

# CALIFORNIA INDIAN HEALTH SERVICE

Youth Regional Treatment Centers



Desert Sage Youth Wellness Center  
Hemet, California

Sacred Oaks Healing Center  
Davis, California







## Desert Sage Youth Wellness Center

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



## Regional Treatment Centers

The mission of the Youth Regional Treatment Centers (YRTC) is to provide outstanding 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, spirituality, and culture.

Each of our treatment centers have capacity for 32 residents. We serve AI/AN youth ages 12-17 who are struggling with substance use and mental illness. The average length of residential treatment is 4 months.

## Sacred Oaks Healing Center

Sacred Oaks Healing Center (SOHC), our newest program, opened for care in August 2022. Situated on more than 11 acres of land in Davis, California, SOHC is 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.

Your intake/aftercare team begins working with the youth, family, and all other systems involved to plan for admission. At this time, they will also begin planning for discharge once the program is complete.

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

If you are interested in additional information or have a youth to refer, please 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 and family have unique needs. As such, our intake coordinators serve as your liaison with our clinical team to determine if our program is appropriate for your youth.

We provide residential treatment for AI/AN youth of all genders with a primary substance use diagnosis. We also provide care for many youth struggling with co occurring disorders.

CAL YRTC is an open campus (not locked down); as such, we are generally not the best option for a youth struggling with active suicidal, self injurious behaviors, or psychosis. For youth identified by CAL YRTC treatment team in need of a higher level of care, our intake coordinators will make every effort to help identify an appropriate treatment program.





## Cultural Programming

Cultural and spiritual activities are the foundation of our care. We provide culturally relevant treatment groups such as Mending Broken Hearts, and the Medicine Wheel & 12 Steps. Our youth are encouraged to practice their own cultural and spiritual traditions to aid their healing.

Our cultural/recreational specialist works to make sure our youth participate in numerous healing 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, powwows, and community gatherings when available.



## 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

## Medical Care

We believe a person is made up of four domains: emotional, spiritual, mental, and physical. And each is equally important.

CAL YRTC medical staff consists of a psychiatrist, family nurse practitioner, registered nurses, and psychiatric technicians. Our team provides for and coordinates care for the youth receiving treatment.

We 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 about 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.

951 708 4019 (Hemet)

530 702 6000 (Davis)

Ask for an Intake Coordinator







## Environment

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

Each youth may be paired with a roommate. We find that they enjoy having someone close and take this opportunity to practice building healthy relationships.

Each wing is staffed 24/7 with CAL YRTC residential aides providing supervision, skills coaching, and support.

## Treatment

At CAL YRTC, each individual's path to wellness will be unique. We recognize and celebrate the diverse cultures 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 well-being. As AI/AN healing centers, all treatment provided is trauma informed and resilience focused.

We encourage a positive sense of self through inclusion of our clients' cultures. Focusing on traditional knowledge and culture helps our youth develop a sense of self-worth and purpose.

Our treatment program is designed to be approximately 4 months long. The youth, along 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.







## Treatment Team

Upon admission, each youth is greeted by our staff and undergoes a medical screening. Each youth is assigned an individual therapist and substance use disorder counselor. Every youth participates in individual, group, and family therapy.

Our clinical team provides individualized care for each of the youth. Our clinical team consists of a psychiatrist, nurse practitioner, psychologist, clinical social workers, substance use disorder counselors, intake/aftercare coordinators, teachers, nurses, psychiatric technicians, and resident assistants.

The multidisciplinary treatment team meets regularly to review treatment plans, discuss progress in treatment, and discharge planning/relapse prevention.

## Treatment Schedule

While in treatment, the youth follow a daily schedule, which provides a foundation for them to adjust and feel safe.

Activities include:

- ▼ School
- ▼ Substance Use Group
- ▼ DBT Group
- ▼ Mending Broken Hearts
- ▼ Medicine Wheel & 12 Steps
- ▼ Therapeutic Outings
- ▼ Cultural Activities

## Mending Broken Hearts

This group uses culturally based healing to address unresolved grief, loss, incomplete relationships, and intergenerational trauma. Mending Broken Hearts develops the capacity in our youth to build healthy relationships and communities.

