

LYNCS ~ Linking Youth to Needed Counseling Services

Santa Fe Youth Services provides *evidenced-based counseling services* to Tarrant County youth and their families.

After an individual screening and assessment are completed, consultation with the youth and family will determine the best suited counseling approach.

Regardless of the program approach, all 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



These behaviors are addressed:

- Behavior problems and rebelliousness
- School problems – truancy, failing grades
- Family conflict
- Early alcohol or substance use
- Association with negative peers
- Mood instability

Program goals include:

- Abstinence from marijuana, alcohol, other drugs
- Improvement in youth's behavior
- Improvement in family relationships
- Increased positive social activities
- Connect young people back to their community
- Mood stability
- Improved school performance
- Positive peer relationships

LYNCS/ACRA (Adolescent Community Reinforcement Approach)

For youth using marijuana and/or alcohol, this intervention helps to:

- Find new or enhance existing reinforcers for staying substance free
- Use existing community resources that are believed to support positive change
- Develop a positive support system within the family

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

LYNCS/BSFT (Brief Strategic Family Therapy)

This approach successfully reduces problem behaviors in young people **and** strengthens the family by:

- Identifying family strengths
- Improving family communication
- Learning new ways of resolving conflict and solving problems

Weekly sessions for 10-15 sessions attended by youth and family

LYNCS/Trauma Focus (Trauma Focused-Cognitive Behavioral Therapy)

Recognized as one of the most effective interventions for young people displaying significant behavioral 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 disasters

Weekly sessions for 12 -16 sessions

For more information or to make a referral, contact our *Information and Referral Specialist* at 817-492-4673