CALIFORNIA INDIAN HEALTH SERVICE
Youth Regional Treatment Centers

Desert Sage Wellness Center
Hemet, CA

Sacred Oaks Healing Center
Davis, CA

Culturally Centered
Individualized
Evidence Based

Recovery Happens
Youth Regional Treatment Centers

The mission of the Youth Regional Treatment Centers (YRTCs) is to provide quality holistic behavioral health care for American Indian and Alaska Native (AI/AN) adolescents and their families in a substance free residential environment that integrates traditional healing, spiritual values, and cultural identification.

Each of our treatment centers have capacity for 32 youth. We serve American Indian/Alaska Native youth ages 12-17 who are struggling with substance use and other co-occurring conditions.

The average length of treatment is 4 months. During this time the youth live at our program.

Desert Sage Youth Wellness Center

Desert Sage Youth Wellness Center (DSYWC) is a Joint Commission accredited program located south of Hemet, California. We are situated on approximately 20 acres of former dry farming and residential land.

Sacred Oaks Healing Center

Sacred Oaks Healing Center (SOHC) is our newest program that opened for care in August 2022. We are located in Davis, California. We are situated on approximately 11.5 acres of land located next to the former D-Q University.
Intake

CAL YRTC has a team of dedicated professionals to assist with the application and admission process.

Our intake workers are masters level social workers. Your intake/aftercare team begins working with the youth, family, and all other systems involved to begin planning for admission. At this time, they will also begin planning for discharge upon completion of the program.

It can be difficult to be away from your loved one. Your intake/aftercare team is here to provide updates, assist in coordinating needs, and linking with care after residential treatment.

If you are interested in additional information or have a youth to refer, please feel free to contact CAL YRTC and ask to speak with one of our intake coordinators.

951 708 4019 (Hemet)
530 702 6000 (Davis)

Admission Criteria

CAL YRTC recognizes that each youth in need of care is a unique and worthwhile individual. As such, our intake coordinators will serve as your liaison with our clinical team to determine if our program is appropriate for your youth.

CAL YRTC provides residential treatment for American Indian and Alaskan Native youth of all genders. Youth must have a primary diagnosed substance use disorder. We are able to provide care for many youth struggling with co-occurring behavioral health concerns.

CAL YRTC are an open campus; as such, we are generally not the best location of care for youth struggling with active suicidal and self injurious behaviors, or psychosis. For youth identified by CAL YRTC treatment team as in need of a higher level of care, our intake coordinators will make every effort to assist in identifying an appropriate treatment program.
Cultural Programming

Cultural and spiritual activities are a foundation of our care. In addition to culturally relevant treatment groups such as Mending Broken Hearts, the Medicine Wheel and 12 Steps, our youth are encouraged to practice their own cultural and spiritual traditions to aide their healing.

Our cultural/recreational specialist works to ensure our youth are exposed to numerous activities. Our program serves youth from all over; as a result, we attempt to integrate many variations of cultural practices.

Our youth have the opportunity to participate in daily cleansing with traditional medicines.

We participate in community cultural activities such as ceremonies, dancing, drumming, songs, pow wows, and community gatherings when available.

Medical Care

We believe that a person is comprised of four domains, emotional, spiritual, mental, and physical, each just as important as the others. While at CAL YRTC, we will address physical health concerns.

CAL YRTC medical staff consists of a psychiatrist, family nurse practitioner, registered nurses, and psychiatric technicians. This team of professionals provides for and coordinates care for the youth while at CAL YRTC.

CAL YRTC continues to partner with local Tribal health clinics to provide for any other health concerns that a youth may experience while in treatment, such as dental and vision care.

Should you have questions with regards to current medical conditions a youth may be experiencing and the ability of CAL YRTC to provide care, please speak with one of our intake coordinators.

Services Offered

- Behavioral Health Counseling
- Substance Use Counseling
- Individual and Group Counseling
- Family Therapy
- Traditional Healing Services
- Traditional Arts & Crafts
- Cultural Activities
- Field/Recreational Trips
- Educational Opportunities
- Academic and Life-Skills Education
- On-Site Recreational Spaces
- Fitness Room
- Access to Medical & Dental Care
- On-site kitchen serving meals and snacks daily

951-708-4019 (Hemet)
530-702-6000 (Davis)
Ask for an Intake Coordinator
Milieu

During treatment, the youth reside in groups based upon gender. Each housing unit has a capacity for 8 youth. Our residential areas are located in a separate building. Each wing has an area for the youth to meet and relax. They also have their own laundry facilities that they utilize.

Youth will reside with a roommate. We find that the youth enjoy having someone close by and utilize this opportunity to practice building healthy relationships.

Each wing is staffed 24/7 with CAL YRTC Residential Aides who provide supervision, skills coaching, and support.

Treatment

At CAL YRTC, each individuals’ path to wellness will be unique to their needs and we recognize and celebrate the culture of our patients.

Historical and intergenerational trauma play a key role in a disconnection from one’s culture and can negatively impact a youth’s sense of self, self-worth, and overall wellbeing. As an American Indian/Alaskan Native healing center, all treatment provided is trauma informed.