## Medicine Wheel and 12 Steps

The focus of this program is to get behind the symptoms of alcohol and drug misuse. The program also centers the emotional, mental, physical, and spiritual foundations that help people heal based on teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change.

## Dialectical Behavior Therapy (DBT)

DBT is a skill based treatment that allows the youth to manage life's challenges positively.

DBT teaches:

- ▼ Emotion Regulation
- ▼ Distress Tolerance
- ▼ Interpersonal Effectiveness
- ▼ Mindfulness





## Family Reunification

While youth are in care, our therapists and aftercare coordinators work with 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. We encourage families to participate in family counseling sessions. These are conducted in person, on the phone, or telehealth when available.

Often, it can be difficult to rebuild trust. We encourage all family members to work with local support and counseling options while the youth is in care, and participate in aftercare.

## Family Visits

We encourage regular family visits. Visits provide an opportunity to repair stressed relationships and support recovery after treatment.

Family visits generally take place a few weeks after admission.

Our counselors may facilitate a family therapy session on site before the visit.

## Treatment Overview

Each youth meets with their individual therapist, substance-use counselor, and teacher to determine their goals and objectives for care.

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

The youth is provided a patient handbook outlining the expectations required for each level. The youth, with the assistance of the staff at CAL YRTC, monitor their individual progress in care.

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

Our youth participate in a weekly 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 peers to provide feedback to one another. This feedback is designed to provide additional encouragement to the youth.

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





## 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 their academic needs.

After assessment is complete, the youth will be enrolled in public school courses. The schoolwork is primarily completed online. This allows us to tailor a learning plan for each youth.

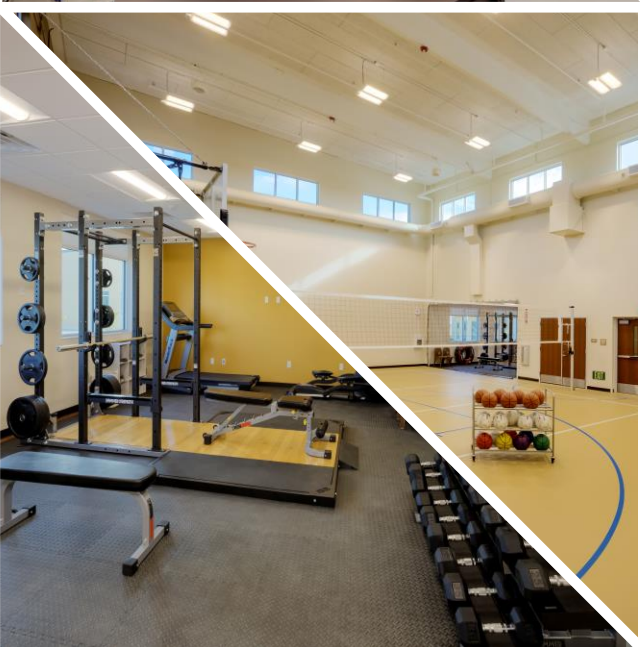
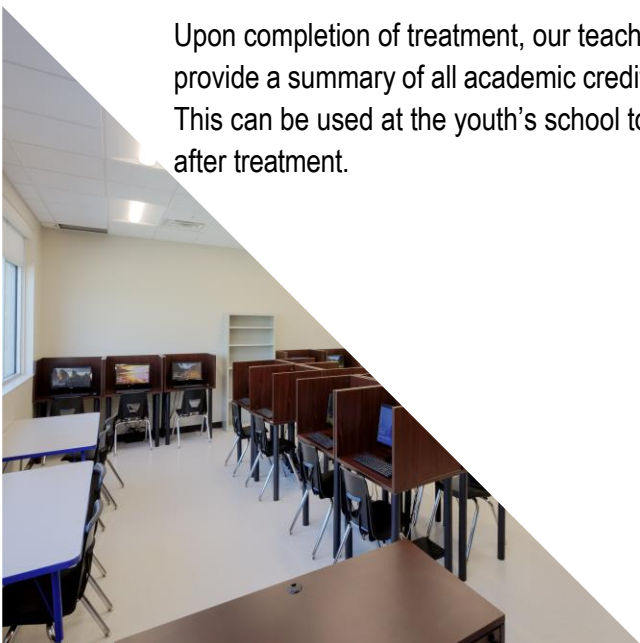
Upon completion of treatment, our teacher will provide a summary of all academic credits earned. This can be used at the youth's school to continue after treatment.



