



Pacific Clinics

Family Resource Center

FRC offers a wide range of mental health and substance use disorder services for all ages and diverse populations.

Acts as a hub for resources in the community, builds on already existing resources, and provides an even wider range of resources and support than are currently available.

Target Population: Children /Youth, TAY ,Adults, Older Adults

Center Locations:
San Bernardino City
Yucca Valley

Services provided

- **Curriculum based groups:** Anger management, Domestic violence, Cognitive life skills,
- **Support Groups:** Grief and Loss , Mindfulness , LGBTQ+ Support ,
- Co-dependent ,
- Individual mentoring, case management , linkage and referral
- We attend Community outreach opportunities , trainings, and workshops. As well as presentations of our programs.
- Services provided are held in our FRC office, telehealth, in homes visits , and in the field.
- Offer Individual, couples and family therapy.

Family Support Initiative

The First 5 Program was developed to support children ages 0-5 and their families to build strong and healthy lives.

Target Population: At least one child in the home must be between ages 0-5 yrs.

Region: Must live in San Bernardino County

Collaborative with Children's Fund, Autism Society, Desert Sanctuary, and SAC Health

Services provided

SERVICES ARE TIME-LIMITED, ONE TO SIX MONTHS.
SERVICES WILL BE DELIVERED IN THE HOME OR IN COMMUNITY
SETTINGS DEPENDING ON NEED.

KEY SERVICES:

- Developmental Screenings
- Case Management
- Parenting Education Classes

Familias Unidas

- Parenting Classes
- For Hispanic/Latin Families
- In person sessions 8 in the office, 4 in the home for a total of 12 sessions
- Conducted in Spanish
- Youth ages 12-17

Goals of the program:

- **To prepare adolescents for the changes and transitions they will face in their world.**
- **To reduce adolescent behavior problems**
- **To help parent and families protect their children from drug use, risky sexual behavior and learn about STD;s protection.**
- **Help parents get more involved in the school settings and peer world.**

Parent and Adolescent Communication Scale(PACS)

By the end of services

- 80% of youth felt that they were able to talk to their parent better.
- 80% of youth felt that they could be more open and honest with their parent.
- 100% of youth felt it was easier to express their true feelings to their parent.
- 100% of youth felt their parent could tell how they were feeling without asking.



Thank you

ESMIRNA ROBLES

MENTAL HEALTH WORKER II

(626)753-5430

ESMIRNA.ROBLESISLAS@PACIFICCLINICS.ORG

