

BEHAVIORAL HEALTH SERVICES FOR YOUTH

Supporting youth and families through prevention, connection, and care.



Presented By:
Sheri Green, LMFT
Youth and Family Division Manager

TODAY'S SESSION

INFORMATIONAL OVERVIEW

Focuses on the evolving Children's Outpatient System of Care

- Provides context on system changes, goals, and alignment
- Designed to support shared understanding across partners and programs
- Not specific to any single procurement

WHY WE ARE CHANGING



We regularly look at what families need and update our programs to make sure we are helping in the best way. We looked at data and saw gaps.

Families don't know where to turn for help.

We want a behavioral health system where support finds families, not the other way around.

BHSA Community Conversations highlighted our grows and glows.

We heard from families, community members and system partners through surveys, leadership, outreach, and system partner meetings.

Proposition 1

BH-CONNECT is **B**ehavioral **H**ealth **C**ommunity-Empowerment, **N**avigation, **N**eeds **E**valuation, **C**are Coordination, and **T**reatment.

Early Intervention

Evidence Based Practices

High Fidelity Wraparound



WHAT'S NEW

Blending a full spectrum of services into one program

Working More Closely with Community Groups

Services are available countywide, with a special focus on communities where needs are greatest.

Expanding Services for Medi-Cal Beneficiaries

Adding Specialty Teams to Help Families

Add Evidence Based Services Proven to Help Families

Current BHS Children's System of Care

Outreach and
Engagement

Early
Intervention

Flexible
Integrated
Treatment (FIT)

Therapeutic
Behavioral
Services(TBS)

Full Service
Partnership (FSP)

Wraparound



Updated BHS Children's System of Care

Outreach and Engagement

Early Intervention

FIT

TBS

Full Service Partnership-Wraparound (FSPW)

Letting Families Know Help is Out There

OUTREACH MEETING FAMILIES WHERE THEY ARE

Activities

1. Initial contact and connection in the field or community locations
2. Provide information about mental health services and how to access them
3. Help obtain documents, IDs, insurance, or appointments
4. Screen for potential mental health needs (non-diagnostic)
5. Warm handoffs to assessment or appropriate services
6. Support initial navigation into the behavioral health system

Intended Outcomes:

1. People get a real human point of contact.
2. Individuals learn what help exists and how to get it, without getting bounced around.
3. Problems get identified earlier so people aren't waiting until crisis hits.
4. Paperwork and system barriers stop being the reason someone can't get care.
5. More people successfully make it to an assessment or service that fits their needs.
6. Trust in the behavioral health system increases because staff show up consistently.



Children’s Outpatient Services

WHAT ARE FIT AND TBS?

FIT: Helps youth and their families struggling with serious stress, trauma, or mental health challenges get the extra treatment and supports they need to stay safe, stable, and connected.

- Flexible therapy, care coordination, home/school support, medication support.
- Services will include treating substance use conditions

TBS: Extra help for youth with serious emotional or behavioral issues.

- Short-term behavioral coaching for youth in crisis or stepping down from intensive care.
- Uses principles of applied behavioral analysis

Evidenced Based Practices			
Parent Child Interactive Therapy (PCIT)	Functional Family Therapy (FFT)	Coordinated Specialty Care (CSC)	Multisystemic Therapy (MST)
Age: 2-7	Age:10-18	Age: 12+	Age: 12-17

EARLY INTERVENTION

Activities:

1. Short-term, developmentally appropriate interventions for emerging symptoms
2. Skill-building sessions (coping, emotional regulation, problem-solving)
3. Brief family-focused support to stabilize functioning
4. Psychoeducation on early signs/symptoms for youth and caregivers
5. School-linked supports to reduce impairment and prevent escalation
6. Connecting youth to natural supports and resilience-building activities

Goals:

1. Youth get help early, before problems become crises or require higher levels of care.
2. Quickly improve daily functioning at home, school, and in relationships
3. Families learn skills to support their child and prevent escalation.
4. Young people build coping tools and confidence that reduce future reliance on crisis or inpatient services.
5. Overall mental health recovery time shortens because support happens closer to the first signs of struggle.
6. Risks like suicidality, substance use, or out-of-home placement are reduced through timely, targeted support.

