



- ♥ Founded in 1972 through University of California, Irvine School of Social Ecology
- ♥ One of the longest standing non-profits in Orange County
- ♥ Last year CSP served over 106,000 people
- ♥ Children's Shelters
- ♥ Juvenile Diversion Programs
- ♥ Youth & Community Programs
- ♥ Victim Assistance
- ♥ PATH- Positive Action Towards Health
- ♥ Mediation & Dispute Resolution
- ♥ Wraparound Programs
- ♥ Gang Prevention
- ♥ Day Treatment

Children's Crisis Residential Program Overview

- ♥ 6-bed short term crisis intervention program
- ♥ Providing a safe respite and a corrective emotional experience for severely emotionally disturbed (SED) children
- ♥ Serving youth ages 13-17
- ♥ Referrals from Orange County Health Care Agency Children and Youth Services Crisis Assessment Team (CAT), On-call or Officer of the Day
- ♥ Goals are for stabilization and reunification with home and family members
- ♥ Voluntary Program



Where?



- ♥ The program is located in a 1939 beach bungalow in a residential neighborhood in the city of Laguna Beach

Why Laguna Beach?

- ♥ WHY NOT Laguna Beach?
- ♥ So many of “The OC’s” struggling youth have never seen the ocean, have never visited an art colony and never experienced such a serene setting in such a beautiful city
- ♥ Most come from violent neighborhoods and chaotic homes. This is a “time-out” from their stressful environments



Who?

- ♥ Youth ages 13-17
- ♥ Immediate services for teens experiencing significant familial conflict
- ♥ Teens experiencing behavior indicative of SED
- ♥ Teens at-risk for hospitalization and/or out-of-home placement.



Funding & Referring Parties

- ♥ Mental Health Services Act, Proposition 63
- ♥ Medi-cal
- ♥ Healthy Families
- ♥ UMDAP
- ♥ Orange County Health Care Agency - Children and Youth Services
- ♥ CAT- Centralized Assessment Team
- ♥ CYS Regional Clinics
- ♥ CYS Contract Agencies

Reasons for Referrals

▼ At-risk for:

- ▼ Hospitalization
- ▼ Incarceration
- ▼ Institutionalization
- ▼ Out-of-home placement
- ▼ Homelessness
- ▼ Running away
- ▼ Suicide threat or attempt
- ▼ Harm to self and/or others
- ▼ Severe family conflict
- ▼ Impairments in functioning
- ▼ Anti-social behavior in home, school and community



Causes of Mental Illness in the Children We Serve:



- ▼ Pre-Natal Exposure
- ▼ Early Childhood Trauma
- ▼ Child Abuse
- ▼ Neglect
- ▼ Domestic Violence
- ▼ Unstable Living Conditions
- ▼ Multigenerational Mental Illness
- ▼ Substance Abuse in Living Environment
- ▼ Separation from Caregivers
- ▼ Incarceration of Caregivers
- ▼ Fractured / Disconnected Support Systems

Common Diagnoses



- ▼ Mood Disorders
- ▼ Bi-polar Disorder
- ▼ Major Depressive Disorder
- ▼ Attention Deficit Disorder / ADHD
- ▼ Oppositional Defiant Disorder
- ▼ Intermittent Explosive Disorder
- ▼ Attachment Disorders / RAD
- ▼ Poly-Substance Abuse / Dependence
- ▼ Pervasive Developmental Disorders
- ▼ Autism Spectrum Disorders
- ▼ Asperger's Syndrome

Program Services

- ♥ We “unplug” the children and provide a safe environment
- ♥ Three week stabilization program
- ♥ It takes 21 days (3 weeks) to establish a new habit
 - ♥ Week One - Assessment Phase
 - ♥ Week Two - Skill Building
 - ♥ Week Three - Discharge Planning
- ♥ 24- hour Supervision
- ♥ Structured Daily Schedule
- ♥ Assessment and Case Management
- ♥ Individual, Group and Family Therapy
- ♥ Prevention Education
- ♥ Nutritious Meals & Healthy Snacks
- ♥ Recreational and Social Skills Building Activities
- ♥ Aftercare Services-Grad Group and Mentoring
- ♥ Follow-ups and Referrals

