

Suicide Prevention Resources

1) San Diego County Suicide Prevention Council

The San Diego County Suicide Prevention Council is a collaborative community-wide effort focused on realizing a vision of zero suicides in San Diego County. The public is welcome to join various subcommittees including: faith, higher education, schools K-12, help-lines, evaluation & assessment, media and training, in helping to determine and implement the action items required to lower suicide rates within San Diego County. Free trainings, presentations and resources in suicide prevention and intervention are provided through this council.

Type: A program under the Non-Profit, Community Health Improvement Partners, with funding by the County of San Diego Health and Human Services Agency

Area of Service: Local , San Diego County

Website: <http://www.sdchip.org/spap.aspx>

Contact: Elizabeth Vaughan
Program Assistant
Community Health Improvement Partners
evaughan@sdchip.org
(858) 609-7971

2) Question, Persuade and Refer (QPR) training

Question, Persuade and Refer (QPR) is an emergency intervention to help a person who is considering suicide. In this FREE one-hour training, individuals learn to recognize warning signs, what questions to ask, and how to offer hope and help.

Type: Training provided through Community Health Improvement Partners, The Suicide Prevention Council and the County of San Diego

Area of Service: Local & National , San Diego County

Website: <http://www.sdchip.org/trainings.aspx>, <http://www.qprinstitute.com/>

Contact: Elizabeth Vaughan
Community Health Improvement Partners
evaughan@sdchip.org
(858) 609-7971

3) Applied Suicide Intervention Skills (ASIST) Training

This two day training is Suicide First Aid open to everyone at any skill level and provides practical & intensive training for those seeking to prevent the immediate risk of suicide.

Type: Training provided through Community Health Improvement Partners, The Suicide Prevention Council and the County of San Diego

Area of Service: Local & International, San Diego County

Website: <http://www.sdchip.org/trainings.aspx>,
[http://livingworks.net/page/Applied%20Suicide%20Intervention%20Skills%20Training%20\(ASIST\)](http://livingworks.net/page/Applied%20Suicide%20Intervention%20Skills%20Training%20(ASIST))

Contact: Elizabeth Vaughan
Community Health Improvement Partners
evaughan@sdchip.org
(858) 609-7971

4) Survivors of Suicide Loss (SOSL)*

Survivors of Suicide Loss supports people who have lost a loved one to suicide through support groups and education. They provide resources online for parents, teens and children.

Type: A private non-profit

Area of Service: Local, San Diego County

Website: <http://www.soslsd.org/>

Contact: Bonnie Bear
info@SOSLsd.org
<http://www.soslsd.org>
(619) 333-0813
Support Line: (619)482-0297

5) After Shock

The purpose of Aftershock is to help families and friends who have lost someone they love to suicide and to be able to share their grief openly and to use God's Word to help guide them through their grief.

Type: A volunteer led support group under The Rock Church

Area of Service: Local, San Diego County

Website: <http://www.sdrock.com/ministries/suicideloss/>

Contact: Michelle Madden
aftershock@therocksandiego.org
Office: (619) 226-ROCK
Cell: (619) 417-0609
Fax: (619) 223-3863

6) American Foundation for Suicide Prevention (AFSP)

The American Foundation for Suicide Prevention is dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

Type: A national not for profit organization

Area of Service: Local & National, Numerous chapters throughout the Nation including San Diego County.

Website: <http://www.afsp.org/local-chapters/find-your-local-chapter/afsp-san-diego>

Contact: Jessica Van Der Stad
jvanderstad@afsp.org
(760) 459-9959

7) Yellow Ribbon – San Diego*

Yellow Ribbon is a grass-roots, community based volunteer organization serving youth and the communities that surround them. The San Diego Chapter focuses on public awareness campaigns, education and training.

Type: Foundation non-profit organization

Area of Service: Local & National, Numerous chapters throughout the Nation including San Diego County.

Website: <http://www.yellowribbonsd.org/>, <http://www.yellowribbon.org/>

Contact: Carol Skiljan at yellowribbonsoca@earthlink.net,
Office (760) 635-5904 , Fax (760) 944-8494

8) Trevor Project*

A national 24-hour, toll free confidential suicide hotline (chat, text, email or call) for gay and questioning youth.

Type: National non-profit organization

Area of Service: National

Website: <http://www.thetrevorproject.org/>,
<https://www.facebook.com/SDAmbassadors>

Contact: Help Line: 1-866-488-7386
Glen Wellbrock, gfwellbrock@mac.com , 619-813-6241

9) Answers for Adam*

Answers For Adam is an organization whose purpose is to bring awareness and enlightenment to the signs and symptoms of suicide and its detrimental effects on our culture, society, and family. Through all genres of music, AFA believes that by bringing the youth together in a comfortable environment it will help those at risk, and friends of those at risk to realize that THERE IS HOPE.

Type: A non-profit organization

Area of Service: Local & Statewide, San Diego County

Website: <https://www.facebook.com/answersforadam>

Contact: answersforadam@gmail.com
Samantha Zimlich, (858) 222-9178

10) You Matter to Me (UMTR2ME)*

UMTR2ME is non-profit initiative focused on providing quality support, hope, encouragement, education and resources for individuals & the family/friends of individuals who are struggling with mental illness, depression and thoughts of suicide. They provide a chat line, speakers for events, bracelets and numerous online resources.

Type: A non-profit organization

Area of Service: Local, San Diego County

Website: <http://umtr2me.org/>

Contact: Jimm Greer
info@umtr2me.org
(760)440-8687

Mental Health Resources

1) National Alliance on Mental Illness (NAMI)

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. Various programs and resources are available for families and consumers.

Type: The nation's largest non-profit, grassroots mental health organization

Area of Service: Local & National, Numerous chapters throughout the Nation including San Diego County.

