

San Mateo County Mental Health, Substance Abuse and Transition Programs for Youth

*Report by the Juvenile Justice & Delinquency Prevention Commission
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Introduction

The goal of the substance abuse, mental health and transition program project in 2020 was to understand what programs and facilities are easily accessible to youth in San Mateo County who have had contact with the juvenile justice system, and to understand what gaps in services and barriers to use exist and where. One of the aspirations of the Juvenile Justice & Delinquency Prevention Commission stated in its 2020 Strategic Plan is that:

Every youth who comes into contact with the San Mateo County juvenile justice system has convenient, affordable access to appropriate transitional, mental health, and substance abuse programs.

The work began by drawing up a list of criteria for evaluating programs and facilities. Then, the committee gathered information about programs and facilities online to evaluate programs according to that criteria. Finally, the committee interviewed select providers, including Acknowledge Alliance, BHRS, Caminar, Edgewood, Fred Finch, Fresh Lifelines for Youth, the Mental Health Commission, and Probation. The work was conducted from approximately June to October of 2020.

Summary

The committee identified and reviewed 80 programs and facilities in San Mateo County, many of which have at least some substance abuse, mental health and transition services available for youth. Details on those 80 programs are included in this report. A great deal of information about those programs and facilities is available online, and resource guides available to the public from San Mateo County Behavioral Health and Recovery Services (BHRS) contain a good deal of information about the programs and facilities.

The feedback in select interviews with providers, corroborated by our survey of programs and facilities, is that because of falling numbers of youth who enter the juvenile justice system, and because of good coverage of County services provided

largely by BHRS, mental health services, and to a lesser degree substance abuse services, are made available to virtually all youth who come into contact with the juvenile justice system. However, outside of juvenile hall, those services are almost entirely optional outpatient services, which are constrained in being able to attract and retain youth.

As a result, especially for boys transitioning from juvenile hall back to the community, there is a significant gap in providing the mental health and substance abuse treatment they need, as well as in providing them support transitioning back to school. Once they clear their probation requirements, which are primarily focused on prevention from reoffending, as opposed to rehabilitation through mental health and substance abuse treatment, youth are susceptible to succumbing again to the same pressures from their community they faced before their stay at juvenile hall.

Many of the providers we interviewed believe that longer-term residential programs in a non-jail setting, especially for treating substance abuse, are needed, and pointed to Camp Kemp for girls as a model. Very few girls enter the system and Camp Kemp takes on a high percentage of them, providing them the support they need in a more therapeutic environment than juvenile hall, and not just while incarcerated but also when transitioning back to their community.

The committee's work in 2020 was predominantly focused on discovery, i.e. the investigation of the current state and current coverage of programs and facilities. While more collection of information is always helpful, the committee proposes that in 2021 the Commission focus mainly on potential solutions and work more closely with partners like the Mental Health Commission, BHRS and community based organizations. Further collection of data should be guided by hypotheses for what new solutions might be more effective, especially for boys, than the current practice of incarceration and/or probation in conjunction with optional outpatient treatment. Is a residential program in a 'camp' setting, like a Camp Kemp for boys, a better alternative? Or is a more intensive in-community solution, perhaps making greater use of community based organizations, the way to go? These are some of the questions the committee recommends the JJDC propose to answer during its 2021 strategic planning.

Survey of Programs and Facilities

The substance abuse, mental health and transition program project committee reviewed 80 programs and facilities in San Mateo County. The committee identified and cataloged programs and facilities that are currently in place for youth who are incarcerated, on

probation, or on diversion programs. Although this may not be a complete list of all services available, it likely covers a high percentage. Most of the programs reviewed are not specifically focused on our target audience. Many of the resources are geared towards adults 18 years or older or families. Most of the services are available on a sliding scale, free or are covered by Medicare and Medi-Cal. The resources have been broken down into the following categories:

- Core Services Agencies
- Mental Health Services
- Substance Abuse Services
- Dual Services: Mental Health & Substance Abuse
- Transition Programs

Core Service Agencies

San Mateo County has eight core service agencies that work with its Human Services Agency to provide residents with basic emergency and support services to stabilize their living situations. Core service agencies provide residents with crisis intervention and referrals based on evaluation of their needs and qualifications for assistance. Safety net services include food, emergency housing assistance, emergency utility assistance, and other basic needs.

