

2016

# Mental Wellness Resource Guide

Dial 2-1-1  
for Immediate  
Assistance

## **Service Providers**

2-1-1 is a collaborative effort and we need your partnership. Your agency is responsible to get your information to us and provide updates.

If you are not in 2-1-1 and or would like to review or update your information contact us at [211sbco.cacsb.com](http://211sbco.cacsb.com)

[www.211sbco.org](http://www.211sbco.org)



# Connecting People to Health & Human Services Information

## **Santa Barbara County 2-1-1 Health and Human Services Helpline**

2-1-1 is an easy to remember Health and Human Service phone number connecting you to resources tailored to your needs and circumstances. We take into account accessibility, eligibility requirements and other factors. 2-1-1 is Free, Confidential, and available 24 Hours Day 7 Days a Week in 150 Languages.

### **What happens when you dial 2-1-1?**

When you dial 2-1-1, you will speak to one of our live representatives. We will ask you some questions about yourself and your situation. The call is a confidential conversation; we will use your answers to determine the best resources for you. You will be provided accurate information on various programs available in your city.

### **What is the difference between 2-1-1, 9-1-1 and 4-1-1 phone numbers?**

- 9-1-1 life threatening emergency services
- 2-1-1 Community Health and Human services
- 4-1-1 Business directory

### **Dial 2-1-1 to find Health and Human Services including:**

- Senior Services
- Food Assistance
- Counseling
- Housing
- Legal Assistance
- Health Care

And much more ...



# TABLE OF CONTENTS

<b>HOTLINES &amp; CRISIS RESPONSE</b>	
Suicide & Crisis Response	Page 1-2
Child Abuse Reporting	Page 3
Domestic Violence	Page 3
Sexual Assault	Page 3-4
Human Trafficking	Page 4
LGBTQ+	Page 4
Veterans Suicide Prevention	Page 5
Alzheimer's	Page 5
Eating Disorder	Page 5
Gambling	Page 6
<b>COUNSELING &amp; SERVICES</b>	
General	Page 7-11
Dual Diagnosis	Page 11
Drug & Alcohol	Page 12-14
Residential Treatment Facilities	Page 15-16
Adolescent Substance Abuse	Page 16-17
School Based	Page 18
Faith Based	Page 18-19
Children & Youth	Page 19-22
Foster Youth Services	Page 22
Pregnancy and Postpartum Depression	Page 23
Domestic Abuse	Page 23
Sexual Assault	Page 24
Child Abuse & Neglect	Page 24
LGBTQ+	Page 25
Bereavement	Page 25
Military & Veterans	Page 26
Seniors	Page 27
Health/Disabilities	Page 27-28
Terminal Illness	Page 29
Caregiver Services	Page 29-31
<b>PSYCHIATRIC SERVICES</b>	
Psychiatric Hospitals	Page 32

# HOTLINES & CRISIS RESPONSE

## SUICIDE PREVENTION & CRISIS RESPONSE

### **Safe Alternatives For Treating Youth (SAFTY) - Casa Pacifica Centers For Children And Families**

Mobile crisis response service for Santa Barbara County youth 20 and under. Services include specialized crisis intervention, in-home support, and linkage to county mental health services with the goal of preventing psychiatric hospitalization, detention in juvenile detention facilities, or placement in out-of-county facilities.

**Eligibility:** Child/youth ages 20 and under in Santa Barbara County that is engaging in unsafe behaviors that put him/her at risk of out-of-home placement. These behaviors include suicidal or self-harm ideation or behaviors, aggressive behavior towards others at home or in the community, high risk behavior (i.e. substance abuse, running away from home), and non-compliant behavior towards authority figures.

**Language:** English, Spanish

**Phone Number:** 1.888.334.2777

**Coverage Area:** Santa Barbara County

**Website:** [www.casapacifica.org](http://www.casapacifica.org)

### **Crisis And Recovery Emergency Services (C.A.R.E.S.) - Behavioral Wellness**

Psychiatric evaluations for involuntary hospitalization in conjunction with American Medical Response. Adult and children evaluations are done under the direction of the behavioral wellness department's on-call psychiatrist and are provided countywide 24 hours a day.

**Eligibility:** Based on screening. For more information, call 888.868.1649 Adults, Teens, Children Families, Females, Males

**Language:** English, Spanish and additional Languages offered through a language Line

**Phone Number:** 888.868.1649 24 Hour Hotline - ACCESS

888.868.1649 Toll free

888.868.1649 Hotline

805.739.8700 Business Line

**Coverage Area:** Santa Barbara County

**Website:** [www.admhs.org](http://www.admhs.org)

### **California Youth Crisis Line**

Toll free, 24-hour, confidential hotline available to teens and young adults and/or any adults supporting youth in a crisis.