## Physical Health

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

The treatment schedule includes designated time for the youth to participate in a variety of physical and recreational activities.





# Sacred Oaks Healing Center



# Desert Sage Youth Wellness Center





# Testimonials

## Parent

My experience with Desert Sage started at the beginning of 2018. My family and I had an exceptional experience and would not have changed a thing about this program. My oldest child entered this program during the middle of their senior year. He was behind in credits, and we were in fear of him not graduating on time. He had issues with depression and anxiety which lead to self medicating and acting out. He was a good kid just in need of some additional help.

We completed the required documents and drove him the five hours to his new residence for the next four months. I'm going to be honest it was the hardest thing I had to do but I knew deep down it was the best thing for him and for our family.

I am happy to share he made lasting friendships, learned a lot on how to deal with his issues. He also graduated on time! Five years later he is doing well, he attended college for a brief time, gained employment, purchased a vehicle recently on his own. He also has a close bond with me and his siblings who know they can reach out to him for sound advice.

My youngest child unfortunately had the same depression & anxiety. Without hesitation I reached out to Desert Sage for help. They openly welcomed my youngest children in 2023.

My youngest child had the same wonderful experience & the same success story as my oldest. My youngest learned the tools to cope with depression & anxiety so much so that it isn't a diagnosis any longer.

They graduated on time, obtained employment, and is scheduled to start college this Spring. I am forever grateful to Desert Sage and all they have done for not only my children but my whole family.





## Youth

Going to Desert Sage, at first I was nervous. I was scared of being away from home. Once I got there, everyone was so warm and welcoming. Through therapy and meeting the residents that came after me was a privilege. We made a family there, and we supported each other. When I first went to Desert Sage I was determined to get my credits up. I was behind on a bunch of credits and in the three months, I returned to school with only one class period to go to and I graduated with my class. I was so afraid but with the support of the employees at Desert Sage and the residents cheering me on I would have never been able to do it. It's truly inspiring, seeing the change in myself and in the other residents. Now I graduated high school, working, and going to go to beauty school to become a hair stylist. I didn't believe in myself before but being there really gave me the tools and time to figure out how to gain more confidence in myself. I love how we are able to express our culture, and are given more opportunities at Desert Sage.



## Youth

Since the start of 2021, I've struggled with drug and alcohol abuse. Knowing the drug life wasn't for me, I reached out for help, and embarrassed of how young I was and how much life I still had left to live.

Not only did I struggle with addiction, I struggled with my mental health, I went down various dark paths in my 16 years on this earth. From wanting suicide to be my answer to wanting a life worth living, to be remembered.

Going on 6 months clean off of meth and fentanyl but I couldn't have done it without Desert Sage, so many attempts at sobriety, I finally found somewhere safe and effective. Somewhere I can call home, people I can now call family.

Desert Sage has helped me through some rough times, they helped me with my worth, helped me learn to look at the brighter things in life, showed me that you don't have to have substances to have fun with life.

I will forever be grateful that I chose to let them help me in every way they knew how. For future/present residents struggling with substance abuse, it is not easy and I can say from experience but I can tell you that there is light at the end of the tunnel and when you've reached it, there's a different feeling of release, like you've finally let your darkness go and it has lifted.

Desert Sage has made my outlook of life different in various ways. Happiness, wellbeing, sobriety and so much more. Forever thankful for how welcoming the staff was and still are. You guys changed my life for the better. Thank you Desert Sage.





## Desert Sage Youth Wellness Center

39990 Faure Road

Hemet, CA 92544

**PH: 951.708.4019**

**FAX: 951.708.9820**

**EMAIL: CALYRTCIntake@IHS.GOV**

## 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 team. They will be happy to assist you.

## Sacred Oaks Healing Center

33100 County Road 31

Davis, CA 95616

**PH: 530.702.6000**

**FAX: 530.702.6097**

**EMAIL: CALYRTCIntake@IHS.GOV**



Website

[ihs.gov/california/index.cfm/yrtc-project](https://ihs.gov/california/index.cfm/yrtc-project)



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