Coastside Hope is the primary core service agency for the mid-coast, serving Half Moon Bay, Montara, Moss Beach and El Granada. They provide basic necessities such as: food, clothing, housing assistance, free citizenship classes, and tax preparation to mid-coast residents.

Daly City Community Services Center provides crisis intervention services, either directly or by referral to the appropriate provider for residents in Daly City, Colma and Broadmoor. Clients' immediate needs are addressed and a long-term service plan is developed to empower residents towards self-sufficiency.

Fair Oaks Community Center serves residents in Redwood City, North Fair Oaks, Portola Valley, Woodside and Atherton. They provide residents food, housing, other emergency assistance, childcare, immigration and citizenship classes, ESL classes, legal services, crisis intervention, and information and referrals. They partner with Peninsula Family Services for services for older adults.

Pacifica Resource Center provides Pacifica residents a safety net of food, housing assistance, school supplies, coaching, advocacy, referrals to partners and information, and transportation service.

Puente de la Costa Sur serves residents in Pescadero, La Honda, Loma Mar, and San Gregorio. They provide residents health and wellness classes, economic support services (clothing, food, rent), academic support, job/life readiness sessions, education services, and free counseling services for children/adults/families/couples.

Samaritan House of San Mateo and Samaritan House South in Redwood City provide San Mateo County residents food services, food to after school programs, free clothing, financial empowerment, school supplies, books, a day laborer's program, a safe space from which workers can seek work, volunteering opportunities for youth, access to healthcare, and referrals.

San Mateo County Pride Center provides mental health and recovery services including therapy, case management, assistance with finding housing and employment, connections to resources and other service providers, peer-led social and support groups, education and training, and social and cultural events for the LGBT community in San Mateo County.

YMCA Community Resource Center serves residents in South San Francisco, Brisbane, and San Bruno. This center, more than the other seven core service agencies, works heavily with justice-involved or at-risk youth. They provide help with rent, utilities, emergency needs like food, shelter placements, enrollment in health care plans, and legal assistance. The program also provides referrals for mental health services for low- and moderate-income families at the Youth Service Bureau (YSB) and at schools via individual and family counseling, case management, and linkage to services.

Mental Health Services

The committee reviewed 34 mental health programs and facilities in San Mateo County. Of those, only two, Canyon Oaks Youth Center and StarVista's Your House South, provide inpatient mental health services for youth in San Mateo County. (There are other providers that offer inpatient substance abuse or dual mental health/substance abuse services; they will be covered later in this report.) We also identified three San Mateo County providers that have inpatient services available for youth in neighboring

counties and will accept San Mateo County youth. Eighty-four percent of the 31 outpatient mental health programs reviewed in San Mateo County serve youth under the age of 18.

Inpatient Services for Youth in San Mateo County

Canyon Oaks Youth Center Residential Treatment Facility is a 12 bed co-ed Short Term Residential Therapeutic Program (STRTP) in Redwood City offering comprehensive services to San Mateo County youth ages 13 to 19 with serious emotional and behavioral challenges.

Placements at an STRTP are limited to six months unless an extension is granted by Child Welfare or Probation. Youth who are wards of the court and their parents are not financially responsible for STRTP placement related costs pursuant to California Senate Bill-190.

Your House South is a six bed respite/therapeutic program in Redwood City that provides extended emergency housing for up to 21 days and counseling services to San Mateo County youth, ages 10 to 17, who are having family problems or who run away from home, and offers a neutral place for families and youth to solve conflict. Your House South is funded by StarVista and there is no fee for a youth's stay.

Inpatient Services for Youth Outside San Mateo County

Catholic Charities Boys' & Girls' Homes has two gender-designated residential STRTP homes in San Francisco that provide residential treatment, mental health, and community and school-based services to Bay Area adjudicated youth ages 12 to 18, most of whom are transitioning from a juvenile hall setting or an out-of-state placement. Catholic Charities also runs St. Vincent's School for Boys, an STRTP in Marin County that serves up to 60 boys ages 7 to 18, who are referred from in-patient psychiatric facilities and county agencies throughout Northern California. Most Catholic Charities services are provided at little or no cost and are based on the ability to pay.

