

Visiting Therapist Program (VTP)



The Visiting Therapist Program (VTP) provides mental health services to children and youth in the Alameda County juvenile justice and child welfare systems. VTP serves participants in their homes, ensuring continuity of care even if they move placements. The program specializes in trauma-focused therapy, case management, and caregiver support to help youth heal, build resilience, and develop healthy relationships.

Our Approach

- **Trauma-Informed Care**
 - Clinicians use evidence-based and relational therapy approaches, such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Narrative Therapy, and Family Systems Therapy
- **Flexible Service Delivery**
 - Therapy is provided in homes, foster placements, group homes, and schools
- **Parent Partner Support**
 - Caregivers receive guidance from a trained Parent Partner with lived experience

Why VTP?

- 95% of participants show improvement in at least one domain (emotional regulation, behavioral needs, or life functioning)
- Consistent therapist relationships despite placement changes
- Serving Alameda County & beyond –Clinicians travel to clients' homes to provide convenient and accessible services

Services We Offer

- ✓ Weekly individual and/or family therapy
- ✓ Case management
- ✓ Crisis intervention
- ✓ Parent Partner support for caregivers

Referral & Contact

To refer a youth or learn more:

✉ VTPintake@fredfinch.org

☎ Program Director: Sierra Black

(510) 773-7345

Participants Learn To:

- Develop their ability to express emotions in healthy ways
- Improve their relationships with their parents/caregivers
- Cultivate stable living situations
- Decrease their mental health symptoms

Who We Serve

- Alameda County youth ages 3 to 21 involved in the juvenile justice or child welfare system
- Participants referred by Child Welfare Workers, probation officers, parents, or self-referral
- Youth who have experienced abuse, neglect, or placement instability

