



PROGRAM DESCRIPTIONS

Youth and Family Enrichment Services (YFES) is a private non-profit agency in San Mateo County that provides a wide array of free and low-cost services to help children, teens and adults who are dealing with substance abuse, domestic violence, mental health, relationship, and communication issues.

Call 650-591- 9623 to find out how YFES can help you:

- Get affordable individual and family counseling
- Obtain drug or alcohol counseling for youth
- Have your child tested for learning disabilities or behavioral problems

PROGRAMS FOR CHILDREN

Child and Family Treatment Collaborative provides outpatient mental health services throughout San Mateo County for families with children aged 6-17 who have been abused or neglected. Families and children receive mental health assessments, individual, family, and group therapy to help address underlying issues, and to prevent future incidents.

Children's Place Program offers prevention services for children of parents who are addicted to drugs or alcohol. In an effort to break the cycle of addiction, the program uses education and counseling to teach children about addiction, help them learn healthy coping and safety skills, build their self esteem, and help them realize that they are not alone.

Differential Response is a home visiting and case management service for families who have been reported to Child Protective Services but evaluated as low-risk. To strengthen the family's ability to function, case managers help link the families to resource centers, in-home therapy, and other services in schools and the local community.

Healthy Homes is a home-visiting program that serves pregnant mothers and families with children up to age five that have been affected by domestic violence. Case managers connect families to community resources and therapists provide counseling to children and their primary caregivers. Counseling focuses on helping family members heal from trauma, strengthening parent-child relationships, and enhancing parenting skills.

Learning Together is a home-visiting program that provides parent education to pregnant mothers and families with children up to age five. Parent educators use parent and child activities to support child development and prepare children for school. The program also provides developmental screenings and connects parents with community resources.

"At first I was lost, but now I know how I can make a difference in my child's life from an early age. You opened a window of knowledge and hope, and helped me be more self-sufficient."

- Learning Together parent

Prenatal-to-Three is a home visiting service for Medi-Cal eligible mothers who are pregnant or families with a child under three years of age. The program provides public health services, links to community resources, parenting classes and mental health services to families with the goal of ensuring the healthy early brain development of the children.

PROGRAMS FOR ADOLESCENTS

Daybreak provides transitional housing and independent living skills training for homeless teens aged 16-21. Residents participate in a structured twelve-month program where they are required to attend school, work, and save a portion of their paychecks. Teens are connected to medical and mental health services, and learn how to shop, cook, manage their money, find and maintain a job, and locate housing.

Diversion is an early intervention program for youth referred for first-time misdemeanor offenses. The counseling program is designed to help youth struggling with difficult issues such as family conflict, peer relationships, acculturation, drug and alcohol abuse, school-related challenges, and anger management.

Fostering the Future helps foster and kinship care youth aged 11-25 realize their dreams by connecting them with an asset coach. These coaches help youth improve their academic skills, build strengths and skills for living independently, establish permanent relationships with caring adults, and develop a sense of belonging to the community.

GIRLS Program is an intensive court-mandated program that provides assessment, counseling, and case management services for incarcerated girls aged 13-18. The program's goals are to improve the young women's psychological well-being, physical health, emotional stability, family/social interactions, occupational readiness, and intellectual growth.

*"You have helped me admit my mistakes and discover the new person I want to be."
- Insights Graduate*

Insights is a voluntary drug and alcohol recovery program that empowers youth to take responsibility and facilitate positive, lasting changes for themselves and for their families. Through case management, individual, group, and family counseling, participants learn about anger management, relationships, mental health, communicating with parents, and more.

School-Based Services provides family and group counseling services to middle and high schools throughout San Mateo County. Psycho-education and counseling help at-risk youth and their families learn about anger management, socialization skills and self esteem. Crisis intervention and youth development services are also available.

Transitional Housing Placement Program (THPP) provides subsidized apartments and case management services for teens 16-18 who are preparing to leave the Foster Care system. Youth must abide by curfew, visitation and housekeeping rules, and learn skills necessary for independent living.

Transitional Housing Placement Program (THPP+) provides housing, case management, advocacy, and independent living skills for emancipated foster youth who are 18 -24 years old.

Your House South provides 24-hour emergency and temporary housing for youth aged 10-17 whose families are in crisis. Youth participate in a structured program that includes individual, group, and family counseling, with a goal of reuniting the youth with their families.

Youth Development Initiative promotes and advocates the healthy development of youth in the community, by treating youth as valued resources and encouraging youth/adult interaction. High-school youth are able to learn about health and wellness, be trained as peer mentors, serve as members of County boards and commissions, and educate adults about the importance of involving youth.

PROGRAMS FOR ADULTS

Archway provides court-mandated education and counseling for adults convicted of domestic violence offences, drug possession, being under the influence of illegal drugs, or driving under the influence of drugs or alcohol. Participants learn about addiction, anger management, stress management and communication, as well as the legal and social consequences of their actions.

First Chance Outpatient is an outpatient program for non-violent simple drug possession offenders that provides substance abuse treatment instead of incarceration, as dictated by California Proposition 36. Participants learn about anger management, domestic violence, mental health, parenting, and receive case management, individual, and group counseling, follow-up support, and referrals to other resources.

"Whatever you told my husband saved our marriage. He is a different person, and our home life and relationship have dramatically improved. His experience at your program was very powerful and inspiring."

- Spouse of First Chance client

First Chance Sobering Station is a 24-hour program that serves as an alternative to jail for persons arrested for driving under the influence or public intoxication. Services include housing during the period of inebriation, substance abuse assessment, referral services and extended case management.

Women's Enrichment Center is an intensive day treatment program for women diagnosed with both substance abuse and mental health issues. Clients attend five-hour classes five days a week, learning about addiction and mental health while managing housing, occupational, finance, parenting, medical, and dental issues.

GENERAL PROGRAMS

Counseling Clinic provides affordable family counseling services for children, adolescents, adults and families, covering relationship issues, behavioral concerns, depression/anxiety, life transitions, peer conflicts, homework stress, self-esteem and more. Clients are able to learn new coping strategies, change negative patterns, and increase parenting skills.

YFES 24-Hour Support:

24-Hour Crisis Hotline	650-579-0350
Parent Support Line	650-573-3950
Alcohol and Drug Line	888-220-7575
Teen Web Site	www.OnYourMind.net

Crisis Intervention and Suicide Prevention

Center provides a 24-hour suicide Crisis Hotline, Alcohol and Drug Helpline, and Parent Support Warmline for San Mateo County. The program also offers suicide education and intervention services to local schools, and operates a teen web site that provides mental health information and a moderated peer chat room.

Youth and Family Enrichment Services

610 Elm Street, Suite 212, San Carlos, CA 94070

650-591-9623 • www.yfes.org