Edgewood provides behavioral stabilization and permanency services to Bay Area youth ages 6 to 17 through its STRTP in San Francisco. The focus of treatment is to help youth and families build skills to manage challenging behaviors, restore permanent family connections and strengthen community ties. There are no costs for youth who stay at Edgewood's STRTP.

Fred Finch provides short-term inpatient residential treatment programs in Oakland serving Alameda County and Contra Costa County youth. Avalon is a short stay residential therapeutic program and non-public school for youth ages 12 to 18 with a dual diagnosis of serious emotional disturbance and developmental disability. The average stay is one to two years. New Yosemite is a crisis stabilization and assessment program for youth ages 8 to 18 with developmental disabilities and/or autism. The short-term program provides residential, 24-hour support for up to 90 days. Costs may vary and Fred Finch accepts Medi-Cal.

Outpatient Services for Youth in San Mateo County

1. Acknowledge Alliance
2. American Indian Child Resource Center
3. Anger Management and Domestic Abuse Therapy Center
4. BHRS - Central County Youth Mental Health Center
5. BHRS - East Palo Alto Community Counseling Center
6. BHRS - North County Mental Health Services
7. BHRS - South County Mental Health Services
8. California Coalition for Youth
9. Children's Health Council
10. Community Overcoming Relationship Abuse (CORA)
11. Edgewood
12. Family and Children's Services (a division of Caminar)
13. Family Assertive Support Team (FAST) - San Mateo County Health
14. Family Resource Centers - San Mateo County Human Services
15. Fred Finch
16. Friends for Youth
17. Heart and Soul
18. Jewish Family and Children's Services - Parents Place
19. KARA
20. Mental Health Association of San Mateo County
21. Morrissey - Compton Educational Center
22. National Alliance on Mental Illness (NAMI)
23. New Perspectives Center for Counseling
24. One Life Counseling Center
25. Ravenswood Family Health Center
26. (Re)Mind, Felton Beam
27. San Mateo Health Center
28. StarVista-On Your Mind
29. YMCA - Youth Services Bureau (YSB) of Pacifica
30. YMCA - Youth Services Bureau (YSB) of San Mateo
31. YMCA - Youth Services Bureau (YSB) of South San Francisco

Substance Abuse Services

The committee reviewed 13 outpatient or inpatient substance abuse programs and facilities in San Mateo County. We did not identify any inpatient substance abuse programs for youth under the age of 18 and only one available for those who are over 18. (There are other providers that offer inpatient dual mental health/substance abuse services, which will be covered later in this report.) Over 60% of the programs reviewed only serve residents over 18 or do not have an age requirement, but mostly served adults.

Inpatient Services in San Mateo County

HealthRIGHT 360 - Serenity House is a 10-bed short-term residential treatment facility for San Mateo County residents over 18 years old, who are experiencing a mental health crisis. Clients are expected to stay at the center for an average of 10 days. Located on the San Mateo Medical Center campus and in partnership with San Mateo County Behavioural Health, Serenity House provides a safe place to stay and support individuals in their recovery.

Outpatient Services in San Mateo County for Youth

1. Alcoholics Anonymous
2. Bay Area Addiction Research & Treatment (BAART)
3. El Centro de Libertad
4. Latino Commission on Alcohol and Drug Abuse Services
5. Peninsula Area Narcotics Anonymous
6. StarVista-Children's Place
7. StarVista-Insights

Dual Mental Health & Substance Abuse Services

The committee reviewed 13 dual mental health and substance abuse programs and facilities in San Mateo County. We identified two inpatient mental health and substance abuse programs that also have outpatient services for youth in San Mateo County. We also reviewed two inpatient programs that serve residents over 18 years old. We identified nine outpatient mental health and substance abuse programs.

Inpatient Services for Youth in San Mateo County

Caminar - Young Adult Independent Living (YAIL) program helps young adults ages 18 to 25 in San Mateo County as they transition into adulthood and seek recovery from mental health and/or substance use issues. It offers community-based and on-site programs. All participants have a case manager, create individual goals and action plans, and may access group sessions, social activities, and support to build independent living skills. The YAIL campus in Redwood City provides housing for six program participants in two-bedroom apartments. Residents may stay up to two years, or until their independent living skills are developed to the point that they can move on to appropriate living arrangements in the community.

