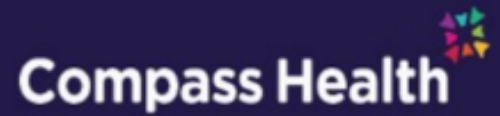


Child, Youth, and Family Crisis Team (CYFCT)



The **Child, Youth, and Family Crisis Team (CYFCT)** is a voluntary, crisis outreach team with the ability to respond to and provide crisis services in the community (e.g., homes, schools, shelters, juvenile courts). The Team serves youth and children who are experiencing a behavioral health (mental health and/or substance use) crisis regardless of their funding source. CYFCT offers short term crisis intervention and prevention services utilizing strength-based, solution-focused, culturally competent, trauma-informed, and recovery-oriented interventions.

CYFCT consists of a group of behavioral health professionals, including mental health professionals, and certified peer counselors collaborating with the individual in crisis and their family members to develop a plan to get through the current crisis, manage future crises, and move towards recovery.

WHO IS ELIGIBLE?

Anyone **under 21 years old** who is physically located in **Snohomish County** and is experiencing a behavioral health crisis or is in a pre-crisis situation that seems to be deteriorating, and without intervention, could result in a behavioral health crisis.

WHAT SERVICES DO WE OFFER?

- Care coordination and safety planning
- Care planning services and crisis stabilization between 2 to 8 weeks
- Community outreach meeting the client where they are
- Referrals to community resources
- Identify natural supports
- Peer support for youth and family members

OUR TEAM

- **Certified Peer Counselor:** work with their peers (adults and youth) and the parents of children receiving mental health or substance use disorder services. They draw upon their experiences to help peers find hope and support their recovery. The peer's own life experience uniquely equips them to provide support, encouragement, and resources to those with mental health or substance use disorder challenges.
- **Care Coordinator:** coordinating care between client and system partners while providing resources, referrals, and connecting with school, doctors, etc.
- **Mental Health Professional (MHP):** helps clients better understand and cope with thoughts, feelings and behaviors. They can also offer guidance and help improve a person's ability to achieve goals.

HOW TO CONTACT US:

Monday-Friday 9-5 during the start up phase

CYFCT South Line: **(360) 550-7387 (During Business Hours)**