

SENECA FAMILY OF AGENCIES STEP PHP PROGRAM



Telehealth Program Description: The Seneca Family of Agencies STEP Programs provide Partial Hospitalization Program services to 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

A STEP Clinician or staff may contact a client's current treatment provider to establish treatment goals and provide ongoing contact regarding progress toward those goals.

Family Meetings: Caregiver(s) and identified supportive family members meet with Clinician and client to receive psychoeducation, review case management needs, explore strategies to meet client goals, and address relational needs related to the reason for the referral to STEP services.

Individualized Support: Program staff are available throughout the day to meet with youth individually as needed and Clinicians are trained in conducting in depth risk assessments and following up with the family as needed.

LOCATIONS:

STEP ALAMEDA COUNTY- 8945 GOLF LINKS RD, OAKLAND , CA 94605

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

STEP SOLANO COUNTY- 480 CHADBOURNE RD. SUITE 101, FAIRFIELD, CA 94534

Schedule of Services:

- STEP offers both telehealth and in-person services at all locations for clients in those regions. See below for our typical daily schedule. Please note, group times may vary within programs.

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

- 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, which requires a developmental ability to receive learning in a 'classroom-like' format and comprehend mental health learning."
- Clients caregiver(s) is able to commit to involvement in treatment including: 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:

* Case Managers * Outpatient Clinicians * Psychiatrists * Clinicians from contracted agencies (inpatient hospitals, residential facilities, CSUs and other behavioral health care facilities)/