Overview

**Family & Children Services of Silicon Valley (FCS)**, a division of the nonprofit organization **Caminar**, has been strengthening families and changing lives in Santa Clara County since 1948.

Using innovative, research-based, and culturally-competent approaches, we offer individualized services tailored to the needs of each program participant. We specialize in serving underserved and vulnerable communities.

Annually, more than 19,000 children, teens, and adults living primarily in Santa Clara and San Mateo counties participate in our counseling, prevention, and support services.

To increase access to care, we bring services to dozens of community locations in Santa Clara County, including K-12 schools, foster youth group homes, juvenile hall, the courts, and family resource centers.

**Caminar**, founded in 1964, provides services in five Northern California communities: San Mateo, Santa Clara, San Francisco, Solano, and Butte. The organization offers comprehensive treatment and support services, including mental health therapy and case management, supported housing, medication clinics, residential treatment programs, and supported employment and education programs.

**Core Program Services** [See full program list on reverse.]

- Trauma-informed individual and family mental health care
- School-based counseling and family support services
- Multigenerational programs for LGBTQ (lesbian, gay, bisexual, transgender, queer, questioning) communities
- Family violence and abuse prevention and survivor support services
- Substance use disorder treatment services for adults
- Co-occurring treatment for mental health and substance use disorders
- Specialized services for children and adults who are Deaf/Hard-of-Hearing

**Recent Honors**

2017 Educator Hero Award (Deaf/Hard-of-Hearing Unit Therapist and Clinical Supervisor), Santa Clara County Behavioral Health Board

2016 Consumer Hero Award (Teen FAST Program Manager), Santa Clara County Behavioral Health Board

2015 Program Hero Award (LGBTQ Youth Space), Santa Clara County Behavioral Health Board

2014 Pride Month Hero (LGBTQ Program Director), KQED and Union Bank
**COUNSELING & MENTAL HEALTH SERVICES**

- **Individual and Family Therapy:** Counseling services for children, teens, and adults. Psychiatric care available for clients without health coverage. Sliding fee scale, private pay insurance, TriWest (military’s health coverage), victim witness. Call 650.326.6576.

- **Medi-Cal Mental Health Services:** Trauma-informed mental health services for children, teens, and adults who are eligible for Medi-Cal services.
  - Santa Clara County residents: Call the County Call Center to request a referral, 800. 704.0900. For assistance, call us at 408.292.9353.
  - San Mateo County residents: Call the County ACCESS Call Center 800.686.0101. For assistance, call us at 650.326.6576

- **Deaf/Hard-of-Hearing Program:** Specialized counseling for Santa Clara County children, teens, and adults who are Deaf or Hard-of-Hearing and their family members. Contact 408.292.9353 (voice), 408.899.5207 (VP), or deaf@fcservices.org.

- **Co-Occurring Services:** Therapists provide specialized treatment and recovery services for adults with co-occurring mental health and substance use disorders.

**SCHOOL-BASED SERVICES**

Call 408.292.9353.

- **School-Based Counseling Services:** On-campus individual, group, and family services address social, emotional and mental health issues affecting students’ access to learning. Specialized services support the needs of children and youth with severe mental illness or emotional disturbances.

- **Student Mental Health Assessments:** Comprehensive assessments of students’ educationally-related emotional and mental health needs.

- **Teen Families and Schools Together (FAST):** Offered in partnership with schools serving high-risk, high-need students, Teen FAST works with the whole family to increase self-esteem, improve students’ academic performance, and strengthen family functioning.

- **Healing and Reduction of Teen Trauma (HARTT):** Partners with schools to identify students affected by trauma, educate students, families, and educators about trauma; and create more trauma-sensitive campuses.

**LGBTQ PROGRAMS**

Lesbian, Gay, Bisexual, Transgender, Queer, Questioning

Call 408.343.7940.

- **LGBTQ Youth Space Program:** Culturally-competent counseling, peer support, leadership development, and drop-in center services for LGBTQ and ally youth and young adults (13 to 25 years old) in Santa Clara County. Event calendar and program information: www.youthspace.org.

- **LGBTQ Wellness:** Resource and referral, peer support, and outreach and education services to promote wellness among the LGBTQ communities.

**FAMILY VIOLENCE & ABUSE PREVENTION**

- **Child Abuse/Neglect and Domestic Violence Prevention:** Groups empower parents and partners to end cycles of violence and abuse. Certified by San Mateo and Santa Clara counties. Call 408.841.4103.

- **Parenting Without Violence (16 weeks) and Child Abuse Treatment (52 weeks)** groups address child development, stress and anger, parenting skills, and interpersonal skills.

- **Domestic Violence Offender Treatment (Batterers Intervention Treatment) (52 weeks) and Conflict Accountability (16 weeks)** groups address the root causes of violence and abuse; build communication and stress management skills; and convey the effects of violence, including on children.

- Through the support of the Child Abuse Prevention Council of Santa Clara County, we offer **Building Nurturing Families** at community-based sites.

- **Cognitive Behavioral Treatment - Probation Services:** Uses cognitive-based, trauma-informed strategies to help men and women at high-risk of recidivism to address patterns of negative choices and to establish new positive ways of living for themselves and their families. Talk with your Santa Clara County Probation Officer or call 408.841.4109.

- **Domestic Violence Survivor Services:** Peer support groups and individualized case management, resource and referral, and counseling services for individuals affected by domestic violence or abuse. Call 650.326.6576.

**BLACKBIRD HOUSE - PEER RESPITE PROGRAM**

Call 408.292.2777.

- Offers a safe, supportive, and home-like setting for adults who are experiencing or at-risk of a psychiatric crisis.

**SUBSTANCE USE DISORDER SERVICES**

Call 408.538.0880 for information. To receive a referral to our services, please call the County’s Gateway Program at 800.488.9919.

- **Outpatient Treatment:** Individual and group services for adults, with support for family members.

- **Intensive Outpatient Program:** Designed to meet the needs of adults who have a substance use disorder and benefit from a more intensive level of support.

- **Partial Hospitalization Services:** This intensive level of providing comprehensive support and services in a day treatment, outpatient setting.

- **Supportive Transition Empowerment Program (STEP):** Counselors work with adults prior to and following release, helping to prevent relapse and support recovery.

“My outlook has greatly improved. I feel better than I have in a long time.”

A program participant

FCS is a division of Caminar, a 501(c)(3) nonprofit organization. We invite you to help us change lives by making a donation, attending our events, or becoming a volunteer. For information, please visit www.fcservices.org or call 650.513.1509.