All assessments are administered by a trained and certified pastoral care specialist, who can provide key information relative to gaining in-depth insight and understanding of issues regarding the person undergoing assessment, all assessments generally progress into the development of a personalized service plan or recommendations for recovery specifically designed for that individual or family unit.

An Individual Assessment also known as the Service Planning Assessment, is a screening interview designed to collect personal and detailed information in specific target categories detect and identify indications of risk, examine those risk indicators, and assess risk using a Risk Rating Scale. The assessment is conducted in the form of a private and confidential interview with the individual, and may include written input from the individual, family, school, employer or other agency.

The assessment may be completed in one interview or may be completed over two or more interviews until adequate information is obtained to complete the assessment. Interviews may take up to 2 to 4 consecutive hours and may be conducted at any location. Upon completion, information identified in the assessment is used to assist people in need of services in the development of a service plan or recommendations designed to provide care, treatment and recovery.

Individual or Family Service Plan

Following the assessment, a determination is made as to suitability for PCMS programs, if so the certified Pastoral Care Practitioner works directly with the person to receive services to develop recommendations or a comprehensive individual or family service plan for management of care, treatment and recovery based on the outcomes of the screening assessment. The service plan or recommendations targets low to high-risk problem behavior that is causing or has caused, distress, or may cause distress, life disruption or functional impairment. Our goal is for the improvement of the quality of life, decreasing indicated risk behavior, and creating sustainable short and long-term goals in the specified target categories.

Evaluation Treatment and Professional Referrals

We may facilitate access to the next level of care and we may contract with credentialed professionals to provide professional services that we offer and if necessary, we refer person's in need of services and consumers for Evaluation and Treatment when it is determined that the client consumer requires an evaluation and treatment we cannot provide.

Systems Navigation and Designated Advocate



Certified Pastoral Care Practitioners fulfill a critical role for an individual or family in need of services in traveling with and assisting the client and Individuals to navigate system processes to assist the client or individual in becoming aware, acquire knowledge and skill to be able to self advocate for their own needs, and advocate on their behalf as needed. A Certified Pastoral Care Specialist has training to be a designated advocate, including but not limited to, Child Advocate, Sexual Trauma Advocate, and Domestic Violence Advocate for any person in need of services in personal life matters as directed by the individual client receiving services.

SBI - Skills Building Exercises and Inventories

‘SBI’ Skills Building Inventories are trauma informed oral and/or written workshops or exercises that help to identify individual Strengths, Weakness and Needs and help to increase individual awareness, and develop healthy recovery skills, encourage self-empowerment, increase accountability. Inventories are tailored to the individual person, and individual receptiveness and may include character workshops and exercises whose focus includes, Accountability, Respect, Honesty, Trustworthiness, Fairness, Integrity, Courage, Citizenship, Conflict Resolution, Substance Use, Anger Management, Sexual Addiction Management, Finance Management, Social Interaction and Responsibility. These workshops may include Respect: for authority, others and property of others, Responsibility, Honesty, Self Control, Self Management, and independent Living Skills. SBI's are also scripted based on specific needs of each client.

Resource Referrals

PCMS will assist person's in need of services to identify and locate community resources to help people in need of services or consumers meet their housing, employment, education, mental health and health-care needs.

CIS – Child - Crisis Intervention and Support.

Trained child victim specialist have been educated in Trauma, Sexual Trauma Adult Specific and Sexual Trauma Child Specific and trauma informed care, crisis intervention and support, and have prior training and experience working with children and adolescent trauma survivors and mental health consumers who provide certified emotional, social and advocacy support for child victims of, or witnesses to, a violent crime or trauma experience. This includes but is not limited to assistance with coping with daily life events and distress caused by trauma. Services provided include:

Partner with survivor and family to build a connection or bond for genuine trust, rapport.
Providing information about individual victim rights and available options.
As needed will assist with advocacy support with other agencies; attending with client at meetings, hearings and appearances, assist in the filing of desired documents, including stalking, harassment and domestic violence no contact orders.

Facilitate access to and collaborate with local organizations, agencies, as needed to facilitate client needs.
Connect victims and witnesses with community resources to meet short and long term needs.
Coordinate intervention, and follow-up.

Mental Health Recovery Training for Families

We provide Mental Health Recovery education and training, using the certified Mental Health Recovery and WRAP- Wellness Recovery Action Plan curriculum, to educate participants in mental health recovery concepts, while assisting any person who wants to develop a Crisis Plan or {WRAP} Wellness Recovery Action Plan. We also include Co-occurring substance use and mental health disorders.

Goals The goals of Mental Health Recovery and Wrap are to teach participants recovery, self-management skills and strategies for dealing with mental health difficulties that allow them to:



- Promote higher levels of wellness, stability and quality of life.
- decrease the need for costly, invasive therapies
- decrease the incidence of serious mental health difficulties
- decrease traumatic life events caused by severe mental health difficulties
- increase understanding of these mental health difficulties and decrease stigma
- raise participants' level of hope and encourages their actively working toward wellness
- increase participants' sense of personal responsibility and empowerment.

