



### Yolo Family Resource Center

*Our mission is to provide support and resources to promote self-sufficient stable and healthy families so that children thrive in a strong community.*

**Engage • Advocate • Educate • Treat**  
*Strengthening Families to Make Stronger Communities*

### Daniel's Story

Daniel is a fifteen year old Hispanic male who was referred to counseling by his mother and school administrator. Presenting problems included "family issues", truancy, defiance & failing grades. Daniel was part of the GATE program from elementary school to middle school due to his high intelligence. His grades and behavior declined as he entered high school.

A Yolo FRC Counselor was assigned to the case and began providing individual counseling sessions at Daniel's school. Through the counseling process, Daniel revealed that his father's substance abuse issues caused him to feel "overwhelmed and depressed" and left him with no motivation to focus on his academics. He disclosed that his father has been a drug addict for years, but his addiction intensified over the past five years, since he started using methamphetamines. His father, who once held high-paying jobs, was now unemployed and his mother was unable to work due to a physical disability & having to care of Daniel's 2 younger siblings (ages 1 & 4).

The emotional & financial stressors of the family negatively impacted Daniel's relationship with his parents. Family communication deteriorated as the stressors intensified and Daniel began to withdraw from family and friends. He disclosed feeling helpless and hopeless about his family situation and shared fantasies of "running away from it all". However, his feelings of responsibility to protect his mother and younger siblings deterred him from leaving but left him feeling incompetent, resentful and depressed.

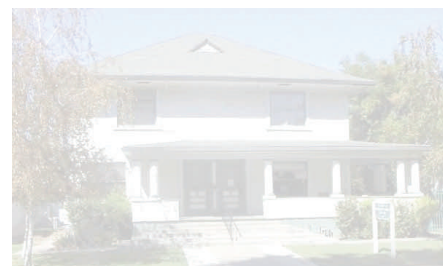
The Counselor made several home visits to engage the family and develop a Family Support Plan. Trust was developed and Daniel's parents began revealing the ways in which addiction was destroying their family. A second YFRC Counselor, with a specialization in substance abuse issues, was brought on the case to facilitate a family intervention and support the recovery process. In addition, a Yolo FRC Case Manager was assigned to connect the family to community resources and assist them in becoming economically self-sufficient. Daniel continued to receive individual counseling at the school & family counseling in the home

During the individual sessions, Daniel was able to process his thoughts and feelings in a safe environment. He was able to challenge distorted cognitions, improve his mood and make a plan to continue his education. In family counseling, the members had the opportunity to process the pain they were living in for years. They were also able to learn and practice healthy communication skills, define family rules & roles, and establish boundaries to ensure family safety. The Yolo FRC drug and alcohol Counselor helped the father to achieve and maintain sobriety. The Case Manager was able to assist Daniel's family in accessing basic needs resources (emergency food, clothing & utilities assistance), obtaining health insurance, assisting Daniel and his father in securing employment and referring them to local support groups (YFRC women's group, N.A, Alanon & Alateen).

The services provided by the YFRC assisted the family in transforming their lives. Daniel has been able to manage his depression and improve his behavior. He has been attending school consistently and is maintaining good grades. His family has learned to communicate well with each other and their relationships have improved considerably. Daniel's father has been able to keep a job for more than six months and he has been sober for ten months. Most importantly, the family is out of harms way and is no longer afraid to reach out for help when they need it.

### Programs & Services

- Resource & Referral HUB
- Economic Self-Sufficiency
- Health Insurance Enrollment
- Clinical Programs
  - ~Safe Schools Counseling program
  - ~Head Start mental health Consultant
  - ~Differential Response
  - ~Cal GRIP
  - ~Step by Step Program
- Woodland Coalition for Youth



#### CONTACT:

Yolo Family Resource Center  
409 Lincoln Avenue  
Woodland, CA 95695

Phone: 530.406.7221

Fax: 530.406.7222

Web: [www.yolofrc.communityos.org](http://www.yolofrc.communityos.org)

**Executive Director**  
**Bob Ekstrom**