

FOSTER & KINSHIP CARE EDUCATION PROGRAM

Behavioral Health 101

Presented by: Alyssa Thom, LCSW



Why?

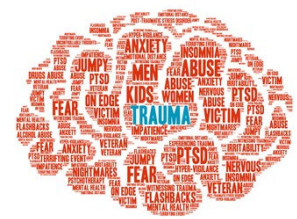


Children in foster care are more likely to experience mental health challenges

- ▶ Present Trauma, epigenetics, historical trauma
- ▶ Attachment disruption-multiple placements, multiple caregivers
- ▶ Caretaking environment

What is Trauma

- ▶ Definition: Anything that is deeply distressing or disturbing experience
 - Ex: being removed from birth parents, being sent to a group home,
- ▶ Physical Abuse, Sexual Abuse, Neglect, and Emotional Abuse
- ▶ Violence in the home and community
- ▶ ACES-Adverse Childhood Experiences Survey



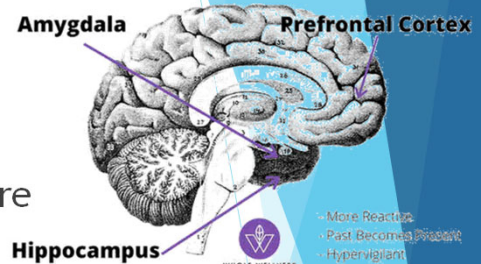
shutterstock.com • 517461325

Trauma and the Brain

Dr. Bruce Perry

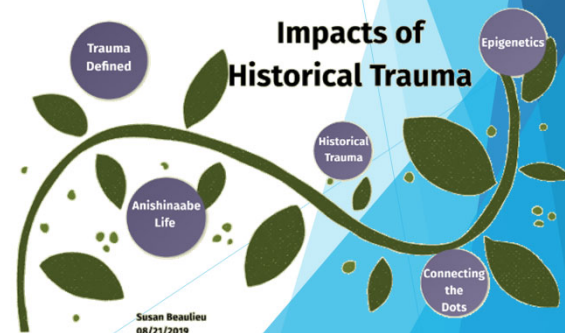
- ▶ Young children's brains (under 3) are more vulnerable to trauma
 - Wired to take in information (learn to talk, walk, bonding)
 - Impacts brain development for a lifetime—child is under constant stress
 - When exposed to violence child has more difficulty coping later in life

Trauma and the Brain

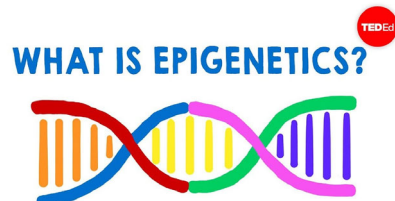


Historical Trauma

- ▶ Generations previously experiencing trauma (war, starvation, etc) may be passed biologically.
- ▶ Native Americans long history of historical trauma-large percentage in foster care in Humboldt County
 - Boarding schools
 - Genocide
 - Loss of traditions



Epigenetics



- ▶ The study of what can be inherited by child by their parents' genetic makeup
- ▶ Trauma experienced by earlier generations can influence the structure of our genes, making them more likely to switch on negative responses to stress and trauma

Epigenetics/Trauma history and Foster Care

- ▶ Children in foster care more likely to have serious medical conditions possibly due to epigenetics and historical trauma
- ▶ Native American Population-Research by Bonnie Duran, PhD found that present day health disparities can be traced back through epigenetics as a result of colonization and it's aftermath.
- ▶ Impacts health of the body
 - Addiction, cancer, heart disease, obesity, etc.
 - Dr. Gabor Mate---Trauma Disease Connection-Stress, even inherited stress can increase likelihood of diseases

How to help heal!

Environment! And Relationships!

- ▶ How does the caregiver react to stress?
 - Positive coping skills
 - Promoting positive adult-child interactions
 - Caregivers staying regulated-not reactive
- ▶ Children need to see how their caregivers handle stress-even as an infant
 - Need to feel comfortable to talk about their feelings
 - Brains have the capacity to heal
 - Need to have healthy attachments-healthy adult relationships

Exposure to Violence and a Child's Developing Brain



Video- (15 mins)

<https://youtu.be/O4zP50tEad0>

In order to heal, the individual needs to feel safe, feel heard (process their story) and reintegrate and reconnect with their cultural community (ceremony).





Understanding behavior

- ▶ Important to understand the child's early experiences in order to understand behavior

- ▶ Survival skills

- ▶ Stealing food, hoarding food

-child may have experienced food insecurity

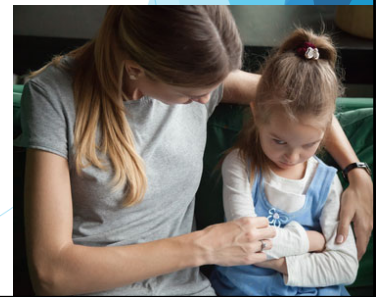
*caregiver can provide a bowl of healthy snacks that child can access to help her have a sense of control and you are helping her feel secure that her needs are being met



Understanding Behavior

Not wanting to participate in family functions, rejects love, lack of trust

- ▶ Child has experienced loss of people important to her, trying to protect herself from feeling loss and pain—learned to not trust adults to care and provide for her
- ▶ Caregiver can not waiver on commitment, be consistent, not take it personal, start slow—handshake/fist bump, loyalty to birth family, ---help her process her feelings



Understanding Behaviors

- ▶ Discipline is to teach, not to punish
- ▶ Most punishments increase stress
- ▶ Most behaviors come from a state of stress
- ▶ Most behaviors are done unconsciously—
 - Dysregulation—stress outside of your window of tolerance



Stress!

