

## **SAYFE: Short-Term Adjunctive Youth and Family Engagement**

*The Short-Term Adjunctive Youth and Family Engagement (SAYFE) is a family-focused, individualized, and strengths-based program. We serve youth (ages 6-18) and their families throughout San Mateo County, where they feel most supported and safe – in their homes, schools, and communities. Our comprehensive services are wraparound informed and tailored to meet each youth's specific mental health, educational, social, and cultural needs.*

*SAYFE helps the highest risk children and youth living in San Mateo County achieve independence, stability, and wellness within the context of their family, community, and culture.*

**Children and youth are referred to the program with a primary clinician in place from either a school setting (outpatient classroom or Therapeutic Day School), or Behavioral Health and Recovery Services (BHRS) Regional County Clinic.**



**SAYFE supports, augments, and extends an existing treatment plan, with our multidisciplinary team of providers. Our team communicates and collaborates with the primary clinician on a regular basis to ensure continuity of care.**

### **EDGEWOOD CENTER FOR CHILDREN AND FAMILIES**

provides behavioral health services to children, youth, and emerging adults aged 0 to 25. Each year, we touch the lives of thousands of families living in San Francisco and San Mateo counties who have experienced severe trauma, abuse, or neglect. Founded in 1851, Edgewood is the oldest children's charity west of the Mississippi and offers programs ranging from prevention and early intervention to community based treatment, day and after school programs, residential treatment, and crisis stabilization.

## Each **SAYFE** team includes:

### Youth & Family

- Services are individually tailored for each youth and family

### Primary Clinician

- Continues to provide individual therapy through a clinic or school based setting

### Case Manager

- Provides case management, crisis intervention, resource referrals, and advocacy
- Supports routine and structure; provides coordination with treatment team, family, and all supportive parties (i.e., schools, psychiatrists, mentors, etc.)

### Clinician

- Responsible for the assessment, implementation, and evaluation of individualized client care plans
- Provides short term crisis interventions and family therapy (when appropriate), to supplement the individual treatment a youth receives from a primary county clinician

### Family Partner (as needed)

- Uses her/his lived experience to help educate, support, and advocate for caregivers who are navigating complicated (e.g., school, juvenile justice, mental health, etc.) systems
- Helps build relationships with caregivers in order to offer support, coaching, advocacy, and linkage to family/community supports and services

### After Hours Crisis Response Counselor (as needed)

- Available after business hours, on weekends, and holidays
- Assess for immediate health and safety concerns, offer a supportive listening space, and help build skills to mitigate future crises

### Behavior Coach or Therapeutic Behavioral Services (TBS) Specialist (as needed)

- Helps youth, caregivers, and their support systems develop skills to replace high risk behaviors that may be hindering success

Within the SAYFE Program, regular appointments and meetings with treatment providers happen on a weekly, biweekly, or monthly basis. The average length of stay is 6-12 months. The ultimate goal is for SAYFE youth and families to graduate from our program with the skills, plans, resources, and referrals necessary to maintain their success.

#### FOR MORE INFORMATION PLEASE CONTACT:

**SAYFE Program Manager**  
(650) 832-6708  
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**After Hours Crisis Line**  
(650) 242-6106  
CrisisLine@edgewood.org