



What will parents/guardians be asked to do?

Parental involvement is a key to success in treatment. Even if your child is the only person in your family being seen by a clinician or psychiatrist, you will likely meet once monthly with the treating clinician. On the other hand, if your recommended treatment is group or family therapy, you may be seen weekly in addition to any services for your child or adolescent.

How do I pay for these services?

To be eligible for services, families must either

- Be eligible for Medi-Cal or
- Have no insurance and be willing to pay a sliding scale fee or
- Meet criteria under AB 3632 (special education) or
- Meet emotionally disturbed criteria under Healthy Families

How do I get started?

Please call **1 800 547-0495**

- 3737 SONOMA BLVD VALLEJO, CA
PH # 707 553-5811 / FAX # 707 553-5824
- 1745 ENTERPRISE DR. BLDG.#2
FAIRFIELD, CA
PH# 707 399-4900/FAX # 707 399- 4957
- 233 DOBBINS ST. VACAVILLE, CA
PH # 707 469-4540/FAX# 707 469-4560



HEALTH AND SOCIAL SERVICES

DIVISION OF MENTAL HEALTH

**CHILD AND ADOLESCENT
MENTAL HEALTH SERVICES**

MISSION

To operate a mental health system that is state-of-the-art, culturally competent, and that promotes recovery and wellness through independence, hope, personal empowerment and resilience.

Mental Health Services

Solano County Children's Mental Health provides a large variety of services offered by mental health professionals.

What are the benefits of treatment?

Children and adolescents can find great relief from treatment of a variety of symptoms and behaviors that may challenge them. Parents, likewise, often find that treatment enhances their coping skills and improves their enjoyment of their children and family.

Other benefits may be:

- Better social skills & relationships
- Improved school performance
- A greater feeling of self worth
- Improved behavior in the home
- Overall improvement in family communication
- Decreased self destructive behavior
- Greater impulse control
- Decrease in depression
- Less assaultive behavior

You should consider mental health services if your

Child/Teen:

- Is having serious difficulty in school due to his/her own behavior
- Is hard to control at home
- Is bed-wetting or soiling him/herself and there is no medical explanation
- Is a victim of sexual or physical abuse and having difficulty coping
- Has come to the attention of the juvenile justice system
- Is unable to sit still or concentrate, and is doing poorly at school and/ or home
- Runs away frequently
- Is a danger to self, family members or peers
- Is showing signs of depression



And if The Family/Family Member

- Has increased conflict & anger in the home
- Is using drugs/alcohol to cope
- Feels out of control
- Is experiencing domestic violence
- Is having difficulty dealing with death in family, job loss, legal problems, etc...

What types of services are offered?

- Individual Therapy
- Family Therapy
- Group Therapy (a variety of specialized areas)
- Rehabilitation Services
- Medication Support
- Case Management
- Day Treatment
- And More...