

# Behavioral Health Services & Incarcerated Youth



**Equity – Access - Reentry**  
*Visioning a Way Forward*



# Title 15 (1964)

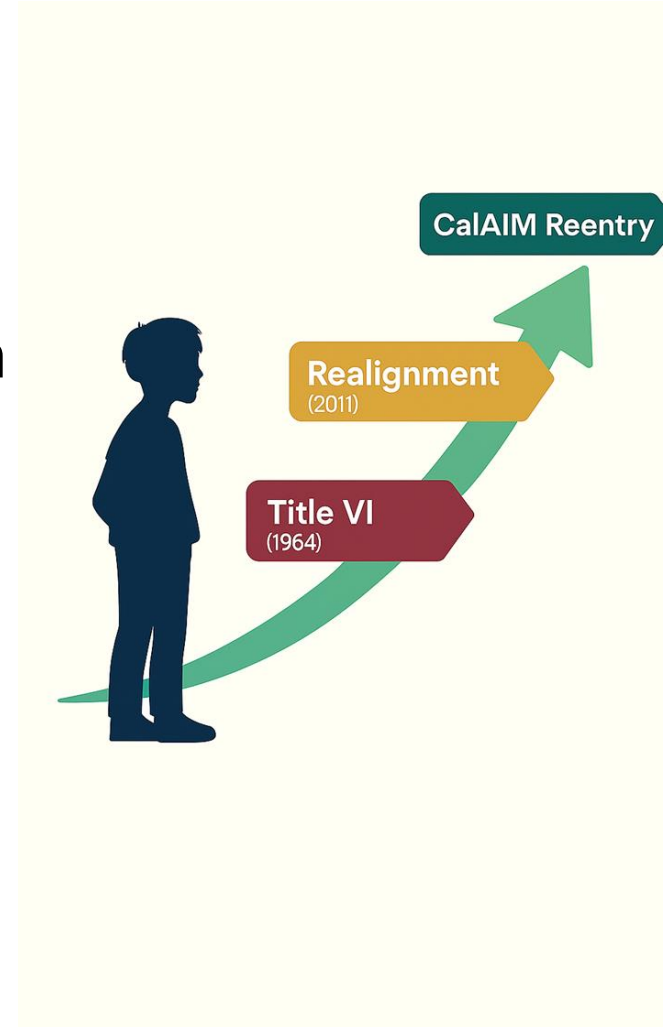
*Equity & Nondiscrimination*

Legal Protection Against Discrimination

Equitable Access to Services

Foundation for Oversight

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**SB 823**  
*(2020)*

*Local Control &  
Rehabilitation*

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Shifted responsibility for justice-involved populations from state to counties.

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Expanded opportunities for **community-based alternatives**.

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Greater **local accountability** in rehabilitation and reentry services.

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Encouraged innovation in programming, focusing on rehabilitation over punishment.

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# CalAIM Reentry Initiative

*2023 - Whole-Person Care*

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**Integrates health  
services into justice  
reentry**

**Provides continuity of  
care for youth leaving  
detention**

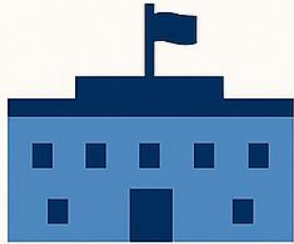
**Trauma-informed,  
person-centered care  
and health equity**

**Builds on Title VI and  
Realignment  
principles**

**Includes Enhanced  
Care Management,  
community supports  
and pre-release  
services**

# Equity & Trauma-Informed Care Evolution

Sacramento County Behavioral Health Services embedding access equity, cultural responsiveness, and building a trauma informed treatment continuum with coordinated re-entry



**Entry into  
YDF**



**Culturally  
Responsive  
Care**



**Realignment  
and Pre-release  
care management**



**Re-entry into  
community**



# Youth Detention Facility Stats

## Populations served

General Population – all  
prejudicated youth

VOYA - Adjudicated – (14-25yrs)  
committed to secure track  
facility

## Average Census

- 2010 – 235
- 2021 – 110
- 2022 – 133
- 2023 – 173
- 2024 – 157
- 2025 - 125

## Current

- Total number: 112
- Total number gen pop: 81
- Total number VOYA: 31
- JJI BHST: 835 clients - 7362 Services



Pre-adjudication



Release Pending



Competency Processes



Short term stay



Commitment

Gen Pop

VOYA

Competency

# JJI-BHT Assessment & Early Engagement

## Universal Access

- All youth are welcomed and engaged by Behavioral Health Services within 24 hours of booking.
- Ongoing screening to support identification of other service needs.

