



# Children's Behavioral Health Santa Cruz County

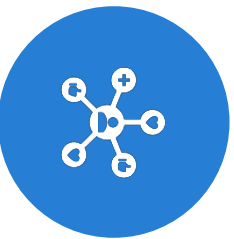
**Lisa Gutiérrez Wang, PhD**

Director of Children's Behavioral Health

Calciano

February 28, 2020

# OUR MISSION



To work with families and youth in our community to help them stay: at home, in school, out of trouble, and support a healthy lifestyle.



We strive to provide comprehensive, strength-based, accessible, culturally and linguistically appropriate services to help youth and families achieve their own positive outcomes.

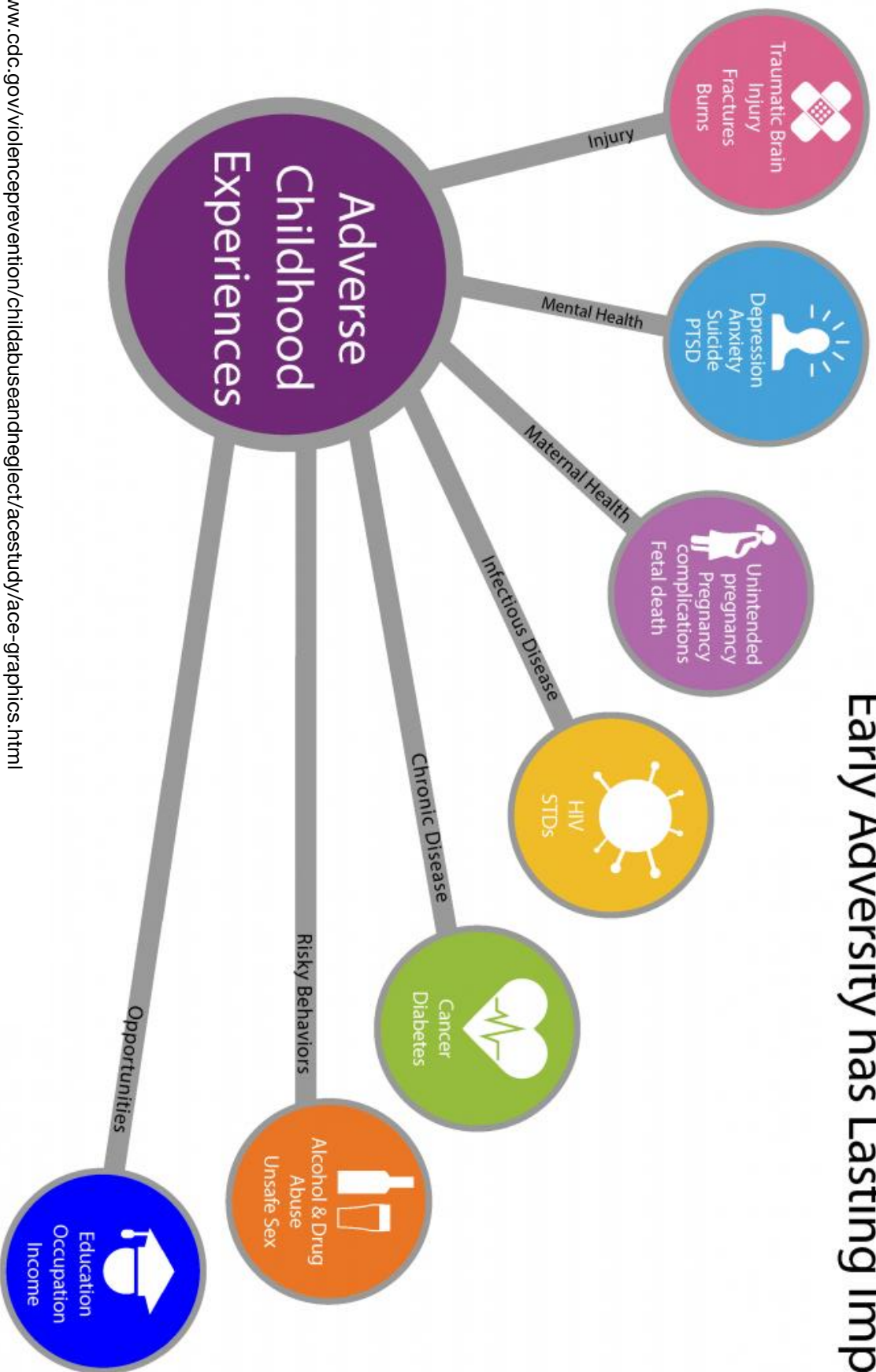
## POINTS OF ENTRY

- Community Gate (*Access line: 800-952-2335*)
- School Gate (ERMHS and Education/County Office of Education/COE)
- Child Social Services (HSD-Family and Children's Services/FCS)
- Juvenile Justice (Probation)

