

SHIELDS for Families



Shields for Families: History



SHIELDS is a non-profit agency serving SPA-6.

SHIELDS currently has over 35 programs, with over 60 partnerships between other agencies and community members serving South Los Angeles.

Family Centered Treatment Model

Our family centered treatment model is a collaborative approach to join substance abuse treatment, mental health treatment, the child welfare system and the criminal justice system to provide comprehensive care for men and women who are re-entering the community and for their families.

Overview of Services

Birth-Five

School Aged Youth

Transitional Aged Youth

Adults

Birth to 5

- Healthy Start
- Child Development Services
- Mental Health Services
- Welcome Baby
- Good Hope (0-5 with Diagnosed Medical Condition)
- Full Up-front Assessment Services
- Multidisciplinary Assessment Team
- Child Welfare Services in partnership with DCFS (ACT)

Adults

- Inpatient Substance Abuse Treatment
- Outpatient Substance Abuse Treatment
- Mental Health Services
- Fatherhood Program
- CalWorks
- Ask Seek Knock: Intensive Case Management Program
- HOPICS: Housing and Rapid Re-Housing Services
- Jericho: Re-entry Vocational Training Services

Behavioral Health Services



REV/Heros Sheros

SUD - Substance Use Dependency Populations

Revelations: Program designed to target Youth 14-18 years old utilizing preventive style groups to those kids who are currently on probation due to substance related use.

Heros Sheros: Program designed to target youth 5-14 years old serving whose parent(s) has struggled or currently struggles with substance use.

The need for youth services in South Los Angeles is especially high. 26% of teenagers in South Los Angeles between 16 and 19 are high school dropouts. Twice as many residents do not possess high school diplomas compared to the countywide rate.

Children of substance-abusing parents are at particular risk; they are more likely to have behavioral and educational problems, be involved in the juvenile justice and child welfare systems, and have been enrolled in multiple schools by the time they reach high school.

Children's Mental Health

- **Target Population:** 5-21 years old
- **Referred From:** "Community"- contracted agencies: DCFS, DMH, Youth Psychiatric Hospitals, LAUSD and CUSD schools, Interagency programs
- **Services Provided:** Individual Psychotherapy, Family Psychotherapy, Group Psychotherapy, Targeted Case Management, Rehabilitation Services
- **Providers:** Therapist, Case Managers, and Mental Health Rehabilitation Specialist (MHRS)
- **Common Mental Health Diagnosis:** Depression, ADHD, PTSD, Anxiety, Childhood Emotional Disorder, Conduct, ODD, active and passive S/IP

School Linked

Compton Unified School District (CUSD)

Paramount Unified School District (PUSD)

Lynwood Unified School District (LUSD)

Los Angeles Unified School District (LAUSD)

- **Markham Middle School**
- **Dymally High School**
- **VOX High School**

School Based Services

- **College Bridge Academy**

- Watts, Compton and Inglewood
- 3 Therapists and 2 Case Managers
- Mental Health Screening for all students
- Crisis Intervention for all students
- Three-Tiered approach to services
- PLC Hour

- **Green Dot Schools**

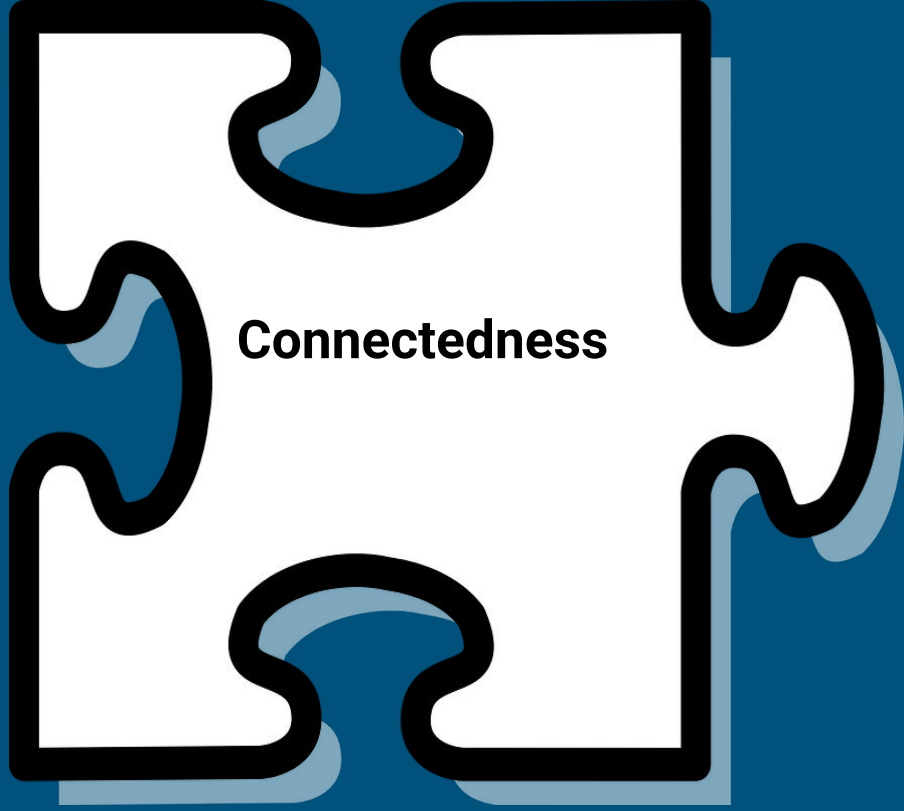
- 6 locations in South LA
- On-Site Therapists
- Community Outreach
- Afterschool Groups