Website: <http://www.namisaniego.org/>

Contact: information@namisd.org
Helpline: 1-800-523-5933

2) Impact MORE*

Impact MORE inspires a process of personal discovery for young adults with mental illness. Participants identify projects that will: 1) make a meaningful difference in an aspect of the community of their choosing, and 2) increase awareness of mental health recovery. This is all done within the context of social change. Impact MORE provides the support, encouragement, and training to achieve success. Impact MORE leads a speaking team, a clubhouse and speaks upon request on the issue of stigma and the various programs they offer.

Type: Community non-profit

Area of Service: Local, San Diego County

Website: www.impactmore.org

Contact: Ellen Frudakis
Ellen@impactmore.org,
(760) 517- MORE

3) San Diego Mission Team*

The San Diego Mission Team facilitates cooperation among churches and youth organizations so they work together to give every teenager in San Diego the opportunity to know and follow Jesus Christ. The San Diego Mission Team has served as a crisis team for various incidences across San Diego County.

Type: A grassroots organization

Area of Service: Local, San Diego County

Website: <http://www.sandiegomissionteam.com/>

Contact: Patty and Ken Steel
forefrontmin@aol.com
(619) 644-1247

4) Dougy Center*

The Dougy Center provides a safe place for children, teens, young adults and their families who are grieving a death to share their experiences. Through peer support groups, education, and training.

Type: A Center sponsored by the Walker L. Bean Foundation

Area of Service: National

Website: <http://www.dougy.org/>

Contact: help@dougy.org
503-775-5683
866-775-5683
P.O. Box 86852
Portland, OR 97286

5) Mental Health Systems, Peer2Peer Lines*

Peer2Peer lines offer two non-crisis peer support lines that provide countywide telephone referral to community resources and support services to children, youth and young adults. One line serves youth and the other the caregivers and family members. Callers are connected to Peer Line Specialists with real-life experience of the mental health system that connects callers to community programs and resources within each region in San Diego.

Type: A non-profit organization

Area of Service: Local & Statewide, San Diego County, California

Website: <http://www.mhsinc.org/peer2peer-lines-0>

Contact: Youth Talkline: 1-877-450-LINE (5463)
Family Supportline: 1-877-470-LINE(5463)
Lines Open Monday-Friday from 12:00pm-6:00pm

6) Mental Health Systems, Families Forward Wraparound*

Families Forward Wraparound helps children and youth aged 6-18 remain in their homes with their families, as well as assisting them in becoming more successful in other key areas of their lives. The program provides mental health and supportive services by a team of caring professionals. Services include: case management, crisis intervention and planning, educational liaison services, information and referrals, linkage with other child-serving agencies and organizations, mental health services, social rehabilitation, substance abuse treatment, support and education and treatment groups.

Type: A non-profit organization

Area of Service: Local & Statewide, San Diego County, California

Website: <http://www.mhsinc.org/families-forward-wraparound>

Contact: <http://www.mhsinc.org/families-forward-wraparound>
GRahimi@mhsinc.org, (858) 380 – 4676

7) The Phoenix House*

The Phoenix House Academy in San Diego provides residential substance abuse and mental health treatment for teens aged 12-17.

Type: A non-profit organization

Area of Service: Local & National, San Diego County

Website: www.phoenixhouse.org

Contact: The Academy's Main Line
(760) 729-2830
John Kostas, jkostas@phoenixhouse.org, (619) 916-6633

8) Do Something*

An organization that provides online opportunities for the youth to join together under one cause.

Type: Non-profit campaign organization

Area of Service: Campaigns can be started locally here in San Diego or nationwide.

Website: <http://www.dosomething.org/project/reducing-youth-suicide-san-diego>
(example from a past campaign)

9) The Children's Initiative*

This project brought together stakeholders to study why trends in selected indicators in the San Diego County Report Card are improving or deteriorating. Three indicators were examined for this grant, including: the rate of youth who have attempted suicide, the rate of domestic violence reports and motor vehicle injuries and deaths related to alcohol, ages 16-20. The massive body of information was synthesized and a "Train the Trainer" toolkit on Youth Suicide Prevention was created in 2005.

Type: An initiative funded by the California Endowment

Area of Service: Local & Statewide, San Diego County

Website: <http://www.thechildrensinitiative.org/youthsuicide.htm>

Contact: (858) 581- 5880

10) Kickstart San Diego*

Kickstart is a diverse clinical team specially trained to educate the community, treat youth and assist families in prevention psychosis. They serve young people aged 12-25, their families and their social networks to build support around the youth and promote success in relationships, education and employment.

Type: A prevention and early intervention program funded through San Diego Health and Human Services Agency and the Mental Health Services Act.

Area of Service: Local, San Diego County

Website: <http://www.kickstartsd.org/>

Contact: (619) 481- 3790
Maria Morgan
mmorgan@provcorp.com

11) The Palavra Tree*

The Palavra Tree is an alcohol, tobacco, and other drug prevention, intervention, treatment and recovery center whose primary focus is to reduce the availability and accessibility of alcohol, tobacco and other drugs in the community. Programs include: Chaney Allen Family Center, Adolescent Prevention, Treatment, Recovery and mental health wellness, Teen Recovery Centers and a Youth Leadership Group.

Type: Non-profit organization

Area of Service: San Diego County

Website: <http://www.palavratree.org/>

Contact: (619) 263-7768
Denise Reed
Denis.Reed@palavratree.org

12) Substance Abuse & Mental Health Services Administration (SAMHSA)

SAMHSA works to improve the quality and availability of substance abuse prevention, alcohol and drug addiction treatment, and mental health services. SAMHSA created a toolkit, “Community Conversations About Mental Health,” which is designed to help individuals & organizations achieve the following three objectives:

- 1) Get others talking about mental health to break down misconceptions and promote recovery & healthy communities.
- 2) Find innovative community-based solutions to mental health needs, with a focus on helping young people.*
- 3) Develop clear steps for communities to address their mental health needs in a way that complements existing local activities.