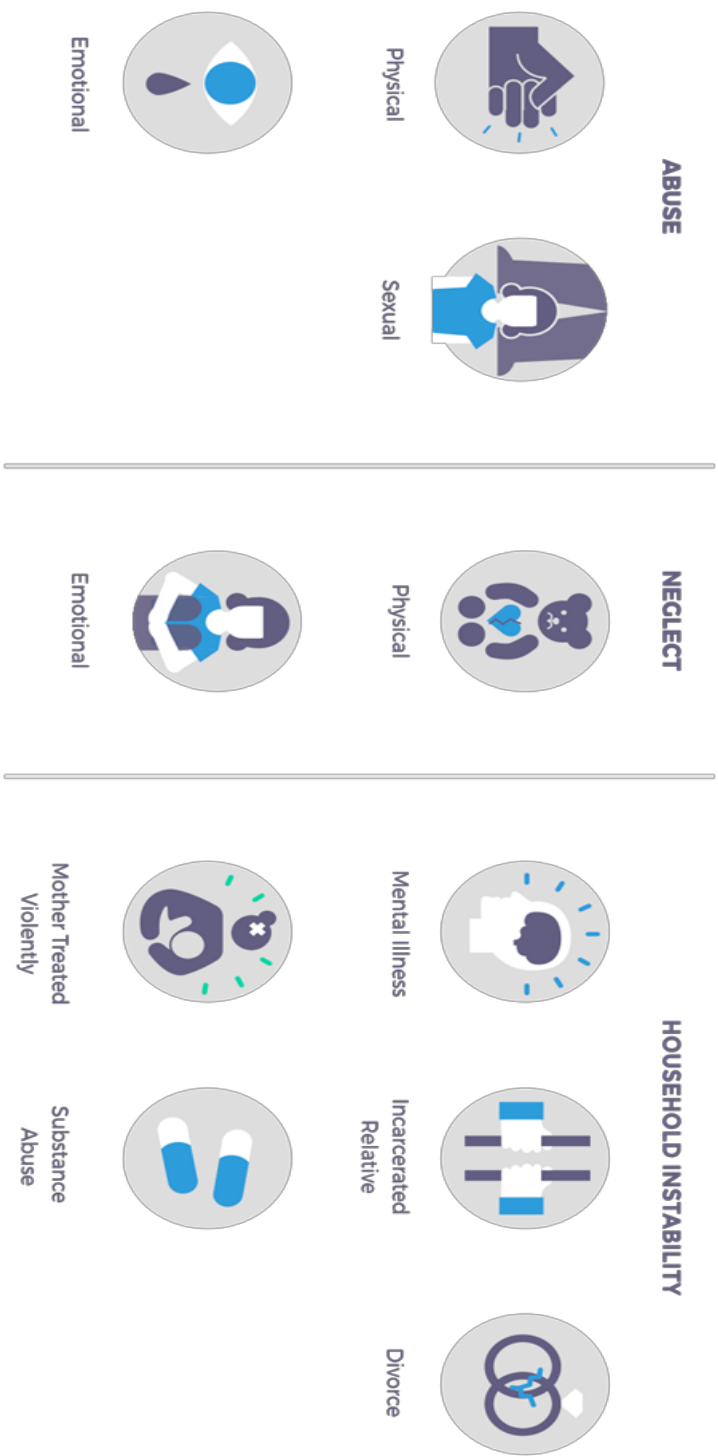
## EVIDENCE-BASED PRACTICES

- Cognitive Behavior Therapy (CBT)
- Trauma-Focused CBT (TF-CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Child Parent Psychotherapy (CPP)
- Narrative Therapy
- Adventure/Experiential Therapy (A/E)
- Internal Family Systems (IFS)
- HeartMath
- Motivational Interviewing (MI)

