



# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## INSTITUTIONS

**StarVista's Institutions program offers group and case management services for all youth currently incarcerated at Hillcrest Detention Facility in San Mateo County.**

Collaborating closely with various service providers and the Probation Department, the program aims to reduce recidivism rates and lower substance abuse concerns based on the evidence-based treatment manual of Seeking Safety and Aggression Replacement Therapy. The program explores topics such as Post-Traumatic Stress Disorder (PTSD), Grounding Techniques, Asking for Help, Self-Care, Recovery, Healthy Boundaries and Relationships, and Identification and management of substance related concerns.

After thorough assessments, case management services are offered to all youth who are interested in services during and after their time in detention in order to address challenges and barriers faced within the community.

Institutions staff provide youth the best opportunity for success by offering such services as resume writing, job skills and training, connections to various positive social referrals to numerous services offered within San Mateo County.

**For more information call: 650.591.9623**