- ▶ An acting out child is a stressed child- Dr. Bryan Post
 - When stressed your brain isn't thinking clearly, and short-term memory is suppressed
 - As a result-not going to remember or comprehend consequences—need to wait until they are calm to reason/discipline
- ▶ What to do: Decrease the stress! Try to regulate the child
 - Take deep breaths, empathize, checking on if they ate recently (low blood sugar?)
 - Children need to know it's okay to have emotions, important for caregivers to help child put words into their feelings
 - *Caregivers need to not react back, need to stay regulated



What to do for a stressed child



- ▶ Importance of breathing
 - ▶ When stressed tend to not breathe, important for caregivers and child to take deep breaths to help stay regulated
 - Oxygen needs to go to the brain
- ▶ Relationships
 - ▶ Key to having influence over behaviors
 - brain is wired for relationship
 - Spend time with child every day-at least 30 mins
 - Creating happy hormones (oxytocin) in the brain instead of stress
 - Creates trust and safety
 - Focus on relationship not behaviors
 - With a relationship there is power to influence,
 - ▶ Create safety in the home and relationship
 - “Ignore the behavior, not the child”- Dr. Bryan Post

What to do for a stressed child (con't)

- ▶ Time-In (create safety)
 - Children don't act out for attention, they act out because they need attention
 - Regulate their feelings of fear and stress
 - Acting out=outside their window of tolerance
 - How long-let the child decide “when you feel safe, or calmed down, you can go back to playing”—helps teach them regulation of their own body

Common Difficult Behaviors

- ▶ Lying
- ▶ Transitions
- ▶ Aggression and Defiance
- ▶ Stealing/Self-Harm

Book recommendation: The Great Behavior Breakdown by Bryan Post



Lying

- ▶ Result of fear and stress
- ▶ Child is lying due to fear of consequence of telling the truth
- ▶ Past experiences—lying for survival and safety
 - Punishment
 - Losing placement What to do-Ignore it!
- ▶ What to do: Ignore the lie, not the child -Dr. Bryan Post
 - Wait for child to be regulated before discussing lie; goal: create safety-give child a hug, play with child
 - Check your own regulation—need to stay calm
 - Once regulated say “when you tell me a lie, it really hurts me.”
 - Don’t insist that they tell you the truth



Transitions

- ▶ Foster and adopted children experienced many painful transitions (initial removal, new placements, visitation, etc)
- ▶ New events are scary/stressful until proven otherwise
- ▶ New experiences may trigger a stress response
- ▶ How to help
 - Explain to child what is happening, give repetitive reassurance
 - Help child understand their emotions around the event
 - Containment-if possible, keep child close until they are ready

TRANSITIONS

Aggression and Defiance

- ▶ Refuse to engage in the conflict, give space initially
- ▶ Reason: Amygdala is being activated-stress response (fight, flight, freeze) seeing situation as a threat
- ▶ Ask the child what they need—why are you so upset, what do you need from me?
- ▶ How to Help
 - ▶ Encourage child to be aware of their feelings and emotions-give child control over their state, give them time to realize it is not a threat, try to figure out what the underlying issue could be -likely scared, afraid of failure/disappointment



Stealing/Self Harm

- ▶ Addictive behaviors-an external attempt to self-soothe
 - Rush of the action, momentarily relief of dysregulation
- ▶ How to Help
 - make child feel safe, alleviate symptoms of threat, give them other things to do to get sensation, explain and empower

Some Common Behavioral Health Disorders

- ▶ Depression
- ▶ Anxiety
- ▶ Eating Disorders
- ▶ First Episode Psychosis
- ▶ Substance use
- ▶ ADHD/Disruptive Disorders



Depression

- ▶ More than everyday sadness
- ▶ Last for more than 2 weeks
- ▶ Affects ability to do activities of daily living
- ▶ Often recurrent-person recovers, but it comes back
- ▶ Symptoms:
 - ▶ Unusually sad mood
 - ▶ Loss of enjoyment and interest in activities
 - ▶ Lack of energy
 - ▶ Difficulty concentrating
 - ▶ Changes in eating habits
 - ▶ Common for children under 12 to have aggressive behaviors, or regression in development





Anxiety

Normal to have some anxiety, problematic when it is more severe, long lasting, or interferes with daily living

- ▶ Could be physical symptoms (increased heart rate, sweating, chest pain)
- ▶ Excessive fear and worry
- ▶ Racing thoughts
- ▶ Indecisiveness
- ▶ Irritability

Eating Disorders

Can be life threatening, goes beyond dieting and normal weight management

- ▶ Behavioral symptoms
 - Extreme dieting behaviors-fasting, avoidance of food groups, types (vegan/vegetarian/keto-protein)
 - Evidence of binge eating-hoarding food
 - Evidence of purging—laxatives, eating easy to vomit foods, going to bathroom immediately after eating
 - Obsessive, excessive or ritualistic exercise
 - Rigid patterns around food selection
 - Obsession with weight and body image (low self-esteem)

First Episode Psychosis

Losing contact with reality—hallucinations, delusions, severe disruptions in thinking, first break happens around 16-26 years old

▶ Symptoms of FEP

- Changes in thinking and perception
- Changes in behavior-sleep, social isolation, withdrawal
- Trouble discerning dreams from reality
- Seeing things and hearing voices not present
- Vivid and bizarre thoughts
- Important to discover if psychotic symptoms are drug/substance related

Substance Use/Abuse

Alcohol and drugs affect the brain in different ways for different people

- ▶ Substance use disorders-use of alcohol and/or other drugs that leads to problems at work, school, or home.
- ▶ Substance induced disorders- mental health symptoms (psychosis) as a result of using substances
- ▶ Co-occurring substance use and mental health disorders-most adolescents use substances to help cope with mental health disorder (drinking, smoking marijuana, etc.)

ADHD/Disruptive Disorders

When children and adolescents have difficulty following the rules that most other young people accept. ADHD is a disorder in which inattention, over activity, impulsivity, or a combination.

- ▶ Difficulty paying attention to details
- ▶ Easily distracted
- ▶ Difficulty finishing schoolwork
- ▶ Disorganized and prone to making mistakes
- ▶ Difficulty with authority figures
- ▶ Difficulty with change



Recognizing a Behavioral Health Crisis

- ▶ Definition from Minnesota: A behavioral, emotional, or psychiatric situation which for the provision of crisis response services, would likely result in significantly reduced levels of functioning in primary activities of daily living, or in the placement of the recipient in a more restrictive setting, including inpatient hospitalization.
- ▶ Causes: Increased stress, changes in family situations, bullying at school, poverty, transitions, pressure from peers/caregivers, substance use, trauma and/or violence at home or community.

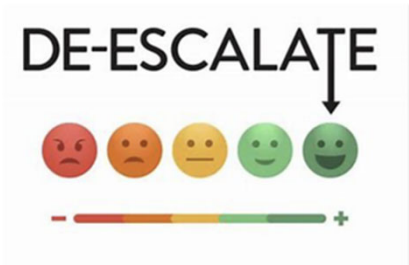
Warning Signs of a Mental Health Crisis

Significant changes in a child's behavior

- ▶ Inability to cope with daily tasks
- ▶ Rapid mood swings
- ▶ Increase in energy
- ▶ Increased agitation
- ▶ Displays abusive behavior
- ▶ Loses touch with reality (psychosis)
- ▶ Isolation from school, family, friends
- ▶ Unexplained physical symptoms

What to do?

