



**Providing Mental Health,
Social and Supportive
Services to the Community**





Our Mission

El Centro de Amistad, Inc., is a multilingual, cross-cultural organization providing a comprehensive range of mental health services, anticipating the ever-changing needs of families and individuals in the San Fernando Valley. El Centro de Amistad, Inc. is committed to assisting children, adults, and families.

El Centro de Amistad, Inc. is a 501c(3) nonprofit organization whose mission is to provide a comprehensive range of mental health services to low-income families and individuals in the San Fernando Valley. El Centro de Amistad, Inc. is committed to assisting children, adults, and families.

About Us:

El Centro de Amistad, Inc. is a multicultural organization in the San Fernando Valley providing mental health services. Established in 1977, our mission began to combat challenges such as gang activity and unemployment prevalent in the Latino community. We've expanded our reach through partnerships with entities like San Fernando Mental Health Centers Inc. and government agencies. Initially concentrating on substance abuse services for vulnerable youth, our offerings now encompass a wide array of mental health programs and family support services. With a dedicated team of over 100 professionals, we've impacted the lives of over 110,000 individuals, prioritizing community empowerment and support.



Our Programs

Department of Mental Health (DMH) Programs:

Children and Adult Outpatient Programs provide ongoing mental health services to individuals from birth to older adulthood. The goal of the Outpatient Program is to stabilize clients' mental health issues, make them more independent, and acquire healthier coping skills to function better socially, emotionally, and behaviorally within the home, work environment, school, and community settings. Services may include individual, family, group therapy, case management, rehabilitation, peer support, and medication support.



Multidisciplinary Assessment Team (MAT) Program is a collaboration between the Department of Children and Family Services (DCFS), the Department of Mental Health (DMH), and community-based mental health provider agencies. It is designed to ensure the immediate and comprehensive assessments of children and youth entering out-of-home placement. The assessment is meant to help a family meet the needs that the child(ren) may have that place the family in danger of a lengthy separation.

CalWORKs Program provides mental health services, medication support, individualized employment services, case management, peer advocacy, and outreach to address mental health issues that are barriers to employment. Participants are over 18 years old and live and care for their children. Referrals are provided by the Department of Public Social Services (DPSS) GAIN Program.



Scan to view a full list of our services.

Department of Children and Family Services (DCFS) Programs:

Family Preservation (FP) provides strength-based collaborative services aimed at helping families who are referred from DCFS to identify and build upon existing strengths; resolve child safety concerns; advocate for their children at school and in other public settings; and expand, or establish, the family's connection to resources and support in the community.

Relative Home Assessment Services (RHAS) is a family-friendly and child-centered caregiver approval process for children removed from their homes and in need of a safe placement with a relative caregiver. RHAS is a collaborative program between DCFS and ECDA that unifies approval standards for all caregivers, regardless of the child's case plan.



Substance Abuse Mental Health Services Administration (SAMHSA) Funded

Infant & Early Childhood Mental Health (IECMH)

Program provides evidence-based mental health services to infants and children aged 0-12, focusing primarily on the 0-5 population. Mental Health Consultation and training services are offered to 0-5 providers, the community, families, and mental health workers. The program's goal is to educate the community on 0-5 and childhood issues, enhance an infant's and child's mental health, improve social and emotional development, and reduce risk, particularly for those who have experienced trauma.

**Programs are geared toward low-income consumers. ECDA accepts Medi-Cal, Medi-Cal Expansion (MCE), and Managed Care Health Insurance Plan (MCHIP) coverage as applicable. Services are provided virtually, in the office, home, school, and community settings.*

- Limited funding is available for uninsured consumers.

Mental Health - Assessments, treatment planning, individual, family, and group therapy, collateral, and rehabilitative and Community Outreach Services (COS) are provided to qualifying consumers. Treatment is evidence-based and individualized according to symptoms, culture, situation, and age.

Case Management - Linkage and referrals, advocacy, and supportive services to access medical, educational, social, vocational, community, and rehabilitative needs are provided for qualifying consumers.

School-Linked -

Mental health, case management, consultation, and supportive services are provided on-campus to students meeting criteria within specific contracted LAUSD and Charter schools within the San Fernando Valley.



