

Division of Trauma Recovery Services

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Interim Division Director: Sarah B. Metz, PsyD ^[1]
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The Division of Trauma Recovery Services encompasses four community-based mental health programs ? the Child and Adolescent Support Advocacy and Resource Center (CASARC), the Trauma Recovery Center (TRC), the Rape Treatment Center, Survivors International (SI), and the Neurotrauma Outreach Program (NTO) ? as well as Zuckerberg San Francisco General's Neuropsychology Service.

Child and Adolescent Support Advocacy and Resource Center (CASARC)

995 Potrero Avenue, Building 80m Ward 80
San Francisco, CA 94110
Phone: (415) 206-8386
Website: casarc.org ^[3]

CASARC provides specialized professional services to children, adolescents (up to age 18), and their families who have experienced trauma, including physical or sexual abuse and witnessing severe violence.

Children referred receive a physical exam and undergo a special interview that focuses on the event or events experienced by the child to collect evidence to be used in any potential legal action. Case management and trauma-focused psychotherapy for individuals, groups, and families is also provided as needed. CASARC also provides education about these issues to community providers including teachers, physicians, and child welfare workers.

CASARC forensic services are conducted in partnership with the San Francisco Police Department, San Francisco District Attorney's Office, San Francisco Human Services Agency, San Francisco Victim's Service Agency, and the Child Abuse Prevention Center. CASARC practices assessment-based treatment, considered a best practice modality in the field of child trauma.

Trauma Recovery Center (TRC)

2727 Mariposa Street, Suite 100
San Francisco, CA 94110

Phone: (415) 437-3000

Fax: (415) 437-3050

Website: traumarecoverycenter.org [4]

The TRC serves those who have experienced trauma, violence, and loss.

The Rape Treatment Center at TRC is a team of nurse practitioners and physician assistants that provide medical treatment and forensic evidence collection to adult survivors of sexual assault who present at the Zuckerberg San Francisco General Emergency Department.

The TRC is made up of multidisciplinary mental health team members who provide evidence-based psychotherapy, clinical case management, assertive outreach, and psychiatric medication services to adult San Francisco residents who are recent victims of violent crime. It operates Monday through Friday from 8 a.m. to 5 p.m. and on Tuesdays until 7 p.m.

Trauma Recovery Center services include:

- Mental health treatment including: clinical assessment, evidence-based individual and group psychotherapy, psychiatric assessment and medication management, as well as clinical case management
- Follow-up evaluation for adult victims of sexual assault
- Community education on all aspects of sexual assault
- Psychiatric assessment and diagnosis
- A harm reduction approach to treating substance abuse
- Medication evaluation and pharmacotherapy
- Patient education
- Outpatient consultation and liaison
- Liaison to the San Francisco Police Department, San Francisco District Attorney's office, and the local victim witness office
- Using JCAHO Leadership Standards, provides the framework for planning, directing, coordinating, providing and improving care, treatment, and services to respond to community and patient needs and to improve health care outcomes

Survivors International of the TRC

Survivors International (SI) has been a program of the UCSF-ZSFG Trauma Recovery Center since 2012 and provides interdisciplinary, team-based clinical, and wrap-around services to survivors of torture. These include: psychological and case management services to help heal the wounds of torture for those who have survived persecution and have fled to the United States seeking safety and freedom, and psychological and medical asylum evaluations. The program aims to help survivors re-establish healthy, productive lives by providing support and ensuring access to comprehensive services. SI serves residents of San Francisco.

SI also provides training programs for clinicians, individuals, and agencies working with refugees and asylees to improve their understanding of the experiences of torture and its psychological impact on the person, so treatment interventions can be optimized.

Neurotrauma Outreach Program of the TRC (NTO)

The Neurotrauma Outreach Program is a collaboration between Zuckerberg San Francisco

General's Division of Neurosurgery and the Department of Psychiatry's Neuropsychology Service and Trauma Recovery Center. The goal of the program is to expand services for patients receiving care in the San Francisco Community Health Network who are recovering from traumatic brain injury (TBI) and may be at greater risk for problems such as unemployment, homelessness, substance abuse, depression, anxiety, and other mental health issues. NTOP social workers at TRC work closely with an interdisciplinary team of neurosurgeons, neurologists, nurse practitioners, neuropsychologists, rehabilitation specialists, and psychiatrists to improve care and follow-up services for TBI patients once they leave Zuckerberg San Francisco General.

For all TRC programs

Trauma services are individualized for the needs of the specific patient and draw on many evidence-based modalities of care. After initial stabilization, clients with significant trauma-related psychiatric symptoms, or those at high risk for re-victimization, are offered time-limited trauma-informed individual psychotherapy. Up to 16 sessions are offered, with the possibility of extension for clients with continued medical or psychiatric necessity.

Trauma-informed treatment incorporates psychotherapeutic approaches that have proven most effective for PTSD and other disorders, such as depression, borderline personality disorder, and substance use disorder. These include cognitive behavioral therapy, stress inoculation therapy, cognitive processing therapy, dialectical behavior therapy, interpersonal and supportive therapy, and when appropriate, prolonged exposure therapy. The TRC utilizes a harm reduction approach (including motivational interviewing) for clients with co-occurring substance abuse issues and provides access to Seeking Safety group therapy for clients with co-occurring PTSD and substance use disorders.

Neuropsychology Service

Program Director, Primary Care: Christina Weyer-Jamora, PhD ^[5]

The Neuropsychology Service provides direct clinical service to Zuckerberg San Francisco General patients who are referred by their treating physician for inpatient or outpatient psychological and neuropsychological evaluations. Patient evaluations assist with determination of a neurological and psychiatric diagnosis, and help determine appropriate therapeutic, rehabilitative, remedial, and counseling strategies.

The Neuropsychology Service provides services in Cantonese, English, Spanish, and Vietnamese. Clinicians see many diverse behavioral and psychiatric conditions consistent with the Zuckerberg San Francisco General primary medical setting. We particularly provide specialized assessment of individuals with traumatic brain injury and dementia.

Services include:

- Personality and or/neuropsychological evaluation
- Diagnostic clarity
- Consultation on treatment planning
- Psychosocial evaluation
- Treatment planning
- Patient and family education

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Links

- [1] <https://profiles.ucsf.edu/sarah.metz>
- [2] <https://directory.ucsf.edu/people/search/id/3825>
- [3] <http://www.casarc.org/>
- [4] <http://traumarecoverycenter.org/>
- [5] <https://directory.ucsf.edu/people/search/id/33606>