

## Mental Health and Counseling Services

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Rural Innovations in Social Economics, Incorporated (RISE, Inc.) now provides preventative and therapeutic mental health care to individuals and families in the rural areas of Yolo County. We work closely with schools in the cities of Winters, Esparto and Knights Landing. RISE, Inc. has been providing services and programs in rural western Yolo County since it was established in 1987. Administrative offices are located in Esparto and Winters.

Our therapists are trained licensed Clinical Social Workers, Marriage and Family Therapists, Professional Clinical Counselors, registered Associates and Master's level graduate students. Our professional staff are equipped with on-going updated trainings to meet the needs of our clients.

We offer assessment, education and treatment services for a range of mental health difficulties to both Medical members and students in our rural communities.

Sessions are available in English and Spanish.

## Office Locations

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### Winters

200 Baker Street  
Winters, CA 95694  
(530)-794-6000

### Esparto

17317 Fremont St.  
Esparto, Ca. 95627  
(530) 787-4110

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### Other rural areas served:

Knights Landing

Let us know how we can be of service to you through counseling sessions.

Call either of our main offices to inquire about School-Based Mental Health and Substance Abuse referrals.

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### Mental Health Director

**Patty Jaime**

[patty@riseinc.org](mailto:patty@riseinc.org)

Visit our website: <http://riseinc.org/>



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Supporting People to  
Live Healthy Lives

**Rural Mental Health Services**

## Individual Therapy

Clients of all ages seeking individual therapy will meet with a therapist, one-on-one, to identify needs and to set goals. As needed, therapists will include caregivers and work with them and the client on resolving the issues associated with the identified goals.

Our core services include counseling for individuals, families, children and adolescents. Adults seeking services must have Medi-Cal Beacon Partnership.

### Common issues:

<b>Stress</b>	<b>Abuse</b>
<b>Anxiety</b>	<b>Self Esteem</b>
<b>Relationships</b>	<b>ADHD</b>
<b>Depression</b>	<b>Divorce</b>

## Treatment Modalities

At RISE, Inc. we offer a wide variety of treatment methods that include Art Therapy, Sand Tray Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness, Motivational Interviewing, Dialectical Behavioral Therapy (DBT), Trauma Focused-CBT, TEAM-CBT, Parent-Child Interaction Therapy (PCIT) and various forms of play therapy.

## School-Based Mental Health Services

Good mental health is critical to children's success in school and life. Students who receive social-emotional and mental health support perform better academically. Left unmet, mental health problems can result in academic and behavior problems, dropping out, and delinquency. Professional counselors are available to help students work through a wide variety of issues that they might be facing. Services are free to students in Esparto Schools, as well as Winters Waggoner. Please contact the Principal or School Counselors. Madison High, Winters Rominger/Middle School/High School and Knights Landing Sci-Tech Academy students must have Medi-Cal Beacon Partnership.

## Substance Abuse Services

Decisions about alcohol or drug use tend to be among the most common challenges encountered by teenagers. Research shows that less than 10% of adolescents receive the specialty treatment needed to manage alcohol and drug abuse. RISE, Inc. has developed a substance abuse program to engage teens and allow them the opportunity to receive services in a school setting. This program is available to Middle School and High School students in Esparto and Winters.

## Mental Health Facts

- ✓ 1 in 5 children ages 13-18 have, or will have a serious mental illness
- ✓ 11% of youth have a mood disorder
- ✓ 10% of youth have a behavior or conduct disorder
- ✓ 8% of youth have an anxiety disorder
- ✓ Suicide is the 3<sup>rd</sup> leading cause of death in youth ages 10-24
- ✓ Lesbian, gay, bisexual transgender and questioning (LGBTQ) youth are 2 to 3 times likely to attempt suicide than straight youth
- ✓ Over 1.7 million youth in America with major depressive episodes did not receive treatment

Percentage of 9<sup>th</sup> grade students who seriously considered attempting suicide:

- Esparto Unified: 18.2%
- Woodland Joint Unified: 26.1%
- Davis Joint Unified: 18.4%
- Washington Unified: 18.0%

This document cites statistics provided by the National Institute of Mental Health. [www.nimh.nih.gov](http://www.nimh.nih.gov) and [www.kidsdata.org/](http://www.kidsdata.org/)