Sacramento County Abuse Investigations and Substantiations
Average per 1000, Jan 2023-Dec 2024

Age Group	Investigation	Substantiations
First 5 years	~125	~35
6 through 17	~85	~15

Children ages 0-5 in Sacramento County face the highest rates of abuse investigations and substantiations, showing the need for early supports.

Source: <https://co.sac.k12.ca.us/>

OUTREACH AND EARLY INTERVENTION

Outreach

Goal: Identify people with unaddressed behavioral health needs and bring them into the system.

Early Intervention

Goal: Reduce the duration and severity of emerging mental health symptoms for individuals before they progress.

Early help means fewer crises, stronger families, and better long-term outcomes.


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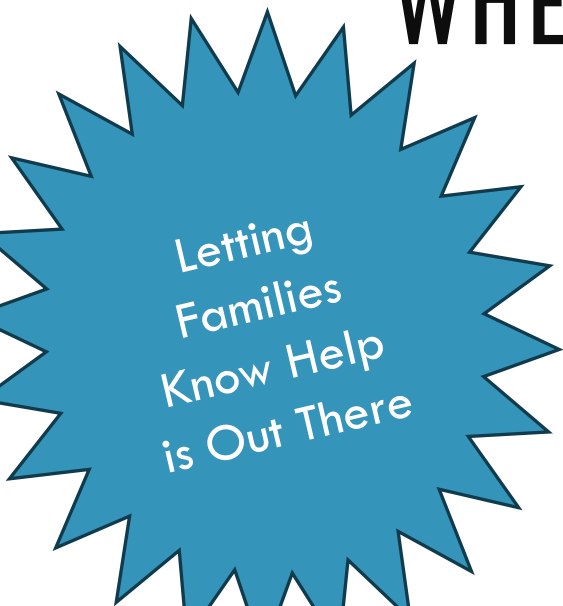
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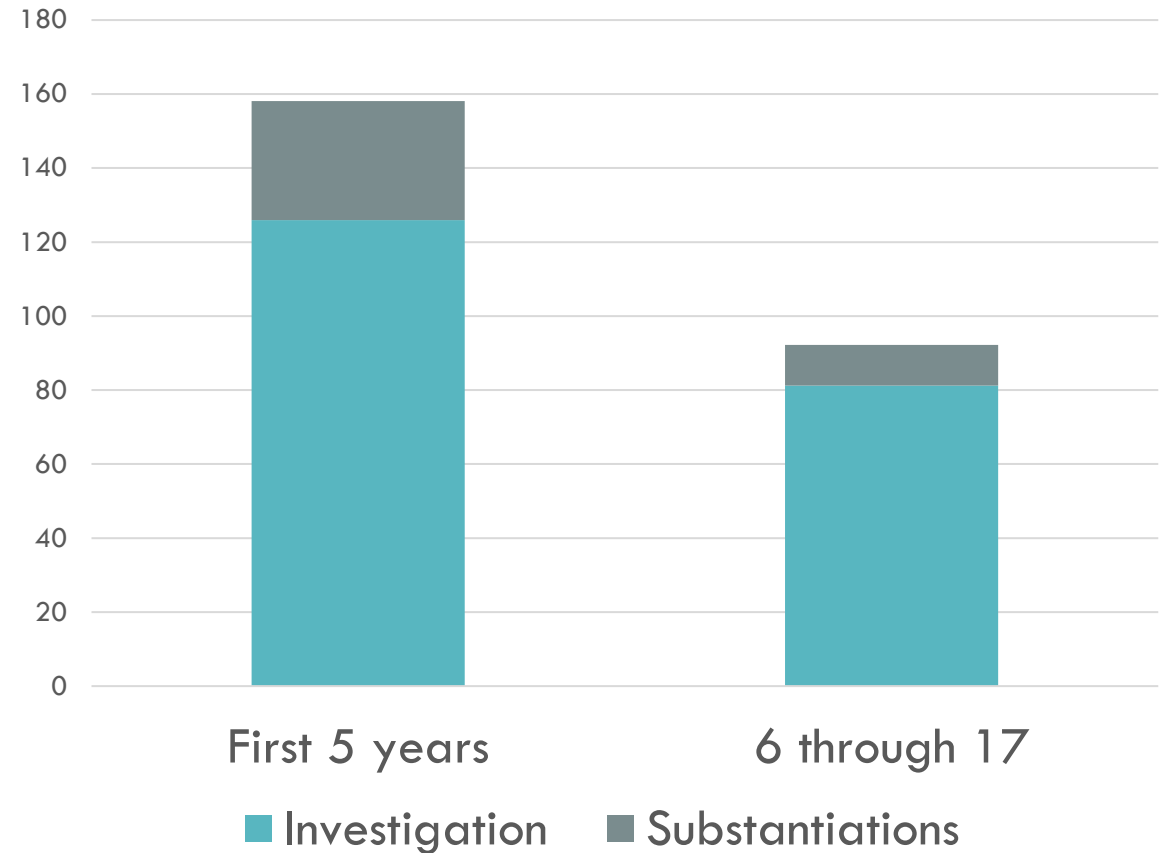
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(PCIT)