Type: An agency within the Department of Health & Human Services Agency

Area of Service: National

Website: www.samhsa.gov

The “Community Conversations About Mental Health” toolkit comes in three parts:

- 1) Information Brief: <http://store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Information-Brief/SMA13-4763>
- 2) Planning Guide: <http://store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Planning-Guide/SMA13-4765>
- 3) Discussion Guide: <http://store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Discussion-Guide/SMA13-4764>

Contact: (877) SAMHSA-7, (800) 487-4889

13) Online Resources

*California Youth Crisis Line, www.youthcrisisline.org

California Coalition for Youth offers support, encouragement and referrals to youth needing assistance.

*Jason Foundation, Inc., <http://jasonfoundation.com/>

The Jason Foundation is dedicated to the prevention of the “silent epidemic” of youth suicide through educational and awareness programs that equip young people, educators, youth workers and parents with the tools and resources to help identify and assist at-risk youth.

*SAHMSA Toolkit, <http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

*County of San Diego Health and Human Services Agency- Behavioral Health Services Directory, Services Directory (PDF).

http://www.sdcountry.ca.gov/hhsa/programs/bhs/documents/BHS_Provider_Directory_with_Title_page.pdf



Helpful Resources-La Mesa and El Cajon

One call can make a difference.

You can get help for you and your child at the following community facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Safety:

- **Access and Crisis line:** 1 (888) 724-7240
- **Emergencies: 911**
- **Non-emergencies:** *La Mesa Sherriff's Department* Phone:(619) 667-1400
El Cajon Sherriff's Department Phone:(619) 441-4564
- **General Resources: 211 or www.211.org**
- **Emergency Screening Unit:** (619) 421-6900
730 Medical Center Court Chula Vista, CA, 91911
 - The Emergency Screening Unit (ESU) provides emergency psychiatric evaluations, crisis intervention, crisis stabilization, brief outpatient counseling, case management and emergency medication management to children and adolescents under age 18.

Mental Health:

- **San Diego Youth Services** 3845 Spring St Spring Valley, CA 91977 (619) 258-6877
San Diego Youth Services provides a broad continuum of outpatient mental health services to address child abuse, mental illness, substance abuse, teen pregnancy, juvenile delinquency homelessness and school failure.
- **East County Mental Health Center** 1000 Broadway Ste. 210 El Cajon, CA 92021 (619) 401-5500
Dually-Diagnosed, Individual and Group, Rehabilitation Services, Medication Management, Case Management and Crisis Intervention.
- **CRF - Crossroads Family Center** 1679 E. Main St, Ste 102 El Cajon, CA 92021
Phone: (619) 441-1907 Fax: 619-441-1908
Crossroads Family Center (CFC) is a community-based outpatient mental health program located in El Cajon. CFC provides a full range of services to seriously emotionally disturbed (SED) children, youth and their families in the East Region of San Diego County including the rural communities--also known as the backcountry.
- **CRF - Heartland Center** 1060 Estes St. El Cajon, CA 92020 (619) 440-5133
Treatment, education, and rehabilitation of individuals with mental health problems, as well as co-occurring substance use problems, in a way that is culturally sensitive, and will promote recovery and decrease the stigma of mental illness and co-occurring substance use problems.
- **San Diego Center for Children East County** 7339 El Cajon Blvd., Suite K La Mesa, CA 91942 (619) 668-6200
Provides a full range of outpatient assessment and treatment services for youth and families, including: assessment, individual, family & group therapy, psychiatric evaluation & medication monitoring, parenting support, crisis intervention, and case management for comprehensive quality care.

- **Vista Hill Foundation** 4990 Williams Avenue La Mesa, CA 91941 (619) 698-1663
Parent Care Family Recovery Center. A continuous, long-term outpatient case management to assist women who are drug and/or alcohol users, pregnant or parenting, in finding services to support long-term recovery.
- **Center for Community Solutions** 460 North Magnolia El Cajon, CA 92020 (619-697-7477)
Healing and preventing sexual assault and Relationship Violence. Programs include: Domestic violence services, sexual assault services, elder abuse services and prevention and education via hotline, legal Services, domestic violence victim advocacy, counseling services, shelter and transitional services.
- **International Rescue Committee** 131 E Main St, Ste. 201 El Cajon, CA 92020 (619) 440 6208
The IRC has many programs to assist refugees to become self-reliant including resettlement programs, immigration and citizenship services, employment and career development, youth programs, financial education, food and farming programs and volunteer opportunities.

Support Lines:

- **Access and Crisis Line** (toll free) 24-hours a day, 7-days a week (888) 724-7240/TDD for hearing impaired (619) 641-6992
- **2-1-1 San Diego** Dial 2-1-1 from any phone
- **Domestic Violence Crisis Line** 24-Hour Toll Free Crisis line: 1.888.DVLINKS (385-4657)
- **Becky's House Domestic Violence Emergency Shelter** (619) 239-0355
- **Family Support Line:** (877) 470-LINE (5463) Mon. – Fri. 12:00 p.m. - 6:00 p.m.
- **National Alliance Mental Illness (NAMI)'s Family and Peer Support Helpline:** (800) 523-5933 Mon. – Fri. 12:00 p.m. - 6:00 p.m.
- **Warm Line:** (619) 295-1055 or (800) 930-9276
Warm Line provides non-crisis, peer supported telephone services. The goal of this service is to provide peer support, information, resources and referrals. 7 days a week, 4:00 p.m. - 11:00 p.m.
- **Youth Talk Line:** (877) 450- LINE (5463) Peer support program for youth in non-crisis.
- **Trevor Line:** (866) 488-7386 24-Hour LGBTQI Toll Free Crisis line

Healthcare:

- **Family Health Centers of San Diego** 1111 W Chase Avenue, El Cajon, CA 92020
Phone: (619) 515-2499 *Comprehensive medical and developmental services for all ages. Accepts most insurance; many patients qualify for programs that cover the cost of care. If uninsured or don't qualify for program, cost is discounted based on income and family size.*
- **Neighborhood Health Care** 855 East Madison Avenue, El Cajon, CA 92020
Phone: (619) 440-2751 *All ages, primary and preventive health care, pediatrics, women's health, prenatal, family planning and healthcare insurance enrollment. Accepts most insurance; if uninsured, cost is discounted based on income and family size*
- **Volunteers in Medicine Health Clinic** 1457 1/2 Madison Avenue, El Cajon, 92020
Phone: (619) 440-4591 *Primary health care for the "working uninsured" adults in East County. This includes persons who are not eligible for Medi-Cal or employer covered health insurance, who earn less than 200% of the federal poverty level, and who live in*

the "East County" area of San Diego County. For a family of 4, this is a little over \$38,000 in total household income

Hours: Wednesday 4-8PM and Saturday 8AM-Noon, by appointment only.

