

PROGRAMS AND SERVICES

ACCESS AND WELLNESS

(323) 766-2345

Our no-fee Access and Wellness Center embodies Wellnest's commitment to full access to services that support emotional health and well-being. Each weekday, this welcoming Center serves as the primary connection point for free outpatient services — no appointment necessary. All ages are welcome: children, adolescents, and adults for select programs. Consumers meet to complete assessments on the same day with our expert staff, each trained in trauma-informed best practices.

Once screened for their individual needs, each individual or family is linked to the most appropriate services — whether crisis intervention, therapy, and/or community resources. Child care is available to maximize the ease of services for families.

Please be sure to bring the following documents with you on your first visit:

1. Applicant's Medi-Cal ID card
2. Applicant's Social Security card
3. If a child:

a. The caregiver's picture ID

b. If the caregiver is not the biological parent, please bring documentation indicating the caregiver has the authority to consent for mental health services (e.g., Minute Order, Legal Guardianship documents)



**3787 S. Vermont Ave.
Los Angeles, CA 90007**



**MON & FRI: 9AM - 12PM
TUE, WED, THU: 9AM - 5PM***

***last applicant seen at 4pm**

EARLY INTERVENTION AND COMMUNITY WELLNESS

Intervening early in a child's life can build resilience and confidence as it helps prevent future behavioral issues. Equally important, it can help parents form healthy attachments with their children. For those critical 0-5 years, Wellnest steps in with therapy and services in classrooms, home, and our locations through the following programs:

Family Resource Center

Wellnest's free Family Resource Center provides drop-in center services and one-on-one support to individuals and families. Visitors are provided access to basic essentials for children such as clothing, shoes, hygiene products, and diapers. Also available are workshops in infant massage, budgeting, and other useful topics. The Center links its users to resources for childcare, employment, food banks, recreation, and other support.

Day Treatment Intensive

This therapeutic environment helps children ages 2-5 years old who face emotional and behavioral challenges in a childcare or school setting. A structured setting offers music, movement, art, and play to support self-expression and reduce challenging behaviors. Participation by parents and caregivers in family therapy and support groups is a fundamental part of the healing process.

Healthy Families America

The Healthy Families America home visitation program is based on the belief that early, nurturing relationships can instill lifelong healthy development in a child. Our free, accredited program serves prenatal families and families with children ages newborn to five years in South Los Angeles and Metro Los Angeles. Wellnest's trained Home Visitors engage families in parent-child activities, educate them on healthy development, and provide referrals to community services. Services also include infant massage and lactation support.

Early Intervention Outpatient Services

In the Early Intervention Outpatient Program, we work to support and strengthen the relationship between child and caregiver, while simultaneously helping them both develop skills to manage behaviors. Many families we serve are coping with issues such as separation, loss, difficulty in school, relationship challenges, stress, or traumatic events. Case management services support families by providing community resources such as childcare, recreational activities, and more.

OUTPATIENT SERVICES

Wellnest offers outpatient services onsite at our facilities, as well as in schools and homes or anywhere in the community our clients need us. Our Integrated Service Management Program – Mind, Body and Heart - combines support for mental and general health in a holistic model of care, including "non-traditional" wellness services, such as yoga, stress relief, art classes, and cooking. We also provide on-site behavioral health services at more than 34 schools in the Los Angeles Unified School District including Charter Schools reach children and teens with emotional and behavioral issues that may significantly interfere with their ability to learn.

AVIS & MARK RIDLEY-THOMAS LIFE LEARNING CENTER

At the drop-in Avis & Mark Ridley-Thomas Life Learning Center, young people can alter the course of their lives with such services as therapy, case management, employment, education and career guidance, life skills, substance abuse counseling, housing, and more. This vibrant, accessible 10,000-square-foot space gives transition-age youth a safe place for recreation and creative exploration, along with a chance to build personal strengths and a sense of community. Each youth connected to the LLC has access to a variety of programming where a youth becomes an essential part of a team. Most clients benefiting from this program are young adults emancipating from foster care and/or reforming from the probation system.

HOUSING PROGRAM

The Housing Program at Wellnest is committed to serving young adults between the ages of 18 years old to 25 years old who have received services from the Department of Children and Family Services, LA County Probation, or who have experienced chronic homelessness and who have a mental health diagnosis. The goal of the Housing Program is to offer safe housing, engaging case management, mental health services, and employment services while developing the necessary skills to learn to live independently. Intensive Case Management is provided to all residents in the Housing Program. Participants meet with their case manager twice a month or more to develop and work on goals throughout their time in the program. The goals focus on education, career advancement, and life skills training. In addition, intensive case managers support participant's ability to access resources that benefit growth, independence and progress. Participants are also offered mental health, employment, and substance use services.

CHILDREN AND ADULT OUTREACH TRIAGE TEAMS (COTT/OTT)

Wellnest has partnered with the County of Los Angeles – Department of Mental Health to provide the Child Outreach Triage Team (COTT)/ Outreach Triage Team (OTT) programs in Service Provider Area (SPA) 5 and 6. These programs were developed to provide immediate, short-term crisis intervention and stabilization to children, youth, adults, and families that may be facing serious mental health issues. Our teams assist these individuals with navigating and connecting them to the many systems they may encounter within the community when overcoming life's biggest challenges.

INTENSIVE SERVICES

For youth who need more help, our Intensive Services Division provides a higher level of behavioral health care. Families with children who have severe emotional or behavioral difficulties can receive individually designed services at Wellnest or at home, in school, and in the community — all depending on the family's needs. The Full Service Partnership (FSP) gives families with children experiencing serious emotional and behavioral problems the opportunity to receive intensive, coordinated services. Our Wraparound services offer flexible, therapeutic, and individualized plans of care for children and youth at risk of experiencing an out-of-home placement. Lastly, families in Los Angeles County with child welfare involvement can get help for their child's serious emotional disturbances through the Intensive Field Capable Clinical Services (IFCCS) program.

PSYCHIATRIC SERVICES

When therapy alone is not enough, Wellnest offers an innovative approach to psychiatry that includes Integrative child and adolescent psychiatry, a holistic approach that uses both conventional and complementary therapies in the treatment of psychiatric disorders. Our team of highly trained, board certified child and adolescent psychiatrists and psychiatric nurse practitioners assess and treats our children and youth when needed, to help navigate and reduce symptoms of traumatic stress, improve coping skills and build resilience. Psychiatry at Wellnest means that optimal mental wellness is the goal — not just the absence of disease. The body, mind, and environment operate as a whole.

CLINICAL TRAINING AND INTERN DEVELOPMENT PROGRAM

The Clinical Training and Intern Development Program is designed for Master's Level students pursuing degrees in social work. Our goal is to develop well-rounded skilled therapists with an in-depth, comprehensive training that can work with a diverse population in various mental health settings by providing a supportive learning environment. Interns/Trainees are assigned a supervisor and receive a best practice curriculum with an emphasis on culturally responsive client engagement that include assessment, diagnostic and treatment skills for individual, family, and group psychotherapy. All of our practices in documentation responsibilities align with the Board of Behavioral Sciences, NASW, and ethical and legal guidelines.

FOR MORE INFORMATION, GO TO WELLNESTLA.ORG OR CALL 323-373-2400