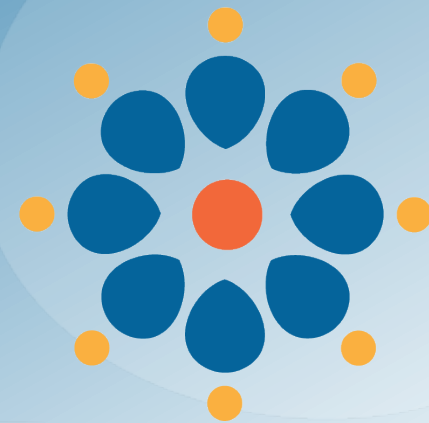


# Contra Costa Child & Adolescent Mental Health

Gerold Loenicker, LMFT  
Mental Health Program Chief



CONTRA COSTA  
HEALTH

**Contra Costa Mental Health Plan –  
Number of Clients receiving MH Services  
Calendar Year 2022**

Age Group	# of People
Age Group #1: 0-5	679
Age Group #2: 6-12	2,180
Age Group #3: 13-17	2,897
Age Group #4: 18-21	1,174
Age Group #5: 22-59	9,665
Age Group #6: 60+	2,169
<b>Total</b>	<b>18,764</b>

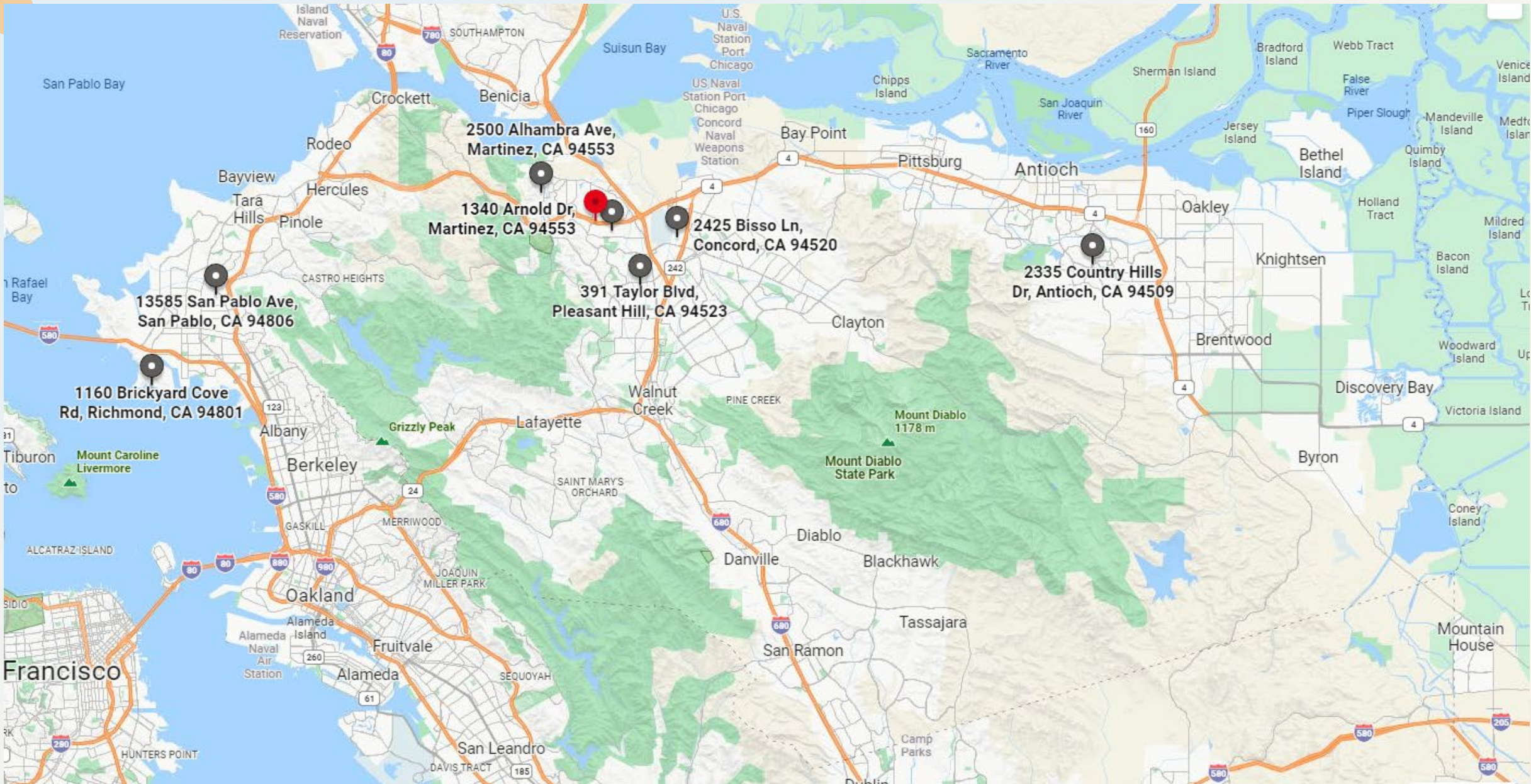
Ethnicity	# of People
African American	3,215
Asian/Pacific Islander	923
Caucasian	4,170
Hispanic	3,734
Native American	62
Other Non White	2,574
Unknown	4,086
<b>Total</b>	<b>18,764</b>

