



*“The REMI VISTA mental health services provide a life changing series of programs for the Shasta County community.”*



*“AMBASSADORS of HOPE”*

# MENTAL HEALTH SERVICES 1-800-668-4638

## MENTAL HEALTH ASSESSMENTS AND TREATMENT PLANNING

REMI VISTA provides mental health services for children, teens and their families who are experiencing a variety of life challenges including disruptive behavior problems, trauma related symptoms, anxiety, and depression. The first step to receiving services involves a thorough assessment of the family's needs. The results of the assessment are provided to the family with recommendations on the best way to address those needs. If mental health services are warranted, a treatment plan is developed with the family, which outlines the services to be provided.

## INDIVIDUAL PSYCHOTHERAPY

REMI VISTA provides individual psychotherapy for youth of all ages. The therapeutic techniques that are used have been demonstrated scientifically to affect the changes they are designed to affect. The treatment approach will depend on various factors including the age of the child, the problems being addressed, and the particular style of the therapist. Play therapy is often used with younger children, including the use of proven art and sand tray techniques. Older youth will receive a form of talk therapy called Cognitive Behavioral Therapy (CBT) which will help them address their feelings and the thoughts and behaviors that are associated with them.

## GROUP THERAPY

Group therapy is also offered for both youth and their parents. REMI VISTA provides various types of groups including social skill building groups, anger management groups, and emotional processing groups. REMI VISTA also offers parenting groups to support parents and provide effective parenting strategies.

## REHABILITATION SERVICES

REMI VISTA employs qualified para-professionals to provide one to one skill building interventions for children and teens as a compliment to the therapy they are receiving. A Rehabilitation Specialist can be assigned

to teach a child essential skills, such as social skills and problem solving skills, within the context of the child's home and community settings.

## THERAPEUTIC BEHAVIORAL SERVICES

REMI VISTA provides TBS, which is an intensive one-to-one behavioral service for children identified by Shasta County officials as being at risk of placement into a group home or psychiatric hospital.

## PARENT-CHILD INTERACTION THERAPY

Parent-Child Interaction Therapy (PCIT) is a parent training intervention that teaches caregivers specific behavior management techniques as they play with their child. PCIT focuses on improving the caregiver-child relationship and increasing children's positive behaviors. This service is for children ages 3-6.

## TRAUMA FOCUSED-COGNITIVE BEHAVIORAL THERAPY

TF-CBT is a specific mental health practice that has been scientifically proven to help children and their families who are suffering symptoms related to a traumatic experience. Such trauma may include violence in the home, child abuse, violence in the community, accidents, sudden losses, or natural disasters. TF-CBT involves sessions with both the child and the family and effectively addresses symptoms such as nightmares, intrusive thoughts or memories, emotional reactions to reminders of the trauma, and emotional numbing.

## TRIPLE P PARENTING

REMI VISTA provides a parenting education program that was developed out of Australia and has demonstrated excellent outcomes in helping parents address emotional and behavioral problems. The Triple P approach is comprehensive, and designed to meet the specific needs of families based on their level of need and the developmental stages of their children.

# CONTACT US

**REMI VISTA, Inc. | Shasta Regional Office**  
3191 Churn Creek Road, Redding, CA 96002  
p. 530.224.7160 | f. 530.224.7168

## ADDITIONAL LOCATIONS to serve your needs.

**REMI VISTA, Inc. | Corporate Services**  
393 Park Marina Cir., Redding, CA 96001  
p. 530.245.5805 | f. 530.245.0340

**REMI VISTA, Inc. | Butte County**  
2550 Floral Ave., Suite 30, Chico, CA 95973  
p. 530.893.4784 | f. 530.893.6144

**REMI VISTA, Inc. | Del Norte County**  
370 9th Street, Crescent City, CA 95531  
p. 707.464.4349 | f. 707.464.4572

**REMI VISTA, Inc. | El Dorado County**  
4993 Golden Foothill Parkway, Suite 5  
El Dorado Hills, CA 95762  
p. 916.941.8812 | f. 916.941.8815

**REMI VISTA, Inc. | Humboldt County**  
3960 Walnut Drive  
3943 Walnut Drive, Suite C  
Eureka, CA 95503  
p. 707.268.8722 | f. 707.268.0218

**REMI VISTA, Inc. | Siskiyou County**  
1107 Ream Ave., Mt. Shasta, CA 96067  
p. 530.926.1436 | f. 530.926.2305

**REMI VISTA, Inc.**  
3191 Churn Creek Rd.  
Redding, CA 96002



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## MENTAL HEALTH SERVICES

Serving clients as an organizational  
provider for services through  
Shasta County Mental Health.

*Shasta County*

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# RESIDENTIAL BASED TREATMENT SERVICES

## OUR PROGRAM

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REMI VISTA'S residentially-based treatment services are designed to help 13 to 17 year old males who have been identified as presenting a risk to their own safety and the safety of others due to sexual behavior problems. REMI VISTA'S primary objective is the protection of the community and of the participants of the program. We accomplish this through the increased structure and supervision of our residential environment, as well as through therapeutic interventions designed to facilitate the rehabilitation of the participants and their successful transition back into the community. Our treatment is based on a relational approach that emphasizes social acceptance of personal responsibility for past actions and current circumstances. The treatment program is coordinated with mental health services designed to address associated mental health problems such as disruptive behavior problems, trauma related symptoms, and mood disorders. Currently, the average length of stay for our particular clients is 24 months.

## OUR PHILOSOPHY

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REMI VISTA seeks to meet the needs of the whole child; emotional, physical, and spiritual. We believe that the healing process is relational in nature, and that effective services are those that are client-driven, strengths-based, and solution-focused. Our emphasis is the integration of youth and families back into their communities. We seek to provide a well-integrated continuum of services for youth, even as they transition into and out of residential care. We work hard to collaborate with other community agencies and facilitate the linkages necessary to best support the on-going growth and stability of families.

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