

River Oak at a Glance



"What I have learned while at River Oak is that our whole family needed time, healing and perspective. We have learned to trust and love each other in respectable and responsible ways. How huge and how deep this truly is."

- 12 innovative programs, five of them nationally recognized research-based models.
- Four program sites, more than 200 professional psychologists, counselors, therapists, child-care workers and support staff, reaching 2,000 children annually.
- **Accredited by the Joint Commission** – the agency is one of very few community-based nonprofit organizations not associated with a big hospital system to have received such recognition.
- Recipient of the 2007 **Inspirations Award** of the Child Abuse Prevention Council for leadership in implementing innovative programs that improve the lives of children and their families in the community.
- Recipient of the **Exemplary Program of the Year 2008 Award** of the California Mental Health Advocates for Children and Youth.

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

Outpatient Mental Health Services:

Through this program, a goal-oriented individual and family therapy is provided in settings where the families are most comfortable (home, office, and community settings).



Psychological and Psychiatric Services:

Psychological assessment, treatment planning and behavioral consultation, as well as psychiatric evaluation and individual and family therapy.

Training Program: The program provides training, supervision, clinical resources and consultation in psychology and mental health services. The sessions are open to River Oak employees and professionals in the community. They are based on best-practice models, culturally and linguistically appropriate for the children and families served.

Therapeutic Behavioral Services: TBS is an intensive 3-4 month program provided to youth needing immediate assistance for stabilization. Working closely with caregivers, skills are developed to replace high risk behaviors.

River Oak Center for Children

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River Oak Center for Children is committed to helping children and families successfully manage life's challenges through a wide range of services and caring support.



River Oak advocates bringing outstanding and innovative programs to children and families in need.

Programs & Services



River Oak
Center for Children

A Place for Children and Families to Grow



River Oak has a long tradition in serving the community through meeting the needs of some of its most vulnerable members - low-income children (age birth to 18 yrs.) with emotional and behavioral challenges and their families. Established in 1966, the organization is a leading mental health and social service agency giving opportunities to children and families to build the skills they need to manage life's challenges.

Early Intervention & Prevention

Building Blocks: The program aids children from birth to six years old who exhibit developmental behavioral or parent-child relationship challenges. Services include assessment, parent-child guidance and play-based treatment. Services are provided to children at home, in clinic or community and offers support for children in foster and kinship care, to help stabilize placements.



"I very much appreciate the help we get from Building Blocks and cannot express the difference it has made in our family!!!"

Family Resource Center: Provides comprehensive services and activities that educate, develop skills and connect families to resources in the community. The FRC also delivers effective parenting training, family support and crisis intervention services. The FRC provides home visitation services for families who are at-risk and whose needs require personalized case management and in home supports in order to remain safely together. Services are provided in collaboration with Birth and Beyond, Department of Health and Human Services and First 5 Sacramento.

Therapeutic Preschool: Head Start and River Oak collaborate to provide two "Incredible Years" based Therapeutic Preschools. Children, ages three to five who are at-risk of losing their childcare placement due to behavior problems are taught how to make friends, listen to teachers and attend to academic tasks in order to improve school readiness and decrease negative behaviors. They are based on the nationally recognized and effective *The Incredible Years* program.

Family Advocacy: Advocacy is available to all youth and families served by the agency. The Advocates help empower families through information and resources needed to manage the treatment process.

"Thank you for all the support—we have learned a lot of living skills. My heart is filled with so much gratitude for our case worker and the entire organization."

Community Based

Wraparound Sacramento: This intensive, child-focused and family-centered approach "wraps" services around a child and family and allows families to build on their strengths in addressing their concerns and meeting their basic needs.

"Great service – I could not take care of my foster son without Wrap. Thank you!"

FOCUS: Providing assessment and intervention, this program works to maintain high-risk families together, enhancing community functioning and building skills and relationships that strengthen the family.

FOCUS II: Less intensive services than FOCUS and WRAP for youth with emotional and behavioral challenges and their families. The treatment goal is to prevent out-of-home placement or assist in re-integrating youth in the community after more intensive WRAP services while living out of home.



Multidimensional Treatment Foster Care: An effective specialized approach to providing services to foster children and youth with delinquency, behavioral and emotional problems.

It includes intensive treatment, support and supervision. The program is based on a best-practice model.

Multi-Systemic Therapy: An effective program proven by research to produce long-term outcomes, including preventing out-of-home placement of adolescents with delinquency problems.

