

Separation and Divorce Group (Parenting Through Divorce Class runs concurrently):

For children, ages 5-10, to feel more empowered in the divorce/separation period. 8 sessions.

TOTS Program for Preschool Children and Parents:

For disruptive or shy children, who have behavioral or temperament problems. Children 2 1/2 - 6 years old and their parents. 10 sessions.

Young Goals Group:

For children to learn social skills and anger management skills. Children 1st - 3rd grade and their parents.

Parenting Classes

Parenting a Child with ADHD: For parents of children diagnosed with ADHD.

4 sessions.

Parenting Through Divorce Class: Provides guidance in parenting through the separation/divorce process.

Parent Project Senior: For parents of strong-willed or out of control adolescents. 10 sessions.

(Through Health Education, 393-4167)

How to Make an Appointment

Call (707) 571-3778. Parents/legal guardians can contact our department directly to book an appointment. A referral is not necessary. When you call a staff member will take pertinent information and will speak with you to help evaluate the situation. New clients usually begin with our Early Assessment Screening Group, which is a parent overview of the Child Team and the services we provide.

Clinic Hours and Location

The Early Assessment Program is held on Tuesdays, 2:00-3:30, Wednesdays, 8:30-11:00, and Thursdays, 1:30-3:00. Follow-up appointments are available during day and evening hours.

Our clinic is located at 3558 Round Barn Boulevard (Suite 106) in Santa Rosa.



Child & Family Services



Confidential Mental Health Services



Department of Psychiatry
Child/Family Team
Kaiser Permanente Santa Rosa
3558 Round Barn Blvd, Suite 106
707-571-3778

Is Your Child Struggling with these Issues?

- Behavior problems at school or at home
- School adjustment difficulties
- Depression or anxiety
- Problems with peers or siblings
- Adjustment to life stresses (including divorce, illness, death and child abuse)
- Inattention and hyperactivity problems
- Family communication difficulties
- Serious emotional problems
- Eating disorders

We Can Help!

Childhood and adolescence, most would agree, should be a time of happiness, good health, success in school, and positive relationships with family and friends. Yet, many parents have real concerns about the behavior and emotional development of their children and teens. In addition, many young people experience considerable stress in their lives that may come from a variety of sources.

Our mission is to provide excellent mental health care to children, adolescents, and families. We utilize state of the art treatment methods with respect to the unique cultural context of the family and community. As clinicians, we work as a collaborative team demonstrating mutual respect to ensure the best and most appropriate level of care. We are dedicated to providing compassionate services to foster a better quality of life for our members.

How We Can Help

The first step: One of our highly trained professionals will meet with you and your family to evaluate the current situation and discuss with you the various ways we can help.

We provide support to families by offering a broad range of services. These include:

- Individual, family, and group psychotherapy
- Parent counseling and education groups
- Crisis intervention and after-hour emergency services
- Medication evaluation and management
- Intensive Outpatient Program (IOP) for Adolescents
- Consultation liaison to medical departments and emergency department
- Pediatric liaison where mental health services are offered in department of Pediatrics
- Case management

To best help you, we also offer specialized groups:

Anxiety Overview: monthly education class for children/adolescents and their families. One session.

Anxiety Group: Ongoing group for children/teens with symptoms of anxiety and panic. All ages.

Chronic Conditions Support Group for Parents (through Pediatrics): Group to provide support for parents of children with chronic conditions. Parents only.

Cognitive Behavioral Therapy (CBT) Depression Group for Teens: For teens, ages 13-18, with a diagnosis of depression. 8 sessions.

Dialectical Behavioral Therapy (DBT) for Teens & Families: For teens, ages 13-18, who are struggling with self-destructive urges and actions. 12 sessions.

Healthy Bodies/Health Minds:

A comprehensive multidisciplinary eating disorders treatment program. Includes -

- Individual Therapy
- Group Therapy
- Family Therapy
- Medical and dietician appointments weekly

High School Group: Ongoing group for teens, ages 13-18, to discuss academic struggles and peer/family issues.

Intensive Outpatient Program:

Includes -

- Teen Crisis Group
- Parent Support Group
- Coping Skills Multifamily Group
- Family Therapy

Obsessive Compulsive Disorder (OCD) Group: Ongoing group for children/teens with symptoms of OCD. All ages.