



DO YOU KNOW A YOUTH IN FOSTER CARE WE CAN HELP?

A Home Within-CASA Therapy Project (ACTP) matches youth impacted by the foster care system with clinical therapists for weekly pro bono teletherapy sessions.

Clients are in foster care, 12-21 years of age or have recently aged out. Many have experienced trauma and would benefit from weekly teletherapy. ACTP offers the opportunity to improve communication, address anxiety and depression, and learn self-esteem and self-love so symptoms don't become severe.

Clients can be referred by their CASA volunteer, social worker, other advocate, or they can self-refer. Youth are not required to have a CASA volunteer to participate, and teletherapy doesn't end when the youth ages out of foster care.

FEEDBACK FROM OUR PARTICIPANTS

83%

felt the program helped with their trauma

83%

had improvement in self-worth and self-esteem

67%

felt the program helped them with anxiety

50%

felt it helped break bad habits and establish good ones

THE YOUTH IS IN CONTROL AND CAN

decide what to share with the therapist

change their therapist if it is not the right fit

receive gift cards after 3 and 10 sessions

THE PARTNERSHIP

CASA of Contra Costa County is the leading service provider of individualized one-to-one advocacy for youth in foster care.

A Home Within is a national nonprofit that recruits and supports volunteer clinicians who offer free weekly teletherapy to youth currently in care and foster alumni.

CONTACT

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YOUTH REFERRAL APPLICATION

🌐 <https://bit.ly/3zoqHX0>



In June 2021 A Home Within and CASA of Contra Costa County were awarded a 3-year grant through The Community Reinvestment Grants Program administered by the California Governor's Office of Business and Economic Development.