- **La Maestra Community Health Center**
MEDICAL CARE: 165 South First Street, El Cajon, CA 92019
Phone: (619) 312-0347 *Comprehensive medical services for all ages. Accepts most insurance, including Medi-Cal, Medicare, LIHP, and Private Insurance; if uninsured, cost is discounted based on income and family size.*
DENTAL CLINIC: 183 S. First Street, El Cajon, CA 92019
Phone: (619) 328-1335 *Adult and children's dentistry.*

Recovery Services:

- **McAlister Institute**
550 Fesler St., Suite G-3 El Cajon, CA 92020 (619) 588-5361
Hours: 9:00 a.m. - 9:00 p.m.
- **Satellite Program (Teen Recovery Center)**
1600 North Cuyamaca Street, El Cajon, CA 92020 (619) 588-5361
Hours: M-F-10:30 a.m.-7:00 p.m.
- **Union of Pan Asian Communities**
3288 El Cajon Blvd Ste 3, San Diego, CA 92104 (619) 521-5720

Food Banks:

- **Journey Community Church** 8363 Center Dr Ste. 6c La Mesa, CA 91942
Distribution days and hours: 1st Thursday of the month at 6:30 pm;
2nd Friday of the month – produce only – at 9 am; 3rd Saturday of the month from 8:30 am
- **La Mesa Seventh-Day Adventist Church** 4270 Spring Gardens Rd La Mesa, CA 91941
Phone: 619- 461-8588
Distribution days and hours: Monday, Tuesday, Thursday; 9:00am-12:00pm
- **Heartland Community Church** 1012 E. Bradley Ave El Cajon, CA 92021
Phone: (619) 449-3000
Distribution days and hours: Every Wednesday at 3:00pm; Every Sunday at 11:30am; 3rd Tuesday of the month at 10:00am
- **Salvation Army/ El Cajon** 1011 East Main St El Cajon , CA 92021
Distribution days and hours: Wednesday after the 3rd Tuesday of the month at 9:30 until its gone
Special Instructions: Agency issues numbers at 5:00 am. Limited amount of numbers available, you can leave the line corner with Anza

Housing:

- **SD Housing Resources Directory 2013-2011**
www.sdcounty.ca.gov/sdhcd/docs/housing_resources.pdf
- **Cool Bed – San Diego Youth Services**
3845 Spring Drive Spring Valley, CA 91977 (619) 258.6877 ext. 3221.
Cool Bed is a voluntary short-term residential placement for youth that provides them and their families a break during stressful times. The Cool Bed program gives youth

- (ages 12 to 17) temporary shelter and structured yet nurturing supervision from a certified host family, providing youth and their families a two-week cooling off period.
- **TAY San Diego Youth Services**
TAY Academy provides a safe, inclusive, youth-led environment planned at five locations throughout San Diego County. The program is a collaborative effort between SDYS, YMCA, and South Bay Community Services to offer resources and give support to transition aged youth (ages 14-25). TAY is also a safe zone for GLESEN.
SDYS Golden Hill: 2220 Broadway, San Diego, CA 92102
(619) 232-8126
North Coastal-YMCA: 215 Barnes St., Oceanside, CA 92054
(760) 703-3756
North Inland- YMCA: 1050 N. Broadway, Bldg C, Escondido 92026 (760) 703-3756
South Bay Community Services TAY: 746 Ada St., Chula Vista 91911 (619) 628-2411
SDYS Spring Valley TAY: 3845 Spring St., Spring Valley, CA 91977
(619) 258-6877 x3226

Legal:

- **Legal Aid:** (877) 534-2524 or lassd.org
Free legal aid assistance for individuals who meet the federal income poverty standards
- **Center for Social Advocacy:** (619) 444-5700 or c4sa.org
Landlord and tenant mediation, assistance in providing fair housing and discrimination assistance.
- **Center for Community Solutions - Legal Clinic La Mesa:** (619) 697-7477
For legal services related to domestic violence, sexual assault, or elder abuse.

Community Activities for Youth:

- **Youth and Leaders Living Actively (YALLA)** 924 E. Main St El Cajon, CA 92021 (619) 590-3995 *With college as the goal, YALLA is a comprehensive program in California that uses soccer to motivate child survivors of war, refugee, and immigrant youth to help rebuild their lives through education, leadership, and eco-therapy programs.*
- **Students Together Against Alcohol 'N Drugs (STAAND)** 554 Broadway, El Cajon, CA 92021 (619-442-2727) *By participating in STAAND, youth are able to take advantage of leadership opportunities, public speaking trainings and conferences, and develop friendships with students from across San Diego. Members also have the opportunity to earn community service hours, gift certificates and letters of reference*
- **La Mesa Library** 8074 Allison Avenue, La Mesa, CA 91942 (619) 469-2151
Hours: Mon – Thurs 9:30am – 8pm, Fri & Sat 9:30am – 5pm, Sun 12pm – 5pm
- **El Cajon Library** 201 E. Douglas, El Cajon, CA 92020 (619) 588-3718
- Hours: Mon – Thurs 9:30am – 8pm, Fri & Sat 9:30am – 5pm, Sun 12pm – 5pm



Helpful Resources - Lakeside

One call can make a difference.

You can get help for you and/or your child at the following community facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Safety:

- **Access and Crisis line:** 1 (888) 724-7240
- Emergencies: 911
- Non-emergencies: (858) 565-5200 (Sherriff's office)
- General resources: 211 or 211.org
- Emergency Screening Unit: (619) 421-6900 730 Medical Center Court Chula Vista, CA, 91911
 - The Emergency Screening Unit (ESU) provides emergency psychiatric evaluations, crisis intervention, crisis stabilization, brief outpatient counseling, case management and emergency medication management to children and adolescents under age 18.