# Early Adversity has Lasting Impacts



# ADVERSE CHILDHOOD EXPERIENCES (ACES):



# LEVELS OF STRESS

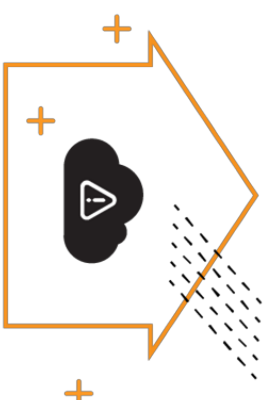


# BIOLOGICAL MECHANISM: TOXIC STRESS

**Adverse Childhood  
Experiences**

+

- Protective Factors
- Predisposed Vulnerability



**Toxic Stress**



**Clinical  
Implications**

Endocrine  
Metabolic  
Reproductive

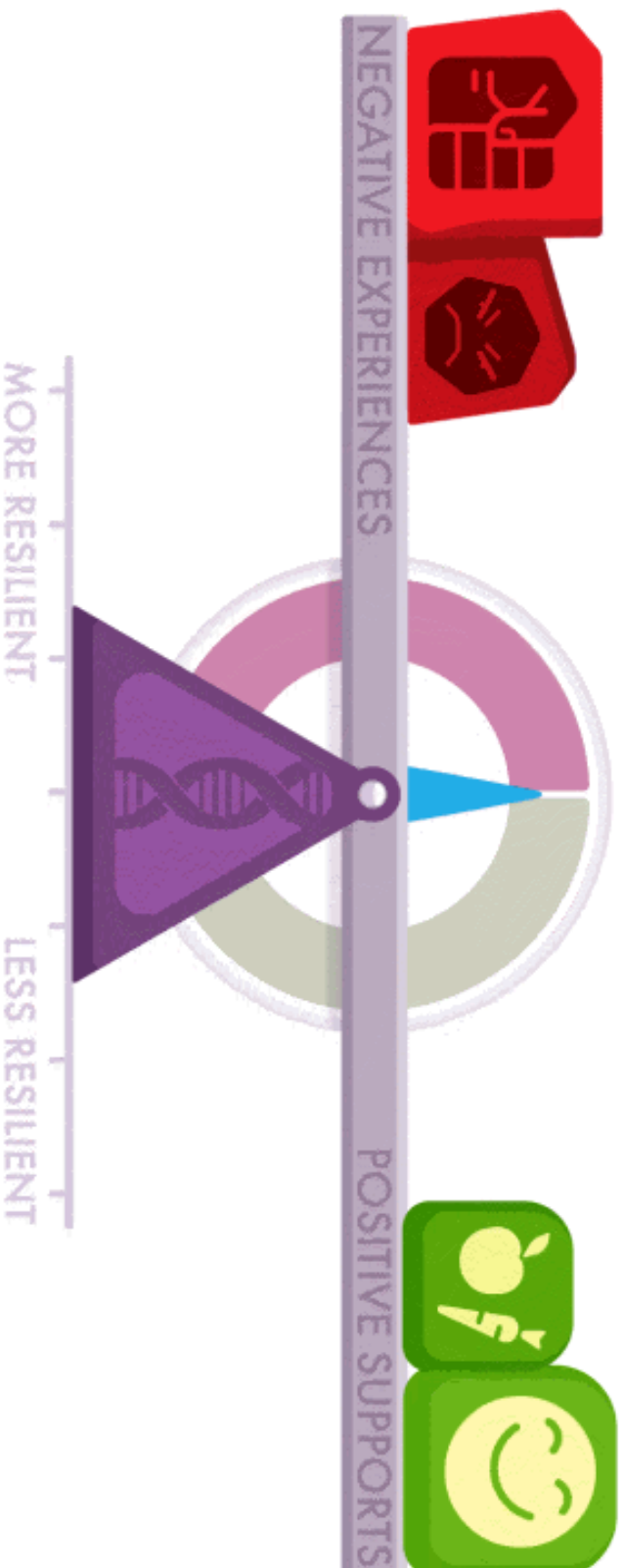
Neurologic  
Psychiatric  
Behavioral

Immune  
Inflammatory  
Cardiovascular

Epigenetic



# Not all individuals experience toxic stress as a result of negative experiences



# SIX DOMAINS OF WELLNESS