Gender	# of People
Female	10,050
Male	8,689
Non-Binary	1
Other	6
Unknown	18
<b>Total</b>	<b>18,764</b>

<b>Youth Experiencing Foster Care</b>	<b>366</b>
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**Children/youth:**

- Up to 18<sup>th</sup> B-day: 5,756
- Up to age 21: 6,930



13585 San Pablo Ave,  
San Pablo, CA 94806

1160 Brickyard Cove  
Rd, Richmond, CA 94801

2500 Alhambra Ave,  
Martinez, CA 94553

1340 Arnold Dr,  
Martinez, CA 94553

2425 Bisso Ln,  
Concord, CA 94520

391 Taylor Blvd,  
Pleasant Hill, CA 94523

2335 Country Hills  
Dr, Antioch, CA 94509

It takes a village! We partner with many child/youth serving organizations and systems to provide comprehensive services to our clients.

- **Community Based Organizations** provide mental health services in schools and in the community.
- We collaborate with **Children and Family Services (CFS)** to care for foster youth.
- We partner with **Juvenile Probation** to support Juvenile Justice involved youth in need of mental health support.



- We work with **Schools and School Districts** to identify mental health needs of students and provide school-based mental health services.
- We partner with **Regional Center of the East Bay** to provide mental health supports to children/youth with developmental challenges.

## CONTRA COSTA COUNTY BEHAVIORAL HEALTH SERVICES

### OUR VISION

*Contra Costa Behavioral Health envisions a system of care that supports independence, hope, and healthy lives by making accessible behavioral health services that are responsive, integrated, compassionate, and respectful.*

For Life Threatening Emergencies  
Call 911

Access Line  
(for non-emergency questions and services)  
1 (888) 678-7277

Miller Wellness Center (non-emergency urgent  
care for behavioral health concerns)  
(925) 313-7940

Mobile Response Team (Seneca)  
1 (877) 441-1089

Psychiatric Emergency Services  
(at Contra Costa Regional Medical Center in  
Martinez)  
(925) 646-2800

Crisis and Suicide Hotline  
1 (800) 833-2900

Family Support Services  
(925) 957-5152

211.org  
(free hotline for referrals to social services)  
Call 211



## Child & Adolescent Mental Health Services

Creating connections, instilling hope, and building resilience by recognizing strengths, voicing needs, and learning new skills.

For more information, please call  
(925) 957-5150 or visit  
[cchealth.org/mentalhealth](http://cchealth.org/mentalhealth)

## Mental Health Services for Children & Adolescents

The Behavioral Health Division operates three regional clinics that provide integrated mental health and substance use treatment. The clinics work in conjunction with several county-wide programs that offer specialized supports and services.



