

KAISER PERMANENTE AND SENECA FAMILY OF AGENCIES STEP PROGRAM (SKILLS, TRANSITIONS, EXPLORATION, AND PROGRESS)



Hybrid Program Description: The STEP Program is a partnership between Kaiser Permanente and Seneca Family of Agencies to provide Partial Hospitalization Program services to Kaiser insured youth, ages 12-17. The goal of the STEP program is to provide the intensive, short-term and stabilization services needed to enable our clients to step down to lower levels of outpatient mental health treatment. Youth in our program receive services provided by a multidisciplinary treatment team.

GROUP THERAPY

Check-in and Check-out are anchors in the STEP day during which we support the youth with self-exploration and emotional recognition. Each youth has an opportunity to discuss how they are feeling, what they might need, and goals that they would like to set.

Future Focus: Youth receive academic, vocational and recreational support including support with school assignments, online academic tools, and counseling assistance.

Skills: Youth will learn and practice a variety of coping techniques including mindfulness, interpersonal skills, self-soothing techniques and distress tolerance skills

Circle: Using a narrative approach, this group increases interpersonal skills while helping youth assess life domains, externalize their problems, gain a foundational understanding of what is important to them and learn how to stay connected to their core values.

Nursing Corner: The program Nurse provides education around nutrition, sleep hygiene, and other important health topics.

Recreation: Youth will engage in physical activities that are geared toward energy release, the mind body connection and coping skills.

ADDITIONAL SERVICES PROVIDED

Please expect that the STEP Clinician or staff will contact a client's designated clinic, Case Manager, and/or treating therapist to establish treatment goals and provide ongoing contact regarding progress toward those goals.

Youth in our program will attend family therapy sessions, meet with a psychiatrist and receive case management and medication services, as needed.

LOCATIONS:

STEP ALAMEDA COUNTY- 600 G ST. UNION CITY, CA 94587

STEP CONTRA COSTA COUNTY- 3200 CLAYTON RD, CONCORD, CA 94519

STEP SONOMA COUNTY- 365 KUCK LN, PETALUMA, CA 94952

STEP SANTA CLARA COUNTY- 481 N. FIRST ST. SAN JOSE, CA 95112

Schedule of Services:

At this time, we are offering a hybrid telehealth and in-person STEP program at all four locations for clients in those regions. See below for our typical daily schedule.

Daily Schedule

8:20-8:30 Client drop off

8:30-9:00 Check-in

9:00-10:00 Future Focus

10:10-11:10 Skills

11:20-12:20 Circle

12:20-12:50 Nursing Corner/ Lunch

12:50-1:30 Recreation

1:30-2:00 Check-out

2:00 Client pick up

2:00- 4:00 Caregiver outreach/
Family meetings/ Individual support

REFERRAL CRITERIA

Please utilize the list below to determine if your client meets referral criteria for the program:

- Client is between the ages of 12 and 17
- Client is not a danger to self or others, or gravely disabled; Client is able to commit to safety
- Client is medically stable and able to walk [transfer independently], eat [not suffering from an active eating disorder and able to eat independently], and toilet [independently attend to elimination and hygiene needs].
- Client is able to participate in a cognitive behavioral milieu-based program
- Clients caregiver(s) is able to commit to involvement in treatment including: Transportation to and from program, involvement in at least 1 in person family therapy session per week (family members requested to attend will be determined based on clinical appropriateness.)

INTERESTED IN MAKING A REFERRAL?

The STEP Referral line is open **Monday-Friday 9am-4pm at 510-381-5188.**

For any non-urgent program or referral-related questions, STEP Intake Coordinators can be reached at **STEPintakecoordination@senecacenter.org**

Referrals can be made by:

* Kaiser Case Managers * Kaiser Outpatient Clinicians * Kaiser Psychiatrists *Clinicians from contracted agencies (inpatient hospitals, residential facilities, CSUs and other behavioral health care facilities) with the approval of the IUS Case Manager assigned to that facility.