Mental Health:

Access and Crisis Line: (888)724-7240 or online at www.optumhealthsandiego.com/accesscrisisline

- Access and Crisis Line accepts calls and online inquires related to suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. *Confidential and free of charge*, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians.
- Chat services online Mon. – Fri. 4:00 p.m. to 10:00 p.m.

Family Support Line: (877) 470-LINE (5463)

- Mon. – Fri. 12:00 p.m. - 6:00 p.m.

National Alliance Mental Illness (NAMI)'s Family and Peer Support Helpline: (800) 523-5933

- Mon. – Fri. 12:00 p.m. - 6:00 p.m.

Warm Line: (619) 295-1055 or (800) 930-9276

- Warm Line provides non-crisis, peer supported telephone services. The goal of this service is to provide peer support, information, resources and referrals.
- 7 days a week, 4:00 p.m. - 11:00 p.m.

Youth Talk Line: (877) 450- LINE (5463)

- Peer support program for youth in non-crisis.
- Mon. - Fri. 12:00 p.m. - 6:00 p.m.

Domestic Violence Hotline: (619) 234-3164

- 7 days a week, 24 hours a day

McAlister Institute: (619) 442-0277

- McAlister Institute offers 26 programs that represent a complete continuum of care for the prevention and treatment of alcoholism and drug addiction for teenagers to adults.

SDYS' Behavioral Health Clinic: (619) 448-9700

- full-service outpatient mental health clinic for youth and families residing in the East Region of San Diego County.
- Accept full-scope Medi-Cal coverage

Trevor Line: (866) 488-7386

- 24-Hour LGBTQI Toll Free Crisis line

Mentoring:

Girls Raising Mentoring Program: (619) 297-1135

- Mentoring Program for girls 6 to 17 years old

Club Xcite: (858) 922-0617

- Youth mentorship organization specializing in kids and teens with learning disabilities and other special needs such as ADHD, mood disorders, social anxieties, emotional struggles, and behavioral challenges.

Prevention Program:

SDYS' Community Assessment Team (CAT), (619) 258-6877 English ext. 3244 and Spanish ext. 3205

- CAT is designed to assist families with youth who may be dealing with behavioral, social, or juvenile justice issues.

SDYS' Camp Mariposa, (619) 258-6877

- Six times a year camps for youth who are 9 to 12 years old and have a history of substance abuse in their family.

HealthCare:

Health Clinic: Neighborhood Clinic (nhcare.org), 10039 Vine St Ste A Lakeside, 92040, (619) 390-9975

- Services offered ; Behavioral Health, Dental Services, Family Health, Family, Planning Pregnancy, Primary Health Care, STDs, Women's Health
- Mon. - Fri. 8:00 a.m. - 12:00 p.m. & 1:00 p.m. - 5:00 p.m. & Sat. 8:00 a.m. to 2:00 p.m.

Dental Clinic: 10039 B Vine St. Lakeside, CA 92040, (619) 390-9135

- Mon. - Fri. 8:00 a.m. - 12:00 p.m. & 1:00 p.m. - 5:00 p.m. & Sat. 8:00 a.m. to 2:00 p.m.

Food:

Lakeside Christian Center: (619) 561-3488 9931 Channel Road Lakeside

- Mon. - Fri. 10:00 a.m.- 12:00 noon

Food Stamps Supplemental Nutrition Assistance Program (SNAP) Cal Fresh apply at El Cajon Family Resource Center 220 S. First Street El Cajon, CA 92019, (866) 262-9881

- Family Resource Centers assist County residents seeking public assistance or medical insurance coverage. Clients are required to meet specific eligibility requirements determined by Federal, State or County law.

Housing:

MAAC Project: Villa Lakeshore: (619) 390-6448

Lakeside Gardens: (619) 443-2150 (must be 62 and older)

Aquilla House: (619) 938-2850 (intended for disabled and elderly)

Legal:

Legal Aid: (877) 534-2524 or lassd.org

- Free legal aid assistance for individuals who meet the federal income poverty standards

Center for Social Advocacy: (619) 444-5700 or c4sa.org

- Landlord and tenant mediation, assistance in providing fair housing and discrimination assistance.

Recreation:

REC center: 9841 Vine St. Lakeside, CA 92040, (619) 443.9176

- Mon. - Fri. Noon - 8:00 p.m.
- Teen Center and Community Center

Boys and Girls Club: Lakeside Clubhouse 12824 Lakeshore Drive, Lakeside, 92040, (619) 443-9293

Library: 9839 Vine Street, Lakeside, CA 92040, (619) 443-1811



Helpful Resources – Mountain Empire

One call can make a difference.

You can get help for you and/or your child at the following community facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Safety:

- Access and Crisis line: 1 (888) 724-7240
- Emergencies: 911
- Non-emergencies: (619) 956-4000 (Sherriff's office)
- General resources: 211 or www.211.org
- Emergency Screening Unit: (619) 421-6900 730 Medical Center Court Chula Vista, CA, 91911
 - The Emergency Screening Unit (ESU) provides emergency psychiatric evaluations, crisis intervention, crisis stabilization, brief outpatient counseling, case management and emergency medication management to children and adolescents under age 18.

Mental Health:

Access and Crisis Line: (888)724-7240 or online at www.optumhealthsandiego.com/accesscrisisline

- Access and Crisis Line accepts calls and online inquires related to suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. *Confidential and free of charge*, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians.
- chat services Mon. - Fri. 4:00 p.m. to 10:00 p.m.

Family Support Line: (877) 470-LINE (5463)

- Mon. - Fri. 12:00 p.m. - 6:00 p.m.

National Alliance Mental Illness (NAMI)'s Family and Peer Support Helpline: (800) 523-5933

- Mon. - Fri. 12:00 p.m. - 6:00 p.m.

