



**SAFEHOUSE**

OPERATION SAFEHOUSE  
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EXECUTIVE DIRECTOR  
KATHY MCADARA

TAX ID 33-0326090



Memorandum of Understanding  
Between  
Operation SafeHouse  
And  
California Military Institute

This Memorandum of Understanding (MOU) establishes collaboration between Operation SafeHouse and California Military Institute for the 2020-2021, 2021-2022, and 2022-2023 school years.

**Purpose and Scope of Responsibilities**

Operation Safehouse will provide the following Peer to Peer (Cup of Happy) services, Stress and Your Mood (SAYM), Cognitive-Behavioral Intervention for Trauma in Schools (CBITS) and Seeking Safety for Transitional Age Youth (TAY) ages 16-25 and for those ages 10-15, who do not fall in the TAY age-range. The goal of the programs is to engage youth in activities that promote healthy lifestyle choices and to change the perception of depression, trauma and mental health issues and getting help. Operation SafeHouse will provide Safe Place and What's Up SafeHouse App cards for youth ages 12-18 years of age. Service providers range from Peer Youth Specialists, Registered and/or Licensed Marriage and Family Therapist, Clinical Social Workers, or Professional Clinical Counselors. If at any time during the school year schools shut down Operation Safehouse will provide the services via Telehealth. California Military Institute will provide confidential office space and/or a meeting room for counseling purposes or event-planning activities for the campus.

Operation SafeHouse will:

- 1) Provide Comprehensive General, Auto, and Professional Liability Insurance with limits for no less than \$1,000,000. Each policy of insurance shall name CMI as additional insured, shall be excess and non-contributory to the primary insurance carried by CMI and shall waive all rights of subrogation. A Certificate of liability with endorsements for the aforementioned requirements shall as be provided to CMI. Operation SafeHouse will indemnify and hold harmless CMI, its officers, agents, and employees from any claim or demand made and every liability, loss, damage, or expense of any nature whatsoever, which may be incurred in relation to this MOU.
- 2) Operation SafeHouse will assign professional staff over 18 years old who have received TB, FBI, and DOJ clearances. If at any time a staff member assigned by Operation SafeHouse has a status change, Operation SafeHouse will provide an updated staff roster and notify the California Military Institute. Furthermore, Operation SafeHouse shall provide to the District accurate and up to date staff rosters as personnel change.

Either organization may terminate this MOU upon thirty (30) days written notice without penalties or liabilities.

Attached is a detailed description of the outreach services provided by SafeHouse.

**Authorization**

Operation SafeHouse

California Military Institute

*Kathy McAdara*  
Kathy McAdara, Executive Director

Date  
6/3/20

NAME AND TITLE \_\_\_\_\_ Date \_\_\_\_\_



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## Operation SafeHouse Outreach and Counseling Services

### SafePlace

Safe Place is a national youth outreach program that educates thousands of young people every year about the dangers of running away or trying to resolve difficult, threatening situations on their own. This easily-replicated initiative involves the whole community to provide safe havens and resources for youth in crisis.

Safe Place creates a network of Safe Place locations — schools, fire stations, libraries, grocery and convenience stores, public transit, YMCAs and other appropriate public buildings – that display the yellow and black diamond-shaped Safe Place sign. These locations extend the doors of the youth service agency or emergency shelter throughout the community. Youth can easily access immediate help wherever they are. Operation SafeHouse has two shelters for youth, one in Riverside and one in Thousand Palms.

### What's Up SafeHouse App

What's Up SafeHouse is a free 24/7 crisis text line and app for youth and young adults in need of emotional support, at any time. Students can anonymously text about themselves or disclose concerns about a friend or loved one. The goal of the program is to provide Youth and young adults, ages 11-24, immediate crisis intervention and/or referrals at their exact time of need and provide them with someone to talk to, anonymously, about their concerns. Common issues that students text about are: suicidal thoughts, depression, parent-child conflicts, peer pressure, drugs, bullying, LGBTQ, relationship issues, or any other issue they want to discuss.

Students can download the app in the app store on their phone or text SHHELP to 844-204-0880 and get connected with a trained counselor within three minutes. Marketing materials, What's Up SafeHouse App cards and posters will be distributed to the counseling centers.

