

Santa Fe Youth Services is a non-profit prevention, intervention and counseling agency, providing community based counseling services to Tarrant County youth and their families.

Two distinctive **L.Y.N.C.S.** counseling programs are available to address the varying needs of young people and their families. After an individual screening and assessment are completed, consultation with the youth and family determine the best suited counseling approach.

LYNCS services are:

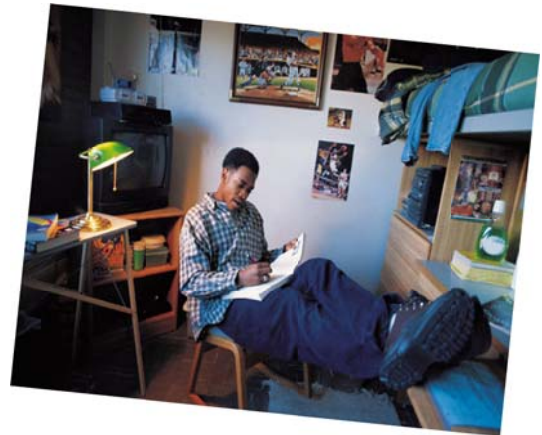
- Funded through grants and private donations so they are offered at no charge to program participants
- Offered in the home, community sites or our office, whichever the family prefers
- Evidence-based and proven to be effective
- Provided by staff who receive intensive training and are monitored through stringent supervision and quality management plans to assure fidelity to the different LYNCS program models

LYNCS Addresses:

- School problems including truancy and failing grades
- Mood instability and rebelliousness
- Violent or aggressive behavior
- Family conflict and communication issues
- Early alcohol or substance use
- Association with negative peers

LYNCS Goals:

- Improved school performance
- Mood stability and cooperative attitude
- Abstinence from marijuana, alcohol or other substance
- Elimination of violent or aggressive behavior
- Improvement in family relationships and communication
- Increased positive social activities
- Positive peer relationships
- Connect young people back to their community



LYNCS / ACRA Adolescent Community Reinforcement Approach (Youth focused)

This program is designed specifically for youth using marijuana and/or alcohol. ACRA intervention helps:

- ✓ Enhance or find new reinforcers for staying substance free
- ✓ Use existing community resources that support positive change
- ✓ Develop a positive support system within the family

Weekly sessions to include 10-12 individual sessions and 2-4 sessions with all family members

LYNCS / Trauma Focus Trauma Focused-Cognitive Behavioral Therapy

This program is recognized as one of the most effective interventions for young people displaying significant behavior or emotional problems related to traumatic life experiences. Examples of traumatic experiences include:

- ✓ Witnessing or being victim of violence
- ✓ Sudden death of family member or friend
- ✓ Child abuse or neglect
- ✓ Exposure to natural or manmade disasters

Counseling sessions for a minimum of 12 weeks introduce and reinforce new ways of dealing with life-altering experiences for young people.