

# BEHAVIORAL HEALTH SERVICES FOR YOUTH

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



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

# TODAY'S SESSION

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## 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

### **Not Covered Today**

- Procurement or RFA instructions
- Application or submission requirements
- Budget details

### **Upcoming Procurement Overview**

Monday, November 17 at 12:30 PM

Registration required through OpenGov

<https://procurement.opengov.com/portal/saccounty/projects/193647>

# WHY WE ARE CHANGING



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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.

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Families don't know where to turn for help.

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

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BHSA Community Conversations highlighted our grows and glows.

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

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## Proposition 1

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

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Early Intervention

Evidence Based Practices

High Fidelity Wraparound



# WHAT'S NEW

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**Blending a full spectrum of services into one program**

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**Working More Closely with Community Groups**

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

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**Expanding Services for Medi-Cal Beneficiaries**

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**Adding Specialty Teams to Help Families**

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**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)

OUTREACH MEETING FAMILIES WHERE THEY ARE

**Families learn they can reach out before things fall apart.**  
Outreach is how we meet families where they are and let them know they don't have to face challenges alone. It's about listening, building trust, and offering help early.

**Finding help can be hard.**  
Families with young children often struggle to find services that are close by, affordable, and culturally familiar. Outreach brings support into trusted places.

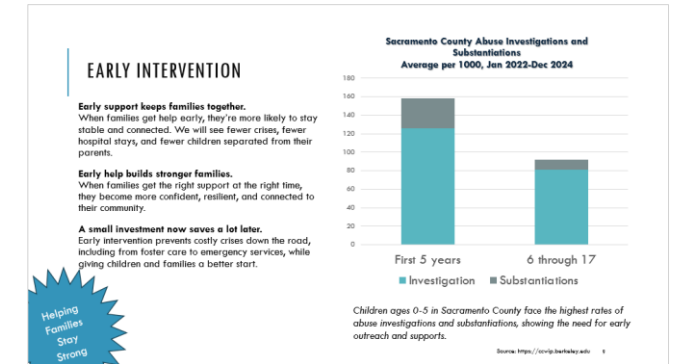
**The early years matter most.**  
Supporting families early helps prevent problems before they grow.

Letting Families Know Help is Out There

SACRAMENTO

COUNTY

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

OUTREACH AND EARLY INTERVENTION

**Outreach**

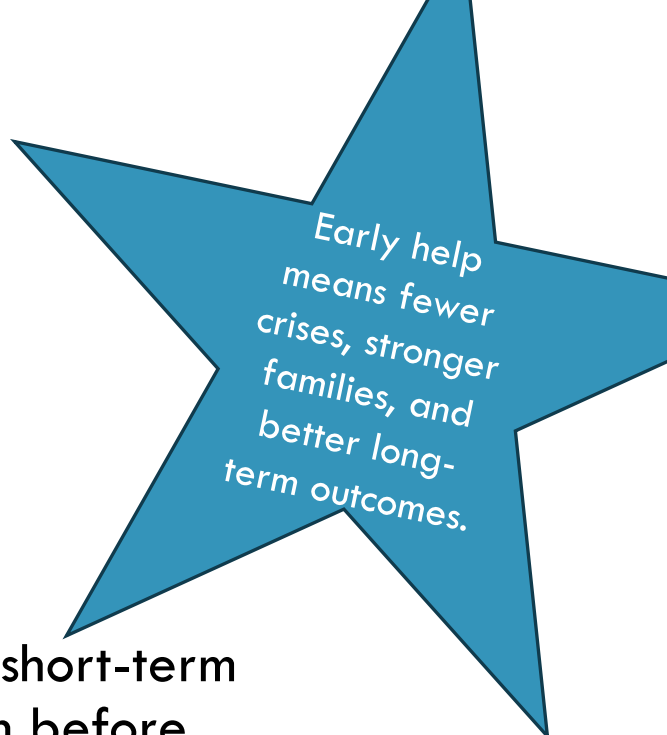
- We begin by meeting families where they are... in schools, neighborhoods, and community spaces.
- Outreach helps families recognize when stress, trauma, or behavioral challenges are becoming too heavy and that there is help available

**Early Intervention**

- Early Intervention offers short-term support to stabilize youth before problems escalate or require specialty mental health care.
- These efforts are open to all families, regardless of insurance, and focus on prevention, trust-building, and connection to care.