Warm Line: (619) 295-1055 or (800) 930-9276

- Warm Line provides non-crisis, peer supported telephone services. The goal of this service is to provide peer support, information, resources and referrals.
- 7 days a week, 4:00 p.m. - 11:00 p.m.

Youth Talk Line: (877) 450- LINE (5463)

- Peer support program for youth in non-crisis.
- Mon. – Fri. 12:00 p.m. - 6:00 p.m.

Domestic Violence Hotline: (619) 234-3164

- 24 hours a day, 7 days a week

SDYS' Behavioral Health Clinic: (619) 448-9700

- full-service outpatient mental health clinic for youth and families residing in the East Region of San Diego County.
- Accept full-scope Medi-Cal coverage

Trevor Line: (866) 488-7386

- 24-Hour LGBTQI Toll Free Crisis line

Crossroads Family Health Center: 1679 E. Main St, Ste 102 El Cajon, CA 92021 (619) 441-1907

- CFC is a community-based outpatient mental health program located in El Cajon. CFC provides a full range of services to seriously emotionally disturbed (SED) children, youth and their families in the East Region of San Diego County including the rural communities--also known as the backcountry.

Prevention Programs:

SDYS' Community Assessment Team (CAT), (619) 258-6877 English ext. 3244 and Spanish ext. 3205

- CAT is designed to assist families with youth who may be dealing with behavioral, social, or juvenile justice issues.

SDYS' Camp Mariposa, (619) 258-6877

- Six times a year camps for youth who are 9 to 12 years old and have a history of substance abuse in their family.

HealthCare:

Alpine Family Medicine, 1620 Alpine Blvd., Alpine, CA 91901, (619) 445-6200

- Mon. - Fri. 8:30 a.m. - 5:00 p.m. and most Sat. 8:30 a.m. - 5:00 p.m.

Mountain Empire Family Medicine, 31115 Highway 94, Campo, CA 91906, (619) 478-5311

- Mon. - Fri. 8:30 a.m. to 5:00 p.m.

Food Banks:

Albertson's Fresh Rescue at Mountain Empire Community Center, 976 Sheridan Rd. Campo (619) 478-2384.

- Every Wed. & Thur. at 1pm
- Must be over 60

Alpine Bethel Assembly Emergency Food, 1929 Arnold Way, Alpine.

- Open Wednesdays 9-2pm
- Please bring ID and call first, phone (619) 445-5508

Mountain Empire Food Pantry (619) 478-2384

- Once a month, per family, by appointment or referral
- Also screen for food stamps and Medi-Cal/Healthy Families eligibility and handle applications.

Housing:

Carlton County Club Villas: (619) 449-7343

Cedar Creek Apartments: (619) 258-5401

Forester Square Apartments: (886) 998-0213

Laurel Park Senior Apartments: (619) 448-8282 (housing for 55 years of age and older)

Shadow Hill Apartments: (619) 449-9091

Woodglen Vista Apartments: (619) 562-3910

Legal:

Legal Aid: (877) 534-2524 or lassd.org

- Free legal aid assistance for individuals who meet the federal income poverty standards

Center for Social Advocacy: (619) 444-5700 or c4sa.org

- Landlord and tenant mediation, assistance in providing fair housing and discrimination assistance.

Recreation:

Mountain Empire Community Center: 976 Sheridan Rd., Campo, CA 91906, (619) 478-2384

- Mon. – Sat. 8:30 to 5:30
- Computer lab is open most days and Free WiFi for all members.
- Classes and opportunities for children, families, adults and seniors. Call for the latest schedule.

Boys and Girls Club: 8820 Tamberyl Way, Santee, 92071 (619) 440-1600

YMCA: Cameron Family YMCA, 10123 Riverwalk Drive, Santee, CA 92071 (619) 449-9622

Library: 9225 Carlton Hills Boulevard, # 17, Santee CA 92071 (619) 448-1863

Administrative Offices

3255 Wing Street, San Diego, CA 92110 Ph: (619) 221-8600 Fax: (619) 221-8611

San Diego Youth Services, a 501c(3), Tax ID 95-2648050

www.sdyouthservices.org



Helpful Resources-Spring Valley/Lemon Grove/Jamul

One call can make a difference.

You can get help for you and your child at the following community facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Safety:

- **Access and Crisis line:** 1 (888) 724-7240
- **Emergencies: 911**
- **Non-emergencies:** *Spring Valley Sherriff's Department* (619) 463-9993
Lemon Grove Sherriff's Department (619) 337-2000
- **General Resources: 211 or www.211.org**
- **Emergency Screening Unit:** (619) 421-6900
730 Medical Center Court Chula Vista, CA, 91911
 - The Emergency Screening Unit (ESU) provides emergency psychiatric evaluations, crisis intervention, crisis stabilization, brief outpatient counseling, case management and emergency medication management to children and adolescents under age 18.

Mental Health:

- **Access and Crisis line:** 1 (888) 724-7240
- **Girls Town and Boys Town 24-Hour Teen Hotline:** 1 (800) 448-3000
- **Trevor Helpline (LBGTQI) 24-hour:** 1 (800) 850-8078
- **Youth to Youth Hotline:** 1 (866) 222-1886
- **National Alliance on Mental Illness (NAMI)- Information help line:** 1 (800) 950-6264
- **San Diego NAMI:** 1 (800) 523-5933 / (619) 543-1434
- **Counseling - Mental Health Services, Family Health Centers of San Diego, Grossmont/Spring Valley**
8788 Jamacha Road, Second Floor, Spring Valley, CA 91977 (619) 515-2385
- **East County Outpatient Counseling Program, San Diego Center for Children**
7339 El Cajon Boulevard, Suite K, La Mesa, CA 91942 (619) 668-6200
Hours: M-F 8:30 a.m.-5:00 p.m.
- **Family Health Centers of San Diego, Lemon Grove**
7592 Broadway, Lemon Grove, CA 91945 (619) 515-2550
- **Community Assessment Team (CAT) San Diego Youth Services:**
3845 Spring Drive, Spring Valley, CA 91977 Phone: (619) 258-6877
Community Assessment Team (CAT) is designed to assist families with youth who may be dealing with behavioral, social, or juvenile justice issues.
- **East County Behavioral Health Clinic - San Diego Youth Services:**
1870 Cordell Court Ste. 101, El Cajon CA, 92020 (619) 448-9700 M-F 9am-5pm

Administrative Offices

3255 Wing Street, San Diego, CA 92110 Ph: (619) 221-8600 Fax: (619) 221-8611

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The East County Behavioral Health Clinic (ECBHC) is a full-service outpatient mental health clinic for youth and families residing in the East Region of San Diego County.

