



### History

The CAARE Center was founded in 1988 and is part of the UC Davis Children's Hospital in Sacramento, California. The CAARE Center staff includes psychologists, a psychiatrist, clinical social workers, marriage and family therapists, home visitors and administrative support staff.

### Prevention initiatives

- Public service announcements on television and radio.
- Educational videos, DVDs and brochures.
- Collaboration with federal, state and community agencies and associations.

### How to refer a child for services

- The CAARE Center is an EPSDT/Medi-Cal provider. Eligible children can be referred through the Sacramento County ACCESS Team at 916-875-9980.
- Trauma Recovery Services are provided via a grant from Cal EMA. Call us at 916-734-8396.

### CAARE Center leadership

Anthony Urquiza, Ph.D.  
*Director, Mental Health Services*

Michele Ornelas Knight, Psy.D.  
*Associate Director, Mental Health Services*

Dawn Blacker, Ph.D.  
*Associate Director, Mental Health Services  
Co-Training Director*

Eric Vargas  
*Community Health Program Assistant Chief*

Sharon Rea Zone, L.C.S.W.  
*Infant Mental Health Program Manager*

*For more information on how to support the CAARE Center, please contact Health Sciences Development, UC Davis Health System, Office of Planned Giving at 916-734-9400 or visit [healthsystem.ucdavis.edu/creativegiftplanning](http://healthsystem.ucdavis.edu/creativegiftplanning).*

## UC DAVIS CHILDREN'S HOSPITAL

CAARE Diagnostic and Treatment Center  
3671 Business Drive  
Sacramento, CA 95820  
916-734-8396  
[healthsystem.ucdavis.edu/caare](http://healthsystem.ucdavis.edu/caare)

Parent Child Interaction Therapy  
[pcit.ucdavis.edu](http://pcit.ucdavis.edu)

## Mental Health Services

Specializing in services for abused and neglected children ages birth to 21

## UC DAVIS CHILDREN'S HOSPITAL



The UC Davis Child and Adolescent Abuse, Resource, Evaluation (CAARE) Diagnostic and Treatment Center's mission is to provide patient care, teaching, research, and prevention initiatives on behalf of abused and neglected children.

### Mental health services

- **INDIVIDUAL THERAPY** to assist children ages 4-21 experiencing mental health problems such as depression, anxiety and/or behavioral problems.
- **GROUP THERAPY** to assist children ages 3-21 with social and behavioral problems.
- **FAMILY THERAPY** to help children and families build healthy relationships through improved communication, problem solving and healthy coping strategies within the family system.
- **IN-HOME BEHAVIORAL MANAGEMENT** in-home services to support the family as part of a child's overall treatment plan. Services focus on improving daily living skills, routines, reducing disruptive behaviors and improving compliance,
- **INFANT MENTAL HEALTH SERVICES** for children ages 0-3 support strong and nurturing relationships between infants or young children and their primary caregiver(s). Services focus on "goodness of fit" and behavioral concerns to promote healthy social and emotional development.

Services are provided in homes or in community based and clinic settings.

Services may also be provided to pregnant teens, under the age of 21 years.

### Evidence-based treatments

- **PARENT-CHILD INTERACTION THERAPY (PCIT):** PCIT is an intensive treatment program for children ages 2-7 that is designed to help both parents and children. PCIT works to improve the quality of the parent-child relationship by teaching parents the necessary skills to manage their child's severe behavioral problems.
- **TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT):** TF-CBT is treatment shown to help children and adolescents ages 4-18, and their caregivers to overcome trauma-related difficulties. The goal is to address the needs of children with problems related to traumatic life experiences.
- **DIALECTICAL BEHAVIOR THERAPY (DBT):** DBT is a treatment designed specifically for individuals with self-harm behaviors, such as cutting, suicide attempts and suicidal ideation. Many meet criteria for Borderline Personality Disorder and all have problems with emotional regulation. DBT is offered to adolescents and young adults ages 12 to 21.

### Psychiatric services

- **PSYCHIATRIC SERVICES** provide medication evaluation of children as part of their overall treatment plan.

### Evaluation services

- **PSYCHOLOGICAL EVALUATIONS** assess a child's cognitive, emotional and behavioral functioning. Common referral concerns include differential diagnoses and treatment planning.
- **CHILD WELFARE EVALUATIONS** are court-ordered evaluations to assess a child's current functioning, a parent's current functioning, a parent's parenting ability, and/or sibling relationships.
- **EMERGENCY RESPONSE (ER) CONSULTATIONS** to review and provide feedback regarding case records and/or mental health reports, conduct face-to-face mental health assessment, feedback regarding mental health status, assist in linkage to necessary mental health services.

### Training programs

The CAARE Center offers exceptional training programs for pre-doctoral interns, post-doctoral fellows, and MFT and MSW interns specializing in the area of child maltreatment.

Training and supervision is offered in PCIT, TF-CBT, individual, group and family therapy, psychological evaluations and child welfare evaluations, depending on the program. The APA accredited clinical psychology program subscribes to a practitioner-scholar model and emphasizes knowledge of current research to guide assessment and intervention.