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

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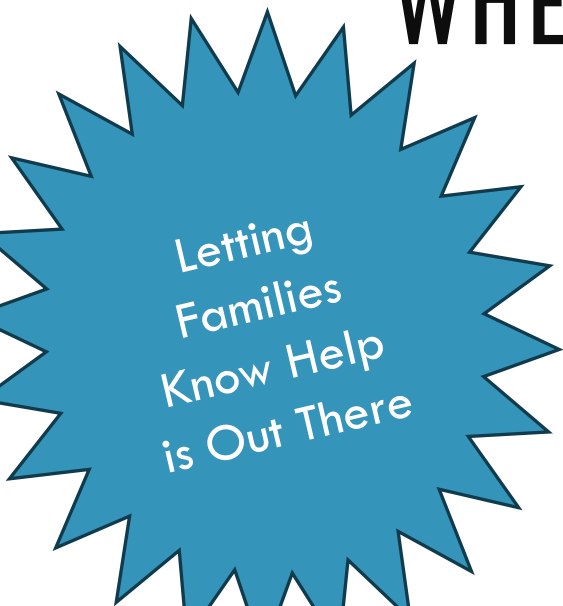
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# OUTREACH MEETING FAMILIES WHERE THEY ARE



Letting  
Families  
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## **Finding help can be hard.**

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## **The early years matter most.**

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# EARLY INTERVENTION

## Early support keeps families together.

When families get help early, they're more likely to stay stable and connected. We will see fewer crises, fewer hospital stays, and fewer children separated from their parents.

## Early help builds stronger families.

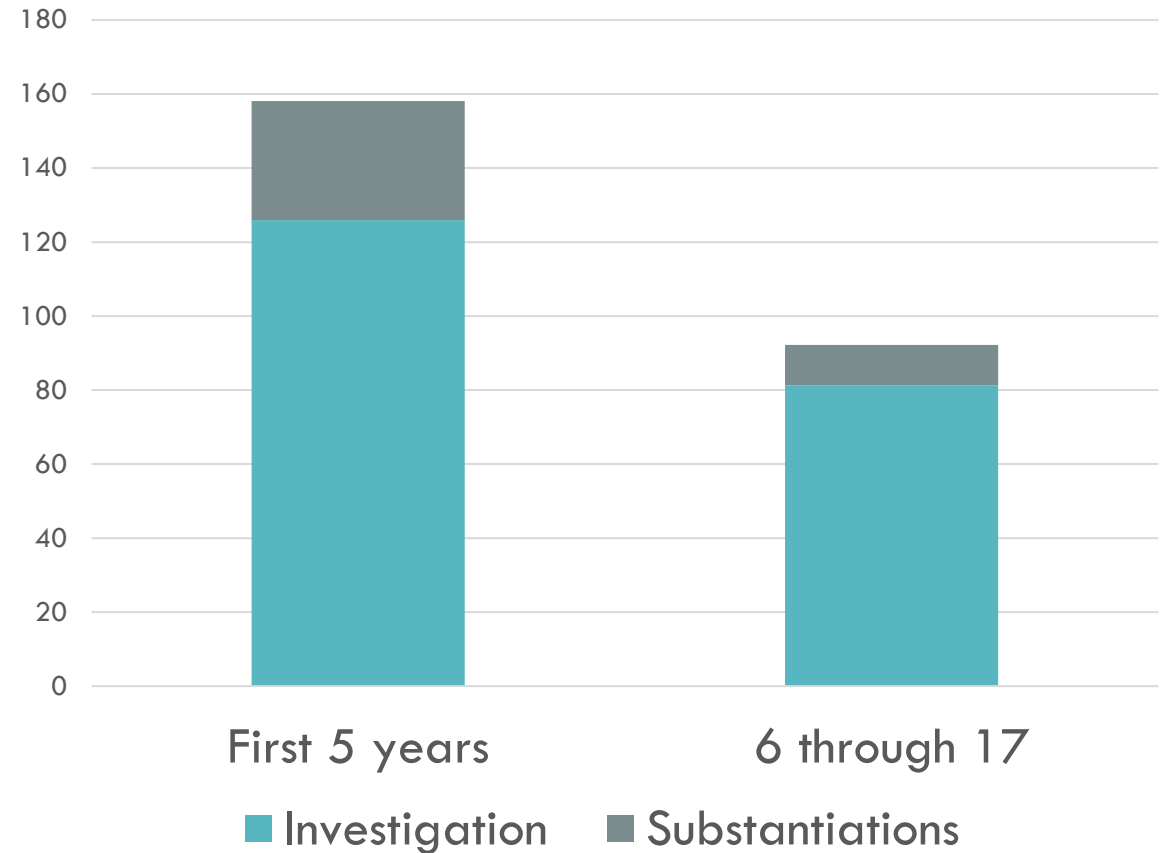
When families get the right support at the right time, they become more confident, resilient, and connected to their community.

