



Foundation 2

JUVENILE & FAMILY ASSISTANCE & STABILIZATION TRACK (J-FAST)

Youth in Crisis?

Caring for a child with mental health concerns or substance abuse problems has its own demands and challenges. As a parent or guardian, it's easy to feel overwhelmed, and sometimes you need to reach out for help.

J-FAST partners with local districts to stabilize school-based crisis situations and connect students with immediate services.

WHO WE HELP

J-FAST works with Linn County families of youth (ages 5-17) at risk of hospitalization, committal, or residential placement. We are uniquely suited to help parents or schools in situations where youth are struggling with **depression, violent behavior, substance abuse, self-harm and/or thoughts of suicide.**

HOW WE CAN HELP

Committal is sometimes necessary for youth who pose an immediate risk to themselves or others. In other cases, less disruptive alternatives such as counseling or in-home services may be an option. J-FAST will help you weigh your choices and decide what is most beneficial for your child and family.

J-FAST case managers can assist in the coordination of services and refer you to important local resources. They also work with families to help prevent future psychiatric hospitalization or out-of-home placement. This service is free to Linn County families.

J-FAST services are available 24/7 to offer a quick response to your immediate needs. To connect with J-FAST, call our 24/7 Crisis Line: **(319) 362-2174.**

J-FAST is a joint effort between Foundation 2, Horizons, ASAC, Abbe Center, Tanager Place and St. Luke's Hospital.



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Help is available 24 hours a day,
365 days a year.

Call **(319) 362-2174** locally,
or toll-free at **1 (800) 332-4224.**



www.foundation2.org