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Functional
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Age: 12+

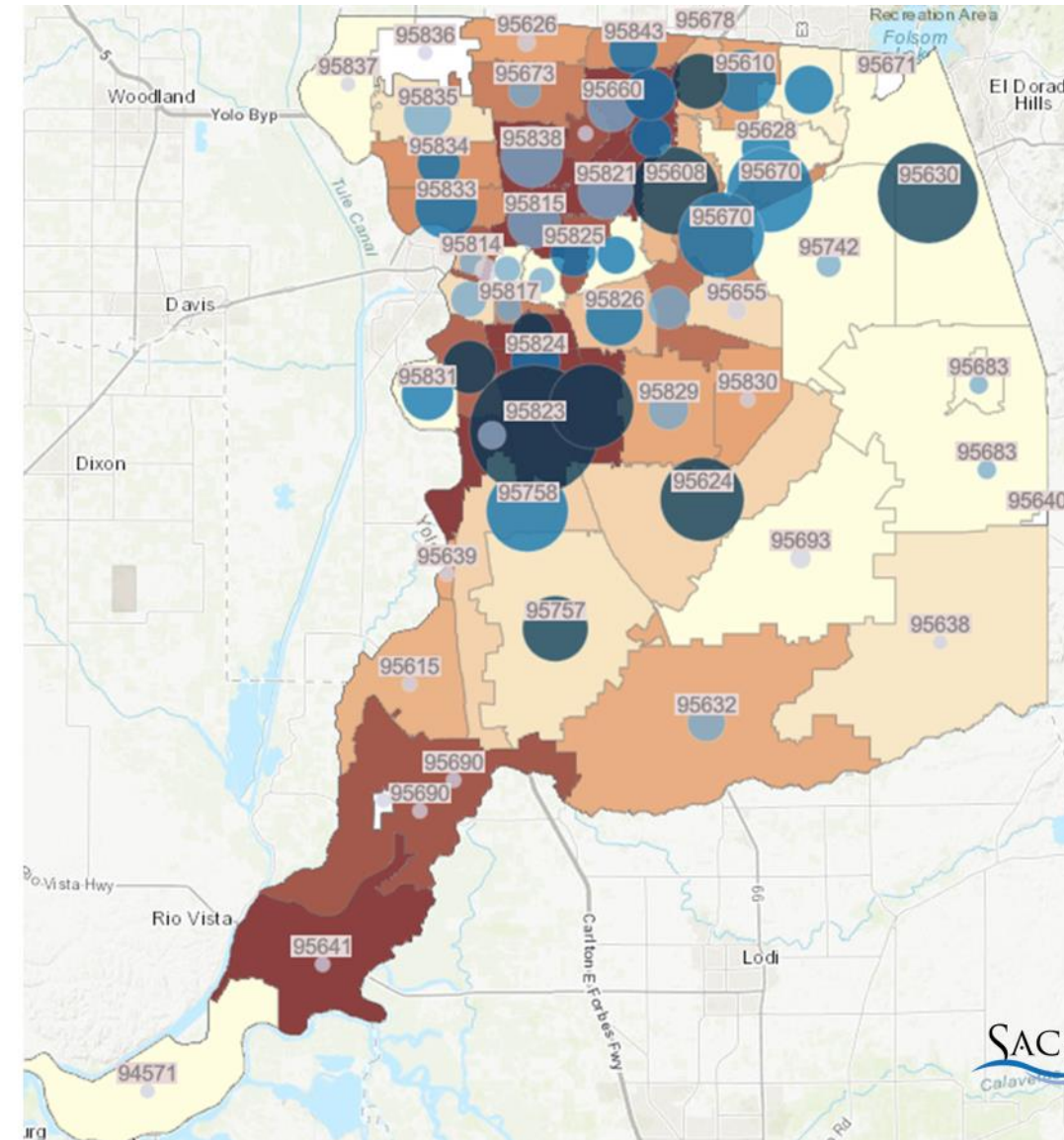
Multisystemic
Therapy
(MST)