**Eligibility:** Youth ages 12-24 and their families

**Language:** English, Spanish, multiple language capability

**Phone Number:** 800.843.5200 Toll free Crisis Line

916.340.0505 Business Line

**Coverage Area:** All California

**Website:** [www.youthcrisisline.org](http://www.youthcrisisline.org)

\*Requires referral

For more health and human resources dial 2-1-1

### **Crisis Hotline And Helpline Service - Community Helpline**

Assists callers with topics such as depression, anxiety, loss and grief, family and domestic violence, sexual orientation, substance abuse, physical or mental abuse, coping and struggling with mental health disorders, crisis, and suicide, open to various topics along with offering community resources.

**Eligibility:** Open to all California residents no age limitations  
**Language:** English, Spanish  
**Phone Number:** 877.541.2525  
**Coverage Area:** Santa Barbara County  
**Website:** [www.hycinc.org/community-helpline-hotline/](http://www.hycinc.org/community-helpline-hotline/)

### **Emergency Psychiatric Services - Cottage Health**

24-hour emergency mental health, psychiatric, and chemical dependency evaluations; emergency consultations and crisis intervention; triaging to the most appropriate level of follow-up care.

**Eligibility:** Any person going through a psychiatric emergency  
**Language:** English, Spanish  
**Phone Number:** 805.569.8339  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cottagehealth.org](http://www.cottagehealth.org)

### **Crisis Text Line**

Live trained crisis counselor that communicates to a secure crisis text message. The counselor uses active listening and provides referrals to help clients to stay safe and healthy.

**Eligibility:** Anyone in crisis  
**Language:** English  
**Phone Number:** 741-741  
**Coverage Area:** California  
**Website:** [www.crisistextline.org](http://www.crisistextline.org)

### **National Suicide Prevention Lifeline - National Suicide Prevention Lifeline**

Mental health services for all individuals of all ages, including veterans and families of military personnel and veterans. Services include crisis intervention, suicide prevention hotline, as well as a chat line. The hotline is a national, 24 hour, suicide prevention service available to individuals seeking help with emotional distress or in a suicidal crisis.

**Eligibility:** Anyone in emotional distress, in a crisis situation or suicidal  
**Language:** English, Spanish; other languages available through tele-interpretation line  
**Phone Number:** 800.273.8255 Phone 24 Hour Hotline – 1.800.273.TALK (For Veterans- press 1)  
888.628.9454 Phone 24 Hour Hotline - Spanish  
800.799.4889 TTY 24 Hour Hotline - TTY Line for the Hearing Impaired  
**Coverage Area:** United States  
**Website:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### **Youth Crisis Line - Noah's Anchorage**

Offers callers counseling, information and referrals, as well as access to immediate shelter.

**Eligibility:** Available for youth up to age 18  
**Language:** English, Spanish  
**Phone Number:** 866.435.7833 24/7 Help Line  
**Coverage Area:** Santa Barbara County  
**Website:** [www.ciyymca.org](http://www.ciyymca.org)

\*Requires referral

## CHILD ABUSE REPORTING

### Child Welfare Services - Santa Barbara County Department Of Social Services

24 hour hotline to assess and investigate allegations of child abuse or neglect.

- Eligibility:** Call for more information. If a child is in immediate danger call 911
- Language:** English, Spanish
- Phone Number:** 800.367.0166 24 hour child abuse/neglect reporting line
- Coverage Area:** Santa Barbara County
- Website:** [cosb.countyofsb.org/social\\_services](http://cosb.countyofsb.org/social_services)

## DOMESTIC VIOLENCE

### Emergency Shelter And Crisis Hotline - Domestic Violence Solutions For Santa Barbara County

Confidential emergency shelter and ongoing support for women and their children in a domestic violence situation. Offers callers counseling, information and referrals, as well as access to immediate shelter

- Eligibility:** Eligibility for shelter based on screening protocol. Hotlines open to all
- Language:** English, Spanish
- Phone Number:** 805.686.4390 Santa Ynez Valley  
805.736.0965 Lompoc Hotline  
805.925.2160 Santa Maria Hotline  
805.964.5245 Santa Barbara
- Coverage Area:** Santa Barbara County
- Website:** [www.dvsolutions.org](http://www.dvsolutions.org)

## SEXUAL ASSAULT

### Sexual Assault Response Team - Santa Barbara County Public Health Department

Coordinates and implements services to adults who have been sexually assaulted or children who have been sexually abused. Coordinated services include a medical-legal examination, forensic interviewing, emotional support, crisis intervention, and counseling referrals. The interagency team includes Child Welfare Services, the District Attorney's Office, Law Enforcement, Rape Crisis Center representative, the Victim Witness Assistance Program representative as well as medical staff.

- Eligibility:** Suspected sexual assault or sexual abuse is indicated
- Language:** English, Spanish
- Phone Number:** 805.682.0702
- Coverage Area:** North County
- Website:** [www.sbcphd.org](http://www.sbcphd.org)

### Santa Barbara Rape Crisis Center Services - Santa Barbara Rape Crisis Center

Crisis counseling, accompaniment and referral for survivors of sexual assault, incest and sexual harassment, as well as to their families and friends. Offers long-term counseling, self-defense classes, community education and rape prevention presentations, advocacy, as well as ongoing support groups.

