

San Juan Island Family Resource Center Behavioral Health Services

Community Wellness Program (SJ Co 1/10th funds)

Provides islanders with no insurance, or private pay insurance with high deductibles, with quick access to mental health support, via local private practice therapists. Clients may receive up to 12 sessions of counseling, with the expectation that they make a small, income-based co-pay. Financial threshold for to qualify for services 350% of the Federal Poverty Level. Currently the program contracts with 10 therapists to provide services. Some care coordination services are also provided via this program, as is financial assistance with prescription psychiatric medications.

As of now, the majority of CWP providers are conducting sessions via telephone or secure internet platforms, and new enrollments are continuing.

SafeCare Home Visiting Program (SJ Co 1/10th funds)

SafeCare is an evidence-based home visiting program that serves families of all income levels, who have children ages 0-5. The program delivers a curriculum composed of three modules that focus on home health, home safety and parent-child interactions. Up to 20 home visits may be provided to each household enrolled. Supplemental funding is also available for parenting-related needs such as child-proofing items, diapers, etc. *Currently, the program is available to deliver SafeCare sessions remotely, per standards set by the national SafeCare program.*

Head Start Preschool Intervention Program (SJ Co 1/10th and United Way funds)

The Head Start PIP program typically provides supportive, non-directed play sessions in a play therapy setting for 16 children enrolled in the Head Start program. The goal of the program is to allow a safe and nurturing space for children to express feeling through play, and build positive social/coping skills.

SJIFRC has submitted a proposal to SJ County to deliver an alternative array of support services to Head Start PIP families that adhere to school closures and social distancing guidelines; we expect to hear a response within the next week.

Additional Social Support Resources provided by SJIFRC

Young Adult Association of San Juan Island (Privately funded)

SJIFRC's Young Adult Association group provides social and recreational support to young adults with disabilities. Services typically consist of a monthly in-person group event or outing, and regular one-on-one outreach to group members. The program is coordinated by a therapeutic recreation specialist.

Currently all Young Adult Association activities are being conducted online, via social media and online group meeting platforms.

Parent to Parent (ARC of WA funding)

SJIFRC administers the local branch of Parent to Parent, a statewide network that offers peer support for parents and families who care for a child of any age who has a disability or chronic health problem. Services normally include a monthly group meeting for caretakers and individual consultations to provide peer support and assistance connecting with specialized services.

We are continuing to provide one-on-one consultations and is generating a monthly email newsletter of resources, news and information for families in our local Parent to Parent network.