

FRED FINCH YOUTH & FAMILY SERVICES

## New Yosemite

For more information, call (510) 482-2244 or  
visit [fredfinch.org/new-yosemite](https://fredfinch.org/new-yosemite)



**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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## New Yosemite



New Yosemite is a residential crisis stabilization and assessment program for youth with developmental disabilities and/or autism.

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## OVERVIEW

New Yosemite provides services to participants who are striving for stability whether they are living in or out of their home, and participants whose family systems do not have the capacity to support the child's stability in their home.

The program serves participants ages 8—18 who are in crisis, are Regional Center clients, and who have received the Regional Center's approval to access New Yosemite's services. The short term program provides residential, 24-hour support for up to 90 days. Participants in New Yosemite come to the program after struggling unsuccessfully to maintain stability in their home or in another placement. Youth's families may also request New Yosemite's services if they have exhausted their emotional capacity to keep the youth at home. New Yosemite admits youth under age 12 only by mutual agreement with Regional Center East Bay.

New Yosemite's strengths include its intensive approach to crisis stabilization, a high staff to participant ratio, the capacity to provide intensive and frequent family therapy as necessary, and the ability to address multiple concurrent diagnoses, for example, autism (and other conditions on the spectrum), non-verbalism, medical complications, and dual diagnosis (concurrent developmental delay and emotional disturbance).

### Goals

- Provide youth with the tools and opportunities to express and resolve resentment and anger related to their cognitive limitations, and experiences of related social stigmatization and rejection
- Enhance the self-esteem and personal competence of program participants
- Help youth learn to recognize, process, and resolve internalized conflict in a socially appropriate manner
- Conduct accurate assessments to provide effective guidance in treatment and discharge planning
- Strengthen the relationship between the participant and their family
- Support youth to stabilize problematic behaviors and foster social skills
- Reduce and eliminate acute crises, and prevent recurrence

## SERVICES

New Yosemite's services include:

- Crisis intervention
- Behavior stabilization
- Clinical assessment
- Brief treatment
- Individual and family therapy
- Comprehensive discharge planning services

Staff provides a range of integrated and culturally sensitive therapeutic and behavioral services, which incorporate the values of psychiatric rehabilitation and professional intervention. Staff approaches treatment with the priorities and interest of the youth and families at the center of their focus. Providing services for up to 90 days, staff members are able to develop comprehensive assessments and treatment plans and appropriate after-care plans for each youth.

## PHILOSOPHY

At the core of our philosophy is the belief that each participant must be measured against themselves in terms of progress, yet is seen within the context of society. This allows for and promotes a continued positive system of influence and reward, yet provides a certain reality to goals and expectations. It is this combined view of both the value of the individual and the context of society which promotes dignity and respect and also encourages maximal growth.

## REFERRALS

The Regional Center East Bay Placement Coordinator, in collaboration with the FFYC Senior Director over New Yosemite, approves all placements. For more information, contact **Senior Director Mar Smith at 510-485-5254**.