

Youth for Change

SCOPE OF SERVICE

Hospital Alternative Program (HAP)

Service Area: Butte County

Program Philosophy: To do “whatever it takes” to prevent hospitalization and that discharge planning begins immediately.

Program Goal: To help children and youth avoid the trauma of acute psychiatric hospitalization and successfully remain in their homes and communities.

Program Description:

- **Service Type:** Crisis intervention, individual and family counseling, rehabilitation services, case management, care coordination for youth and their families.
- **Service Location:** Services are provided at various sites including Youth for Change offices, in the home, in the community, at school sites, and at the Behavioral Health Crisis Stabilization Unit.
- **Administrative Location:** 578 Rio Lindo, Chico CA 95926 Phone (530) 894-5933
- **Population Served:** Butte County Medi-Cal eligible school aged youth 0 – 18 who exhibit acute mental health problems and are at risk of hospitalization and their families. Children must have full scope Medi-Cal and be authorized by Butte County Behavioral Health.
- **Hours of Operation:** 24 hours/day, 7 days/week. In case of emergency contact the HAP on call pager at (530) 828-2738 or call 911.

Service Abstract: Through collaborative relationships with Butte County Department of Behavioral Health (BCDBH) and community service partners, Youth for Change endeavors to help children and youth avoid acute psychiatric hospitalization or re-hospitalization and successfully remain in their homes and communities through Hospital Alternatives Program.

Utilizing a core staff composed of a Program Manager, Clinical Supervisor, a lead Clinician and two highly trained Behavioral Health Counselors, a carefully targeted array of services and

support uniquely tailored to each child or youth and their family is mobilized. The service is authorized by a Managed Care Authorization for 30 days. Support and Services available through YFC and partner agencies include:

- Therapeutic Behavioral Services
- Case Management
- Behavioral Health in Home Parenting
- Psychiatric Services
- Medication management and support
- 24 hour crisis response support tot youth and family
- One to one staffing
- Individual family psychotherapy
- Mental Health Rehabilitation
- Safety Planning and contracting
- Multidisciplinary team meeting
- Family Resource Center to support emergency family needs such as food, transportation and life skills planning
- Other services as deemed appropriate to meet unique cultural and familial needs

Youth are referred to the 23 hour Crisis Stabilization Unit (CSU) through a variety of circumstances to evaluate for eminent risk for harm to self or others. Following an extensive assessment, the CSU initiates that placement.

If hospitalization is not indicated, CSU will contact YFC HAP staff 24 hours per day, seven days per week to thr 24 hours on-call HAP program manager, clinician, or behavioral health counselor. The HAP staff will coordinate with CSU and family to begin discharge planning and entrance into the program. If the young person has been hospitalized and the Butte County Behavioral Health hospital discharge team determines HAP support is necessary for a positive transition or to reduce likelihood of re-hospitalization, a HAP referral is made post-hospitalization.

HAP staff are deployed in a strategic and clinically appropriate manner throughout the 30 days of service to help diffuse crisis and provide stabilization support but are careful not to reinforce the crisis behavior with positive attention. A full assessment and necessary intake documentation are initiated at the first visit. A safety plan is prepared with the young person and family giving detailed instructions to avoid a crisis episode, steps to take to de-escalate from a crisis episode and also steps to follow in the event a crisis does arise. Rehabilitation services are provided to engage in teaching, modeling and reinforcing positive coping skills, alternatives to suicidal thoughts, ideation or self-harm, life management skills, communication and relaxation skills. Respite is provided to parents by occupying the young person outside of the home as well as useful parenting techniques and strategy to assist the parent with alternatives to triggering crisi behavior, communicate healthfully, and support continues de-escalation. Referrals may be made to adjunctive, supportive services following a detailed needs assessment to assist with stabilization and ongoing positive functioning. Individual and family therapy is provided as clinically appropriate to provide successful management of self-harming behaviors, depressive and anxious thoughts, stress and suicide ideation; therapeutic gains are transferred to ongoing therapeutic services, psychiatrist or new therapeutic support coming on board. It is the

philosophy of HAP to strive to a seamless and positive transition between HAP staff members and ongoing support systems. One of our several multidisciplinary team meetings are held with the family and their formal and informal supports with the goal of improving lines of communication, case coordination and promote referral to new services as appropriate.

HAP staff can include Marriage and Family Therapists, Licensed Clinical Social Workers, Associate Marriage and Family Therapists, Associate Social Workers and Behavioral Health Counselors.

Referral, Transition and Discharge: All referral, transition and discharge decisions are the responsibility of the services provider and applicable treatment team(s). Referrals will be made and documented throughout treatment, taking into account clients' and families' abilities and preferences. Transition planning will occur throughout the course of treatment, be discussed with clients and applicable treatment team(s), and be documented. Transition plan will include review of clients' wellbeing, gains achieved, and client and family strengths. Discharge paperwork and client history reports will be completed and reviewed at the end of treatment with clients and caretakers as available and appropriate.

Program brochure available upon request.

Agency website: www.youth4change.org