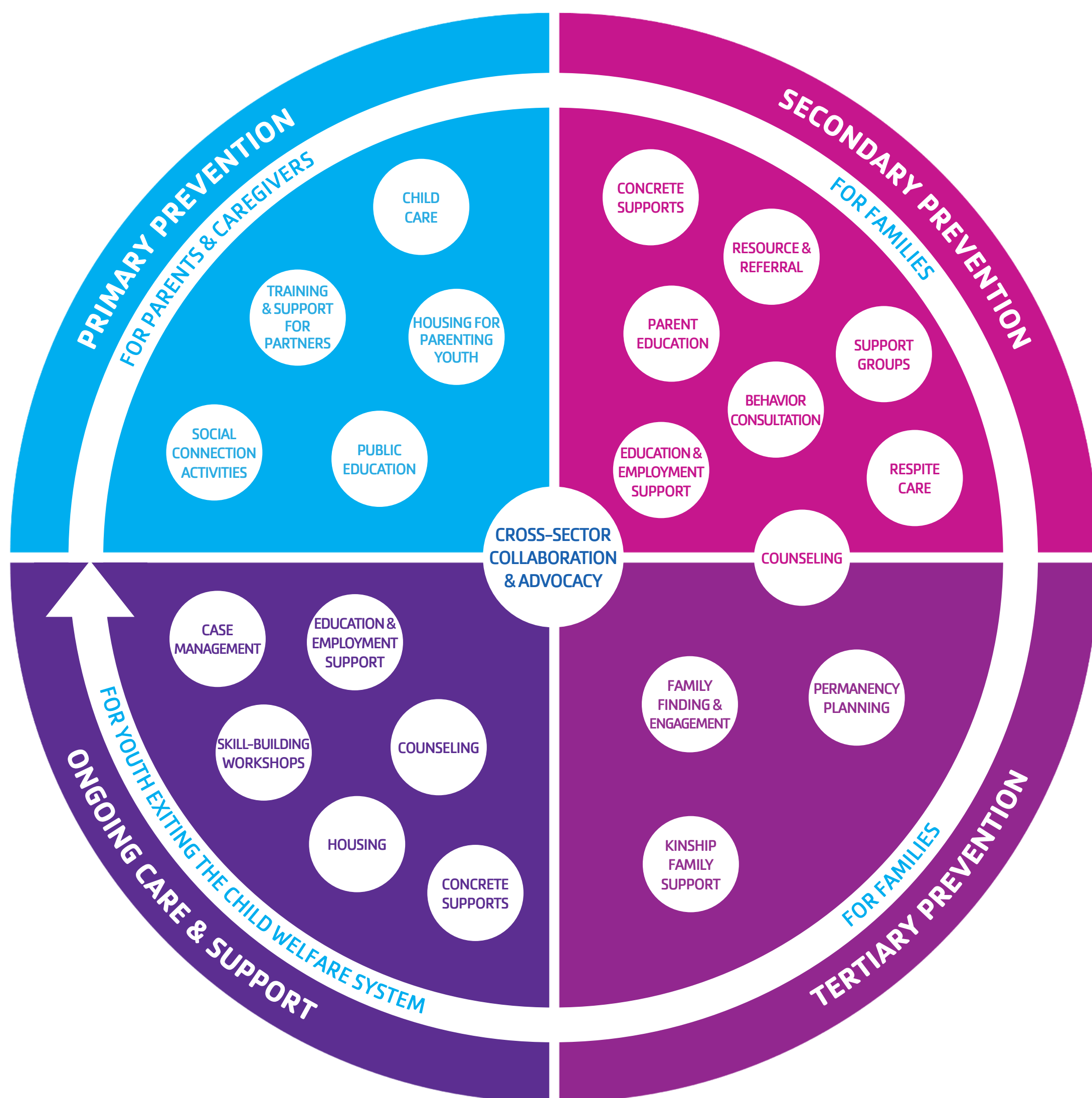


CONTINUUM OF CARE TO STRENGTHEN CHILD, YOUTH, & FAMILY WELL-BEING

YMCA OF SAN DIEGO COUNTY



The **YMCA of San Diego County** offers a robust continuum of care intentionally designed to strengthen child, family, and community-well-being, ultimately preserving families and reducing child maltreatment. Our holistic and integrated approach emphasizes the shift from mandated reporting to **community supporting** and is informed by best and emerging practices in the field, which prioritize **trauma-informed interventions** and draw upon the valuable **lived expertise** of our clients and staff. Through decades of meaningful relationship-building across community sectors, our Y has formed a network of collaborative partners **advocating for systems-level change** to reduce maltreatment, prevent system involvement, and rectify injustices that cause harm and separation within families. At the heart of our work, we prioritize continuous learning, evaluation, and dissemination of our efforts, engage deeply with communities in **co-designing solutions**, and strive to create **safe and thriving environments** for all.



PRIMARY PREVENTION

Proactive measures to promote overall well-being for the general population by preventing maltreatment before it occurs

SECONDARY PREVENTION

Focused strategies to build protective factors, mitigate risk factors, and provide support to individuals and families who are more likely to experience maltreatment

TERTIARY PREVENTION

Comprehensive system engagement and interventions to mitigate trauma, prevent recurrence, and provide support to individuals and families who have experienced maltreatment

ONGOING CARE & SUPPORT

Wraparound services to support young people exiting the child welfare system overcome trauma, develop valuable skills, form positive relationships, and achieve long-term success

FOR MORE INFORMATION, CONTACT LYNDSEY MACARANAS AT LWILDERS@YMCASD.ORG.