- **Catholic Schools**

- St. Lawrence Catholic School of Brindisi
 - 2 Therapists and 3 Case Managers
- Our Lady Victory
 - 1 Therapist and 1 Case Manager
- St. Aloysius
 - 1 Case Manager

Comprehensive Suicide Prevention Approach





Connectedness

Group Psychotherapy and Rehabilitation (build community)

- Depression: SI and Self-harm
- Bullying
- Positive Social Interactions
- Grief and Loss
- Peer Conflict
- Life Skills
- Social Skills
- Self Care (Girls Group)
- DJ Class
- Art Therapy

Parental Involvement and Programs:

- Parenting classes
- Fatherhood Programs
- Healthy Start
- Welcome Baby

Collaboration with Education Staff

- Training on Trauma Informed Services
- Train staff on crisis response

Life Skills Groups:

Focus and Self-Control.
Perspective Taking.
Communicating.
Making Connections.
Critical Thinking.
Taking on Challenges.
Self-Directed, Engaged Learning

SHIELDS additionally links students and families to supportive community resources to increase life skills and resiliency (i.e. Jericho, ASK Program, Home Visitation, Compton Court advocate, etc...)



How Can We Help?



SHIELDS provides a platform to allow students the opportunity and safe space to share and disclose unhealthy thoughts.

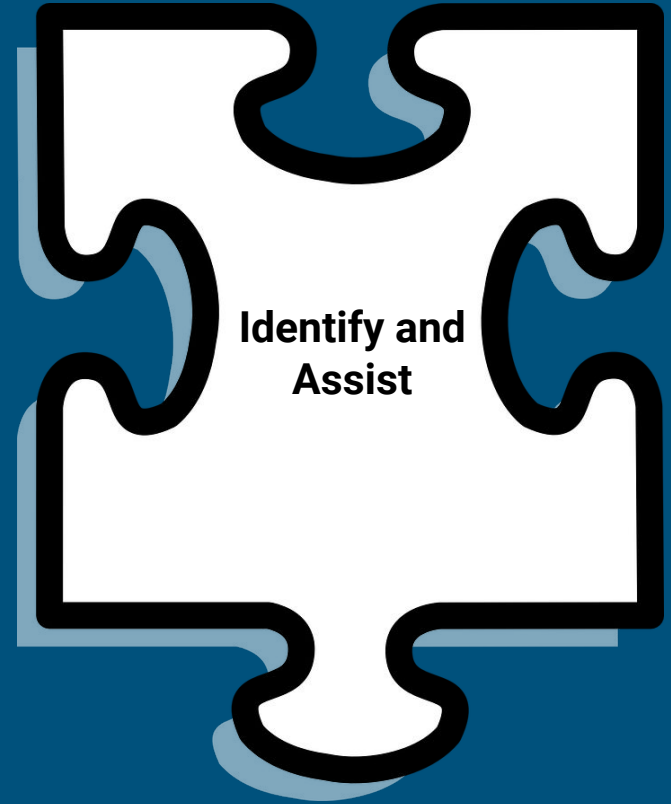
Integrating Therapist and Case managers directly on-site provide a culture of acceptance and normalizing the ability to ask for help.

The purpose of integrating mental health services on campus is to start to reduce the stigmatization of mental illness.