Age: 12-17

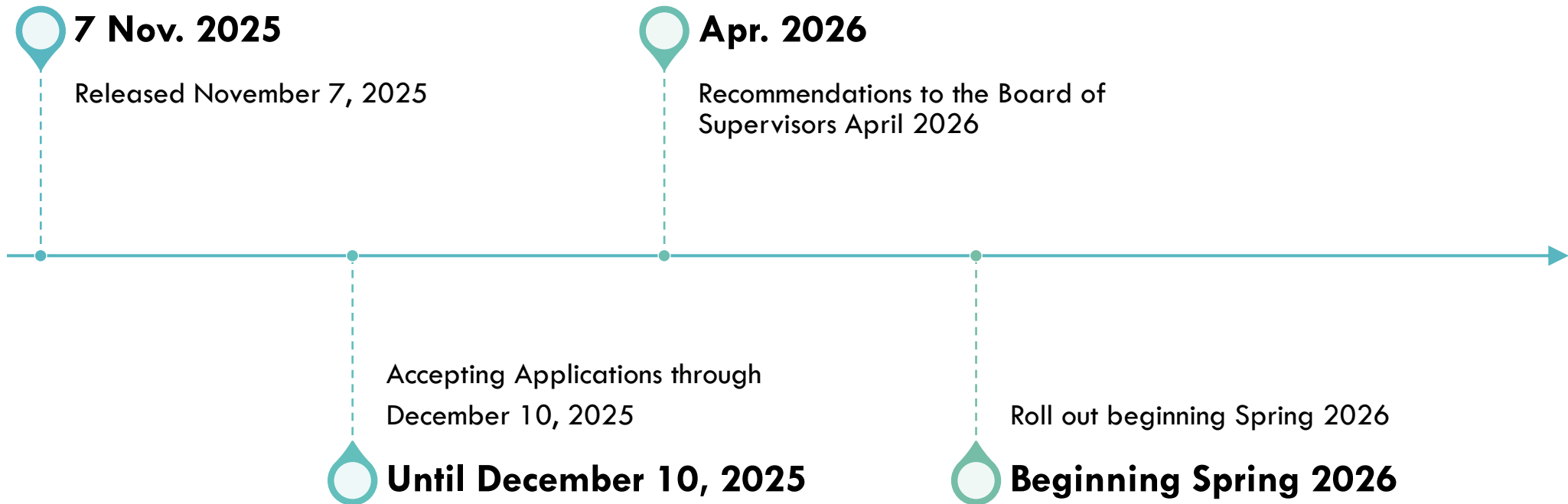
- ✓ High Medi-Cal pop
- ✓ High CPS reports
- ✓ High suicide risk
- ✓ High homelessness
- ✓ Trusted partnerships

