

## MISSION STATEMENT

Working together to achieve hope, healing, and a meaningful life in the community.

## VISION STATEMENT

People with mental illness and addictions recover to achieve their hopes and dreams, enjoy opportunities to learn, work, and contribute to their community.

## VALUES STATEMENTS

Hope, Healing, Community, Authority  
We honor the potential in everyone  
We value the whole person - mind, body and spirit  
We focus on the person, not the illness  
We embrace diversity and cultural competence  
We acknowledge that relapse is not a personal failure  
We recognize authority over our lives empowers us to make choices, solve problems and plan for the future



## CHILDREN'S SYSTEM OF CARE

P.O. Box 1000  
Bakersfield, CA 93302  
661-868-8111

**CRISIS HOTLINE**  
1-800-991-5272

[www.KernBHRS.org](http://www.KernBHRS.org)



### Commission Accreditation of Rehabilitation Facilities

Kern Behavioral Health & Recovery Services has been accredited by CARF for the following programs: Mental Health Programs-Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drug-Case Management & Children & Adolescents-Case Management; Employment Services-Community Employment Services



BEHAVIORAL  
HEALTH & RECOVERY  
SERVICES

## CHILDREN'S SYSTEM OF CARE

KERN BEHAVIORAL HEALTH & RECOVERY SERVICES

## SYSTEM OF CARE SERVICES

The Children's System of Care, a division of Kern Behavioral Health & Recovery Services, is committed to providing services and resources to children affected by mental illness and/or substance use disorders. Our goal is to use our experienced staff and a community-based approach to help children and their families continue to live and learn in their home, schools and communities.

### WHY REFER?

Referring children can help the individual and family resolve issues, crises and problematic behavior. The earlier problems are detected and treated, the greater the chance for recovery.

### WHERE ARE THE SERVICES?

Depending on the individual's needs, services are available at school, clinics or in homes.

### SERVICES PROVIDED

- Individual, family and group counseling
- Social skills groups
- Medication support
- Information and referral services
- Case management
- Crisis services
- Therapeutic behavioral services
- Intensive Care Coordination
- Intensive Home Based Services
- Adjunct substance use disorder counseling

### INDIVIDUAL, FAMILY AND GROUP COUNSELING

- Individual counseling is a face-to-face session with the client and a therapist working toward treatment goals.
- Family counseling provides support to each member by educating them about the child's condition and how to cope.
- Group counseling allows several clients with similar goals to be treated by a therapist at the same time.

### SOCIAL SKILLS GROUPS

The recovery process includes being comfortable

in different social settings. Developing social skills allows the individual to stay in school, get along with peers and to cope with difficulty and adversity. Play therapy is a tool frequently used to reach children at their developmental level.

### MEDICATION SUPPORT

If medication services are necessary, children will be referred for psychiatric services where they will be provided with an evaluation, prescription, and medication monitoring. Recovery Specialists have the support of our staff doctor and registered nurse who specialize in children's mental health. Our medical staff can provide information about medications and common side effects.

### INFORMATION AND REFERRAL SERVICES

#### WHO IS ELIGIBLE?

- Children and adolescents who are seriously, emotionally disturbed.
- Children who have or are eligible for Medi-Cal Insurance coverage.
- Children who are indigent

**The individual will be evaluated for mental health needs and service arrangements will be made.**



## WHO TO CALL

AREA	LOCATION	AGENCY	PHONE
1	Delano/McFarland/Pond	Child Guidance	(661) 725-1042
2	Shafter, Buttonwillow, Lost Hills, Wasco, Semitropic	College Community Services	(661) 758-4029
3	Taft & Surrounding Areas	College Community Services	(661) 765-7025
4	West Bakersfield	Child Guidance	(661) 322-1021
5	North Bakersfield	Child Guidance	(661) 393-5836
6	Kern Mountain, Lake Isabella	College Community Services	(760) 379-3412
7	Ridgecrest (No. Desert)	College Community Services	(760) 499-7406
8	Tehachapi, Rosamond, Mojave California City, Boron	College Community Services	(661) 822-8223 (661) 824-5020
9	Arvin/Lamont Frazier Park	Clinica Sierra Vista	(661) 845-5100 (661) 245-0250
10	Central/S.E. Bakersfield	Clinica Sierra Vista	(661) 397-8775
11	East Bakersfield	KernBHRS	(661) 868-6750



## OTHER NUMBERS YOU MIGHT NEED

You can call the numbers below and ask for help to connect with other resources such as food, clothing, shelter, dental and physical health needs.

### Child Abuse:

To report suspected child abuse 661-631-6011

### Kern Behavioral Health and Recovery Services

**Crisis Stabilization Unit:** 24-hour crisis services toll free 1-800-991-5272

### Information & Referral:

Helpline 661-336-5200 or toll free 1-800-273-2275

### Teen Pregnancy/Parenting:

Clinica Sierra Vista Family Life/Cal Learn 661-324-0293

### Violence:

Alliance Against Family Violence & Sexual Assault 661-322-0931 or toll free 1-800-273-7713

### Immunizations:

Kern County Department of Public Health 661-321-3000



## ACCESSING SERVICES

All children must first have an assessment to determine their eligibility for services. Staff will need to speak with both the child and the parental guardian of those who are referred for services. You may call (661) 868-8111 to inquire.

## COST OF SERVICES

If a client is eligible for Medi-Cal, it is likely that services will be covered. Others may be charged a sliding scale fee based on their ability to pay.

## CONSENT FOR TREATMENT

Parental or legal guardian consent for mental health treatment must be obtained. If a party other than the parent or legal guardian, such as school staff, makes a referral, then that referring party must contact the parent or legal guardian to obtain services.

## TYPES OF MENTAL HEALTH SERVICES

A variety of services may be offered to the child and family based on their needs. We always encourage the child's parent/guardian to be involved in the treatment of their family member. Services may be offered at our office, the individual's home, at the school site or at other locations.

## SERVICES AVAILABLE:

### INDIVIDUAL AND FAMILY THERAPY

These services vary depending on the need of the individual and the family.

## SOCIAL SKILLS GROUP

Groups held at office or school sites will focus on some of the following issues:

- Improving social skills
- Increasing self-esteem
- Developing anger management skills
- Developing problem solving skills
- Improving conflict resolution

## SPECIALIZED GROUPS

Depending on the needs of the child and their family, additional specialized groups may be available, as needed. These may include:

- Sexual abuse
- Grief and loss
- Substance use disorders
- Early childhood (0-5 years old) intervention

## CASE MANAGEMENT SERVICES

Recovery specialists work with the family to meet basic needs such as food, clothing, shelter, and medical care. Recovery specialists may also provide additional mental health services to augment the work of the therapist and facilitate social skills groups at office or school sites.

## PSYCHIATRIC MEDICAL SUPPORT

A child and adolescent psychiatrist evaluates individuals for the appropriateness of medications. Follow up appointments for those individuals stabilized on medications may be with specially trained nurse practitioners in consultation with the psychiatrist.

## THERAPEUTIC BEHAVIORAL SERVICES

Specialized, short-term intensive in-home services for Medi-Cal children at risk of psychiatric hospitalization or residential placement.