- ▶ Safety first!
 - Is child in danger of hurting themselves or others?
 - Do you need emergency assistance?
 - Do you need to contact support from a mental health professional or crisis team?
 - Do you need law enforcement?
- ▶ Encourage self-help/professional help
- ▶ Give reassurance and information
- ▶ Listen non-judgementally



DE-ESCALATE

↓

Red sad face, Orange sad face, Yellow neutral face, Green happy face, Light Green happy face

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De-escalation Techniques

In a crisis, reasoning is nearly impossible

- Empathize with child's feelings
- Help de-escalate the crisis
- Assess the situation on if further assistance is needed-see outside help

De-escalation Techniques

- ▶ Keep your voice calm
- ▶ Avoid overacting
- ▶ Listen to the child
- ▶ Don't argue or reason
- ▶ Express concern and support
- ▶ Ask how you can help
- ▶ Keep stimulation level low
- ▶ Move slowly
- ▶ Offer options instead of trying to take control
- ▶ Be patient
- ▶ Gently announce actions before initiating them
- ▶ Give them space



DE-ESCALATION STRATEGIES
@especialtysped

Read, Draw or Color, Water Break, Exercise Break, Puzzle or Brain Teaser, Rest, Hug a Stuffed Animal, Tight Squeeze, Fidget Break, Quiet Space, Cold Pack, Belly Breathe, Talk to a Trusted Adult, Listen to Music, Sensory Break

What not to do!

- ▶ Be hostile or sarcastic—not taking the issue seriously
- ▶ Belittling-telling them to “get over it”
- ▶ Dismiss or argue with the person who is having delusions/hallucinations
- ▶ Laugh at the person’s symptoms
- ▶ Act alarmed or horrified
- ▶ No spanking or corporal punishment
- ▶ Crying it out

Plan Ahead!

Have a behavioral health crisis plan

- ▶ Have phone numbers available and easily accessible
- ▶ Be familiar with techniques to calm the situation
- ▶ Assess for safety
- ▶ Make sure to regulate yourself first!

Documentation

Keep a journal/log/calendar of child's behaviors and intervention used

- ▶ Look for triggers and patterns in behaviors
- ▶ Helpful to share with professionals

Video-Early Childhood Mental Health

INBRIEF

EARLY CHILDHOOD
MENTAL HEALTH
A Level Foundation for Life

Video-Early Childhood Mental Health (5 mins)

<https://www.youtube.com/watch?v=L41k2p-YRCs>

Local Resources

- ▶ 24/7 Crisis Line
 - Local clinician, available to offer support, assess need for further intervention
- ▶ Mobile Response Team
 - Local clinician assesses if someone needs to be hospitalized or continue to stay hospitalized, makes determination if higher level of care is needed or if person can be returned home with safety plan
 - Available everyday during business hours-including weekends
- ▶ Family Urgent Response (FURS)

Family Urgent Response Team (FURS)

What: FURS is a coordinated statewide, regional, and county-level system designed to provide collaborative and timely state-level phone-based response and county-level in-home, in-person mobile response during situations of instability, to preserve the relationship of the caregiver and the child or youth

- Provides developmentally appropriate relationship conflict management and resolution skills
- Stabilizes the living situation
- Mitigates the distress of the caregiver or child/youth
- Connects the caregiver and child/youth to local services
- promotes a healthy and safe environment for families

Who can access:

- Current and former foster children or youth, up to age 21, and their caregivers can access FURS.
- The child or youth does not need to be in an open case and there is no time restriction on when an exit must have occurred for a former foster youth.

For example, a 17-year-old former foster youth adopted, reunified, or appointed a legal guardian at 2 years old can still access FURS.

The logo for FURS (Foster Youth Reunification and Support) is displayed in white, bold, sans-serif capital letters. It is positioned on a dark blue, semi-transparent background that is part of a larger graphic design consisting of overlapping geometric shapes in various shades of blue and black.

FURS-how it works

- ▶ A statewide, toll-free hotline will be available 24 hours a day and seven days a week.
- ▶ Statewide hotline operators will provide immediate assistance over the phone to help defuse conflict and provide focused engagement and assessment to make a referral to the county mobile response system for further support.
- ▶ State hotline staff will also be trained on risk assessment which will enable the hotline worker to provide the most appropriate de-escalation and conflict resolution to the family and to provide the relevant information to the County Mobile Response Team during the warm hand-off, including information regarding the recommended level of response, when appropriate.

Contact FURS
24/7

CALL OR TEXT:
1-833-939-FURS
1-833-939-3877

CHECK OUT: CAL-FURS.ORG

Advocacy!

Getting appropriate mental health services can be challenging and frustrating, important to be the child's advocate.

- ▶ Be organized- Keep a binder or folder with information and documents received by the professionals
- ▶ Be objective-Stay calm: keep conversation focused and in the present.
- ▶ Get support-join a support group—can gain knowledge, skills, and discover resources
- ▶ Be effective-have good communication and don't give up!

In Summary

Self Regulation

Behavior has a meaning and purpose

Model good relationships

Create relationship with child

Have a crisis plan

Know when to ask for help

Let's hear from the experts!

Video-Spanking Harms Children (2 mins)

<https://www.youtube.com/watch?v=ZnyJ76-dELw>

Video-Exposure to Violence and a Child's Developing Brain (15 mins)

<https://youtu.be/O4zP50tEad0>

Video-Ted Talk-How Childhood Trauma affects health across a lifetime (15 mins)

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Video-Early Childhood Mental Health (5 mins)

<https://www.youtube.com/watch?v=L41k2p-YRCs>

Video-SciShow-Can Trauma be Inherited? (5 mins)

<https://youtu.be/NuIM39dcUs4>

References

- ▶ Mental Health Crisis Planning for Children-NAMI Minnesota, October 2010
- ▶ Mental Health First Aid USA, 2016 National Council for Behavioral Health
- ▶ Bryan Post- From Fear to Love (2010); The Great Behavior Breakdown (2009)

Foster and Kinship Care Education Program

WE JUST WANT TO SAY...
THANK YOU!

