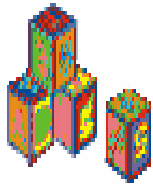


## **Building Blocks Mission Statement**

### ***We are...***

A team with diverse experiences and strengths. We value the families, community members, and other service professionals who join us in our mission.

### ***We are committed ...***



To intervening early, promoting the importance of early intervention and prevention,

To working in partnership with families, respecting the value of all team members,

To building on what is already present to strengthen the relationships that lead to lasting growth,

To redefining difficult experiences as opportunities for healing and growth, and to working from our hearts, with genuine interest and caring.

### ***Our vision is...***

To assist families as they work to fulfill their hopes and their goals.



### **For program information, please contact:**

Leslie Lem, M.A., MFT  
Clinical Program Manager  
River Oak Center for Children  
916 609-5100  
llem@riveroak.org

### **To make a referral, please contact:**

Sacramento County  
Child & Family ACCESS Team  
Phone: (916) 875-9980



**River Oak**  
Center for Children



**River Oak**  
Center for Children

A Place for Children and  
Families  
to Grow

River Oak Center for Children is committed to helping children and families successfully manage life's challenges through a wide range of behavioral health and social services by providing prevention, treatment and caring support. River Oak advocates to bring outstanding and innovative programs to children and families in need.

In collaboration with Sacramento County Department of Health & Human Services Division of Mental Health

## **Building Blocks Program**



# Program Overview

Building Blocks is an infant, toddler and preschool mental health program operated by River Oak Center for Children in conjunction with Sacramento County Mental Health. It is a voluntary mental health program that offers both clinic and home-based services.

## Services

Building Blocks services are considered by Sacramento County Mental Health to be intensive in-home mental health intervention. The program works from a holistic philosophy, looking at all systems that



touch a child. All aspects of a child's life are considered, including individual aspects (e.g., social-emotional, physical, cognitive and neurological development), relational aspects (e.g., parent-child, sibling, extended family relationships) and community aspects (e.g., cultural, school, medical, legal). We encourage a comprehensive approach to services and we are committed to offering families multidisciplinary services.

Building Blocks is a family-centered program. As a team, we encourage and support family involvement at all steps of our program. We believe that all families have strengths, so we start where the family is and grow with them. We work with families in their homes, clinic, school and in their neighborhood.



Working with the family, we identify their concerns and needs and develop a plan of action. We provide parents with developmental assessments of their child in order to identify the child's strengths and challenges.

Services include assessment, parent-child psychotherapy, parent support, including *Incredible Years* parent groups, skills building (for both parent and child), education (regarding development, mental health issues, community supports), case management and referrals. The Building Blocks team is also involved with service in the greater community, including outreach, education, and promotion of early intervention and prevention.

## Purpose

Our ultimate goal is to assist families as they work to fulfill their hopes and their goals. Building Blocks mental health services strengthen the relationship between the child and his or her caregiver(s).



Early intervention is critical in order to lessen or avoid the need for intervention later in life. We promote within the community the importance and positive effects of early intervention, and train staff to competently and confidently work with your child and family.



## Who We Serve

Children, birth to six years old, and their families including adoptive, biological, foster or kinship. Children are identified for services because of mental health concerns, challenging behaviors, difficulties in relationships, or challenging life experiences, including trauma, abuse, or multiple foster or family placements.

## How to Access Services

Children eligible for Medi-Cal and live in Sacramento County (or are placed out of county by Sacramento County Social Services) may be eligible for Building blocks. Services can be accessed by calling the Sacramento County Child and Family ACCESS Team (916-875-9980).



Referrals are received from many sources, including parents, pediatricians, social workers, and preschool teachers.

Services are voluntary and free of charge to the families.

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