HealthCare:

- **Family Health Centers – Spring Valley/Grossmont**
8787 Jamacha Road, Spring Valley, CA 91977 (619) 515-2555
Hours: *Mon., Tues.* 8:30am - 7:00pm *Wed., Thu., & Fri.* 8:30am - 5:30pm
- **Family Health Centers - Lemon Grove**
7592 Broadway, Lemon Grove, CA 91945 (619) 515-2550 ***Mon. - Fri.* 8:30am - 5:30pm**

Recovery Services:

- **McAlister Institute**
550 Fesler St., Suite G-3 El Cajon, CA 92020 (619) 588-5361
Hours: 9:00 a.m. - 9:00 p.m.
- **Satellite Program (Teen Recovery Center)**
1600 North Cuyamaca Street, El Cajon, CA 92020 (619) 588-5361
Hours: M-F-10:30 a.m.-7:00 p.m.
- **Union of Pan Asian Communities**
3288 El Cajon Blvd Ste 3, San Diego, CA 92104 (619) 521-5720

Food Banks:

- **San Martin de Porres Apt:** 10707 Jamacha Blvd, Spring Valley, CA 91978
3rd Tuesday 3:00pm – 5:00pm (agency issues numbers at 2:00 pm)
- **Samoa Independent Full Gospel:** 2055 Skyline Dr., Lemon Grove, CA 91945
(1st Friday 9:00 -11:00 am (agency issues numbers at 7:00 am)
- **Mountain Health & Community Services** 976 Sheridan Rd, Campo, CA 91906
(Distribution Times: Wed-Friday 11:30-1:00 p.m)
- **Lemon Grove Foursquare** 2115 Lemon Grove, Lemon Grove CA, 91945
(Distribution 3rd Thursday 5pm)

Housing:

- **SD Housing Resources Directory 2013-2011**
www.sdcounty.ca.gov/sdhcd/docs/housing_resources.pdf
- **Cool Bed – San Diego Youth Services**
3845 Spring Drive Spring Valley, CA 91977 (619) 258.6877 ext. 3221.
Cool Bed is a voluntary short-term residential placement for youth that provides them and their families a break during stressful times. The Cool Bed program gives youth (ages 12 to 17) temporary shelter and structured yet nurturing supervision from a certified host family, providing youth and their families a two-week cooling off period.
- **TAY San Diego Youth Services**
TAY Academy provides a safe, inclusive, youth-led environment planned at five locations throughout San Diego County. The program is a collaborative effort

Administrative Offices

3255 Wing Street, San Diego, CA 92110 Ph: (619) 221-8600 Fax: (619) 221-8611

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between SDYS, YMCA, and South Bay Community Services to offer resources and give support to transition aged youth (ages 14-25). TAY is also a safe zone for GLESEN.

SDYS Golden Hill: 2220 Broadway, San Diego, CA 92102
(619) 232-8126

North Coastal-YMCA: 215 Barnes St., Oceanside, CA 92054
(760) 703-3756

North Inland- YMCA: 1050 N. Broadway, Bldg C, Escondido 92026
(760) 703-3756

South Bay Community Services TAY: 746 Ada St., Chula Vista 91911
(619) 628-2411

SDYS Spring Valley TAY: 3845 Spring St., Spring Valley, CA 91977
(619) 258-6877 x3226

Legal:

- **Legal Aid**: (877) 534-2524 or lassd.org
Free legal aid assistance for individuals who meet the federal income poverty standards
- **Center for Social Advocacy**: (619) 444-5700 or c4sa.org
Landlord and tenant mediation, assistance in providing fair housing and discrimination assistance.

Extra-Curricular Activities:

- **Spring Valley REC Club/Gymnasium**
838 Kempton Street Spring Valley, CA (619) 667-6835 Hours: M-F 3:30 p.m.- 9:00 p.m. Sat 2:00 p.m.-6:00 p.m. Sunday 2:00 p.m.- 6:00 p.m.
- **Spring Valley Community Center**
8735 Spring Valley, Spring Valley, CA (619) 479 -1832 Hours: M- 9:00 a.m.- 4:00 p.m. Tue & Thurs- 10:00 a.m.- 8:00 p.m. Fri- 9:00 a.m.- 5:00 p.m. Sat & Sun Private events.
- **Camp Mariposa** – Moyer Foundation & San Diego Youth Services. Judi Park at 619-258-6877 X 3215. jpark@sdyouthservices.org. Created and funded by The Moyer Foundation, Camp Mariposa is a first-of-its-kind program designed to help meet the needs of children and teens facing the difficult challenges associated with an addicted or co-dependent family member. Camp Mariposa is a traditional, fun, multi-day camp providing counseling and emotional support, while teaching participants a variety of problem-solving and self-care strategies
- **Spring Valley Public Library**
836 Kempton St, Spring Valley CA 91977 (619) 463-3006 Mon & Tues 9:30am – 8pm, Wed & Thurs 9:30am – 6pm, Fri & Sat 9:30am – 5:00pm

Administrative Offices

3255 Wing Street, San Diego, CA 92110 Ph: (619) 221-8600 Fax: (619) 221-8611

San Diego Youth Services, a 501(c)(3), Tax ID 95-2648050

www.sdyouthservices.org



Helpful Resources - Santee

One call can make a difference.