At CAL YRTC, we infuse cultural and traditional practices into our treatment. A focus on traditional knowledge and culture helps our youth to strengthen a positive sense of identity and purpose. This aids the youth in their overall path towards wellness.

The treatment program at CAL YRTC is designed to be approximately 4 months in length. The youth, in conjunction with their family and the treatment team work to identify when a youth is ready to leave treatment. Recovery is an individual process. At CAL YRTC, we meet our youth where they are and help them discover their unique path.
Mending Broken Hearts

Uses a culturally based way of healing from unresolved grief, loss, incomplete relationships and Intergenerational Trauma. Mending Broken Hearts develops the capacity in our youth to build healthy communities by helping them heal.

Therapy

Upon admission, each youth meets with the psychiatrist, is assigned an individual therapist, and substance use disorder counselor. Each youth participates in individual, group, and family therapy.

Led by our Clinical Director, our clinical team provides individualized care for each of the youth. Our clinical team consists of a psychiatrist, psychologist, clinical social workers, substance use disorder counselors, intake/aftercare coordinators, teacher, nurses, psychiatric technicians, and resident advisors.

The multi-disciplinary treatment team meets regularly to review treatment plans, discusses progress in treatment, and discharge planning/relapse prevention.

Medicine Wheel and 12 Steps

The focus of this program is to get behind the symptoms of alcohol and drug misuse and focus on the emotional, mental, physical, and spiritual foundations that cause young people to begin using alcohol and drugs, based upon teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change.

Dialectical Behavior Therapy (DBT)

Skill based treatment that allows the youth to manage life situations in a positive manner. Dialectics is the idea that:

- Everything is connected
- Change is constant
- Opposing forces can be brought together to find balance

Recovery Happens
Family Reunification

While youth are in care, our therapists and aftercare coordinators work with the families and referral partners to create a plan to support success of the youth upon completion of the program.

It is important for families to heal together. CAL YRTC encourages families to participate in family counseling sessions. These are conducted in person, on the phone, or using tele video capabilities when available.

Often, it can be difficult to learn to allow for the rebuilding of trust. For this reason we encourage all family members to work with local support and counseling options while the youth is in care.

Family Visits

CAL YRTC encourages regular family visits. Visits provide an opportunity to continue to repair stressed relationships and create a strong recovery plan for after treatment.

Family visits can occur after the youth is able to engage in treatment, generally a few weeks after admission.

Family visits are scheduled in conjunction with a family therapy session. Our counselors facilitate the family therapy session on site before the visit.

Treatment Overview

Each youth meets with their individual therapists, substance use counselor, and teacher to determine their goals and objectives for care. The care team, led by the youth then create a treatment plan.

Through the course of treatment, the youth moves through a level system. This level system assists the youth in recognizing the positive progress they are making in treatment. CAL YRTC utilizes a 5 level system. When entering treatment, each youth begins at the orientation level. This level provides the youth with an opportunity to learn and understand the treatment provided at CAL YRTC.

Youth are provided a patient handbook which outlines the expectations required for each level as well as other important information. The youth, with the assistance of the staff at CAL YRTC, monitor their individual progress in care.

The expectations for each level consist of varying therapeutic and behavioral accomplishments. These range from active participation in therapeutic groups and assignments, to school attendance and course completion.

Youth are encouraged to continue to accomplish their treatment goals and objectives. Weekly, our youth participate in a level group. This group is an opportunity for each youth to share where they feel they are in treatment. It also provides an opportunity for their peers to provide feedback to one another. This feedback is designed to provide another level of encouragement to the youth.

As the youth progresses through the levels, they earn additional incentives such as increased phone call time with family members, additional time using the recreational facilities, participation in off-site cultural and recreational activities, video game...
**Education**

While at CAL YRTC, each youth participates in scheduled educational credit recovery. The youth meet with our on-site certified teacher who will evaluate the academic needs of the youth.

After assessment is complete, the youth will be enrolled in public school courses. The school work is completed primarily using an on-line virtual school. This allows us to tailor a learning plan for each youth individually.

Upon completion of treatment at CAL YRTC, our teacher will provide a summary of all academic credit earned. This can be used at the youth’s home school to continue after treatment.

**Physical Health**

Physical fitness, exercise, and recreation are not only necessary for our bodies but are also an integral component of adolescent development and can be utilized as healthy options for emotion regulation.

The treatment schedule includes designated times daily for the youth to participate in a variety of physical and recreational activities.
Questions and Referrals

If you would like to refer a youth to our program or have any additional questions regarding treatment, please contact our intake department and they will be happy to assist you.

Please call us:

Sacred Oaks Healing Center: 530-702-6000

Desert Sage Youth Wellness Center: 951-708-4019

and ask to speak with an intake coordinator

Visit our Website
Sacred Oaks Healing Center
33100 County Road 31
Davis, CA 95616
530.702.6000 ph
530.702.6097 fax

Desert Sage Youth Wellness Center
39990 Faure Road
Hemet, CA 92544
951.708.4019 ph
951.708.9820 fax