THERAPEUTIC VISITATION

MONTEREY COUNTY BEHAVIORAL HEALTH CSOC
BH CSOC - FAST PROGRAM

Family Assessment Support and Treatment Program

Assessment Team

Intensive Services

Outpatient Services

Therapeutic Visitation Services

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Behavorial Health Services Manager
COMMON REASONS FOR REFERRALS

- Parents are unable to manage children's behaviors
- Parents are unable to regulate their own emotions or needs during visits
- Parents require constant intervention or support from SSA to manage visit
- Parents are not able to integrate feedback from care team
SERVICES FY 17-18

16 Families Served
29 Children

Age of Clients Served

Gender Distribution

Female 38%
Male 62%
THE ARC FRAMEWORK:

• Attachment
  A safe caregiving system

• Regulation
  The ability to regulate and tolerate experience

• Competency
  Support in mastery of an array of tasks crucial to resilient outcome
8 PRIMARY SKILLS AND BUILDING BLOCKS

- Executive functions
- Affect expression
- Self development and identity
- Affect identification
- Modulation
- Caregiver affect management
- Attunement
- Consistent behavioural response
- Psycho education

Routines
- Competency

Regulation
- Attachment
THERAPEUTIC VISITATION COMPONENTS

- Initial Meeting with Parents: 1 hour
  - Set goals and objectives for the program

- Pre-Session with Parents: 30 minutes
  - Plan the visit

- Visit Support/Intervention with the Family: 1 hour
  - Greeting
  - Activity
  - Planned Departure or Goodbye

- Post-Session with Parents: 30 minutes
  - Debrief about the visit and review what went well, what didn’t go well and what needs to happen next

Typically, ThV is 8-12 sessions with the family moving towards unsupervised visits.
POSITIVE IMPACT FOR CHILDREN & FAMILIES

❖ Increasing positive interactions, attachment and safety!
❖ Helping parents to structure the visit to include a beginning, middle and ending
❖ Teaching parents to understand the ABCs and functions of children’s behavior to meet children’s needs
❖ Giving effective instructions to their children
❖ Connecting and redirecting the parent to empower them to practice new parenting skills
❖ Using age-appropriate consequences within the context of visits
❖ Managing tantrums or other behavioral issues effectively
❖ Assisting with transitions that can be hard on family members
QUESTIONS?

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