You can get help for you and/or your child at the following community facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Safety:

- Access and Crisis line: 1 (888) 724-7240
- Emergencies: 911
- Non-emergencies: (619) 956-4000 (Sherriff's office)
- General resources: 211 or www.211.org
- Emergency Screening Unit: (619) 421-6900 730 Medical Center Court Chula Vista, CA, 91911
 - The Emergency Screening Unit (ESU) provides emergency psychiatric evaluations, crisis intervention, crisis stabilization, brief outpatient counseling, case management and emergency medication management to children and adolescents under age 18.

Mental Health:

Access and Crisis Line: (888)724-7240 or online at www.optumhealthsandiego.com/accesscrisisline

- Access and Crisis Line accepts calls and online inquires related to suicide prevention, crisis intervention, community resources, mental health referrals, and alcohol and drug support services. *Confidential and free of charge*, the line is immediately answered 7 days a week, 24 hours a day by Master's-level and Licensed Clinicians.
- chat services Mon. - Fri. 4:00 p.m. to 10:00 p.m.

Family Support Line: (877) 470-LINE (5463)

- Mon. - Fri. 12:00 p.m. - 6:00 p.m.

National Alliance Mental Illness (NAMI)'s Family and Peer Support Helpline: (800) 523-5933

- Mon. - Fri. 12:00 p.m. - 6:00 p.m.

Warm Line: (619) 295-1055 or (800) 930-9276

- Warm Line provides non-crisis, peer supported telephone services. The goal of this service is to provide peer support, information, resources and referrals.
- 7 days a week, 4:00 p.m. - 11:00 p.m.

Youth Talk Line: (877) 450- LINE (5463)

- Peer support program for youth in non-crisis.
- Mon. - Fri. 12:00 p.m. - 6:00 p.m.

Domestic Violence Hotline: (619) 234-3164

- 24 hours a day, 7 days a week

McAlister Institute: (619) 442-0277

- McAlister Institute offers 26 programs that represent a complete continuum of care for the prevention and treatment of alcoholism and drug addiction for teenagers to adults.

SDYS' Behavioral Health Clinic: (619) 448-9700

- full-service outpatient mental health clinic for youth and families residing in the East Region of San Diego County.
- Accept full-scope Medi-Cal coverage

Trevor Line: (866) 488-7386

- 24-Hour LGBTQI Toll Free Crisis line

Prevention Programs:

SDYS' Community Assessment Team (CAT), (619) 258-6877 English ext. 3244 and Spanish ext. 3205

- CAT is designed to assist families with youth who may be dealing with behavioral, social, or juvenile justice issues.

SDYS' Camp Mariposa, (619) 258-6877

- Six times a year camps for youth who are 9 to 12 years old and have a history of substance abuse in their family.

HealthCare:

Health Clinics:

Healthy Development Services, 1234 Broadway, El Cajon, CA 92021, (619) 515-2463

- Mon. - Fri. 8:30 a.m. - 5:00 p.m. and Sat. 1st & 3rd of the month from 9:00 a.m. - 1:00 p.m.

Chase Avenue Family Health Center, 1111 W Chase Avenue, El Cajon, CA 92020, 619-515-2499

- Mon. - Fri. 8:30 a.m. to 12:30 p.m. & 1:30 p.m. to 5:30 p.m. and Sat. 8:30 a.m. - 12:30 p.m.

Grossmont Spring Valley Family Health Center, 8788 Jamacha Road, Spring Valley CA, 91977 (619) 515-2330

Dental Clinics:

La Maestra Community Health Centers: 183 South First, El Cajon, CA 92019, (619) 328-1335

Neighborhood Healthcare Lakeside Dental: 10039B Vine St., Lakeside, CA, 92040, (619) 390-9975

Food Banks:

Santee Food Bank: 8824 Cottonwood Ave, Santee, CA 92071, (858) 527-1419

- Distribution: Wed. and Fri. 9:00 a.m. - 11:00 a.m. & 1st and 3rd Sat. 9:00 a.m. - 11:00 a.m. (Must provide proof of residency in Santee.)

Food Stamps Supplemental Nutrition Assistance Program (SNAP) Cal Fresh apply at El Cajon Family Resource Center
220 S. First Street El Cajon, CA 92019, (866) 262-9881

- Family Resource Centers assist County residents seeking public assistance or medical insurance coverage. Clients are required to meet specific eligibility requirements determined by Federal, State or County law.

Housing:

Carlton County Club Villas: (619) 449-7343

Cedar Creek Apartments: (619) 258-5401

Forester Square Apartments: (886) 998-0213

Laurel Park Senior Apartments: (619) 448-8282 (housing for 55 years of age and older)

Shadow Hill Apartments: (619) 449-9091

Woodglen Vista Apartments: (619) 562-3910

Legal:

Legal Aid: (877) 534-2524 or lassd.org

- Free legal aid assistance for individuals who meet the federal income poverty standards

Center for Social Advocacy: (619) 444-5700 or c4sa.org

- Landlord and tenant mediation, assistance in providing fair housing and discrimination assistance.

Recreation:

Santee Voucher Incentive Program (VIP): (619) 258-4100 Ext. 222

- Provides recreation program fees for children of families in need of assistance, which enables them to participate in recreational classes and camps.

REC center: places and activities vary call (619) 258-4191 or check their website

<http://www.ci.santee.ca.us/index.aspx?page=426> for updated information.

Teen Center, 9310 Fanita Parkway, Santee, CA, 92071, (619) 258-4100 ext. 120

- Hours: Mon. – Fri. 2:30 – 6:00 p.m. and Fri. night camps (Camp-IN)
- Bus transportation is provided from middle schools to the teen center.

Boys and Girls Club: 8820 Tamberyl Way, Santee, 92071 (619) 440-1600

YMCA: Cameron Family YMCA, 10123 Riverwalk Drive, Santee, CA 92071 (619) 449-9622

Library: 9225 Carlton Hills Boulevard, # 17, Santee CA 92071 (619) 448-1863

Administrative Offices

3255 Wing Street, San Diego, CA 92110 Ph: (619) 221-8600 Fax: (619) 221-8611

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