Therapeutic Counseling Services

Parent–Child Interaction Therapy ~ Parent–Child Interaction Therapy (PCIT) is an intensive treatment program that is designed to help both parents and children. The PCIT program works with parents and children together to improve the quality of the parent–child relationship and to teach parents the skills necessary to manage their child’s behavior problems. PCIT is appropriate for children who are between the ages of 2 and 7 years. For more information, please contact the Nexus therapy office at 209-257-1980 x 101 or email to bkantner@nexusyfs.org.

Aggression Replacement Training ~ Aggression Replacement Training (ART) is a multimodal therapeutic intervention designed to alter the behavior of chronically aggressive youth. It consists of skill streaming to teach pro-social behavior, anger control to empower youth to modify their own anger responsiveness, and moral reasoning training. ART is offered in small groups and is appropriate for youth who are between the ages of 12 and 18 years. For more information, please contact the Nexus therapy office at 209-257-1980 x 101 or email to bkantner@nexusyfs.org.

Common Ground ~ Common Ground is a skills-building communication course which joins parents and teens in a creative partnership. During the course, parents and teens learn to listen respectfully, communicate honestly and openly, set and respect limits, and appreciate and honor differences. For more information, please contact the Nexus therapy office at 209-257-1980 x 101 or email to wsober@nexusyfs.org.

CHAT Child Counseling Services (CHAT) ~ The CHAT program offers individual therapeutic counseling services to children under 18 years of age who are victims of emotional trauma or abuse. All counseling services are provided free of charge by qualified therapists at the Nexus office in Jackson. To receive information regarding program eligibility requirements or to inquire about CHAT counseling services, please contact the Nexus therapy office at 209-257-1980 x 101 or email to bkantner@nexusyfs.org.

Family Services

Family Resource Centers ~ The Family Resource Centers (FRCs) offer access to programs, services, and events that strengthen the community and enhance the quality of life of Amador County residents. Family Advocates are available at each FRC to provide case management services and help community members access resources to support personal growth, mental health stability, wellness, and resiliency. The FRCs include the Upcountry Community Center in Pine Grove at 209-257-1980 x 111, the Camanche Lake Community Center in Ione/Camanche at 209-257-1980 x 103, and the Ione Family Resource Center at (209)257-1980 x 116. For more information, please call or email to eswett@nexusyfs.org.

Home Visiting ~ Home visiting services include individualized parenting support for families with children. Case management services, referrals, and assistance with accessing and obtaining community resources are also provided to help strengthen and protect families. For more information, please contact Emma Swett at 209-257-1980 x 105 or email to eswett@nexusyfs.org.

Parenting Classes ~ Parenting with a Purpose classes are an interactive and supportive group instruction course where parents and caregivers can learn and strengthen practical, proven and positive parenting skills. Classes include building nurturing parenting skills, daily routines, child safety and nutrition, physical and emotional development in children, appropriate expectations, positive discipline techniques, communications skills, and building on parental strengths. For more information, please contact Emma Swett at 209-257-1980 x 105 or email to eswett@nexusyfs.org.

No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, medical condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.
Promotores de Salud ~ The Promotores de Salud is a “peer to peer” program that utilizes Spanish-speaking peer educators, or Promotoras. The Promotoras conduct educational presentations and perform community outreach activities on behavioral health topics to Spanish-speaking Hispanic/Latino groups and individuals within the community. The Promotoras also help Latino community members connect to local resources and access behavioral health services. For more information, please contact Denisse Estrada Sanchez at 209-257-1980 x 104 or email to destradasanchez@nexusyfs.org.

Asthma Mitigation Project ~ The Asthma Mitigation Project is an educational and resource connection referral program for children, adults and seniors diagnosed with uncontrolled asthma. This program offers home visiting services to support improved asthma outcomes and quality of life as well as access to asthma remediation equipment and products. For more information, please contact Denisse Estrada Sanchez at 209-257-1980 x 104 or email to destradasanchez@nexusyfs.org.

Student Assistance Program ~ The Student Assistance Program offers support for school staff, child care providers and community members to help students and their families access mental health and wellness services as well as direct assistance to obtain needed resources and therapeutic interventions. For more information, please contact Emma Swett at 209-257-1980 x 105 or email to eswett@nexusyfs.org.

Youth Services

Friday Night Live ~ Friday Night Live (FNL) is a youth leadership program with active chapters at school campuses in Amador County. FNL builds partnerships for positive and healthy youth development. FNL activities include drug and alcohol prevention, problem gambling awareness, teen tobacco use, bullying prevention and traffic safety. For more information, please contact 209-257-1980 x 115 or email to shartmann@nexusyfs.org.

Youth Empowerment Project ~ Youth Empowerment Project (YEP) staff provide the Project SUCCESS program on school campuses. Project SUCCESS teaches and supports social competency skills such as positive communication and decision-making, stress and anger management, tobacco, drug and alcohol prevention strategies, problem-solving, and resisting peer pressure. For more information, please contact Lori Halvorson at 209-257-1980 x 107 or email to lhalvorson@nexusyfs.org.

180° You-Turn ~ The 180° You-Turn program provides comprehensive services for at-risk young people living in Amador County. Referred youth participate in weekly group meetings, attend monthly field trips, and work closely with an assigned mentor. For more information, please contact Stephen Hartmann at 209-257-1980 x 115 or email to shartmann@nexusyfs.org.

Court Appointed Special Advocates ~ Court Appointed Special Advocate (CASA) volunteers are appointed by the Juvenile Court Judge to advocate for the best interest of children who are involved in the court system due to abuse or neglect. The CASA program provides training, guidance, support, and supervision for CASA volunteers. For more information, please contact Fara Roberts at 209-257-1980 x 108 or email to froberts@nexusyfs.org.

Independent Living Program ~ Independent Living Program (ILP) staff provide life skills instruction and case management services for youth in foster care, non-minor dependents, and emancipated youth. Youth referred for ILP services participate in a wide range of activities, classes, and field trips designed to prepare them for adulthood. For more information, please contact Katie Rodriguez at 209-257-1980 x 123 or email to krodriguez@nexusyfs.org.