Medication Support - Assessment, follow-up, and prescription of psychotropic medication services are provided by a licensed psychiatrist as needed to consumers who qualify for services.

Peer Support - An ECDA Peer Partner with lived mental health experience provides non-clinical strength-based support and advocacy to current ECDA consumers. Services include outreach and engagement, education and linkage to tools and resources, and other types of assistance.



Employment Services - Employment and training services to current and former CalWORKs recipients are provided by our Employment Specialist (ES). The ES also provides coaching support and assistance with setting short- and long-term employment goals.

Family Preservation (FP) In-Home Outreach Counseling Services (IHOC) - The FP IHOC provides counseling, parenting classes, child-focused activities, mentoring, case management, and teaching and demonstrating to program participants.

Relative Home Assessment Services (RHAS) - Comprehensive psychosocial assessment, home orientation/home environment check, and training are provided for all families in RHAS.

Infant Massage (IM) - IM is designed to provide short-term services for infants 0-6 months aimed to support the infant's development through caregiver bonding and attachment. Sessions are baby-driven; Caregivers are encouraged to respond to their infant's needs. Trained IM therapists focus on providing individual support to families affected by trauma.

Free Legal Clinic - ECDA's Legal Clinic is a privately funded program that provides free legal assistance in civil cases to ECDA clients.

FamilySource Center

Located in Panorama City, the FamilySource Center (FSC) is a neighborhood center for social, educational, work, and family support services. FSC aims to support low- and moderate-income parents and guardians with children up to the age of 17. FSC's mission is to help eligible LA City residents be on the pathway out of poverty; prepare low-income children and youth to graduate from high school and qualify for post-secondary education; provide safe, stable, and affordable housing services for those at risk of displacement; and financially empower low to moderate income City residents through asset building.

Free Services May Include:

- Multi-Benefit Screening
- Information and Referrals
- Case Management
- Financial Education and Coaching
- Income Tax Preparation
- Housing Advocacy & Limited Financial Assistance for Rental or Utility Arrears (separate application required)
- Mental Health Referrals
- Pre-Employment and Employment Support
- College Corner Mentoring/Tutoring
- Art and Cultural Activities
- Other Supportive Services (Immigration support, parenting classes, psycho-education, etc.)
- Civic Engagement





Psychological Assessment Services

Psychological Assessment Services are a series of interviews and tests to assess a child's strengths and weaknesses and determine how he or she is functioning socially, academically, psychologically, and emotionally. The assessments are currently being administered to children and teens between the ages of 6 to 16. All Psychological Assessment Services will be conducted by Licensed Psychologists, Psychological Associates, and/or doctoral students supervised by a Licensed Psychologist. You may expect a 2-hour session, approximately 4 to 6

test sessions. The test sessions consist of the client completing short activities, answering questions, and completing tasks. Breaks are offered during the tests. The result can help provide additional suggestions and recommendations to further support the child and their treatment.

Neurofeedback Services

Neurofeedback is a type of biofeedback for the brain that reinforces healthy brain function. It allows clients to observe their brainwave activity in real-time and rewards shift toward a calmer and more stable brain state. Sensors are attached to the scalp with paste and act like tiny microphones to pick up brainwave signals. These signals are processed by a computer and played back to the client via a video, or video game, music, and a vibrating stuffed animal, which alert the brain to healthier activity. Neurofeedback is commonly used to manage stress, pain, migraines, and symptoms related to trauma and other mental health issues. The typical course of treatment is 20 sessions from 1 to 2 times weekly. However, in the first 5 to 10 sessions most clients see results.





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YouTube El Centro de Amistad Inc.

Contact Us:

Canoga Park Office

7038 Owensmouth Ave
Canoga Park, CA 91303
Phone: 818-347-8565
Fax: 818-347-0506

San Fernando Office

566 South Brand Blvd
San Fernando, CA 91340
Phone: 818-898-0223
Fax: 818-361-5384

Panorama City Office

14500 Roscoe Blvd, Ste 205
Panorama City, CA 91402
Phone: 818-441-7127