

YOUR THERAPEUTIC SHELTER HOME TOOLKIT



www.oyhfs.org || dcfs.lacounty.gov || fosteringunity.org



In the Moment

With Fostering UNITY



C.A.R.E Line

A safe response and support line for Caregivers & Resource Parents.

(213) 269-0000



PMRT

Department of Mental Health psychiatric mobile response team.

(800) 854-7771



FURS Program

CA urgent response for caregivers and youth to preserve placement.

(833) 939-3877



DCFS Hotline

Report child abuse and neglect. Protect children in foster care.

(800) 540-4000



Optimist Youth Homes & Family Services

Provide innovative and individualized treatment, education, and support services to children, young adults and families to better their lives.

www.oyhfs.org



Facebook Group

This is a private Facebook group for Foster caregivers and community members run by Fostering UNITY. Share resources, advice, events, and placement information.

Scan the QR Code



FKCE Classes

Find the current class schedules per college on Fostering UNITY's website!

fosteringunity.org/education



Fostering Parenthood

This podcast helps caregivers learn how to have conversations with their youth and teens by sharing experiences, advice, and tools.

fosteringparenthood.buzzsprout.com



Virtual Support

These groups are designed to provide consistent support and community. Join our CSS and fellow caregivers each week at the group suited to your needs.

fosteringunity.org/virtual-support-groups

OPTIMIST YOUTH HOMES & FAMILY SERVICES

Shelter Location:

4900 Serrania Ave, Woodland Hills, CA 91364

OYHFS Contact Information:

- Theresa Nunez, Program Director 323-316-6051
- Sami Raboubi, Shelter Therapist 818-653-1217
- OTTeam@oyhfs.org

Supervisor Contacts and Schedules (24/7):

- 818-466-6055
- 818-466-6047

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-10pm <i>Emily Portillo</i>	7am-3pm <i>Dennis Johnson</i>	7am-3pm <i>Dennis Johnson; Lavance Ray</i>	7am-3pm <i>Lavance Ray; Emily Portillo</i>	7am-3pm <i>Dennis Johnson; Emily Portillo</i>	7am-3pm <i>Dennis Johnson</i>	7am-3pm <i>Rick Colella</i>
	3pm-10pm <i>Emily Portillo</i>	3pm-10pm <i>Emily Portillo; Rick Colella</i>	3pm-10pm <i>Dennis Johnson; Rick Colella</i>	3pm-10pm <i>Rick Colella; Lavance Ray</i>	3pm-10pm <i>Rick Colella; Lavance Ray</i>	3pm-10pm <i>Lavance Ray</i>
10pm-7am <i>Alfred Ituah</i>	10pm-7am <i>Alfred Ituah</i>	10pm-7am <i>Alfred Ituah</i>	10pm-7am <i>Alfred Ituah; Joseph Odioinkhere</i>	10pm-7am <i>Joseph Odioinkhere</i>	10pm-7am <i>Joseph Odioinkhere</i>	10pm-7am <i>Joseph Odioinkhere</i>



OPTIMIST YOUTH HOMES & FAMILY SERVICES

Optimist will provide the following services and support:

ENTRANCE:

Will meet the DCFS staff, and child/youth, at the Resource Home prior to/upon placement to welcome the child/youth to the Resource Home and complete all enrollment materials:

- Contact Resource Home to let them know of child on route with client information and estimated arrival
- Welcome to the Resource home
- Explain incentive program
- Review expectations, services and supports
- Complete enrollment documentation and photo
- Log medication and associated orders
- Catalogue belongings (remove/separate any dangerous items and securely store any valuables)
- Assess emotional/behavioral status and provide any needed intervention to address anxieties/feelings regarding change in placement/separation from families and friends
- Address any other related issues or concerns
- Provide Resource Parent, and child/youth, contact information sheet including social worker, and provider phone numbers for 24/7 response
- Coordinate with existing mental health/health care providers (including medication authorization and prescriptions), as indicated, and/or arrange for mental health/health care services, as appropriate
- Prepare/coordinate arrangements for school attendance, as indicated
- Placement Planning – Provider staff will convene regularly scheduled CFT meetings, with the first meeting occurring within 3 days of arrival (and no less than every 5 days thereafter) to facilitate placement planning



OPTIMIST YOUTH HOMES & FAMILY SERVICES

EXIT:

PST will meet the DCFS staff, Resource Parent, and child/youth, at the Resource Home to facilitate preparation for the next placement/exiting the program:

- Complete discharge documentation
- Transfer medication and associated medical orders
- Account for/return all belongings
- Coordinate continuation of mental health/health care services, school participation, and other activities, as indicated
- Recommendations/summary of strengths, interests, goals, strategies prepared by Resource Parent and PST to share with DCFS and placement home/staff
- PST Supports –Regular assistance, including timely after-hours response, available to child/youth and Resource Parents, including:
 - Protocol for contacts – who to contact when
 - Daily visits (3-4 hours – or additional time, as needed) with child/youth, scheduled with Resource Parent, 7-days a week. May include taking the child to and from school, or various activities, for example, park, shopping mall, movies, and so forth.
- Convene and participate in CFT meetings, with child/youth, Resource Parents, and DCFS/Probation
- Upon notification from Resource Parent, complete incident reports, law enforcement notifications
- Complete daily documentation for DCFS program staff
- Coordinate access to, and/or provide, mental health services, arrange for medication authorization documentation, as needed
- Available by phone (and when needed, in person) to respond to after hours emergent/urgent/crisis situations including responding to psychiatric emergencies and coordinating for MHAT response
- Provide and support daily incentive program including incentive program protocol.



