

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 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



felt the program helped with their trauma



had improvement in selfworth and self-esteem



felt the program helped them with anxiety



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

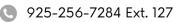
THE PARTNERSHIP

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/3zogHX0