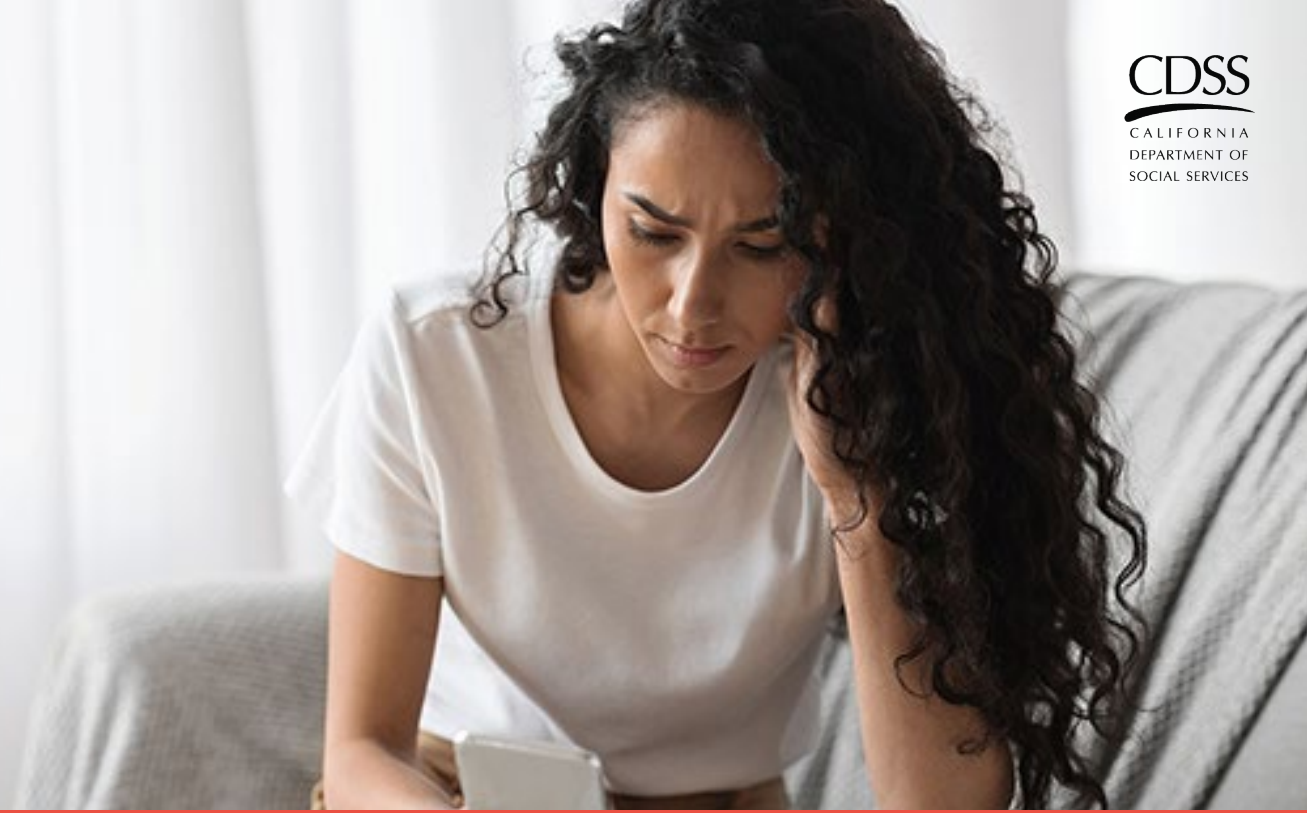
Website: www.redwoods.edu/foster

Facebook: Foster/Kinship Care Education Program-College of the Redwoods

Phone: (707) 476-4455

Email: foster-kinship@redwoods.edu

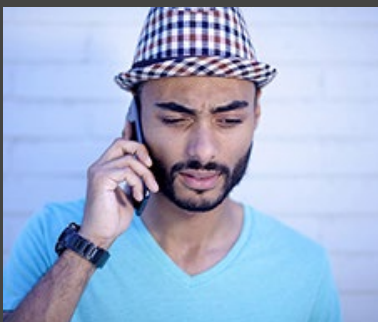




Are you a caregiver of a current or former foster youth?
Are you feeling frustrated? Would you like additional support?

FURS Support is Always Available

- 24/7 hotline support via phone, text, and chat.
- Local mobile response support with COVID-19 precautions in place.
- Personalized support and stabilization at the hotline and local level.
- Relevant aftercare support and follow-up.



Family Urgent Response System

The Family Urgent Response System (FURS) includes a statewide hotline as well as local mobile response teams to provide immediate trauma-informed support to current and former foster youth and their caregivers.

Local mobile response teams are comprised of compassionate, trained professionals who are available to provide face-to-face support during critical moments.

Both the statewide hotline and local mobile response teams are available 24/7/365.

FURS Provides Support When Needed Most

Call or Text:
1-833-939-FURS

Online:
CAL-FURS.ORG



24/7

SUPPORT

Are you a current or former foster youth? Having problems at home? Frustrated? Need someone to talk to? The 24/7 FURS hotline is here to help.

CALL OR TEXT: 1-833-939-FURS | 1-833-939-3877

Family Urgent Response System (FURS) is a free 24/7/365 hotline for current or former foster youth and your caregivers to call and get **immediate** help for any big or small issues you may be having.

- You will be connected to a trained counselor or peer who will listen to you.
- FURS is a **safe, judgement-free,** and **private** space to talk about your worries and vent.
- If you want more support, a team can come directly to where you are to help you work on the problem and to create a plan to help stabilize your situation and keep you safe.
- The team will follow-up by helping connect you and your caregiver to local services and support.



CHECK OUT: CAL-FURS.ORG





Behavioral Health Programs Contact Information

Adolescent Treatment Program

134 D St., Ste 101, Eureka, CA 95501. - 707-441-3773

Adult Access/ System of Care

720 Wood St., Eureka, CA 95501. - 707-268-2900

Adult Outpatient Medication Clinic

720 Wood St., Eureka, CA 95501. - 707-268-2940

Behavioral Health Adult Counseling Clinic

134 D St., Eureka, CA 95501. - 707-441-3038

Behavioral Health Compliance Line

866-292-9286

Behavioral Health Medi-Cal Managed Care/ Quality Improvement

730 Harris St., Eureka, CA 95501. - 707-268-2955

Children's Behavioral Health Clinic

2440 Sixth St., Eureka, CA 95501. - 707-268-2800

Children's Mobile Response Team

707-445-7715

Community Corrections Resource Center

404 H St., Eureka, CA 95501. - 707-267-9320

Crisis Services – 24 hours a day

720 Wood St. Eureka, CA 95501

707-445-7715 | 888-849-5728 | 988

Crisis Stabilization Unit

720 Wood St., Eureka, CA 95501. - 707-476-4094

Garberville Behavioral Health Outpatient

727 Cedar St., Garberville, CA 95542. - 707-268-2900

Healthy Moms Program, Humboldt County

2910 H St., Eureka, CA 95501. - 707-441-5220

Humboldt County Correctional Facility

826 Fourth St., Eureka, CA 95501. - 707-441-5150

Humboldt County Programs for Recovery (HCPR), Substance Use Disorder Services

720 Wood St., Eureka, CA 95501. - 707-476-4054

Humboldt County Transition-Age Youth Collaboration (HCTAYC)