DEPARTMENT OF CHILD & FAMILY SERVICES

On-Site Social Workers:

- **Erika Herrera, Supervisor, SCSW**
 - Desk (818)-466-6058
 - Cell (562) 489-8038
 - Email herreeg@dcfs.lacounty.gov
 - On Duty: 9:00am-6:30pm
 - Regular Day Off: Friday
- **Olga Cruz, CSW III**
 - Desk (818) 466-6059
 - Cell (626) 240-7556
 - Email Oacruz@dcfs.lacounty.gov
 - On Duty: 2:00pm-11:30pm
 - Regular Day Off: Monday
- **Ivan Flores, CSW III**
 - Desk (818) 466-6057
 - Cell (213) 294-3089
 - Email Florei@dcfs.lacounty.gov
 - On Duty: 2:00pm-11:30pm
 - Regular Day Off: Friday
- **Guadalupe Flores, CSW III**
 - Desk (818) 466-6057
 - Cell (213) 800-2611
 - Email florega@dcfs.lacounty.gov
 - On Duty: 6:00am-3:30pm
 - Regular Day Off: Monday

Child Abuse Hotline

- **800-540-4000**



FOSTERING UNITY

Services:

- **Caregiver Support**
 - Dedicated CARE Service Specialist for one-on-one support
 - If you have questions, need help understanding/responding to a behavior, need to talk through a situation, or just need a listening ear.
 - Virtual Group Support
 - Connect amongst your peers and get advice, insight, and resources specific to your needs.
 - Empower Hour and Coffee with Caregivers (see Resources for Caregivers Page)
- **Youth Mentoring**
 - Tomorrow's About You Virtual Group
 - Tomorrow's About You Individual Mentoring
- **Community Connection**
 - Private Caregiver & Foster Community Member Facebook Group



Fostering UNITY Contact Information:

- **Your C.A.R.E Service Specialist (CSS) Contact Info:**
Dr. Melissa Daniels, Licensed Clinical Psychologist
213-269-2924 melissa@fosteringunity.org
- **Executive Director's Contact Info:**
Dorothy Daniels 213-269-0026 dorothy@fosteringunity.org
- **Communications & Project Manager's Contact Info:**
Alexa Weishaar 213-269-2384 alexa@fosteringunity.org
- **C.A.R.E Help Line**
213-269-0000



ALL ABOUT THE YOUTH

Name: _____

Nickname(s): _____

Age: _____

Date of Birth: _____

Pronouns: _____

Identifying Communities: _____

Religion: _____

Allergies: _____

Foods I like: _____

Foods I don't like: _____

Favorite Music: _____

Favorite Hobby/Activity: _____

Favorite Movie/TV Show: _____

Favorite Books: _____

ALL ABOUT THE YOUTH

My Love Language:_____

I Learn Best by:_____

When I'm Upset, I Calm Down By:_____

I Adjust Better To New Homes When:_____

I'd Love For You To Know:_____

Other/Notes:_____

YOUTH INTAKE FORM

OPTIMIST YOUTH AND FAMILY SERVICES

****Print Out and insert the pages in this section**

RESOURCES FOR THE YOUTH

Occupational Therapy

- For a consultation, contact OTTeam@oyhfs.org

Mental Health Services

- Contact OTTeam@oyhfs.org

Welcome Bag of Toiletries

- Provided during intake

Tomorrow's About You

- Virtual Group Mentoring
 - Register at fosteringunity.org/virtual-support-groups
 - Scan the QR code with your phone/tablet camera
- One-on-One Mentoring with a Fostering UNITY CSS
 - Contact Faye Holmes at 213-655-7401 faye@fosteringunity.org



RESOURCES FOR THE CAREGIVER

OYHFS Provision of Training

- **How to address compassion fatigue and burnout**
 - Contact OTTeam@oyhfs.org
- **The intersection of CSEC and Developmental Disabilities**
 - Contact OTTeam@oyhfs.org
- **Fostering UNITY Virtual Support Groups**
 - **Empower Hour**– a group specific to caregivers with higher needs cases. Led by your C.S.S, Dr. Melissa Daniels.
 - fosteringunity.org/virtual-support-groups
 - Scan the QR code to the right with your phone/tablet camera.
 - **Coffee with Caregivers**– a general caregiver group
 - fosteringunity.org/virtual-support-groups
 - Scan the QR code to the right with your phone/tablet camera
- **Fostering UNITY CARE Service Specialist**
 - One-on-One support with Dr. Melissa Daniels, Licensed Clinical Psychologist
 - 213-269-2924 melissa@fosteringunity.org





Your

Fostering UNITY

Team



What is a C.A.R.E Service Specialist?

In partnership with the California Foster Youth Initiative AmeriCorps Program, C.A.R.E Service Specialists (CSS) are experienced caregivers who have been trained as peer mentors to support caregivers with the following:

- Trauma-informed parent coaching
- Expecting and Parenting Youth (EPY)
- Child and Family Team meeting support (CFTM)
- Self-care & mindfulness techniques
- Navigating the child welfare system & court system
- Children & youth rights educational support
- Reunification and placement transition support and assistance
- Physical resources through the CarePortal.



Fostering UNITY
Los Angeles County



@fosteringunityla



@FosteringUnity

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Dr. Melissa Daniels
C.A.R.E Service Specialist
PST, FURS, and TSH Support

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Youth/TAY Support

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Spanish Lead

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