## Timely Screening & Assessment

- Initial mental health screening and crisis/risk assessment completed within 24 hours of intake.
- Assessed across seven domains of functioning within 72 hours, when clinically and operationally feasible.
- Includes a psychiatric evaluation

## Assessment Components

- Crisis, risk, and safety assessment
- Review of current and historical mental health functioning
- Substance use history and treatment review
- Identification of protective factors, strengths, and resiliency



# JJI-BHT Intervention & Care Coordination

## Clinical Interventions

- Crisis stabilization and urgent care supports
- Psychoeducation and short-term therapeutic interventions
- Skill-building focused on:
  - Emotional regulation
  - De-escalation
  - Empathy development
  - Future-oriented thinking
- Use of evidence-based, trauma-informed practices

## Access & Referral Pathways

- Staff-, family-, and youth-initiated referrals for urgent or emerging needs
- Behavioral health response available throughout a youth's stay, regardless of length of detention

## Care Coordination

- Active coordination with Probation, Education, Medical, and community partners within YDF
- Shared planning to support stabilization, continuity of care, and preparation for reentry

# JJI-BHT - VOYA

*Person-  
Centered Care*

## Individual Therapy

- 1 – 4 x month based on need and phase of treatment
- Cognitive behavioral approaches - Motivational Interviewing

## Group Therapy

- 1 - 2 x week
- Peer mentoring, social accountability & support

## Workbooks

- Set up for group structure - completion at own pace
- Guide for individual therapy

# JJI-BHT – *Integrated Care*

## Develop Coordinated Plan

- Leverage Strengths and Achievements
- Attend Multidisciplinary team meetings

## Link to services and supports

- Coordination of care with Medical and Probation
- Coordinate with Probation Field team for linkage to Behavioral Health providers and other social service supports

## Post Care Providers

- Sacramento County Continuum of Care Providers
- Geographic Managed Care Provider

## Overview of BHS-SUPT Services

- BHS-SUPT provides Substance Use Disorder psychoeducation groups and assessments for youth in YDF.
- Services align with ASAM Placement Criteria for levels of care: Outpatient, Intensive Outpatient, Residential.

## Program Goals

- Reduce substance use among justice-involved youth
- Promote recovery and reintegration through education and support
- Engage families and schools in prevention efforts

# ASAM Assessments

- ASAM Criteria domains include:
- Withdrawal risk,
- Medical complications,
- Psychiatric/behavioral needs,
- Readiness for change,
- Relapse potential,
- Recovery environment

# **ASAM Criteria: 6 Dimensions for Youth**

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- Dimension 1 – Acute Intoxication and/or Withdrawal Potential: Example – Youth may experience withdrawal from vaping or alcohol; monitor for safety.

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- Dimension 2 – Biomedical Conditions and Complications: Example – Chronic asthma or sports injuries impacting treatment.

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- Dimension 3 – Emotional, Behavioral, or Cognitive Conditions and Complications: Example – Anxiety, depression, or school-related stress.

## **ASAM Criteria: 6 Dimensions for Youth**

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- Dimension 4 – Readiness to Change: Example – Motivated by staying on sports team or regaining family trust.

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- Dimension 5 – Relapse, Continued Use, or Continued Problem Potential: Example – Peer pressure at school events or social media triggers.

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- Dimension 6 – Recovery/Living Environment: Example – Supportive caregivers vs. unstable housing or exposure to substance use at home.



## Group and Assessment Schedule at YDF

Day	Time
Tuesday	12:30 PM – 4:30 PM
Thursday	12:30 PM – 4:30 PM
Friday	12:30 PM – 4:30 PM

Youth  
Detention  
Facility (YDF)  
Group  
Services

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Evidence-based  
group interventions  
for youth in  
detention.

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Focus on  
engagement, skill-  
building, and re-  
entry support.

## Core Group Types

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AOD Psychoeducation: CBT, MI, 12-Step concepts.

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MAT Education ("Suboxone Group"): Medication safety, stigma reduction.

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Structured Curriculum: Matrix Model or Stop the Chaos.

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Motivation & Readiness: Creative engagement, values exercises.

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Relapse Prevention: Triggers, coping skills, digital hygiene.

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Support & Re-Entry Coordination: Link to Youth SUD Treatment, Probation, and Community Care.

## Additional Services

- Medication-Assisted Treatment (MAT) for eligible youth (16+)
- Coordination with Behavioral Health Services Staff on site at YDF
- Collaboration with SCOE for prevention campaigns and school-based support

# Looking forward

- Establishing partnerships
- Building capacity
- Program implementation
- Improving outcomes



# Looking Forward:

## A Vision for Youth Behavioral Health at YDF

### CalAIM-Informed Reentry Planning

- Ensuring each youth receives appropriate support prior to release.
  - mental health,
  - substance use,
  - education,
  - physical health, housing,
  - family supports,
  - life skill

### Pre-Release Care Management

- Initiate reentry planning up to 90 days prior to release, including behavioral health risk assessments and person-centered care plans.
- Ensure youth with short stays receive meaningful support, resources, and linkage to care regardless of length of detention.

### Warm Hand-Offs & Continuity of Care

- Strengthen behavioral health linkages to
  - County Behavioral Health and
  - Managed Care Plan services, including Enhanced Care Management (ECM).
- Improve information-sharing processes that support continuity of care while maintaining confidentiality.

# Looking Forward: A Vision for Youth Behavioral Health at YDF



## System Coordination & Gap-Filling

Collaborate with Probation, courts, education, housing, and community partners to identify and close gaps at critical transition points.

Continue piloting, evaluating, and refining processes to improve outcomes and reduce recidivism.

Expect outpatient providers



## Future-Focused Youth Development

Support youth in

- developing future-oriented thinking,
- identifying life goals, and
- exploring pathways beyond justice involvement.

Reentry counselors and service providers help youth envision and pursue meaningful opportunities post-release.



## Establishing Best Practices

Position YDF Behavioral Health Services as a best-practice model for

- integrated,
- trauma-informed,
- equity-centered care within juvenile justice settings.



Q&A