



San Diego Youth Services (SDYS) has improved the lives of more than 720,000 homeless, runaway and other vulnerable youth since 1970. We provide safe places to live and long-term solutions through shelter, foster homes, community centers and housing. Through prevention, early intervention and treatment, we also help youth before they need higher levels of care or become homeless. SDYS serves youth at more than 100 community locations.

Our mission is to empower youth to reach their highest potential.

sdyouthservices.org

For more information or to schedule a presentation about our programs contact:
(619) 258-6877 x3253



Prevention & Early Intervention

Building futures for 50 years



Support Services for Schools,
Children and Families

3845 Spring Drive
Spring Valley, CA 91977
(619) 258-6877 x3253

Mailing Address:
San Diego Youth Services
P.O. Box 639
Spring Valley, CA 91977

Why would I participate?

With participation in the PEI Program you can:

- Assist your child in expressing their feelings and solve their own problems
- Connect with other families
- Enable your child to do better in school
- Find supportive resources in your community
- Help your child make friends
- Increase communication with your children
- Learn new positive parenting skills
- Reduce negative behavior at home

Join Us in Building Futures

Give, volunteer and learn other ways you can help at sdyouthservices.org.



Program Summary

The San Diego Youth Services East County Prevention and Early Intervention (PEI) Program provides services to children and families at **Bancroft and La Presa elementary schools within the La Mesa Spring Valley School District and Meridian, Madison and Naranca elementary schools within the Cajon Valley Union School District.** The PEI Team works with children and their families to improve adult-child relationships both at school and in the home.

The program's goals are to prevent behavioral problems and serious mental illness in elementary school-aged children and to support families who are struggling with these concerns.

East County PEI utilizes the Incredible Years evidence-based model to improve the lives of children and families in the community.



Child Services

Classroom Activities

Students (Preschool to 2nd grade) participate in weekly Dinosaur School lessons in the classroom. The classroom activities include topics such as:

- Appropriate school behavior
- Feelings identification
- Problem solving
- School rules
- Social skills



Child Behavior Groups

After School Child Behavior Groups (Preschool to 3rd grade) are designed to support children who are struggling with their behavior at home and/or in school. The groups focus on the following:

- Building confidence and self-esteem
- Concentrating and following directions
- Expressing emotions in a healthy manner
- Improving adult-child interactions
- Increasing positive behaviors



All services offered are free!



Parent/Family Services

Parenting Support Groups

Parents and family members are introduced to similar strategies the PEI Team uses with the children during Classroom Activities and Child Behavior Groups. These strategies include positive discipline and how to effectively teach your child new positive behaviors.

Skills learned can be used to improve parent-child relationships and help children succeed. Participants also build a support system by getting to know other parents in the community.

Family Workshops

Family wellness activities are available to the community to promote well-being, self-care and community involvement such as:

- Academics
- Cultural Awareness
- Dance / Exercise
- Drug Prevention
- Financial Planning
- Nutrition and Wellness



PEI provides free childcare during all parent support groups.