



Child and Adolescent Counseling

Supporting Social and Emotional Development

A Service of East Bay Agency for Children (EBAC)

Many children and youth face barriers to wellness that can hinder their development. EBAC's child and adolescent counseling services provide a culturally responsive and trauma-informed treatment approach to building resilience in children and adolescents experiencing difficulties regulating emotion and behavior.



WHAT WE DO



EBAC counseling can help children and youth who have challenges with:

- Depression or sadness
- Anxiety or fears
- Exposure to traumatic events
- Conflict with peers and teachers
- Inability to focus on academics
- Disruptive or withdrawn behavior
- Low self confidence
- Truancy

SERVICES PROVIDED

- Child & Youth Therapy
- Parent Support
- Family & Group Therapy
- Case Management & Coaching
- Collaboration with other support providers (Medical, School, Community)
- Trauma Education
- Skill Building (Individual or Group)

EBAC clinical staff counsel children who have been referred by their teachers, principals, parents, others in the community or themselves because they are struggling with the emotional effects of traumatic or stressful events. Through art, play, and other therapeutic tools, EBAC's clinicians help these children and youth develop ways to self-regulate their emotions and behaviors.

EBAC staff offer a variety of services to support youth and their families and caregivers who work collaboratively with EBAC clinicians to select services that will best support their family's success. EBAC clinicians meet with children and youth on school campuses, at home, in the community or virtually via telehealth. EBAC staff work collaboratively with school staff to create a community of support for families and their child or youth.

The length of services provided depends on the severity and complexity of the challenges exhibited. Consultation with teachers and parents is crucial throughout this process.

BENEFITS

Children and youth clients develop a positive sense of satisfying relationships with peers, adults and family members. They are better able to learn and function effectively within the school environment.

Families and youth understand the impact of trauma and stress on their lives and develop tools to regulate through challenges that arise. Children and youth express confidence in their ability to succeed and hopefulness about their future. They have strong relationships with friend and family.

CONTACT US

To inquire about services and confirm eligibility:

For Oakland and Berkeley

Megan.Salinas@EBAC.org or 510.406.1141

For San Leandro, San Lorenzo, Hayward, Newark and Fremont

Amanda.Herrera@EBAC.org or 510.926.9391

ADDITIONAL EBAC SERVICES

- Intensive therapeutic services for preschoolers and youth in special education experiencing severe emotional difficulties
- Outreach and enrollment for public benefits and safety net services plus family case management
- Family education including grief support services
- Clinical and case management services for youth at risk of juvenile justice system involvement
- Consulting with organizations to create trauma-informed policies, practices and workforce

Eligibility: Children and youth under age 21 with full scope Medi-Cal attending an EBAC-serviced school

Refer a child or youth at EBAC.org/Referral

EAST BAY AGENCY FOR CHILDREN

EBAC.ORG

East Bay Agency for Children improves the well-being of children, youth and families by reducing the impact of trauma and social inequities