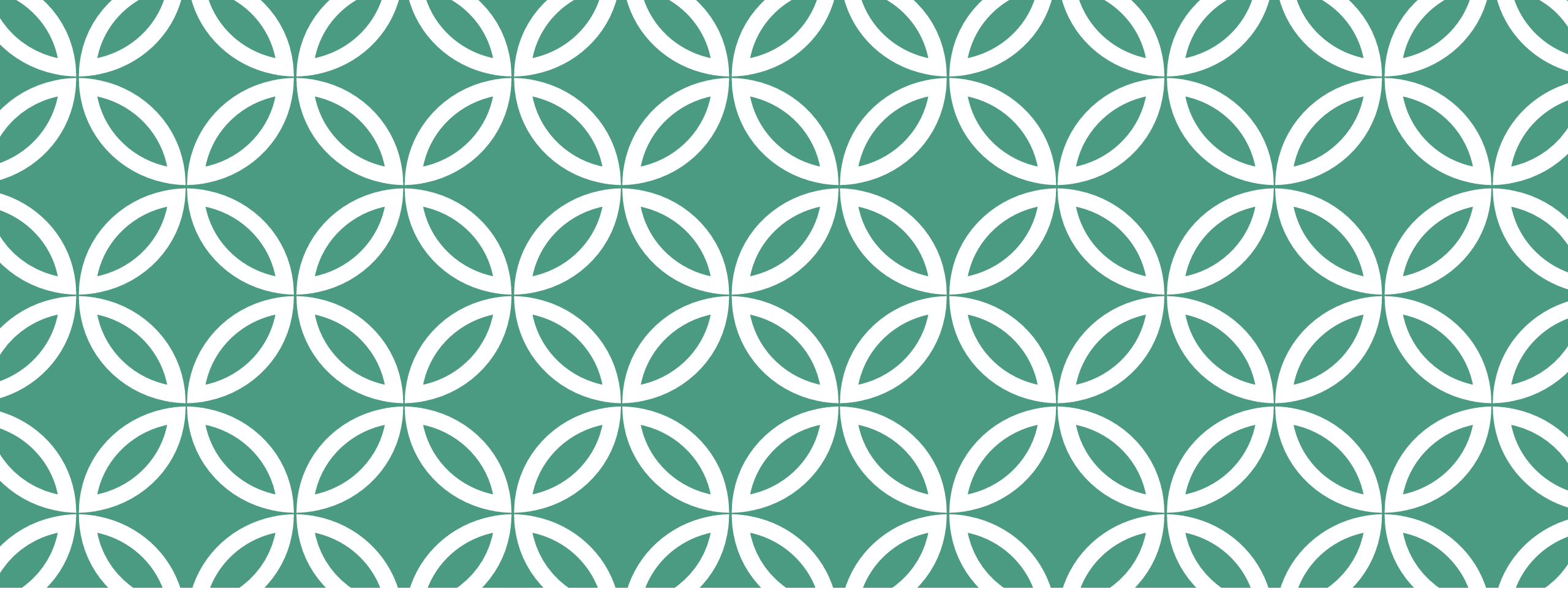


Suicide Data by Zip Code



TIMELINE





FULL SERVICE PARTNERSHIP- WRAPAROUND

In Development
Release in Late Fall

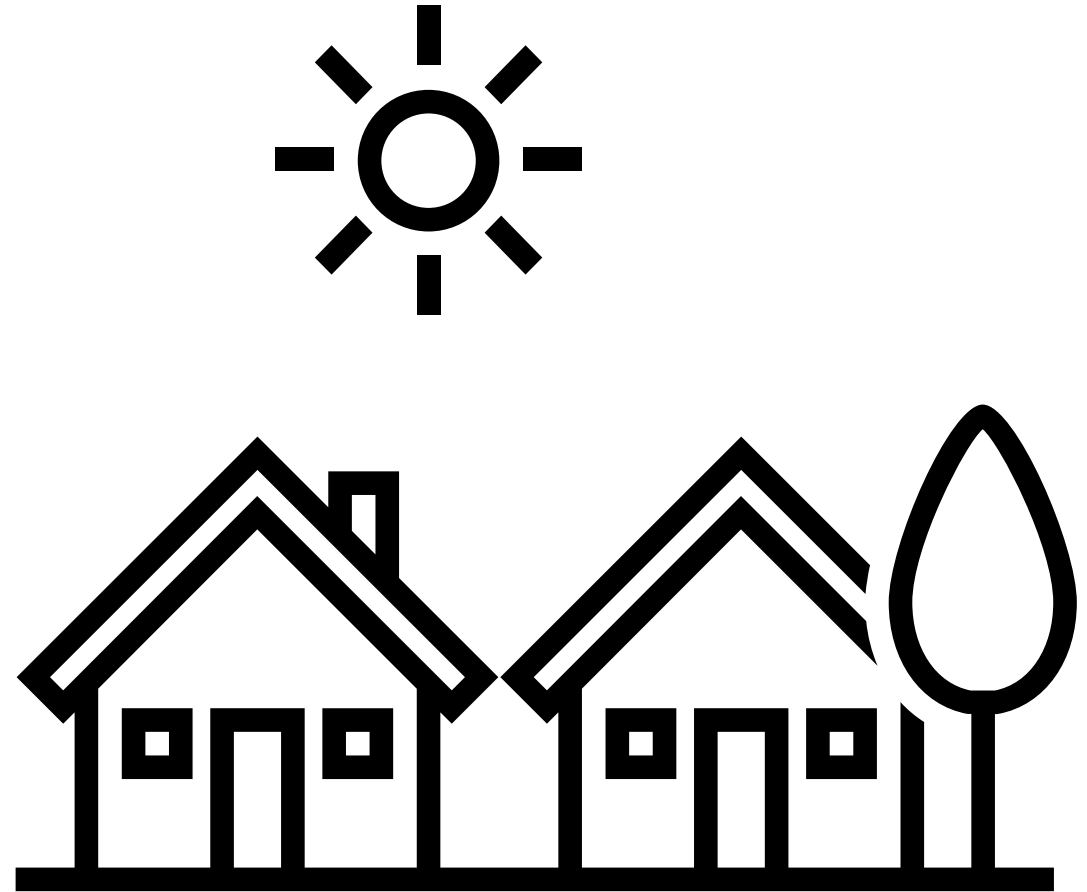
WHAT IS FULL SERVICE PARTNERSHIP- WRAPAROUND (FSPW)?

FSP-W is a team approach to help youth and families with complex needs.

Services include therapy, crisis support, housing help, and family support.

Families help make decisions and choose what works best for them.

Services are available 24/7 for emergencies.



OUR PATH FORWARD

Goals:

Increase access, navigation, and system responsiveness to youth and families.

Helps to keep youth home, in school, and out of incarceration and crisis.

Strengthen collaboration with Child Welfare, Probation, and other County Partners.

Deliver equitable, high-quality care countywide.

Use data and family feedback to drive improvement.



THANK YOU

For information about BHS Procurements please visit the Department of Health Services [Contractor Bidding Opportunities page](#).

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