## A small investment now saves a lot later.

Early intervention prevents costly crises down the road, including from foster care to emergency services, while giving children and families a better start.

Helping  
Families  
Stay  
Strong

**Sacramento County Abuse Investigations and Substantiations**  
**Average per 1000, Jan 2022-Dec 2024**



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

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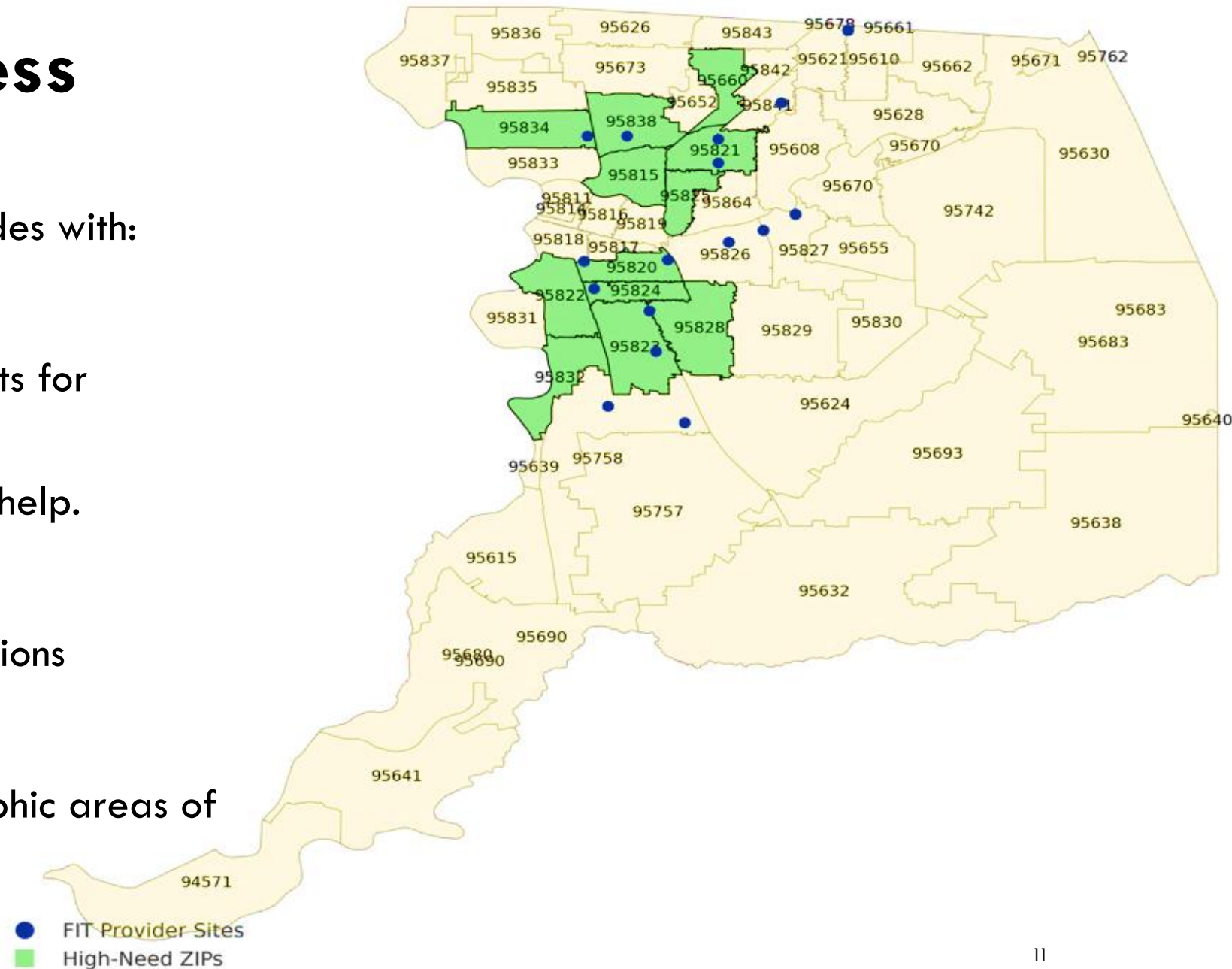
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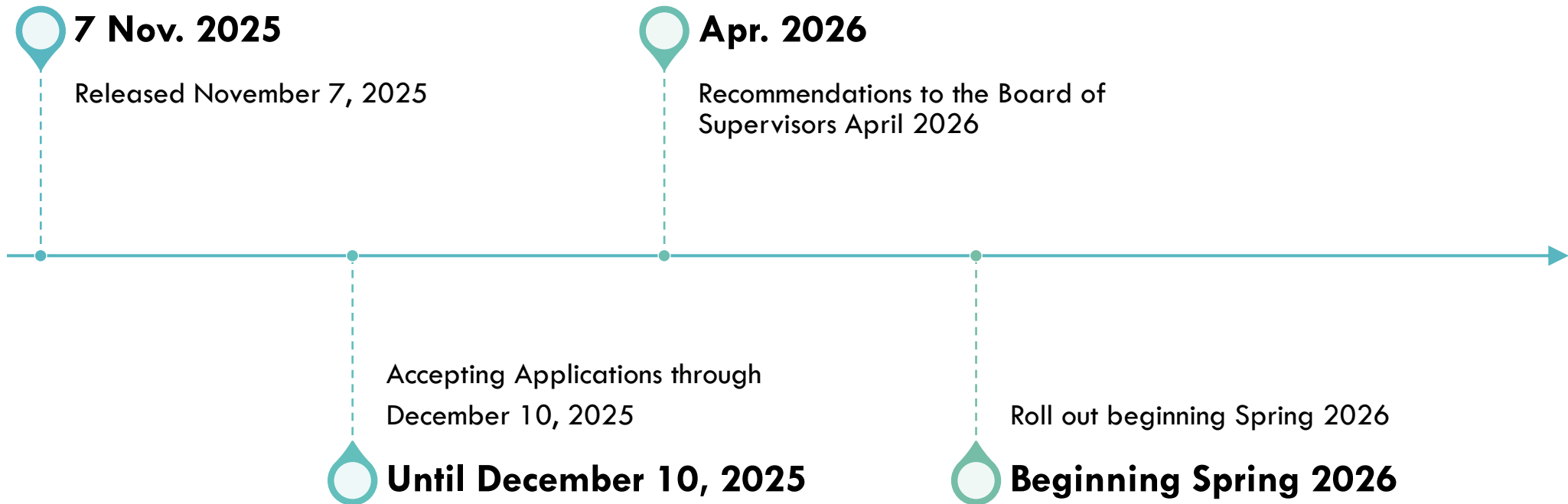
# Expanding Access