Children, adolescents, and their families can access a wide array of services, including:

- Comprehensive Mental Health Assessment and Evaluation
- Medication Treatment
- Individual and Group Therapy
- Family Therapy & Parent Support
- Case Management
- Therapeutic Behavioral Services
- Wraparound
- Intensive Care Coordination
- Intensive Home Based Services
- Substance Use Counseling
- Housing Supports
- Financial Counseling



We travel! Depending on needs, services are provided at clinics, schools, in the community, and/or at home.

## Child & Adolescent Behavioral Health Regional Clinics in Contra Costa County:

### Antioch Children's Behavioral Health

2335 Country Hills Drive  
Antioch, CA 94509  
Ph: (925) 608-8700  
Fax: (925) 608-8715



### Central County

#### Child & Adolescent Behavioral Health

2425 Bisso Lane, #200  
Concord, CA 94520  
Ph: (925) 646-5468  
Fax: (925) 646-5662



### West County

#### Child & Adolescent Behavioral Health

13585 San Pablo Avenue  
First floor  
San Pablo, CA 94601  
Ph: (510) 374-3261  
Fax: (510) 374-3857



### **TO ACCESS SERVICES:**

Call the Behavioral Health Access Line  
1 (888) 678-7277

### Evidence Based Practices:

While trained to use tried and true treatment methods, our clinicians understand that not every size fits all and that the trusting relationship between client and provider sets the stage for change.

- Dialectical Behavior Therapy
- Trauma-focused Cognitive Behavior Therapy
- Family Based Treatment of Eating Disorders
- Child Parent Psychotherapy



### Specialized County-wide Programs Include:

#### Room for Overcoming and Achieving Recovery (ROAR)

*(Intensive Outpatient  
Substance Use Treatment)*  
1160 Brickyard Cove, #111  
Point Richmond, CA 94801  
Ph: (510) 215-6009  
(by appointment only)

#### First Hope

*(Early Intervention in Psychosis)*  
391 Taylor Blvd, #100  
Pleasant Hill, CA 94523  
Ph: (925) 608-6550  
Fax: (925) 608-6593

# Progression of Services (Stages) in the Mental Health Delivery System

Less

Intensive

More

**Outreach and Engagement (non SMHS)**

- Outreach
- Education
- Screening
- Referral
- Consultation
- Navigation support
- School climate
- Awareness campaigns
- Parent support
- Trauma informed System

**Outpatient Care**

Network

School based MH

Outpatient CBOs

County Clinics

First Hope

- Clinical High Risk
- First Episode

**Intensive Outpatient**

School based Day Treatment

Full-Service Partnerships (FSPs)

Day Treatment (ROAR)

Juvenile Justice Involved Supports

Integrated Services:  
EBPs and Added Supports; Treatment Teams

**Emergency**

Mobile Crisis

Psychiatric Emergency (PES)

Children's Crisis Stabilization Unit (CSU)

**Most Restrictive**

Inpatient Psychiatric Hospital

**Longer Term Out Of Home**

Therapeutic Foster Care

Short Term Residential Treatment

Community Treatment Facility

**Stepdown Maintenance**

Primary Care

Non-Clinical Community Resources

**Added Supports**  
complex needs, experiencing child welfare or juvenile justice involvement or homelessness

- Intensive Care Coordination
- Wraparound
- Family Partner Support
- Intensive Behavioral Supports: TBS & IHBS
- Mentoring



Outpatient  
Services

More Intensive  
Outpatient Services

Emergency Services

Most Restrictive

Longer Term Out of  
Home Treatment

Stepdown/  
Maintenance

Added Supports



# Outpatient Services

- Network Providers
- School Based Mental Health
  - School based programming 65+ schools with 7 provider organizations
- Organizational Providers (CBOs)
  - 28 contract providers
- Regional County Clinics
  - Evidence Based Practices to treat a range of mental health problems, including depression, anxiety, post traumatic stress, eating disorders, emotion dysregulations, suicidal behavior, family conflict, etc



