



STAR VISTA

PROGRAMS

We all experience life's challenges, but without the resources to cope, struggles can become catastrophic. That's where StarVista can help. For more than 55 years we've been empowering people of every age and life stage in San Mateo County with innovative, proven programs that enable prevention, change, and perseverance. We help tens of thousands of people in our community each year through nearly 30 counseling, crisis prevention, youth housing, and outreach programs. We believe that everyone has the power to change their life.

- **CHILD AND FAMILY RESOURCE CENTER (CFRC)**

Clinical services for children and families in San Mateo County's most vulnerable communities. StarVista places a therapist in a K-5 or K-8 school in the Pacifica, South San Francisco, Daly City, San Bruno, San Mateo Foster City, and East Palo Alto Ravenswood school districts. We collaborate closely with school administrators and educators to identify students who would benefit from therapeutic services.

- **CHILD AND PARENT SERVICES**

StarVista's Child and Parent Services (CAPS) is available to any family with a child 0-17 living in Redwood City, East Palo Alto, San Mateo, Half Moon Bay, Montara, El Granada, Moss Beach, San Bruno, South San Francisco, and Daly City. The focus of the program is reducing caregiver stress through a strength-based and short-term approach.

Child and Parent Services (CAPS) is also available to any child 0-17 that has experienced a crime or abuse and/or neglect that lives in San Mateo County. The program aims to provide services that will provide support to victims and their families.

All services are available in the family's home, virtually or in their community.

- **CHILDREN'S PLACE**

Breaking the cycle of addiction through education and counseling. We teach children of addicted parents about drug and alcohol dependency and help them learn healthy coping and safety skills, build their self-esteem, and realize they are not alone.

- **COMMUNITY WELLNESS AND CRISIS RESPONSE TEAM (CWCRT)**

Breaking the cycle of addiction through education and counseling. We teach children of addicted parents about drug and alcohol dependency and help them learn healthy coping and safety skills, build their self-esteem, and realize they are not alone.

- COUNSELING CENTER**
Affordable counseling services for children, adolescents, adults, and families, covering relationship issues, behavioral concerns, depression/anxiety, life transitions, peer conflicts, homework stress, self-esteem, and more. Clients learn new coping strategies, change negative patterns, and improve parenting skills.
- CRISIS INTERVENTION AND SUICIDE PREVENTION CENTER**
Provides education and crisis intervention services for schools, 24-hour suicide crisis hotline, online teen support and chatroom, alcohol and drug helpline, and parent support hotline.
- DAYBREAK**
Daybreak is a transitional housing program that provides independent living skills training, and mental health support for homeless teens aged 16-21.
- DIFFERENTIAL RESPONSE**
Home visiting and case management service for families that have been reported to Child Protective Services and evaluated as low-risk. Case managers help link families to resource centers, in-home therapy, and other services in schools and the community.
- DUI SERVICES**
Helping offenders comply with local court, state system, and DMV mandates in Pacifica, South San Francisco, Half Moon Bay, and San Bruno. Services include individual and group counseling and education, with daytime, evening, and weekend groups available through first offender and multiple offender programs.
- EARLY CHILDHOOD COMMUNITY TEAM**
Community outreach, mental health consultation, and parent-child counseling services for pregnant mothers and families with young children, helping parents and care providers identify, understand, and effectively respond to the social-emotional needs of their children and students.
- EARLY CHILDHOOD MENTAL HEALTH CONSULTATION**
Strengthens the social-emotional development and school readiness of our community's high-risk children from birth to age five, and supports low-income families and caregivers by providing mental health consultation, early intervention services, direct clinical services, and support for parents and caregivers on-site at subsidized childcare centers.
- FIRST CHANCE DETOX**
First Chance Detox is a 4-bed facility serving clients in all of San Mateo County with substance use disorders, who are actively withdrawing from the effects of alcohol and/or other drugs. Clients are allowed to detox in the comfort of our facility, for approximately 3-7 days.
- FIRST CHANCE SOBERING STATION**
This 24-hour program serves as an alternative to jail for persons arrested for driving under the influence, public intoxication, and under the influence of drugs. It also serves individuals in immediate crisis, those involved in a domestic violence situation, victims of human trafficking, and people recently released from the Emergency Room or Psychiatric Emergency Services. Participants are allowed to stay a maximum of 18 hours and are provided substance abuse assessment and intervention, referrals for housing, mental health services, and case management.
- FOSTER YOUTH EDUCATION ENRICHMENT SERVICES**
One-on-one, strength-based counseling, support, and enrichment services promote academic achievement for foster youth from kindergarten through eighth grade.

