

EXCEPTIONAL CHILDREN'S FOUNDATION (ECF)



MENTAL HEALTH SERVICES DEPARTMENT

Location: 5350 Machado Rd, Culver City, CA 90230

Phone number: (310) 773-9412

Website: <https://www.ecf.net/therapeutic-services/mental-health-services/>

ABOUT ECF

ECF is a non-profit agency contracted through Los Angeles County that serves over 5,000 children and families.

The mental health services department offers individual, group, and family therapy, case management, and support with medication.

MISSION STATEMENT

“...to provide the highest quality services for children and adults who are challenged with developmental, learning, and emotional barriers – empowering them to reach their greatest potential.”

(ECF, 2020, Overview section)

WHO QUALIFIES FOR SERVICES?

Youth aged 0-27 with Medi-Cal insurance qualify.
Service fees depend on Medi-Cal plan coverage for mental health services.

WHO PROVIDES SERVICES?

ECF's clinical team consists of 12 LMFTs and LCSWs who provide therapeutic services. Additional team members include 2 interns, a psychiatric social worker, a psychiatrist, and 2 administrative coordinators.

MAKING THE CALL

ECF has connections with schools in the community, which bring in most of the referrals. However, parents and students can make referrals. Walk-ins were welcome prior to the pandemic. Now all referrals are addressed over the phone. The referral form consists of the person's name, DOB, symptoms and insurance. Urgent care needs are stated at this time, which are addressed immediately by therapists who handle those specific cases. For non-urgent cases, there is a waitlist to speak with a therapist who does a 6 hour assessment. The assessment is broken up into multiple sessions. Individual therapy is the next step where treatment is discussed. Services are available until 27 yrs. Linkage to adult agencies are provided at this time.

Making the call

Referral and waitlist

Assessment by Therapist

Individual Therapy

WHY CHOOSE EFC?

When it comes to mental health needs, there are several reasons why EFC should be considered:

EFC has a great approach towards its mission in providing quality services within the local community.

- A variety of services are available to meet different needs: individual therapy, family therapy, group therapy, case management, rehab services and medication support. These services are accessible and can be provided in different settings.
- EFC's clinicians are Master level therapists who are well rounded and trained in a variety of evidence-based practices: Trauma-Focused Cognitive Behavioral Therapy, Positive Parenting Program, Individual Cognitive-Behavioral Therapy, Interpersonal Psychotherapy, Managing and Adapting Practice, Seeking Safety, and Dialectical Behavior Therapy.
- EFC works in partnerships with local school, shelters, and primary physicians and seek those in need of services.
- Services are available in three different languages that reflect local demographics. Translations services are obtained if necessary.

WHEN TO CONTACT EFC

EFC should be contacted if someone is experiencing unusual thoughts, feelings or behaviors related to mental illness. Any mental health concerns beyond the scope of our practice should be referred to other providers.

Ensure that potential clients have Medi-Cal insurance to avoid obstacles in qualifying for EFC services.

ACCOMODATIONS

EFC offers services in English, Spanish, and Farsi. They can accommodate those who are blind or Deaf with specialized assistance, and have staff present who have received specialized LGBTQ training. Interpretation and assistance services may increase the support service timeline.

HELPING DIFFERENT POPULATIONS

LGBTQ+ Community

EFC's team has qualified professionals who specialize working with the LGBQ+ demographic. They are working towards obtaining training for all of their staff.

Disruptive Disorders (ODD and CD)

EFC implements evidence-based practices (EBP) when working with clients with disruptive behaviors. They follow modules that come from the state of California. The EBP used to help this specific population is called MAP. MAP is a structured year-long program. When implemented, EFC engages in administrative measures to monitor progress throughout the year.

References:

Exceptional Children's Foundation. (2020). Overview section. Retrieved from: <https://www.ecf.net/about/>

Exceptional Children's Foundation. (2020). *Mental Health Services*. Retrieved from: <https://www.ecf.net/therapeutic-services/mental-health-services/>