# Intensive Outpatient Services

School Based Day Treatment Programs	Full Service Partner Programs	Integrated Services
<ul style="list-style-type: none"><li>• Catalyst program in WCCUSD (Seneca)</li><li>• Glennbook (MDUSD)</li><li>• At Alhambra HS (Seneca)</li><li>• Counseling Enriched Classrooms</li></ul>	<ul style="list-style-type: none"><li>• START program for youth at risk of hospitalization (Seneca)</li><li>• Multi-Dimensional Family Therapy – Substance Use and Mental Health problems</li><li>• Multi-systemic therapy – Juvenile Justice</li><li>• Programs for Transition Age Youth</li></ul>	<ul style="list-style-type: none"><li>• Evidence-based Practices<ul style="list-style-type: none"><li>• Self-harm and suicidal behavior</li><li>• Eating Disorder</li><li>• Experience of Trauma</li><li>• System involvement</li></ul></li><li>• Team approach and coordinated family support<ul style="list-style-type: none"><li>• Wraparound, ICC, Tx Teams</li><li>• Family Partner</li><li>• Additional behavioral supports</li></ul></li></ul>

# School Based Mental Health

- Medi-cal certified school sites
- Counseling enriched classrooms
- Visiting Therapists

## Between 65 and 70 Sites

- West Contra Costa USD
- John Swett USD
- Martinez USD
- Mt Diablo USD
- Pittsburg USD
- Antioch USD



# Emergency Services

- **Mobile Response Team (MRT)**
  - Crisis intervention services for youth and families experiencing mental health crises
  - 27/7 on-call availability
  - In-person response between 7:00 am and 11:00 pm on weekdays, and 9:00 am to 7:00 pm on week ends
  - Between 75 to 100 crisis calls per month
  - Proactive Crisis Benefit – integration with A3
- **Psychiatric Emergency Services**
  - Crisis Stabilization of youth being detained for mental health evaluation
  - Grant to develop Children’s Crisis Stabilization Unit
- **Separate Children’s Crisis Stabilization Unit (CSU)**

# Most Restrictive

- Inpatient psychiatric treatment
- Contracts with hospitals in the region
  - Concord, Vallejo, Berkeley, Fremont, Sacramento

# Longer Term Out of Home Treatment

- Short term residential treatment programs (STRTP) (Child Welfare and Probation)
- Therapeutic Foster Care

## Stepdown/Maintenance

- Provider Network (private practices)
- Primary Care
- Ongoing help with care coordination
- Social and community supports

# Added Supports

- **Family Partners**: Peers with lived experience support families navigate systems of care
- **Mentors** provide non-traditional supports to youth
- **Therapeutic Behavior Services (TBS)** to help youth overcome specific behavioral obstacles
- **Intensive Care Coordination** and **Intensive Home-Based Services**
  - For children/youth/families with complex needs and need to coordinate variety of providers
- **Wraparound**
  - Family driven, team-based planning to help families develop needed resources attain goals

# Added Supports

- Family Partners
- Mentors
- Therapeutic Behavior Services (TBS) to help youth overcome specific behavioral obstacles
- Intensive Care Coordination (ICC) and Intensive Home-Based Services (IHBS)
  - For children/youth/families with complex needs and need to coordinate variety of providers
- Wraparound
  - Family driven, team-based planning to help families develop needed resources attain goals