Types of Therapies

- ♥ Evidence Based Practices
- ♥ Cognitive Behavioral Therapy (CBT)
- ♥ Family Psycho-education
- ♥ Play Therapy
- ♥ Acceptance and Commitment Therapy (ACT)
- ♥ Social Skills Training
- ♥ Music Therapy
- ♥ Group Therapy
- ♥ Art Therapy
- ♥ Dialectical Behavior Therapy (DBT)



Daily Commitments

- ♥ I will say or do something that is supportive to another person in the Shelter at least twice a day.
 - Give away two positives each day
- ♥ I will help one other resident with a task or problem each day.
 - Give one assist each day
- ♥ I will turn at least one negative situation or thought into a positive one, each day.
 - Turn negatives into positives
- ♥ I will acknowledge appreciation for something that someone else has done for me at least once a day.
 - Appreciation acknowledgement
- ♥ I will actively work toward my goals each day.
 - Daily goals



♥ Why it Works-

- ♥ We do what cannot be done in a 50 minute therapy session every other week

♥ How it Works:

- ♥ The Structured Daily Schedule
- ♥ The Other 23 Hours: Child-Care Work with Emotionally Disturbed Children in a Therapeutic Milieu



Structured Daily Schedule

- ♥ 7 am - Wake up, shower, shampoo and shine
- ♥ Get dressed, make bed, pick up bedroom, open windows and blinds, get a fresh start on the new day
- ♥ 8 am - Hit the floor for a highly nutritious and power-filled breakfast
- ♥ Go out for a power-walk to get the endorphins flowing
- ♥ Brain cleared, come back ready to think – set a daily goal and put in some action steps
- ♥ 9 am - Crack open the books and work on making some academic progress. Our program Tutor gets the students/clients back on track with their school studies so that when they exit, they can go right back into the classroom caught up to where they should be. For many clients, this is the first time they are on target with expectations
- ♥ 12 pm - Lunch time is another opportunity to break bread together and have pleasant meal time conversation

- ♥ Afternoons are filled with outing and leisure time, group counseling and individual and family therapy sessions
- ♥ Outings and leisure time may include: art museum visits, beach trips, community pool swims, aroma-therapy hunting, learning CPR & first aid, creating job resumes, animal shelter visits and community college tours
- ♥ Groups always include components related to anger management, self-esteem, body image, coping skills, conflict resolution and communication
- ♥ Prevention education includes topics such as the dangers of alcohol, tobacco and other drugs, sexual contact and safety from violence
- ♥ Other fun stuff - YOGA, board games, music and art therapy, and making dream catchers and coping skills boxes (No TV, Facebook, tweets, chat lines, ear buds, texting, cell phones, etc. here!)
- ♥ 6 pm - Dinner time is the chance to help staff make a favorite dish from home during cooking group
- ♥ The evening house meeting focuses on the 5 daily commitments
- ♥ 9 pm - Bedtime! Peaceful rest each night starts with relaxation exercises incorporating soft music, candle light, guided imagery, breathing, calming scents and meditation

Outcomes- Youth Reunify with their Family Members

Decrease in:

- ♥ Hospitalization
- ♥ Institutionalization
- ♥ Incarceration
- ♥ Out of Home Placement
- ♥ Severe Family Conflict
- ♥ Child Abuse
- ♥ Drug, Alcohol & Tobacco Use
- ♥ Law Enforcement Contact

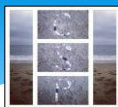
Increase in:

- ♥ School attendance
- ♥ Academic achievement
- ♥ Communication with Family Members
- ♥ Involvement in Pro-Social Activities
- ♥ Stable Living Conditions
- ♥ Medication Compliance
- ♥ Positive Peer Relationships



Graduation Day

- ♥ Diploma
- ♥ Handprints on the fence
- ♥ Good-bye Group
- ♥ Fill-up your "Coping Skills Box"
- ♥ Taking your act on the road!
- ♥ Enrollment in weekly drop-in "Grad Group"
- ♥ Aftercare- linkages, referrals and resources



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