

# Family Services & Mental Health

A Program of the Downtown Seattle YMCA



## Overview

YMCA Family Services & Mental Health believes in the intrinsic worth of children and in our responsibility to provide safe, accepting and stable environments in which to heal and grow. The program supports success within families and communities while developing spirit, mind and body.

## YMCA Services Offered:

**Treatment Foster Care Program (TFCP):** Serves youth and young adults ages 6–20 in highly trained and supported professional foster homes, providing case management, therapy and psychiatric services with placements lasting 12–18 months.

**Long-Term Foster Care (LTC):** Serves ages 6-20 who have “graduated” from more intensive therapeutic placements. We provide case management and therapy as needed. Placements last until the participant can return home or emancipate.

**Why Foster?** This program is responsible for the recruitment of foster and adoptive parents throughout Washington (excluding Pierce and Kitsap counties). A statewide toll-free informational hotline for prospective adoptive and foster parents, group and individual meetings, and parent to parent contact are recruitment tools.

**Family First In-Home Program:** Provides children ages 6–18 with intensive case management and therapy services while they are living with their biological or adoptive families. The program focuses on maintaining the family unit to help families become self-sufficient. Services last 12–18 months.

**Outpatient Counseling Services (OCS):** Serves youth 20 years of age or younger and their family members residing within King County. Clients receive individual, group and/or family counseling. A majority of OCS participants have recently graduated from more intensive YMCA services.

**Children’s Crisis Outreach Response System (CCORS)** provides crisis support services to all King County families, regardless of their personal resources. The outreach response program provides immediate support and help accessing long-term services to help families achieve stability and prevent future crisis.

## **Number of Participants Served**

Treatment Foster Care Program	80
Long-Term Foster Care	10
Why Foster?	2000 contacts
Family First In-Home	10
Outpatient Counseling Services	20
CCORS	800

## **Participant Profile**

Clients are 3–20 years old, and come from diverse cultural, racial and economic backgrounds. Clients in our foster care programs tend to be youth who have been in out-of-home placement for several years. This includes hospitalization, group homes or foster care. The children served usually have backgrounds of physical, sexual and/or emotional abuse and neglect, or development delays or learning disabilities. Their histories have led to behaviors that disrupt school, home and community settings. Many clients have histories of illegal behavior, or have abused others.

## **Becoming a Participant**

Clients in our foster care and Family First programs are referred through the Washington State Department of Child and Family Services. Clients in our CCORS program are self referred and screened into YMCA services through the Crisis Clinic. These services are free due to funding from DSHS and King County. Outpatient clients can be referred by anyone, including themselves. The client or referring person can call or come to the office for an intake screening. Payment is on a sliding scale.

## **Key Staff**

Martin Cross, MC	Associate Executive	(206) 382-4927
Kristin Grace, MSW	Director of CCORS	(206) 223-1635
Cheryl Goluch, MSW	Clinical Director	(206) 382-7897
Pat Graham, MS	Foster Home Developer	(206) 382-4921
Mark Richards-Wetzel, MA	Director of Why Foster?	(206) 382-4963

## **For More Information**

The toll free number, (1-800) 760-5340, is available 24 hours a day, 7 days a week or call (206) 382-5340 during regular business hours, Monday – Friday, 9 AM - 5 PM.

## **Mailing Address**

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