

## About us

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, patient navigators and administrative support staff.

### CAARE Center leadership

**Michele Ornelas Knight, Psy.D.**

Director

**Dawn Blacker, Ph.D.**

Clinical Director and Training Director

**Blake Carmichael, Ph.D.**

Evaluation Manager

**Susan Goff Timmer, Ph.D.**

Director of Research

**Eric Vargas**

Community Health Program Assistant Chief

**Gina LaTour**

Community Health Supervisor

**Elizabeth Mota-Garcia, L.C.S.W., M.A.**

Training Director

For more information on how to support the CAARE Center, please contact Health Sciences Development and Alumni Relations at **916-734-9400** or visit [health.ucdavis.edu/giving/contact-us.html](https://health.ucdavis.edu/giving/contact-us.html).

**UC DAVIS**  
**HEALTH**

**CHILDREN'S**  
**HOSPITAL**



**UC DAVIS**  
**HEALTH**

**CAARE Diagnostic  
and Treatment Center**

3671 Business Drive  
Sacramento, CA 95820  
916-734-8396

[health.ucdavis.edu/caare](https://health.ucdavis.edu/caare)

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## Mental health services

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

# Our mission

The CAARE Center's mission is to provide patient care, teaching, research and prevention initiatives on behalf of abused and neglected children and youth identified as high-risk.

## 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.

**Behavioral management** 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 supports 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.

## Psychiatric services

Psychiatric services provide medication evaluation of children as part of their overall treatment plan.

- 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)** is an intensive treatment program for children ages 2–7 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.

**PC-CARE** is a 6-week intervention designed to improve the quality of the caregiver-child relationship and to teach caregivers skills to help them manage their children's difficult behaviors. In PC-CARE, therapists teach and coach caregivers to increase their positive caregiving skills and to find the behavior management strategies that are most effective for their family.

**Trauma-focused cognitive behavioral therapy (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 behavioral therapy (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 12–21.

## 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 for victims of crime are provided via a grant from Cal OES. Call us at **916-734-8396**.

Learn more about the CAARE Center at [health.ucdavis.edu/caare](http://health.ucdavis.edu/caare).



## 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.

**Mental health consultations** to review and provide feedback regarding case records and/or mental health reports, conduct face-to-face mental health assessment, feed-back regarding mental health status and 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.