



## A Home Within/CASA Therapy Project (ACTP) YOUTH REFERRAL

Earlier this year A Home Within (<https://www.ahomewithin.org>) and CASA of Contra Costa County (<https://www.cccocasa.org>) were granted 3-year funding through CAL CRG (<https://business.ca.gov/california-community-reinvestment-grants-program>) to expand our reach to youth in foster care throughout California who are slipping through the mental health cracks.

### ELIGIBILITY

For youth to qualify for the project:

- In foster care
- Between 12 and 21 years of age
- Mild symptoms
- Willing to participate in teletherapy sessions

The best way for these Referrals to be submitted is through the social worker. The Advocate, or CASA staff can also refer. Please remind your social worker network that the youth doesn't have to have an advocate in order to be eligible for the program. They just need to be between 12 and 21 years of age, in the foster care system, and have mild symptoms (not eligible for Katie A. or other mental health services offered to youth with moderate to severe symptoms).

Youth who participate in the project are eligible to receive a \$25 Visa gift card after 3 sessions in a row and an additional \$25 Visa gift card after their 10<sup>th</sup> session for a total incentive of \$50.

Youth can remain in the project after they have aged out as long as they entered the project while in foster care. Teletherapy allows the youth to have the same therapist no matter how often, or where, they move within CA.

### REFERRAL PROCESS

1. Complete the attached referral form at <https://forms.gle/bzaFvuyTohbRfzRU6>
2. Email Elliott Night at [elliottnight@cccocasa.org](mailto:elliottnight@cccocasa.org) to confirm the referral form was sent.

We are ready to bring more youth into the program. Please encourage your advocates and social workers to refer youth or to contact me for more information at [elliottnight@cccocasa.org](mailto:elliottnight@cccocasa.org) or 925-256-7284 ext. 127.



## A HOME WITHIN/CASA THERAPY PROJECT (ACTP)

A Home Within/CASA Therapy Project (ACTP) is open to youth in foster care ages 12-21 with mild mental health symptoms. Participants are not eligible for Katie A. or other mental health services for youth with moderate to severe symptoms.

Therapists volunteer their time and hold sessions via teletherapy weekly for the usual 50-minute therapy session. They are licensed in the state of CA and are vetted extensively including an extensive background check.

- Youth must have a willingness to attend sessions weekly via teletherapy.
- Youth who attend 3 sessions in a row at the beginning of their therapy receive a \$25 Visa gift card, after 10 sessions they receive an additional \$25 Visa gift card for a total of \$50 incentive for attending therapy.
- The youth decides what background information they want to share. Youth can change therapists--we do ask them to attend 3-4 sessions to see how the relationship develops before asking to change therapists.
- Youth who participate in the project are eligible to receive a \$25 Visa gift card after 3 sessions in a row and an additional \$25 Visa gift card after their 10<sup>th</sup> session for a total incentive of \$50 for participation in ACTP.
- This program is voluntary and youth may take a break from therapy and are welcome to reapply to the project.
- The information they share with the therapist is confidential and won't be shared with their social worker, advocate, foster parent, or attorney unless they give consent. Non-confidential information is shared among the team such as dates of sessions, etc. that may be required in a court report or to assist the team in the best interest of the youth.

If you have a youth to refer, please contact me for next steps or submit an application at: <https://forms.gle/bzaFvuyTohbRfzRU6>

Elliott Night, Project Manager, CASA Therapy Project  
elliottnight@cccocasa.org  
925-256-7284 ext. 127



## WE NEED VOLUNTEER THERAPISTS!!!

The application for **volunteer therapists** is live on our CASA of Contra Costa County site.

<https://www.cccocasa.org/menus/therapy-project.html>

A Home Within/CASA Therapy Project (ACTP) volunteer opportunity is open to California therapists who donate 1 hour, pro bono, per week for sessions via teletherapy with a youth in foster care.

Therapists must be licensed as an LPCC, LMFT, LCSW or clinical psychologist or be an associate in these fields with their own supervision.

Youth are 12-21 years of age and have mild symptoms of depression and anxiety due to abuse and neglect.

Sessions are held online in order to ensure that the youth can have ongoing therapy no matter where, or how often, they move within the state.

Therapists are matched with one youth and receive ongoing free CEU courses from our partner organization, A Home Within and a bi-weekly consultation group.

We are asking for at least a one-year commitment to the program.

For more information, contact Christen Arlen at [chrissy@ahomewithin.org](mailto:chrissy@ahomewithin.org)