- **HEALTH AMBASSADOR PROGRAM- YOUTH (HAP- Y)**
Established by StarVista in partnership with Pyramid Alternatives, HAP-Y seeks to train youth aged 16-24 to become health ambassadors. Training covers common challenges in mental wellness, learning the signs and risks of suicide, suicide prevention, and how to access mental health services.
- **HEALTHY HOMES**
Healthy Homes strives to prevent child abuse and neglect, enhance the parent-child relationship, and reduce the impact of risk factors such as domestic violence, trauma, poverty, immigration, food insecurity, substance abuse, mental illness, and language barriers, among others. This program serves families with children ages 0-5.

The following program highlights are free of charge to families, available in English or Spanish and can be home-based when appropriate: Home based mental health services for children and their caregivers, parent support groups, and parent-child activity groups, Father Engagement Services.

- **INSIGHTS**
Is a drug and alcohol recovery program that empowers youth to take responsibility and facilitate positive, lasting change for themselves and their families. Through case management and individual, group, and family counseling, participants learn about anger management, relationships, mental health, communicating with parents, and more.
- **THE MINDFULNESS PROJECT**
Mindfulness is an incredible approach to helping individuals improve their overall wellness through awareness and acceptance with non-judgment. During this time of shelter-in-place and systemic racial inequality, our communities are hurting. With all of the additional challenges, frustrations, and feelings of isolation brought on by this, we are making it a priority to focus our efforts on sharing techniques and practices that can help bring peace and hope to our community. And this starts with working on ourselves as individuals.
- **NORTH COUNTY OUTREACH COLLABORATIVE**
This partnership between StarVista, Healthright 360, Pacifica Resource Center, Daly City Partnership, and the Daly City Youth Center aims to give families residing in the north county access to valuable resources. We focus on providing community event outreach, assisting with insurance enrollment, educating families about psychology, and conducting family needs assessments.
- **SAN MATEO COUNTY PRIDE CENTER**
Intensive support services for individuals and families in the LGBTQ+ community. The Center is a partnership between StarVista, Peninsula Family Service and Outlet of Adolescent Counseling Services, and in collaboration with San Mateo County Behavioral Health and Recovery Services.
- **SCHOOL- BASED COUNSELING SERVICES**
Mental health services for students in over 35 elementary, middle, and high schools throughout San Mateo County. Services include assessment, crisis intervention, individual and group therapy, family therapy, and consultation with parents, teachers, and other school staff. The goal of this program is to help students improve aspects of their lives that may enhance their school performance and increase learning engagement.
- **STRENGTHENING OUR YOUTH (SOY)**
Offers professional counseling, education, and prevention services to students and families in five schools throughout northern San Mateo County.

- **TRANSITIONAL HOUSING YOUTH SERVICES**

Housing or rental assistance and comprehensive supportive case management services for qualified former foster care and probation youth aged 18-24. Youth participating in this program are required to work and/or go to school while learning independent living skills.

- **WOMEN'S ENRICHMENT CENTER**

Intensive day treatment program for women diagnosed with both substance misuse and mental health issues. Clients attend two groups a day, five days a week. In addition, they receive weekly individual therapy and case management services. Clients learn to manage emotions, learn new coping strategies, change negative thought and behavioral patterns, process trauma, and develop a comprehensive relapse prevention plan.

- **YOUTH DEVELOPMENT INITIATIVE**

Promotes and advocates healthy youth development in the community. High school students learn about health and wellness, leadership opportunities, and resiliency, and can train to become peer mentors.