

The Help Group Child and Family Center Outpatient Mental Health Services

The Help Group Child and Family Center is a family focused, child centered mental health provider offering comprehensive services to the children and families of our community. The Help Group Child and Family Center fosters hope and opportunity through its innovative and comprehensive programs and professional trainings. At the heart of its mission is the commitment to helping young people fulfill their potential to lead positive, productive, and rewarding lives. Together we envision a community filled with hope, courage and progress.



Recognizing that the challenges in our community are complex, The Help Group Child and Family Center offers a continuum of services to address the unique needs of each child and family.

- INDIVIDUAL THERAPY
- GROUP THERAPY
- FAMILY THERAPY
- CASE MANAGEMENT
- PSYCHIATRIC SERVICES
- PARENTING GROUPS

- SCHOOL LINKED MENTAL HEALTH COUNSELING
- NEUROPSYCHOLOGICAL TESTING
- AFTER SCHOOL DAY REHABILITATION PROGRAM
- THERAPEUTIC BEHAVIORAL SERVICES

For more information, please contact us at one of our two convenient locations

VAN NUYS: 15339 Saticoy Street, Van Nuys, CA 91406 · 818.267.2646 · 818.267.2745 · fax 818.267.2691

CULVER CITY: 12099 W Washington Blvd. Suite 200, Los Angeles, CA 90066 · 310.751.1171 · fax 310.313.7652

THE HELP GROUP OFFERS THE FOLLOWING PROGRAMS AND SERVICES

Early Periodic Screening Diagnosis and Treatment of Children (EPSDT) and Healthy Families: Broad range of mental health services for children (3-21) and their families with full scope Medi-Cal funding.

Prevention and Early Intervention (PEI): The Help Group provides several evidence-based practices as part of the PEI program funded through the Mental Health Services Act. Evidence-based practices currently being offered include: **Trauma Focused Cognitive Behavioral Therapy (TF-CBT)** to address symptoms related to trauma; **Managing and Adapting Practices (MAP)** to address anxiety, depression, disruptive disorders, and trauma; **Child Parent Psychotherapy (CPP)**, to address trauma in young children by promoting and strengthening the relationship between caregiver and child; **Seeking Safety**, a present-focused treatment focusing on co-occurring trauma symptoms and unsafe behavior; **Individual Cognitive Behavioral Therapy (ICBT)** to reduce symptoms of depression, anxiety, and the effects of trauma.

Multidisciplinary Assessment Team (MAT): MAT is a collaborative effort between The Help Group, other community providers, DCFS, and DMH to conduct timely, strengths-based and comprehensive assessments of children and youth entering out-of-home placement. MAT assessments are designed to help identify and meet the special needs that children may have in order to avoid, if possible, lengthy separation from their families. Goals of the program include earlier access to medical and mental health services for children and families, greater consideration given to sibling(s), relative and community placements, and increased cooperation among families, caregivers, service providers, and DCFS.

CalWORKS Mental Health Treatment: Services provided to recipients of Temporary Assistance for Needy Families (TANF) with a focus on assisting adult clients to overcome obstacles to securing and retaining employment. Mental health services include individual and group therapy, psychiatric assessment, medication management, supportive employment services and case management.

School-Linked Mental Health Treatment: Individual child therapy provided on site at local public schools. Children are referred through school personnel.

Targeted Case Management: Comprehensive needs assessment with linkage to resources in the community (IEP, housing, emergency food, and clothing resources) in order to help meet child and family's needs.

Therapeutic Behavioral Services (TBS): Intensive one to one behavioral mental health services for children with serious challenges with full scope Medi-Cal. Services address specific behaviors or symptoms that may be jeopardizing the child's current living situation.

REACH After school day rehabilitation program providing comprehensive mental health services to children, ages 5 through 12, with emotional/behavioral/social challenges.

Outpatient Groups

PARENTING GROUPS A 20-session parent education program provided in English, Spanish, and Russian to address communication skills, stress management, problem solving, and effective discipline and behavior management. Certificate of completion is awarded. Childcare is provided.

LIFE SKILLS SUPPORT GROUP (Funded by DMH) A group for CalWORKS participants focusing on removing barriers to employment and education by providing clients with the skills necessary for the workforce, including coping strategies and stress management.