433 M St. Eureka, CA 95501 - 707-476-4922

Housing, Outreach and Mobile Engagement (HOME)

707-441-5010

Hope Center

2933 H St., Eureka, CA 95501. - 707-441-3783

Juvenile Hall

2006 Harrison Ave., Eureka, CA 95501 - 707-445-7644

Medical Records

720 Wood St., Eureka, CA 95501. - 707-268-2930

Mobile Intervention and Services Team

707-445-7715

Mobile Outreach

638 W. Clark St., Mod G Eureka, CA 95501 -707-441-4650

Mobile Response Team

707-445-7715

New Horizons Program

2004 Harrison Ave. Eureka, CA 95501. - 707-268-3370

Outpatient Clinic for Older Adults

808 E St., Eureka, CA 95501. - 707-476-2100

Patients' Rights Advocate

720 Wood St., Eureka, CA 95501. - 707-268-2995

Same Day Services

720 Wood St., Eureka, CA 95501. - 707-445-7715

Sempervirens Psychiatric Health Facility

720 Wood St., Eureka, CA 95501. - 707-445-7710

Sempervirens Patient Phone

707-445-7290

Transition-Age Youth

433 M St., Eureka, CA 95501. - 707-476-4944

Willow Creek Behavioral Health Outpatient

77 Walnut Way, Willow Creek, CA 95573 707-268-2900

For additional resources, visit:

Humboldt County Behavioral Health

Humboldt.gov/BehavioralHealth

Substance Use Disorder Treatment Programs and Support Services in Humboldt County

Northern Humboldt

Aegis Treatment Centers

2107 First St., Eureka, CA 95501
707-273-6395

Hours: Monday-Friday 6 a.m.-2:30 p.m., closed from 10-11 a.m. for lunch. Saturday-Sunday 7-10:00 a.m.

Aegis provides Medication Assisted Treatment (MAT), which involves the prescription of a longer-acting opioid, such as methadone or buprenorphine (Suboxone), in combination with counseling.

pinnacle-treatment.com/location/california/humboldt/aegis-treatment-centers-eureka

Boys and Girls Club of the Redwoods YOUth Choose: Brief Interventions for Substance-Using Adolescents

939 Harris St., Eureka, CA 95501
707-444-0153

Anonymous and confidential. Alcohol and other drug early intervention for teens ages 13 to 19 at no cost. 3 interactive sessions are one-on-one with an adult facilitator.

bgcredwoods.org/programs/teen-court/substance-abuse-brief-intervention

Crossroads/North Coast Substance Abuse Council (NCSAC)

1205 Myrtle Ave., Eureka, CA 95501
Mailing address: P.O. Box 1332 Eureka, CA 95502
707-445-0869

Hours: 24-hour service, seven days a week. Residential treatment program for men and women. Aftercare services provided to eligible recovery individuals, unlimited time frame.

Fees are determined on a sliding scale based on ability to pay. Medi-Cal and Partnership eligible clients should call Beacon Health at 855-765-9703 to be referred for treatment.

Department of Health & Human Services (DHHS) Adolescent Treatment Program (ATP)

707-441-3773

ATP@co.humboldt.ca.us

ATP offers outpatient treatment for young people ages 12 to 18 with a substance use disorder (SUD). Services are designed to empower participants to make positive and permanent changes in their lives. This program is designed to provide care to clients in their community, home, or the office.

humboldt.gov/416/Adolescent-Treatment-Program

DHHS Healthy Moms Program

2910 H St., Eureka, CA 95501
707-441-5220

Hours: Monday-Friday, 8:30 a.m. - noon and 1-5 p.m.

Substance use disorder day treatment program for pregnant women and women with children age 5 and under. Parenting classes, practical life skills and relapse prevention taught at an intensive outpatient level four days a week.

On-site child-care provided. Fees are determined on a sliding scale based on ability to pay. Medi-Cal accepted.

humboldt.gov/417/Healthy-Moms-Program

DHHS Humboldt County Programs for Recovery (HCPR)

734 Russ St., Eureka, CA 95501
707-476-4054

Hours: Monday-Friday, 8:00 a.m. - noon and 1 -5 p.m.

Outpatient treatment, education, and referral for substance use disorders. Medi-Cal eligible clients only.

humboldt.gov/411/Substance-Use-Disorder-Treatment-Service

Humboldt Area Center for Harm Reduction (HACHR) Low Barrier Medication-Assisted Treatment (MAT) Access

1522 3rd St, Eureka, CA 95501
707-407-6013

admin@hachr707.org

Office Hours: Monday 11 a.m.-1 p.m.

Tuesday & Thursday 10 a.m.-2 p.m.

HACHR is no longer providing Syringe Services out of the 3rd street building. To

Substance Use Disorder Treatment Programs and Support Services in Humboldt County

access these services you can visit our mobile locations in Eureka: Tuesdays: Under Samoa Bridge near AHHA mobile showers from 10AM to 2PM, or Thursdays on "A" Street between "2nd and 3rd". We have a high roof, white cargo van. Call the number above for assistance.

Medicated Assisted Treatment (MAT) services (Suboxone, Subutex) are delivered via Telehealth from Bright Heart Health. No referral necessary. Initial appointment and access to medication can often happen the same day. Brief weekly check-in required to get a prescription each week. No urine test required. Medi-Cal and private insurance are accepted.

hachr707.org

facebook.com/HACHR707

Humboldt Alcohol Recovery Treatment (HART) program – Fortuna Adventist Community Services

2331 Rohnerville Road, Fortuna, CA 95540
707-725-9381

Hours: Monday-Thursday 9 a.m.-4 p.m.

Full service wet and reckless, first offender and multiple offender drinking driver program.