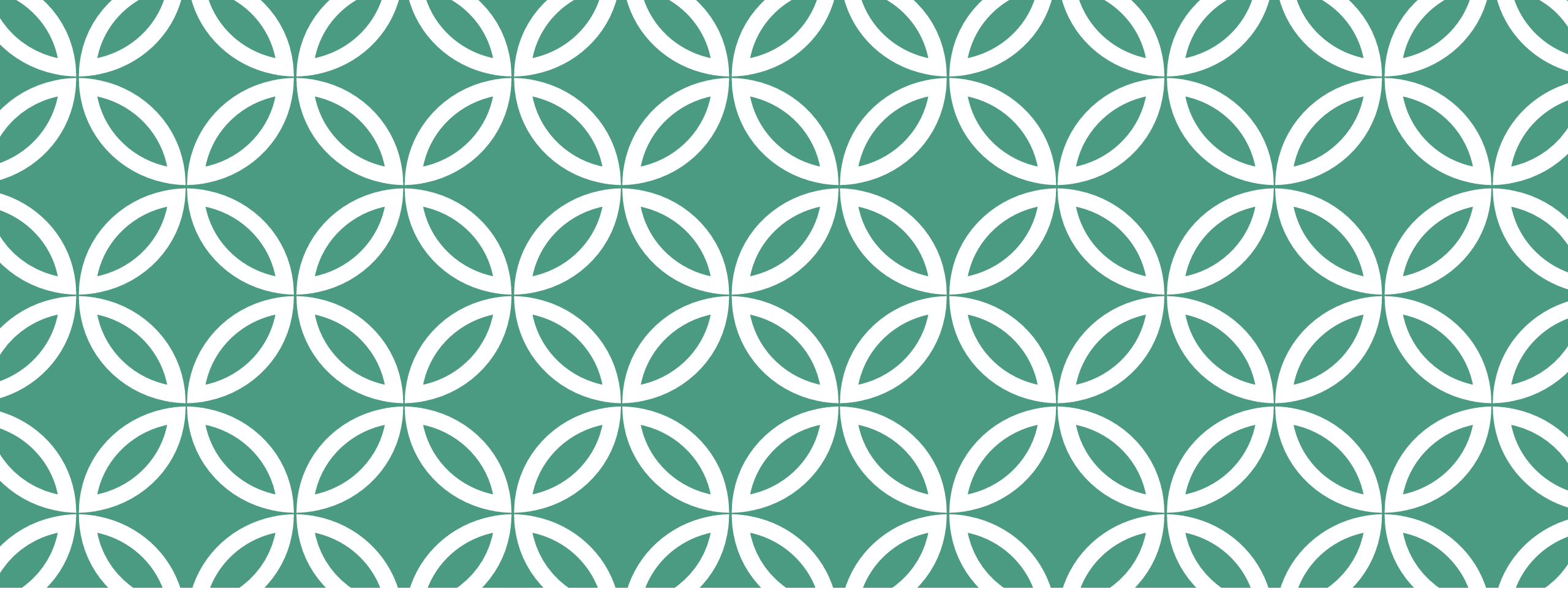
Green areas show zip codes with:

- The most people on Medi-Cal
- The most emergency room visits for suicidal thoughts or attempts
- The biggest need for housing help.
- Blue dots are current FIT locations
- We will still cover all geographic areas of the county



# TIMELINE





# FULL SERVICE PARTNERSHIP- WRAPAROUND

In Development  
Release in Late Fall

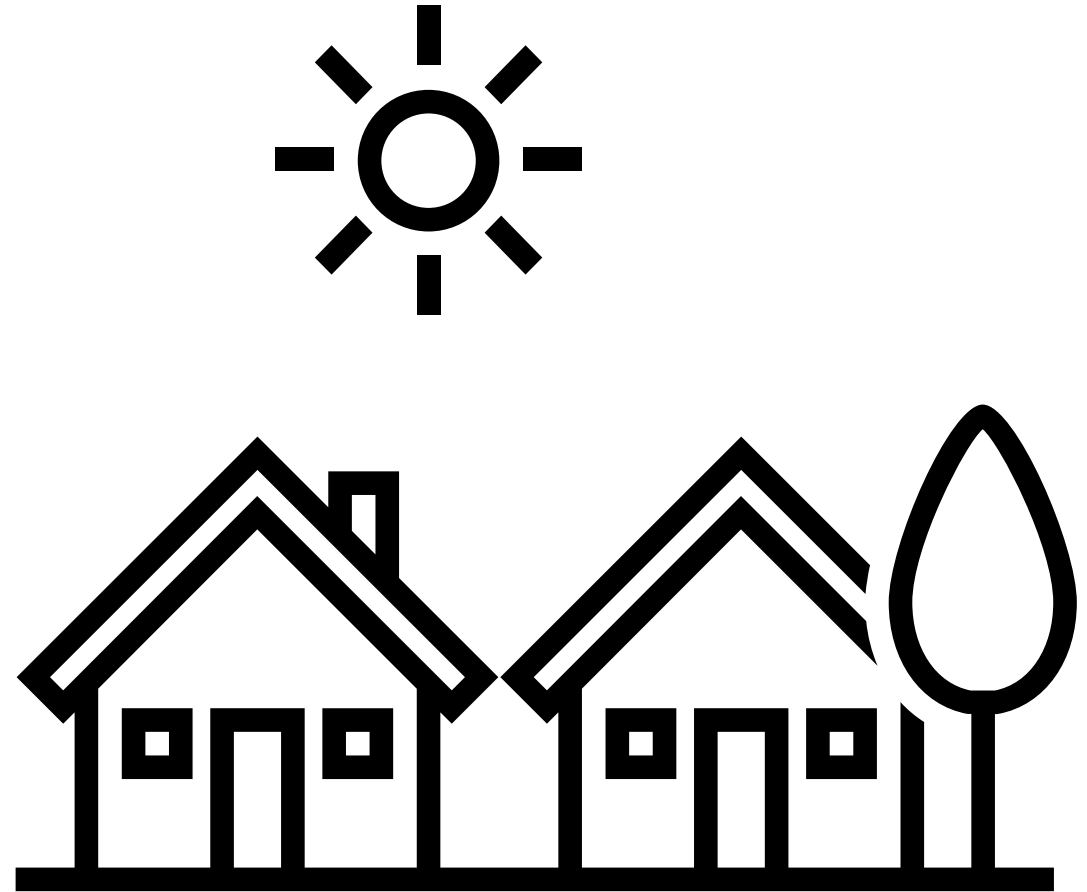
## WHAT IS FULL SERVICE PARTNERSHIP- WRAPAROUND (FSPW)?

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](#).