Objectives

The following topics are covered using a workshop style, including presentations, demonstrations, interactive discussion and related activities:• Hope, personal responsibility, self-advocacy, education, support.

- Accessing good health care and managing medications
- Self-monitoring using WRAP: A Wellness Recovery Action Plan (an individualized system for monitoring and responding to symptoms to achieve the highest possible levels of wellness)
- Wellness tools include finding and keeping a strong support system, peer counseling, focusing, relaxation exercises, diet, light, exercise, sleep, journaling, music, etc. WRAP assist consumers to:• deal with the effects of trauma.
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- suicide prevention
- build self-esteem
- change negative thought patterns to positive
- building a lifestyle that promotes wellness

Renewed Minds Program - for Youth and Adolescent Literacy.

The purpose of this program is to teach Child and Adolescent reading and numeracy skills to participants, teach problem solving skills through the acquisition of coping skills and to mentor participants as they educate themselves.

This program is instructed by trained educators and will focus on the following instruction:

- Child and Adolescent Education -

FSPP – Family Services Partner Program

The Family Services Partner Program is a community based service designed to assist, and give support to a family who has been identified as a family in need of services.

A Family In Need of Services is defined as a family unit that has been identified as experiencing difficulty in managing children and personal affairs, including having received complaints from family, friends, neighbors, or others of the children being exposed to Substance Use activity, Domestic Violence, High Traffic or suspected financial struggles, or suspected child abuse or neglect whether or not a report has not been made to DSHS Child Welfare or Protective Services.

A Pastoral Care Practitioner is a certified Family Service Partner and will partner with the family to facilitate problem solving and to link the family to available resources to meet short and long term family needs.

A certified and licensed practitioner requires cooperation and will work closely with the family to ensure Quality Improvement Monitoring and to establish specific quality outcomes with the family to be



completed or complied with as guided or directed by the practitioner. Compliance with all expectations is required and subject to a Mandatory Report being made if justified.

Quality Improvement Monitoring is a monitoring and supervision service. Certified and licensed practitioners may conduct a Residential Contact in person visit at the residence of the client or where the client is known to reside. A practitioner may also conduct a Community Contact in person visit at any public location in the community where the client is known to be. This includes a Office Contact in person visit or a Telephone Contact Visit. A Contact visit is generally an announced and scheduled contact visit and may include unannounced and unscheduled contact visits at anytime. Quality Improvement Monitoring is designed to ensure compliance with identified requirements, or task to be completed as identified by recommendation, assessment, Court Order, Referral or Individual Service Plan.

PCM - Pastoral Care Management

We offer 'Care Management' for adolescent individuals needing to be seen on a regular and continuing basis for ongoing recovery and wellness care needs to include quality improvement monitoring, counseling, and case management-like services to include the below listed services:

- A. Pastoral Care Management allows a certified service provider to offer and perform a wide range of support services including:
 1. Conduct community and residential contact visits also known as 'Visitation'.
 2. Perform quality improvement monitoring;
 3. Screen, & Assess needs, risk and history of individual, and individual place of residence;
 4. Provide family empowerment and mediation;
 5. Provide spiritual encouragement and support;
 6. Conduct skill building exercise and inventories;
 7. Facilitate problem solving.
 8. Facilitate access to the next level of care as applicable, and consider Referral for evaluation and treatment to public mental health and healthcare providers, or other credentialed professionals for services;
 9. Connecting person's in need of services to community systems or local resources to meet immediate and long term needs;
 10. Provide continuous evaluation of an individual's progress;
 11. interceding, as an advocate on behalf of an individual client to support or assist client with navigating systems;
 12. Function as the representative or designated advocate for individuals affected by sexual trauma and other forms of Trauma;
 13. Provide crisis intervention and planning for individuals in need;
 14. Work to assure equity, both in the specific case and for any larger group or class to which the client might belong;
 15. This person is a state Mandatory Reporter.

Teen Batterer and Violence Prevention, TBVP

The Teen Batterer and Violence Prevention program offers a 6, 12 and 24 week program that uses a direct approach in confronting Batterer and Violence by the participant, requiring that participants be held accountable for their behavior, discuss the behavior in individual and group sessions, develop and practice skills that produce clear and specific outcomes to stop the behavior.



The Teen Batterer and Violence Prevention program uses curriculum designed and developed by Substance Abuse and Mental Health Administration and uses a participant workbook. The workbook is designed to be used by participants in a group treatment with curriculum specific for substance abuse and with mental health needs. It provides individuals participating in a 12-week treatment with a summary of core concepts, worksheets to complete homework assignments, and space to take notes for each of the sessions. Trained staff facilitates this program.

This program will help participants develop the skills that are conducive to successfully manage anger and their urge to batter or commit violence. We emphasize that our program model requires that participants be held accountable for their abusive behaviors, and confront their tendencies to batter or commit violence, and must actively participate in programming and develop skills to stop the behavior. Participants must accept accountability and must meet and cooperate with program expectations.