Extended payment plans available.

fortunaacs.com/hart/hart-programs

Humboldt Family Service Center

Physical Address: 1802 California St., Eureka, CA 95501

Mailing Address: PO Box 2005, Eureka, CA 95502

Phone number: 707-443-7358

Fax number: 707-443-1092

Hours: Monday-Thursday 9 a.m.-5 p.m., Friday 9 a.m.-4 p.m. Office is closed for lunch Monday-Friday from noon -1 p.m.

Substance use education, court-ordered drug diversion program PC-1000, Batterer's Intervention Program (BIP), Children of Divorce workshops, Child Abuse Prevention (CAP) program, individual, family, children, and couples counseling, EAP provider and domestic violence treatment program.

humboldtfamily.org

Humboldt Recovery Center (HRC)

1026 N St. Eureka CA 95501

Assessment line 707-223-3632

Admin line 707-443-4237

Hours: Residential Treatment office hours

Monday-Friday 8:30 a.m.- to 5 p.m.

Residential treatment programs for men and women using evidence-based practices.

Accepts Partnership along with other types of contracts for services furthermore, fees are to be determined on a sliding scale.

<https://humboldtrecoverycenter.org>

Open Door Community Health Centers Medication-Assisted Treatment (MAT) for Substances Program

Member Services Department

707-269-7073

memberservices@opendoorhealth.com

Contact the Member Services Department to be referred to Open Door clinics in Northern Humboldt that provide MAT services. Services include buprenorphine treatment, and individual and group counseling.

opendoorhealth.com

Redwood Adult & Teen Challenge

2212 Second St., Eureka, CA 95501

Administration Office: 707-268-8727

Adult Men's Center: 707-268-0614

Adult Women's Center: 707-442-4233

Pastor Tom Throssel-Executive Director:
707-268-8727 Ext. 102

Hours: Monday-Friday 9 a.m.-5 p.m.

Treatment hours: 24 hours a day, seven days a week.

A 12-month, Christian disciplined program for adult men and women designed to help individuals with life-controlling problems regain control of their lives. We welcome Native American clients.

redwoodtc.org

Trinidad Rancheria Substance Use Disorder Program

109 Ma-We-Mor View Ln, Trinidad, CA 95570

707-825-2712

Hours: 9:00 a.m.-5 p.m.

Substance Use Disorder Treatment Programs and Support Services in Humboldt County

We are a program that provides evidence-based treatment for addiction that is trauma informed and client centered. Our program believes in strength-based approaches and the power of restoring cultural identity, sound cultural principles, and values. To qualify for this program clients must identify as being harmed by a crime or criminal activity and complete all intake paperwork.

[Social Services Department – Trinidad Rancheria \(trinidad-rancheria.org\)](#)

Two Feathers Native American Family Services

1560 Betty Court, Suite A, McKinleyville, CA 95519

707-839-1933

Hours: Monday-Friday 8:30 a.m.-5 p.m.

Culturally adapted individual and group therapy and substance abuse programming for Native American families.

[twofeathers-nafs.org](#)

United Indian Health Services (UIHS)

1600 Weott Way, Arcata, CA 95521

707-825-5000

Hours: Monday-Friday 8 a.m.- 5 p.m.

Closed for lunch 12 p.m.-1 p.m.

Substance abuse education, prevention, and treatment for the Native American population.

[unitedindianhealthservices.org/behavioral-health](#)

Waterfront Recovery Services (WRS)

2413 Second St., Eureka, CA 95501

707-269-9590 Ext. 202

[wrs.admission@gmail.com](#)

Hours of Operation for admission: Monday-Friday 9 a.m. 5 p.m.

Substance use disorder services including Medication-Assisted Treatment (MAT) withdrawal management with medical supervision and residential inpatient treatment. WRS is now taking Medi-Cal as

form of payment for treatment. To inquire about services and/or set up a phone screening please call the Admissions Department at one of these extensions 707-269-9590 ext. 202 or 203.

Southern Humboldt

Open Door Community Health Centers Medication-Assisted Treatment (MAT) for Substances Program

Member Services Department

707-269-7073

memberservices@opendoorhealth.com

Contact the Member Services Department to be referred to Open Door clinics in Northern Humboldt that provide MAT services. Services include buprenorphine treatment, and individual and group counseling.

[opendoorhealth.com](#)

Redwoods Rural Health Center (RRHC)

101 West Coast Road, Redway, CA 95560

Mailing address: P.O. Box 769 Redway, CA 95560

707-923-2783

Hours: Monday-Friday 8:20 a.m.-5:30 p.m.

Individual alcohol and other drug counseling, Suboxone and MAT treatment program, and acupuncture. Insurance and Medi-Cal accepted. Fees are determined on a sliding scale based on ability to pay.

[rrhc.org](#)

SoHum Health/Southern Humboldt Community Clinic

733 Cedar St., Garberville, CA 95542

707-923-3921

Hours: Monday-Friday 8 a.m.-5 p.m.

Southern Humboldt Community Health offers individual substance use disorder treatment and individual therapy for adults and children 12 and over. Additionally, primary medicine including Medication Assisted Treatment (MAT) for substance use and chronic pain management.

[sohumhealth.org](#)

Substance Use Disorder Treatment Programs and Support Services in Humboldt County

Eastern Humboldt

Ki'ima:w Medical Center Behavioral Health Department

535 Airport Road, Hoopa, CA 95546
Mailing address: P.O. Box 1288, Hoopa, CA
95546

530-625-4261 Ext. 0450

Hours: Monday-Friday 8 a.m.-5 p.m.

Closed for lunch 12 p.m.-1 p.m.

Call or drop-in. Services available include education, referral, outpatient counseling, community education and prevention, marriage and family counseling, health and wellness group, probation/parole referrals, substance use disorder services and batterers intervention program for domestic violence.