Mills-Peninsula Behavioral Health Services offers inpatient and outpatient rehabilitation services and treatment programs for San Mateo County residents over the age of 13 at their San Mateo and Burlingame facilities that guide recovery from substance abuse, mental health problems or a psychiatric emergency. Mental health services include specialized services for children and adolescents, outpatient services including partial hospitalization and intensive outpatient care, inpatient psychiatric services, and electroconvulsive therapy (ECT). Substance abuse services include a full range of inpatient and outpatient programs to treat addiction, including inpatient detoxification, community meetings for addiction recovery, and dual diagnosis treatment. The adult inpatient program in Burlingame is in a 26-bed, secured hospital wing. Fees vary by service and health insurance is accepted, including Medi-Cal.

Our Common Ground in Redwood City provides a 32-bed residential and outpatient treatment program for residents over 18 with substance abuse and mental health problems. They offer psychological, vocational, individual, and group counseling and other recreational activities. Their short term residential program runs from 30 to 120 days. Our Common Ground serves the Bay Area in four facilities in San Mateo County, including two in Redwood City, one in Belmont and one in East Palo Alto. Fees vary by service and income. Health insurance is accepted, including Medicare.

Horizon Services - Palm Avenue Detox is a 15 bed facility in San Mateo serving men and women over 18 in San Mateo County who have co-occurring substance use and mental health disorders. Clients who wish only to detox and not be referred into a treatment program are accepted, as well as clients who wish to move on in the continuum of recovery services available within the community. The average stay is three to five days. They charge a \$30 admission fee, based on ability to pay and accept Medi-Cal.

Outpatient Services for Youth in San Mateo County

1. Adolescent Counseling Services
2. Behavioral Health and Recovery Services (BHRS)
3. Christian Counseling Centers
4. Community Health Awareness Council (CHAC)
5. Daly City Youth Health Center
6. HealthRIGHT 360 - Engaging Positive Actions (EPA)
7. HealthRIGHT 360 - Pioneer Court Outpatient Program
8. StarVista
9. One East Palo Alto (OEPA)

Transition Services

The committee reviewed 10 transition programs including six focused on youth and four that only serve adults. Of the youth programs, only Fresh Lifelines for Youth provides a comprehensive transition program for youth reentering society after leaving the YSC or Camp Kemp. The other youth focused programs we reviewed provide services in one area of transition, such as job search or educational assistance.

CASA of San Mateo pairs children over the age of 11 in the San Mateo County juvenile justice system with community volunteers who provide one-on-one support, mentoring and advocacy in the courtroom and beyond. Trained CASA volunteers help children heal from trauma and access the services they need to thrive. CASA is a volunteer operation and does not charge clients for services.

Fresh Lifelines for Youth (FLY) offers a Reentry Program to youth ages 11 to 24 facing longer term incarceration or probation in San Mateo County. The program provides 12 weeks of law classes taught by FLY staff while the youth are in custody. After youth are released, they receive intensive one-on-one support from a FLY case manager for nine months to help with their transition back into the community. FLY does not charge clients for services.

Jobs for Youth helps San Mateo County youth ages 14 to 21 find employment services regardless of socioeconomic status or risk-level. The program provides job seeking skills, interviewing skills, and youth receive support with writing resumes, cover letters, and thank you letters/emails. There are no charges for their services.

JobTrain provides job training to unemployed and economically disadvantaged youths ages 17 to 24 and adults over 18 in Silicon Valley. They offer training in clerical skills, electronics, trades, culinary skills, medical skills, resume development, interviewing

skills, etc., and educational support in basic subjects like math, science, and English. They also provide access to legal advice. They have job centers in East Palo Alto, Menlo Park and San Jose. There are no fees for their services.

Project Change is the first community college supported program in California to provide wrap-around student support services, direct access to postsecondary education for incarcerated youth, and in-person college instruction inside juvenile youth facilities. The project connects San Mateo County high school juniors and seniors and first year college students to resources and programs at College of San Mateo, such as a college readiness summer bridge program, and social and academic support services. These services are free.

Success Centers based in San Francisco provides services to youth and marginalized community members in San Francisco, San Mateo, Alameda, and Sonoma counties. Services include an education program that helps youth ages 16 to 24 attain their GED, enroll in college, and transition to the community. The youth employment program helps with job training and placement. There are no costs for these services.