

Helping Others Soar



Victor Community Support Services Urban Children's Resiliency Program

**David N. Hafter, MFT
Program Manager**

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Regional Director**

Mission & History

Mission

To be a catalyst for sustained improvement in the lives of those we touch

History

- Victor was founded in 1966 by David Favor, LCSW
- Dave's vision was to get children out of state hospitals and re-integrated into the community for treatment.
- Victor first opened residential group homes (Victor Treatment Centers) and non-public schools (North Valley Schools)
- VCSS was started in the late 1990's to provide in-home/community based mental health services.
- Statewide programs now include EPSDT, MHSA, Wraparound, Department of Rehabilitation, Juvenile Justice Services, Educationally Related Mental Health Services, and First 5 programs.

Victor Treatment Center Locations

VTC Redding – Shasta County

VTC Santa Rosa – Sonoma County

VTC Stockton – San Joaquin County

Rosemary Children's Center – LA County (almost 2 years ago Victor affiliated with RCS)

Victor Community Support Services Locations

- **Yolo County – Davis**
- **San Joaquin County – Stockton**
- **Butte County – Chico**
- **Sutter/Yuba Counties – Marysville**
- **Shasta County – Redding**
- **Nevada County – Grass Valley**
- **Riverside County – Lake Elsinore, Perris**
- **San Bernardino County – San Bernardino, West San Bernardino, Victorville, Barstow**

VCSS Davis

- **VCSS Davis is in its 6th year providing Prevention and Early Intervention work in Yolo County.**
- **We provide Prevention and Early Intervention (PEI) services to Davis, Woodland, West Sacramento and Clarksburg.**
- **The Urban Children's Resiliency Program is funded by Proposition 63: The Mental Health Services Act (MHSA)**

VCSS Davis Staffing

- **VCSS Davis has 6 full time employees**
 - **1 Program Manager/Clinical Supervisor MFT**
 - **2 MFT Interns**
 - **2 Mental Health Rehabilitation Specialists**
 - **1 Office Manager/Human Resources Manager**

Schools Served

- Each year, we provide services to between 30 & 40 public schools
- These include alternative programs Dan Jacobs/Juvenile Hall, Chavez, King & Yolo
- Plus pre-school programs, homeless shelters and transitional housing.

Who we serve

- In fiscal year 2015-16 we served 5236 unduplicated clients
- 32% White
- 45% Hispanic
- 10% multi-racial
- 2.5% African American
- 2.5% Asian American
- 1.5% Hawaiian/Island pacific/Native American
- 2.5% Other

Types of Services

Categories

- School based “Decision – Making” Groups
 - Why Try
 - NCTI Curricula
 - Personal Power
 - 2nd Step
- Mental Health Education
 - Real Colors
 - Drug and Alcohol Education
 - Bullying/Cyberbullying*
 - Anxiety/Depression*
 - Stress Management for Teens*
 - Conflict Resolution
 - Teen Parenting Classes
 - *assemblies

Target Population

- “At Risk” of *developing* Mental Health symptoms
- Youth Experiencing Juvenile Justice Involvement
- Trauma Exposed Individuals
- Children and Youth in Stressed Families
- Children & Youth at Risk of Failure
- Homeless individuals & families
- Victims of Domestic Violence

Additional Programs

Early Intervention Brief Therapy

- In a limited number of junior and high schools, we provide brief therapy (up to 10 sessions) to lighten the load of school counselors & to provide timely interventions for students who are veering off the track. Assessments may rule out brief therapy leading to referrals to county partners.

Parent Education Presentations

- **Effective Communications: Avoiding Arguments and Power Struggles with Your Kids**
- **Holiday Blues**
- **Drug/Alcohol Education for Parents**
- **Bullying Education for Parents**

Mental Health Assemblies

- **Anxiety and Depression** – students learn the differences between being anxious or depressed about something specific versus having an anxiety or depressive disorder. This has a strong suicide awareness component and teaches kids when to reach out for help for themselves or friends.
- **Cyberbullying** – Created in collaboration with Yolo County Detectives, this assembly teaches of the dangers of cyberbullying and encourages students to stand up to it and protect one another; another element of suicide prevention.
- **Stress Management for Teens** – teaches students to recognize problems due to stress, what to do to manage stress and when to reach out for help.
- **Conflict Resolution** – teaches students advanced but simple communication tools for making themselves heard and understood by adults and peers.

Mental Health Assemblies

- **Drug and Alcohol Education: Self-Knowledge Leads to Personal Power** - Three, one hour sessions where we provide pure information to students so that they can make informed choices. Our only agenda for them is stated clearly from the start. We want them to be able to stay:

Our Focus: **Safe, Healthy and Out of Trouble**

- When possible, we prefer to do three hours of Real Colors first. This fun and interesting three hour self-awareness program lowers their resistance to the following topic of Drug/Alcohol education.

Contact information

- Contact David Hafter, MFT (dhafter@victor.org) for more specific information on services provided.
- Kerry Ahearn-Brown, LCSW – Executive and Regional Director, call or text cell – (530) 966-5794
- Karen Calomiris – Office Manager – 601-5600
- Scheduling Events: Cynthia Moreno – 601-5614