



Children's Behavioral
Health Services

Youth Crisis Outreach Team (YCOT)

Guiding Youth Safely
Through Crisis



The Youth Crisis Outreach Team (YCOT) program uses trauma-informed interventions and strategies to de-escalate the situation when a youth experiences a mental health crisis and aid in relapse prevention and safety planning. YCOT is a 90-day program that includes in-home and community-based crisis care planning, counseling, case management, peer, and family partner services. Families participating in YCOT services should be prepared to engage in two to four therapeutic sessions each week.

Eligibility

- Youth between the ages of 3 and 17
- Need mental health crisis services and intervention to prevent escalation to more acute settings, such as a hospital, when resolution in a home, school, or community setting is more appropriate.

YOUTH ENROLLED IN YCOT MAY BE:

- Experiencing Department of Family and Protective Services (DFPS) involvement
- Experiencing challenges with school participation, truancy, or multiple referrals for behavioral or mental health services within the school district
- Experiencing family issues, exposure to violence and trauma, or suspected mental health or substance use concerns
- On the inquiry list for the Youth Empowerment Services Waiver
- Experiencing multiple or extended stay at inpatient psychiatric hospitalizations
- Engaged with the juvenile justice system

**To receive more information
on YCOT, please contact:**

Juanita Rodriguez-Cordero

Clinic Administrator

Office: (210) 261-1201

ycotreferrals@chcsbc.org

24-Hour Crisis & Substance Use Helpline

If you or a loved one is having a mental health crisis including suicidal or homicidal ideation, please call the 24-hour crisis and substance use helpline at (210) 223-7233 or 800-316-9241. Please call 911 if harm to self or harm to others is imminent.