**AB 2083  
(2018)**

**Children's System  
of Care  
MoU**

Child Welfare

Juvenile Probation

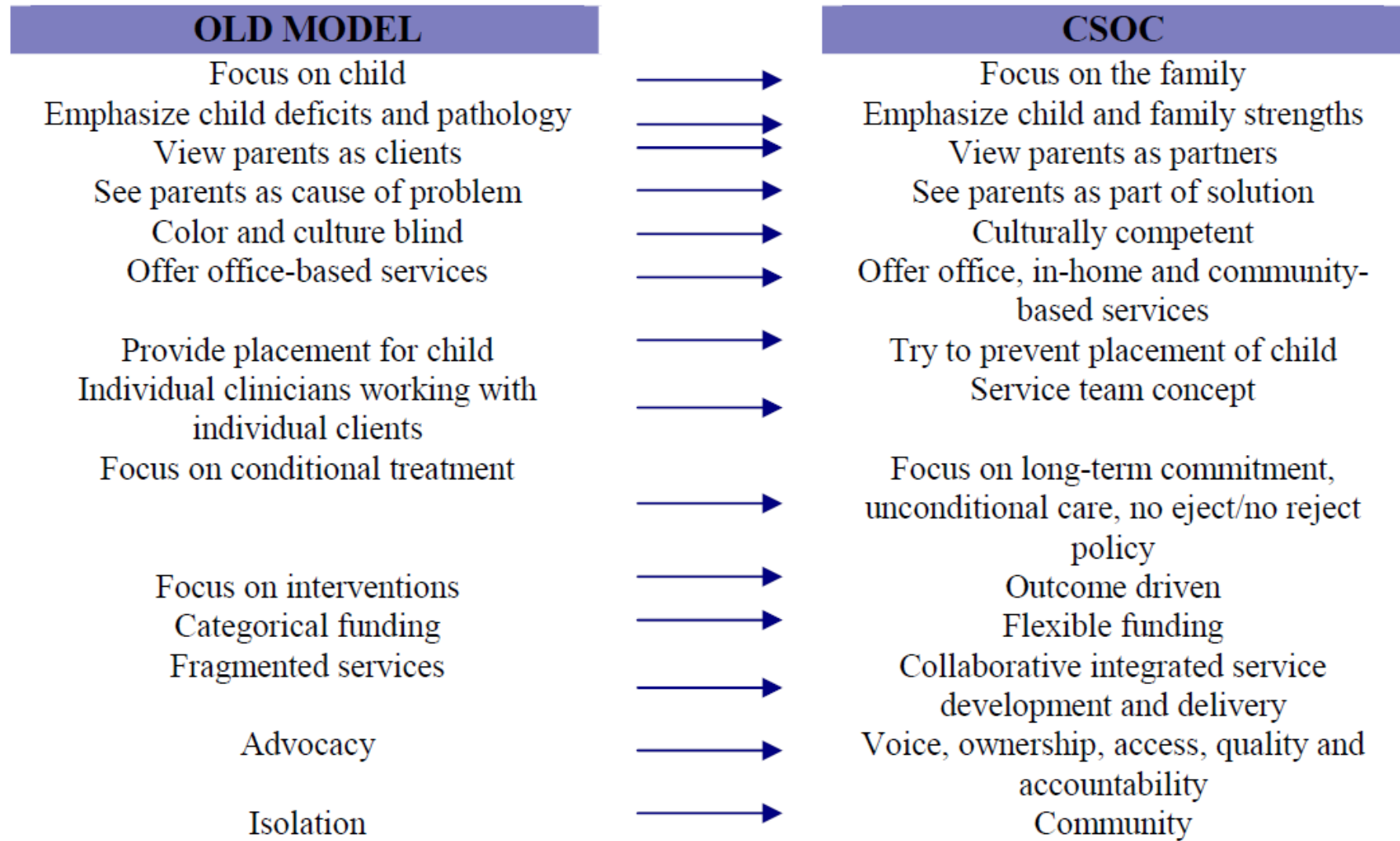
Office of Education

Regional Center

Behavioral Health



**The CSOC represents a paradigm shift as illustrated below:**



# AB 2083



Interagency Executive  
Leadership Team



Administrative  
Leadership Team



Interagency Placement  
Committee



Complex Care  
Navigation

# Interagency Agreements

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- **BHS and Juvenile Probation**

Mental Health Services at Juv Detention  
Contract with Community Based Organization

- **BHS and Child Welfare**

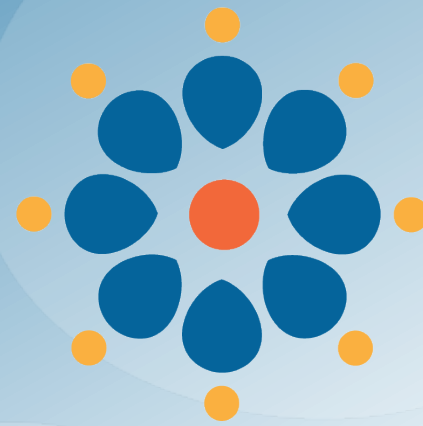
Mental Health Liaison  
Family Urgent Care System

- **BHS and Contra Costa Office of Education**

Wellness in Schools Program (WISP)

- **BHS and School Districts**





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