Medication-Assisted Treatment (MAT) program available.

kimaw.org

Open Door Community Health Centers Medication-Assisted Treatment (MAT) for Substances Program

Member Services Department

707-269-7073

memberservices@opendoorhealth.com

Contact the Member Services Department to be referred to Open Door clinics in Northern Humboldt that provide MAT services. Services include buprenorphine treatment, and individual and group counseling.

opendoorhealth.com

Mutual Assistance/Advocacy

Al-Anon/Alateen/Adult Children of Alcoholics

P.O. Box 6425, Eureka, CA 95502

707-440-9050

Offering help and hope for anyone who has ever been affected by someone else's drinking.

northerncaliforniaal-anon.org

Alcoholics Anonymous of Humboldt and Del Norte Counties

P.O. Box 3504 Eureka, CA 95502

844-442-0711

Del Norte: 707-464-3411

A fellowship of men and women who share their experience, strength, and hope with each other for the purpose of solving their common problems and helping each other recover from alcoholism.

aahumboldtelnorte.org

Mothers Against Drunk Driving

For location of Victim Impact Panel, call 916-481-6233.

madd.org

Narcotics Anonymous

P.O. Box 6634, Eureka, CA 95502

707-444-8645

866-315-8645

A group of recovering addicts supporting one another in the effort to stay clean.

humboldtna.org

SMART Recovery

Full Circle Center for Integrative Medicine

4641 Valley E Blvd., Arcata, CA 95521

707-267-7868

As of 9/23/21 meetings are on Wednesday at 7 p.m. via [Zoom room 989 3796 1785](https://zoom.us/j/98937961785). Please call for current meeting location.

There's life beyond addiction. SMART Recovery can help you get there. Our mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery. SMART Recovery helps people clarify their thinking so they can make better decisions for themselves.

smartrecovery.org

HIV/AIDS Testing

Planned Parenthood Northern California

3225 Timber Fall Court, Suite B,

Eureka, CA 95503

707-442-5700

Hours: Monday 11:30 a.m.-8 p.m., Tuesday-Friday 8:30 a.m.-5 p.m.

Planned Parenthood offers cancer screenings, birth control, sex education, STD testing and

Substance Use Disorder Treatment Programs and Support Services in Humboldt County

treatment, PEP and PrEP to prevent HIV infection, infertility services, and more. HIV testing services are available during all business hours by appointment.

plannedparenthood.org/planned-parenthood-northern-california/get-care

Open Door Community Health Centers Member Services Department

707-269-7073

memberservices@opendoorhealth.com

All primary care locations offer confidential HIV/AIDS testing for existing patients, by appointment only. Contact your health center to make an appointment. Current health center addresses, phone numbers, and hours of operation can be found on the website, or you can call or email the Member Services Department.

opendoorhealth.com

Smoking Cessation

Kick It California

Free, one-on-one quit coaching.

Kickitca.org

English: 1-800-300-8086

Spanish: 1-800-600-8191

Hours: Monday to Friday 7 a.m.-9 p.m.

Saturday 9 a.m.-5 p.m.

Chat: kickitca.org/chat

Text: "Quit Smoking" or "Quit Vaping" to 66819

Mobile Apps: NoButts o NoVape

Open Door Community Health Centers Smoking Cessation Services Member Services Department

707-269-7073

memberservices@opendoorhealth.com

Contact Open Door's Member Services Department to learn more about how to access smoking cessation services. Services include learning triggers and techniques to reduce your cravings, including options for medication assistance to reduce the desire to smoke.

opendoorhealth.com

Other Resources

DHHS Mobile Outreach Program

Provides residents the opportunity to access county services without traveling to Eureka. Services include applications for the Cal Fresh and Medi-Cal programs, and referrals for a range of services including Behavioral Health assessments and program services.

DHHS Home/Mobile Outreach 707-441-5010

Crisis Line: 707-445-7715

Toll-Free: 888-849-5728

For the schedule visit:

humboldt.gov/MobileOutreach

ED Bridge Program

Substance Use Navigator (SUN)

2700 Dolbeer St., Eureka, CA 95501

Hospital: 707 445 8121 ext. 5840.

SUN: 707-499-1072

Provides buprenorphine (Suboxone) starts in the emergency room and SUD resource coordination-includes a Substance Use Navigator (SUN) to connect to outpatient treatment services.

Humboldt RISE Project

Perinatal Navigator 707-267-6469

Provides outpatient case management services for the perinatal population suffering from or at risk of a substance use disorder.

providence.org/locations/norcal/st-joseph-hospital-eureka/community-support/care-network

Humboldt Domestic Violence Services

P.O. Box 969, Eureka, CA 95502

Administrative Office: 707-444-9255

Monday-Friday 9 a.m.-5 p.m.

24-hour support line: 707-443-6042

24-hour toll-free support line: 866-668-6543

Dedicated to promoting the rights and welfare of those who have survived or are enduring domestic and intimate partner violence or sex trafficking throughout Humboldt County. Many survivors available to survivors, all completely free of charge.

hdvs.org

Substance Use Disorder Treatment Programs and Support Services in Humboldt County

North Coast Resource Hub

(online resource)

(707) 443-4563 ext. 157

The North Coast Resource Hub is an interactive, mobile-friendly resource guide that includes Humboldt, Del Norte and Curry County based services. The hub features detailed information including service hours, types of services provided, eligibility criteria. Maps with local transit sites are incorporated in the hub to support transportation planning to and from service sites. The website allows for sorting, printing, and emailing resources and can be translated in over 30 languages.

resourcehub.nchiin.org

The Road to Resilience Project

Ashley Villagomes, Project Coordinator

325 Second St., Suite 201

Eureka, CA 95501

707-445-7379

Hours: Monday-Friday 8 a.m.-5 p.m.

Road to Resilience connects Native women who are pregnant and/or parenting and experiencing or at risk for Substance Use Disorder, to a Perinatal Health Navigator. The Navigator can help support the family in navigating systems and care coordination, as well as practical support such as transport to/from appointments.

first5humboldt.org

St. Joseph Health CARE Network CARE Network

2200 Harrison Ave., Eureka, CA 95501

707-445-8121 ext. 5825

The CARE Network team coordinates planning of services with inpatient discharge planning, the emergency department and St. Joseph Hospital Medical group. The care and services provided by the team are person-centered and focused on a community-based, multi-disciplinary approach, linking individuals to the various resources available to help meet ongoing healthcare needs.

This list is updated on an annual basis by the Substance Use Prevention (SUP) Program of the Healthy Communities Division of Humboldt County DHHS Public Health Branch.

For questions about this list or to request an update to information on this list, please contact:

publichealthad@co.humboldt.ca.us.

Rev. August 2022

Del Norte Behavioral Health

To access our Behavioral Health Branch services 24 hours a day, please call:

Mental Health | 707-464-7224 | 1-888-446-4408 (toll free)
Substance Use | 707-464-7224 | 1-888-446-4408 (toll free)

Patients Rights Advocate - SmithWaters Group | 1-800-970-5816

The Behavioral Health Branch Office is located at 455 K St., Crescent City, CA. It is opened Monday-Friday, 8:00am-5:00pm. Remi Vista children's services are located at 370 9th St. Crescent City, CA, 707-464-4349.