### Peer to Peer

This prevention service utilizes TAY (Transitional Age Youth ages 16 – 25) who reflect the population they will be serving to provide formal and informal outreach, informal counseling, and support/informational groups to at-risk youth and their families. The target youth are TAY who are experiencing depression early in its manifestation and meet criteria to receive service through Stress and Your Mood (SAYM), an evidence-based practice. Criteria to be met include TAY who:

- Identify as Lesbian, Gay, Bisexual, Transgender, Questioning;
- Are currently in or have been in the foster care system;
- Are transitioning into college; and/or
- Are runaway or homeless.

Outreach activities include going to locations frequented by the at-risk youth they are targeting to discuss and promote healthy lifestyles and relationships, deliver literature on risk reduction of mental illness, and provide referrals for mental health and other services as needed. The Peer to Peer services will also be a referral source for Stress and Your Mood (SAYM) for those TAY who are identified as potentially meeting service criteria. This program will utilize youth speaker's bureaus to outreach and educate at-risk youth and the community-at-large of the unique issues each group of identified at-risk youth experience as they relate to mental health and interpersonal issues. The speaker's bureau is intended to educate, reduce stigma about mental illness, and build resiliency in TAY at high risk for the development of mental health problems. Coping and Support Training (CAST) will be offered along with an LGBTQ Support Group, Directing Change Workshops and Mentoring. The programs focus on educating the public about mental health, depression, and suicide prevention.

### Stress and Your Mood (SAYM formerly DTQI)



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The primary program goal is to reduce the duration and impact of depression for TAY (Transitional Age Youth ages 16 – 25) in Riverside County that are the target populations. An additional program goal is to reduce the reoccurrence of depressive episodes for the target population. The program will provide services in culturally appropriate settings, incorporating the needs of the target population. Activities will be situated in de-stigmatizing locations to increase the likelihood of TAY accessing those activities. The setting(s) for service delivery will not be a traditional mental health setting and will assist participants in feeling comfortable seeking services from staff that are knowledgeable and capable of identifying needs and solutions for TAY.

Stress and Your Mood SAYM is an evidence-based early intervention program (EBP) used to treat depression. It is based on the concepts of Cognitive-Behavioral Therapy (CBT). A CBT program contains three phases: conceptualization, skills and application training, and relapse prevention. This program, in line with the concepts of CBT, is low intensity and short in duration. Some family psycho-education regarding depression and family or parent sessions will be included. Consistent with the SAYM model, providers will refer the TAY, as appropriate, for a medication evaluation and work closely with the prescribing psychiatrist to ensure continuity of care if needed.

This early intervention is to be provided by a master's level or higher clinician. The program consists of weekly individual or group sessions (with a maximum of 8 TAY per group) for 10-20 sessions as prescribed by the Evidence Based Practice.

### **Cognitive-Behavioral Intervention for Trauma in Schools (CBITS)**

The primary goal of this Prevention and Early Intervention program is to provide support for youth ages 10-15 who have experienced or witnessed a traumatic event. The objective of the program is to reduce the youth's symptoms of Posttraumatic Stress Disorder (PTSD), including depression and anxiety caused by exposure to violence, which has been used successfully in inner city schools with multicultural populations. CBITS has three main goals: to reduce symptoms related to trauma, to build resilience and to increase peer and parent support. The program will also involve the parents and teachers and the facilitators will have individual sessions with these supportive individuals. This early intervention is to be provided by a master's level or higher clinician. The program consists of weekly group and individual sessions (with approximately 6-8 students) for 10 sessions as prescribed by the Evidence Based Practice.

### **Seeking Safety**

The primary goals of this program is to reduce the duration and harmful effects of trauma for individuals most at risk of developing mental health problems as a result of traumatic experiences. Transitional Age Youth (TAY) ages 16-25, are to receive early intervention services through the use of an evidence-based practice (EBP) Seeking Safety Program. This will result in increased resiliency and development of coping strategies for program participants and reduce the need for ongoing services within the mental health system. The program will be provided in culturally appropriate settings, incorporating the needs of the target population. The program consists of weekly group sessions with approximately 6-8 students for 6-8 sessions as prescribed by the Evidence Based Practice.