TSUP – Teen Substance Use Program

The Substance Use Program and Individual Substance Use classes are outpatient 12 and 24 week programs designed to provide regular classes for adolescent individuals who need to participate in support group therapy, designed and operated by using the organization standard curriculum, for AA, and NA, and offers a period for participants to discuss individual concerns and stories. These include participation in individual workshops and exercises usually of one (1) hour duration designed to introduce, practice and review Substance Abuse concepts, for the education, awareness, abstinence, and harm reduction of participants. Participants are required to accept accountability and confront their consumption of alcohol and drug use.

'FEC' Family Empowerment and Connecting

'FEC' is Pastoral Care Management Services method designed to provide individual and family intervention and treatment, structured to encourage family communication and family mediation following a conflict, or absence.

FEC is structured for a Certified Pastoral Care Specialist to partner with the individual and their family to help the Individual and Family explore paths to re-connect with each other, Individual to individual, individual to family, and family to individual, PCMS partners with the family unit to facilitate family mediation. Emphasis is placed on the roles and needs of the individual, and the persons involved in the individuals immediate family circle, the accountability of those roles, and how those roles interact and how interaction can be improved. We facilitate communication and observe interaction, coach, observe interaction, plan and follow up on the plan. With this model, FEC can be effective even for parent to child, child to parent, and parent-to-parent communication building. Both methods are dependant upon the cooperation of the individual roles.

Program Goals and Objectives

The goals and objectives for FEC are to:

- Build and mediate effective family communication.
- Model, Discuss, and practice skills for building positive relationship patterns.
- Building individual and family accountability;
- Advocacy, as needed, Systems Navigation, Resource Referral, and Quality Improvement Monitoring as needed.

FEC is a process generally conducted through contact with the individual. Receiving services as part of the individual or family service plan. FEC requires the participation, cooperation and willingness of the individual client and family members, respectively.

Outcomes



Regular participation in FEC will help the individual achieve the following:

- 1) Build and mediate effective family communication
 - a. Encourage open and honest discussion among family members
 - b. encourage family interaction and activities
 - c. Increase knowledge and awareness of individual needs, and respecting those needs.
 - d. Develop individual and family accountability
 - e. decrease in incidence of family conflict
 - f. creates sustainable life practices for healthy family communication.
- 2) Model, discuss and explore positive relationship patterns
 - a. increase effective parenting skill
 - b. create sustainable life practices for effective relationships.
- 3) Advocacy, Systems Navigation, and Resource Referral
 - a. Advocating for family and family needs
 - b. Provide information, and assistance with systems process for meeting needs
 - c. Helping clients with linking and connecting to local resources to meet mental health needs.
 - d. Helping clients increase knowledge of systems and system resources to be able to independently advocate for personal needs.
- 4) Quality Improvement Monitoring

A Certified Pastoral Care Management Specialist conducts FEC. FEC is generally conducted at the residence of the individual or approved family member's residence and each session is usually conducted over one (1) to two (2) hours in duration, or as needed.

YAR – Youth at Risk

YAR is teen intervention program designed to divert adolescent youth from delinquent behavior. We assess, create a collaborative service plan, and engage the adolescent by participation in YAR programming designed and structured to meet the unique needs of each individual. We tailor programming to meet those needs. We address adolescent problems for home, and social misconduct, substance abuse, teen violence, truancy, and other adolescent behavior problems.

Teen Trauma and Crisis Management, TTCM

Objectives: Provide education to teens about Trauma and Mental Health recovery, Provide support in times of crisis, Facilitate teen coping skills, and Connect with community resources to meet short and long term needs

Summary

Teen Trauma and Crisis Management is a youth program designed to provide support to teen individuals and their families, and education to teen trauma survivors, and mental health consumers dealing with a trauma experience. Authorized staff, certified pastoral care management specialist work within the Family, Youth and Children's Services Division and have been trained, with professional certification as care providers to work with children, youth and families.

Young Parent Education, YPE

Teen parents are faced with so many challenges at once. It is of great importance to provide support to young parents, or soon to be parents in preparation for these challenges. YPE Provides parenting education to teen parents about good parenting practices, rights and responsibilities of parenting, child support, child abuse and neglect, and where to seek help.



PASTORAL CARE MANAGEMENT SERVICES

We provide workshops, seminars, and one on one education and training. Program staff are adult parents who have been young parents who successfully raised a child from a young age or who have received specialized training as a care provider working with young parents.

Charitable Based Services

Charitable based services are Individual and Service Programs provided to individual recipients or a group of individual recipients for no fee or cost. Charitable services will be available to any person in need of services who can not otherwise pay for services.

Fee-Based Services

Fee Based Services are Individual Services and Service Programs provided to individuals, families, and groups for a fee, or reduced fee. Fee-based services are available to any person in need of services.