Local Behavioral Health Board Meeting

Monday 10/3/2022, 12/5/2022, 2/6/2023, 4/3/2023, and 6/5/2023 at 12:00 pm, held in Multipurpose Room 1&2 at 880 Northcrest Dr., and via Zoom web conference

<https://dnco.zoom.us/j/88395077433?pwd=TUoxanpLRXIMRWpHdHpic3NjN2d0Zz09>

Call in phone number: 1-669-900-6833

Meeting ID: 883 9507 7433

Passcode: 210471

[LBHB Agenda 8-1-2022.pdf](#)

[LBHB Minutes 6-6-2022.pdf](#)

Welcome to the Behavioral Health Branch!

We welcome you to County of Del Norte Department of Health and Human Services Behavioral Health Branch (DHHS, BHB) and to the Medi-Cal Mental Health Plan. In January, 2019 we integrated our Alcohol and Other Drugs and Mental Health Branches into one Behavioral Health Branch. We provide specialty mental health services as well as substance use disorder treatment for people who live in Del Norte County, including those who are eligible for Medi-Cal.

As your behavioral health services plan, we have specific goals. These are to:

- Improve access to behavioral health care.
- Work with you and other health care providers to arrange for quality care for you.
- Be sensitive to your needs and respect your privacy

As the participant, you also have specific responsibilities. These are to:

- Work with staff to choose the best staff member for you.
- Keep your appointments as scheduled, or call if you cannot make your appointment.
- Work on treatment goals with your therapist and doctor.

Service Team

We will help you to write an individualized treatment plan. A team of experts will review your plan to determine if you need services. Your multi-disciplinary team may include:

- Psychiatrist (M.D.)
- Psychologist (Ph.D.)
- Marriage and Family Therapist or Intern
- Behavioral Health Specialist
- Licensed Clinical Social Worker or Intern
- Client Services Specialist
- Recovery Specialist

How much do I have to pay?

Fees at DHHS, BHB are figured according to income on a sliding scale. You may ask about charges by calling the branch at 707-464-7224 during regular office hours. Medi-Cal and other insurance coverage is accepted.

Can I pick my provider?

You may inform the staff person completing your first assessment that you would like to choose your provider. After you begin receiving services, you may tell the person assigned to you that you would like to change to another service provider. Your choice of service provider can include providers who meet your language or cultural needs. Whenever possible, your request will be filled. Interpreters who speak the language you prefer can help you with this process. You may pick up a list of our providers from the Behavioral Health lobby.

Are clients' rights taken into consideration?

Most definitely yes! The DHHS, BHB staff is committed to the preservation of your client rights. Some basic rights include the right to:

- Dignity, privacy, humane care

- Participate in decisions about your care, including the right to accept or refuse
- Informed consent about medication and treatment
- Access to the Patient's Rights Advocate
- Be treated with respect and with due consideration for your dignity and privacy
- Request and receive copies of your medical records or request that they be amended or corrected
- Be free from any form of restraint or seclusion used as a means of retaliation, coercion, discipline, or convenience
- Receive informing materials in a language or in alternate formats that you can easily understand. All language assistance services are free. Let us know how we can help you understand our informing materials.

The following services are available in English and Spanish for Older Adults, Adults, and Youth/Children. Other language resources are available as needed (including Hmong) and will be provided for free.

Crisis Intervention

A fast response service enabling you to cope with a crisis and remain in the community

Psychiatric Evaluation

An assessment of your current emotional, behavioral, and mental status

Medication Evaluation

A face-to-face meeting with a psychiatrist (M.D.) or licensed nurse to determine the benefit of prescribing medication to alleviate symptoms of mental illness

School Services

Individual, family and group counseling; meetings with teachers. The EPSDT (Early Periodic Screening, Diagnosis, and Treatment) services are available for people who have Medi-Cal.

Acute Hospitalization

If required, inpatient acute psychiatric hospital services through a number of providers under contract

Mental Health Services

Individual, family, or group counseling

Case Management

Assistance provided to promote access to needed medical, educational, social, pre-vocational, vocational, rehabilitative, and other community services

Information and Referral

Recommendations, information, and assistance to help you use services that may be valuable to you

Therapeutic Behavioral Services (TBS)

For children with Medi-Cal who have serious emotional problems and need intense one-to-one help, up to 24 hrs a day, to prevent removal to more restrictive living situations

Additional Programs and Services Available

- Perinatal Intensified Outpatient Treatment (IOT)
- Perinatal Phase 2
- Drug Court
- Aftercare
- Dual Diagnosis, Co-Occurring Disorders(COD)
- Mild to Moderate Treatment
- Adolescent Youth Treatment, Transitional Age Youth
- Adolescent Youth Treatment at Juvenile Hall
- Del Norte County Jail In-Custody Treatment

Substance Use Disorder Treatment

All clients may be screened for a referral to our substance use disorder programs. We offer both outpatient services and assistance to detoxification and residential treatment programs. In addition we provide referrals to transitional housing to support your recovery goals.

How do I resolve complaints and problems, or appeal a denial of a service?

If you are not happy with your services, you may talk with us or write to us, and we will try to resolve the problem. For more information on resolving problems, please pick up a copy of the Client Problem Resolution Guide available in the Behavioral Health Branch lobby. For help, talk to your therapist, the Behavioral Health Director, Behavioral Health Managers, or the Privacy/Compliance Officer.

To access our Behavioral Health Branch services 24 hours a day, please call:

- Mental Health | 707-464-7224 | 1-888-446-4408 (toll free)
- Substance Use | 707-464-7224 | 1-888-446-4408 (toll free)

- Patients Rights Advocate - SmithWaters Group | 1-800-970-5816

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It is opened Monday-Friday, 8:00am-5:00pm.
Remi Vista children's services are located at 370 9th St. Crescent City, CA, 707-464-4349.

County of Del Norte

Department of Health & Human Services

Social Services Branch

880 Northcrest Drive
Crescent City, CA 95531
Phone (707) 464-3191
Fax (707) 465-1783

Public Assistance / Employment & Training Branch

880 Northcrest Drive
Crescent City, CA 95531
Phone (707) 464-3191
Fax (707) 465-1783

Behavioral Health Branch

455 K Street
Crescent City, CA 95531
(707) 464-7224
(800) 446-4408 (toll free)

Public Health Branch

400 L Street
Crescent City, CA 95531
Phone (707) 464-0861
Fax (707) 465-6701