



## SCHOOL-BASED CONTRA COSTA HOPE PROGRAM

### (Helping Open Pathways to Education)

Helping families and students find resources and support within the community

**Our Mission** *Lincoln Families disrupts the cycle of poverty and trauma, empowering children and families to build strong futures.*

#### What We Do

When students can remain at their schools and receive the supports they need, they are more likely to be successful academically, have better peer and family relationships, and build confidence for a strong future.

- Mental health staff placed at **all 13 PUSD schools (since 1997) and three AUSD schools (since 2016)**; Antioch MS, Dallas Ranch MS, and Park MS)
- Up to **450 students** served
- **Weekly** culturally responsive, trauma-informed, and relationship-based intensive mental health therapy services are provided to each student

#### Intensive mental health services provided to each student includes:

- Individual therapy
- Classroom/playground support
- Groups
- Family therapy
- Consultation with teachers and other school staff
- Case management and linkage to community and school resources

*"Lincoln has been extremely beneficial for my son. We are forever grateful ... it has been consistent and reliable." --- Parent*

#### Outcomes

##### Students:

- 98% reported improved coping skills; 96% reported feeling happier

##### Caregivers:

- 83% reported their child's improved coping skills, including expressing their feelings verbally rather than reacting by yelling, hitting, etc.

##### Teachers:

- 92% reported that they would refer to Lincoln Families again

## HOPE CC Leadership

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## HOPE Webpage

<http://lincolnfamilies.org/programs-services/education/hope>

**For more information please call**  
925.521.1270

**HOPE referrals** are received through the schools' Coordination of Services Team (COST) or CARE teams.

## Community Schools Coordinator Program

In collaboration with Antioch Unified School District, Lincoln Families' Community Schools Coordinators (CSCs) are bringing additional family support services to the community. CSCs offer confidential support and services for families and students that can include:

- Linkage to Antioch area community resources and support in applying for assistance
- Linkage to school resources (tutoring, after school programming, caregiver teacher conferences to support students, etc.)
- School supply drop off at homes as needed per school request
- Caregiver training and group support on raising teens
- Referrals to medical, dental, mental health services, food banks, legal support, shelter, substance use, etc.

## Park Middle Wellness Program

Through Wellness services at Park Middle School in Antioch, our Community Schools Coordinator (CSC) provides and coordinates support services for students, which include using restorative practices for conflict resolution and helping youth and families navigate ongoing COVID challenges. Our CSC also provides supports for caregivers, including case management, resource linkage, and evidence-based Triple P (Positive Parenting Program) parenting groups.

## Lincoln Families East Contra Costa Community-Based Programs

- Intensive Home Based Services (IHBS) - serving youth and families who are involved with child and family services. Referrals are made by county welfare workers.
- Multi-Dimensional Family Therapy (MDFT) - serving youth ages 11-19 who are impacted by both mental health challenges and substance use. Referral are received through county clinics and the probation department.
- School Engagement Program (SEP) - serving Medi-Cal eligible youth who struggle with attendance (contracted through CCBHS and AUSD)

*"Lincoln helps me to talk about my feelings and to learn more about who I am." --- Student*

*"The one-on-one attention to the student to help regulate and talk about how he is feeling has been wonderful." --- Teacher*

