

FRED FINCH YOUTH & FAMILY SERVICES

# Visiting Therapist Program

For more information, call (510) 482-2244 or visit  
[www.fredfinch.org/visiting-therapist-program](http://www.fredfinch.org/visiting-therapist-program)



**FredFinch**  
Youth & Family Services

Fred Finch Youth & Family Services is a leading mental health agency that delivers services across systems of care. Our mission is to provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.

At Fred Finch, we welcome and invite people from all backgrounds to address life challenges in a safe and compassionate environment. We commit ourselves to working together with participants to navigate complex challenges that may include traumatic experience, mental health concerns, drug and alcohol use, or other disabilities. We provide innovative, effective services to support participants and their families to reach their goals.

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Visiting Therapist Program provides mental health services to dependent children and youth in the juvenile probation system, and their families. VTP reaches a population that historically has had difficulty utilizing traditional office- or clinic-based services.

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## OVERVIEW

The Visiting Therapist Program (VTP) began providing mental health services in 2004 to dependent children who have had difficulty utilizing traditional office- or clinic-based services. Today the program serves youth who are either dependents of the court or on probation through Alameda County. The program reaches participants in their place of residence and provides continuity of services so that clinicians can work with youth to provide a stable, therapeutic relationship, even if the participant moves to a different home.

Clinicians deliver services in Alameda County as well as throughout the greater Bay Area, the most common location being the East Bay.

The majority of participants have been victims, or witnesses of, abuse and neglect. VTP's goals are that participants will process past trauma, increase their ability to regulate their emotions, gain insight into their actions, develop their sense of agency, and develop hope for their futures.

Our treatment team consists of a Clinical Supervisor, Clinician/Therapist, and Parent Partner who has lived experience navigating many of the circumstances and issues our participants and their families might be facing. VTP's staff has demonstrated remarkable longevity, enabling them to provide consistent care drawing on the wisdom of their experience. Staff also communicate regularly with the participant's Child Welfare Worker or Probation Officer to maximize support for each youth.

### Participants learn to:

- Develop their ability to express emotions in healthy ways
- Improve their relationships with their parents/caregivers
- Cultivate stable living situations
- Decrease their mental health symptoms

## SERVICES

VTP provides participants and their families with:

- Weekly individual and family therapy
- Case management & plan development
- Crisis intervention

Additionally, Parent Partners are available to provide support to caregivers in their home or other community setting.

We typically deliver services in a participant's residence, including biological and foster family homes, and group homes. Some participants receive services at school, especially when they are experiencing challenges in that setting.

## PHILOSOPHY

VTP staff use a variety of evidenced based and evidence informed therapeutic approaches with a commitment to providing trauma-informed care. Trauma-informed services take into account knowledge about how the experience of trauma can impact the health and well-being of a person and a community. Clinicians use insight-oriented and relational approaches and may also include motivational interviewing, narrative therapy, somatic therapy, cognitive behavioral therapy, and a family systems approach.

## REFERRALS

Youth eligible for VTP services are either dependents of the court or are youth on probation in Alameda County. Referrals come from Child Welfare Workers, probation officers, parents, and the youths themselves.

To initiate a referral, please email [VTPintake@fredfinch.org](mailto:VTPintake@fredfinch.org) or call Program Director, Sierra Black at (510) 773-7345.