

Yolo Family Service Agency

Mission Statement: Healthy families through accessible counseling

History:

Since its founding in 1959, the Yolo Family Service Agency has provided counseling, educational, and supportive mental health services to alleviate distress and strengthen Yolo County's children and families. YFSA offers a continuum of community-based crisis, prevention and intervention services to the county's residents. A full range of professional therapists provide individual, adult, and family counseling in English and Spanish. YFSA is also one of the clinical training organizations in Yolo County, providing supervision, consultation, and advanced training to therapists just entering the field, thereby enhancing the quality of mental health services available to all of the county's residents.

Budget and Staffing:

Annual Budget: \$650,000.00

Staffing: 15 staff, including 8 licensed therapists and 4 interns

Who we serve:

We serve over 1200 clients per year, with a total of 10,200 sessions.

From throughout Yolo County:

- 46% reside in Woodland
- 22% reside in West Sacramento
- 16% reside in Davis
- 16% are from the rural areas

Diversity:

- 48% are Caucasian
- 45% are Hispanic
- 7% are all other

Ages:

- 52% are under the age of 18
- 23% are between 19 and 35
- 22% are between 39 and 65
- 3% are over 65

Nearly two thirds of our clients are female

Income levels:

- 64% are low income (with 28% qualifying as very low income)

Funding Streams:

County contracts - EPSDT and CWS

Victims of Crime

Grants –

Private Pay/Insurance

Contributions – Donations

What we do:

Therapeutic services for children, individuals, couples, and families

Types: a few notable

- PCIT – Parent Child Interaction Therapy – we have two sites in Woodland and West Sacramento
- CBT – Cognitive Behavior Therapy
- Play Therapy –

Accenting younger children – 4 staff members went through First 5 training

Incredible Years – therapeutic evidence based parenting program, twelve weeks long

Screening project: social, emotional and behavioral health screening for 0-5 years olds throughout Yolo County

Contact information:

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