

# Comprehensive Assessment and Stabilization Services (CASS)



CASS strives to provide effective, trauma-informed services to youth, their caregivers, or families.



Our committed and culturally and linguistic competent staff provides services in your home, school, community locations or in offices located throughout San Diego County.

CASS provides trauma-informed, individualized treatment and stabilization services that are child and youth-driven and family-focused.

## CASS also provides:

- ❖ Comprehensive Assessments
- ❖ Individual, family and group therapy and support groups
- ❖ Psychiatric services
- ❖ Crisis intervention and stabilization services
- ❖ Rapid response times
  - CASS Clinicians will be in contact with families within a day of receiving a referral.
- ❖ CFT meetings participation

## Who is eligible for CASS?

- ❖ Children and youth up to 18- who are Medi-Cal beneficiaries.
- ❖ Foster children and youth in out-of-home placement that are in jeopardy
- ❖ Children and youth who are experiencing difficulty in the home, school or community setting, resulting in possible change of placement or hospitalization.

## CASS goals:

- ❖ Provide effective, individualized, strength-based services to promote stability and success in the child's current family, school, or community setting
- ❖ Provide flexible, culturally-competent, individualized services
- ❖ Improved relationships with caregivers, family members, and/or teachers
- ❖ An improved ability to regulate emotions

## Stabilization and Treatment

CASS services are **short-term** and generally last between 3-4 months, depending on individual and family treatment goals.

Discharge planning begins at the start of services and utilizes many community resources to help support children, youth and families.

Hours of Operation  
**Mon., Wed., Thurs., Fri.**

**8:30 AM- 5:00 PM**

**Tuesday 8:30-8:00PM**

Additional evening hours available



3517 Camino Del Rio S.  
Suite 407  
San Diego, CA 92108  
Phone: 619-955-8905

Send referral to:  
[cass-referral@newalternatives.org](mailto:cass-referral@newalternatives.org)



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