

## How to help when a youth is in crisis:

**Assess:** Is the youth in question talking about hurting themselves or others? Have you seen any recent behavioral changes or physical signs of self harm?

**Ask/Inquire:** Ask the youth directly if they are having thoughts of suicide/self harm/homicidal intent. Asking directly shows that you are a safe person to confide in and that you can handle the information.

**Listen:** Provide the youth with an open, supportive environment free of judgment.

**Coping skills and Support:** Identify alternatives to unsafe behaviors to support the youth in reducing negative emotions. Identify safe support people that youth can call or talk to.

**Connect to Professional Help:** Call SAFTY, their therapist or 911 if needed. Immediate crisis intervention, and regular therapeutic services, can assist youth in maintaining a stable emotional state and reduce repeated crisis behaviors and escalation.

## Our Mission

*Casa Pacifica provides hope and help for abused, neglected or at-risk children and their families.*

## Our Vision

*Casa Pacifica will lead the services sector in promoting healthy outcomes for children and in strengthening families.*



**CASA PACIFICA**

CENTERS FOR CHILDREN & FAMILIES

*Providing Hope & Help*

115 S. La Cumbre Ln., Suite 200  
Santa Barbara, CA 93105

Phone (805) 319-7510 • Fax (805) 639-8091

2615 S. Miller St., Suite 106  
Santa Maria, CA 93455

Phone (805) 319-7510 • Fax (805) 639-8091

## 24 hr SAFTY HOTLINE:

Mobile Crisis Response Team  
(888) 334-2777

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



*All of Casa Pacifica's programs meet national accreditation standards from the Council on Accreditation based in New York City.*



SAFE ALTERNATIVES FOR TREATING YOUTH

# SAFTY Program Santa Barbara County

A MOBILE CRISIS RESPONSE SERVICE



**24 hr SAFTY HOTLINE:**  
**(888) 334-2777**



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SAFTY staff work collaboratively with law enforcement and when a child/youth is already receiving mental health services, SAFTY staff consult and coordinate services with the child's existing treatment team. SAFTY's goal is to prevent psychiatric hospitalization, detention in juvenile detention facilities, or placement in out-of-county facilities and to provide linkage to appropriate mental health services. This crisis service helps preserve families and strengthen communities.



### *W*hat is the SAFTY Program?

Safe Alternatives for Treating Youth (SAFTY) is a mobile crisis response service available to all Santa Barbara county children and youth age 20 and under who are experiencing a psychiatric emergency. Through a contract with Alcohol, Drug and Mental Health Services of Santa Barbara County and in collaboration with the CARES mobile crisis team, Casa Pacifica SAFTY team provides crisis services 24 hours a day, seven days a week. This program is structured to provide quick and accessible specialized crisis intervention, inhome support and linkage to county mental health services. SAFTY staff are authorized to place a hold (involuntary placement in a hospital for up to 72 hours) on a child or youth in crisis, if such a placement is necessary to keep a child/youth safe.

### *S*AFTY services are for:

Any youth the age of 20 and under in Santa Barbara County that is engaging in behaviors that puts him/her at risk of hospitalization or out-of-home placement. Examples include:

- Suicidal or self-harm ideation or behaviors
- Aggressive behavior towards others at home or in the community
- Other unsafe behavior related to mental illness.

### *S*AFTY Availability

SAFTY staff are available by phone for children and youth throughout Santa Barbara County 24/7. Many crisis situations can be handled by phone, but staff are able to respond in person within 60 minutes. Services are provided irrespective of insurance availability or ability to pay.

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*Casa Pacifica Campus, Camarillo*