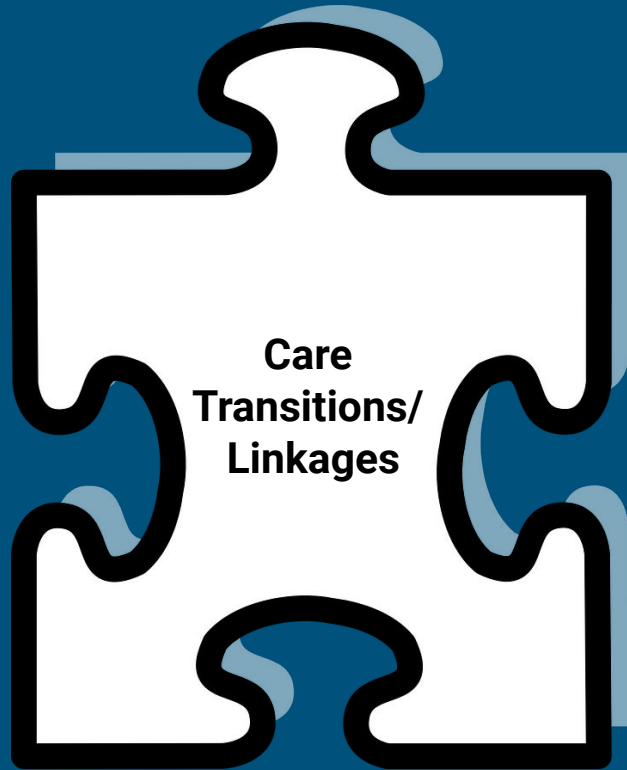
Mental Health Risk

Assessment:

- **Supportive Services Screener:** aimed at identifying common needs of the school and students.
- The screener specifically asks questions aimed to identify risk and early prevention:
- **Topics Covered:**
 - Bullying
 - Current Thoughts of hurting yourself
 - Criminal Justice Involvement
 - Truancy
 - Previous Suicide Attempts



“Yes, I need help.”



Once a student is identified the following steps are set in motion:

1. Identify risk and safety plan 1st if needed
2. Complete a referral with the student
3. Identify parent for consent for services
4. Connect to a Therapist
5. Complete Assessment and Treatment plan
6. Begin Therapy Sessions
7. Link to extracurricular or provide targeted case management to link to additional support: ie. financial, food, medical, etc.

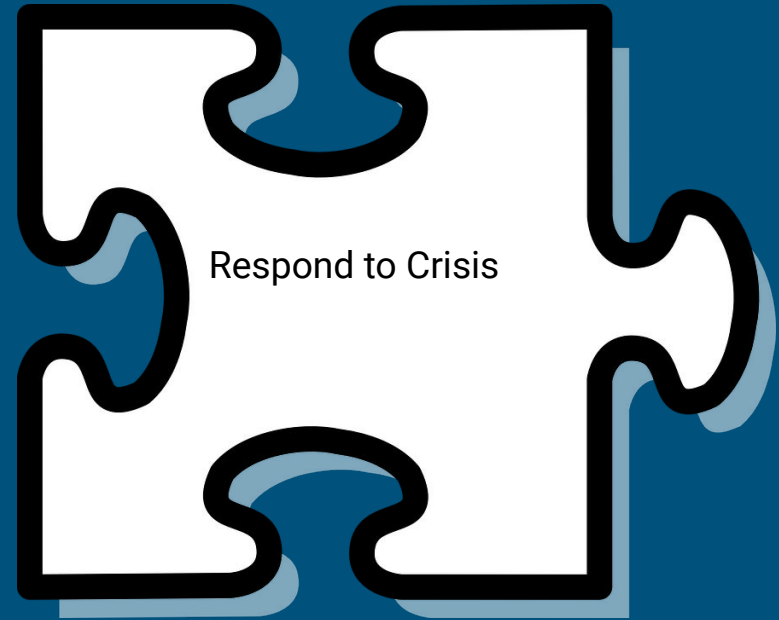
9-1-1: *Thing to remember..A crisis occurs when formerly successful coping mechanisms fail us.*

When it comes to active suicide attempts or thoughts:

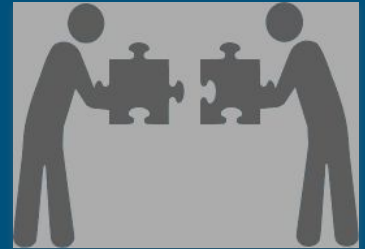
1. Therapist or staff assess the following:

Access, Means, Intent, and Plan. If determined student is at risk PET TEAM or 911 is called to respond.

2. Therapist or staff are trained to stay with student until crisis has been addressed by professionals.
 - a. Admitted into Hospital for 51/50 (hold)
 - b. Sent home with Caregiver with a 24-hour Safety Plan; followed up on the next day.



“Let’s Work Together on Keeping You Safe”



After a Crisis Plan:

GOAL: Maintain stabilization, continue to assess, and build adaptive coping mechanisms:

1. Engagement while in the hospital. (maintain connectedness)
2. Coordinating with Discharge team. (safe transition)
3. Developing a plan with treatment team: Psychiatrist, parent, school, therapist, case manager, and student for rehabilitative services.
4. How to re-integrate the student after a crisis (creating culturally sensitive environment)
5. Re-Entry meeting at school site



Effective Care and Treatment

Connectedness

**Increase
Help-Seeking**

**Life Skills and
Resilience**

**Identify and
Assist**

**Respond to
Crisis**

**Care
Transitions
and Linkages**

**Effective
Care and
Treatment**

