

## Services Include

- In home, school, and community support
- Psychiatric and medication support services
- Individual therapy
- Family therapy
- Groups (anger management, substance abuse and parent support)
- Rehabilitation services to build behavioral coping skills for child
- Collateral services to help the caregiver(s) with skills
- Decision making via the Child-Family-Team process
- Crisis interventions
- After-hours crisis support
- 24/7 response availability

### For information, please contact:

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Established in 1966. Awarded Gold Seal of Approval™ by the Joint Commission on Accreditation of Healthcare Organizations.

### Administrative Offices

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*In collaboration with Sacramento County Department of Health and Human Services Division of Mental Health.*



A Place for Children and Families to Grow

**Family Outreach  
Community Unity Support  
(FOCUS)**

## An Overview

FOCUS provides an intensive level of mental health services to children with severe emotional and behavioral challenges in their home, school, or community.

These children are at serious risk of psychiatric hospitalization, residential care, or loss of school placement due to their behaviors.

Children who are referred to the FOCUS program generally receive services for an average of 12 months.

The goal is to help the child live at home by helping the family to build on their strengths, develop skills and natural supports to deal with future challenges.



## Family-Centered Treatment Approach

- Maximizes the choice and control of the family
- Respects family culture, values, norms, strengths and preferences
- Emphasizes family involvement in planning and providing of services
- Builds upon existing strengths to enhance competency
- Customizes solution-focused services and supports to meet individual needs
- Offers services at flexible times and locations
- As the child and family needs change, services also change
- Develops measurable, outcomes-driven individualized service plans
- Services are generally provided for 1 year or less
- Parents and children have a voice in the design, delivery, and evaluation of services
- Ensures community-wide involvement in service design, accountability

## FOCUS Team

Family Clinician/Therapist is the coordinator of the child's services. In coordination with the Child-Family-Team, they develop the treatment plan, provide individual and/or family therapy as appropriate, interface with the important elements in the child's life, including school, CPS, probation, primary care physicians, and psychiatrists. Generally the Clinician/Therapist has a Masters degree and is either county certified as a Licensed Practitioner of the Healing Arts (LPHA) or Mental Health Rehab Specialist (MHRS).

Skills Trainer may provide short term one-on-one skill development with the child/youth when approved by the treatment team. Uses a variety of evidence-based interventions to equip the child/youth and family with the tools needed to deal with future challenges, such as Temper Tamers, Teaching Pro-social Skills and Skillstreaming.



Family Advocate is a staff who is the parent of a special needs child. They seek to build a relationship with the caregiver based on this commonality. They help the family to navigate the larger system (e.g., CPS, probation, or the school). Help locate resources for the family in the community to enhance their ability to be self sufficient.