- Eligibility:** Must be a survivor of sexual abuse or a significant other
- Language:** English, Spanish
- Phone Number:** 805.564.3696
- Coverage Area:** Santa Barbara County
- Website:** [www.sbrapecrisiscenter.org](http://www.sbrapecrisiscenter.org)

\*Requires referral

### **Crisis Intervention And Education - North County Rape Crisis And Child Protection Center**

Counseling, advocacy, referrals, crisis intervention and a 24 hour hotline. Education opportunities available on the following :personal safety, self defense, sexual assault, child abuse prevention, dating violence prevention, healthy relations and mandated reporting

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.928.3554 Hotline Santa Maria Hotline - After Hours  
805.736.7273 Hotline Lompoc Hotline - After Hours  
**Coverage Area:** North County  
**Website:** [www.sbcountyrapecrisis.org](http://www.sbcountyrapecrisis.org)

## **HUMAN TRAFFICKING**

### **Hotline and Residential Services for Sexually Exploited Children - Children Of The Night**

The Children of the Night home is open to sexually exploited children throughout the United States and the Children of the Night hotline is ready and able to rescue these children 24 hours a day.

**Eligibility:** Must be a sexually exploited between the age 11-17  
**Language:** English, Spanish, Arabic, Russian  
**Phone Number:** 800.551.1300 Hotline 24/7  
818.908.4474 Business Line  
**Coverage Area:** United States  
**Website:** [www.childrenofthenight.org](http://www.childrenofthenight.org)

### **National Human Trafficking Resource Center - Polaris Project**

Phone and text service that connects victims and survivors of human trafficking/sexual exploitation with critical social services. Also accepts reports of potential human trafficking. All reports are confidential.

**Eligibility:** Any child or adult who feels they are compelled against their will to provide sex services or forced labor. This includes children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will.  
**Language:** Multiple Language Capability  
**Phone Number:** 233733 Be Free Text only  
888.373.7888 Hotline  
**Coverage Area:** National  
**Website:** [www.polarisproject.org](http://www.polarisproject.org)

## **LGBTQ+**

### **Crisis intervention and prevention for LGBTQ+ - Youth Trevor Project**

Trained counselors to support LGBTQ+ youth in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk.

**Eligibility:** Youth LGBTQ+  
**Language:** English  
**Phone Number:** 866.488.7386 24/7 Line  
**Coverage Area:** California  
**Website:** [www.thetrevorproject.org](http://www.thetrevorproject.org)

\*Requires referral



## VETERANS SUICIDE PREVENTION

### **Veteran Suicide Prevention Hotline - National Suicide Prevention Lifeline**

Mental health services for all individuals of all ages, including veterans and families of military personnel and veterans. Services include crisis intervention, suicide prevention hotline, as well as a chat line. The hotline is a national, 24 hour, suicide prevention service available to individuals seeking help with emotional distress or in a suicidal crisis. After a short automated message, callers will be connected to the nearest available suicide prevention and mental health call center. Military personnel, veterans, and families of military personnel and veterans must select Option #1 on the menu to be connected to the appropriate call center.

**Eligibility:** Anyone in emotional distress, in a crisis situation or suicidal  
**Language:** English, Spanish; other languages available through tele-interpretation line  
**Phone Number:** 800.273.8255 Phone 24 Hour Hotline – 1.800.273.TALK (For Veterans- press 1)  
888.628.9454 Phone 24 Hour Hotline - Spanish  
800.799.4889 TTY 24 Hour Hotline - TTY Line for the Hearing Impaired  
**Coverage Area:** National  
**Website:** [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## ALZHEIMERS

### **Alzheimer's Education & Consultation Services - Alzheimer's Education And Consultation Services**

Helpline available 24/7 to provide information and referrals about Alzheimer's disease. Provides community education programs, as well as support groups for caregivers and people with early stage Alzheimer's disease. Provides respite care and consultation. Also makes available a library of books, DVD's, journals, activity kits, pamphlets and assistance with registration for wanderers (Medic Alert Safe Return).

**Eligibility:** All persons affected by Alzheimer's or other related dementias  
**Language:** English; Translation services available  
**Phone Number:** 805.636.6432  
**Coverage Area:** National  
**Website:** [www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)

## EATING DISORDER

### **Information And Referral Helpline - National Eating Disorder Association**

Support and guidance to individuals and family members affected by eating disorders. Provides education, information and referrals when needed.

**Eligibility:** All are eligible  
**Language:** English, Spanish  
**Phone Number:** 800.931.2237 Hotline Information and Referral  
**Coverage Area:** National  
**Website:** [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

\*Requires referral

## GAMBLING

### **Gambler Helpline - California Council On Problem Gambling Inc.**

No cost, confidential helpline, answered by masters-level counselors who provide crisis intervention, and referral services for those suffering from gambling addiction or for the loved ones of problem gamblers.

**Eligibility:** Available to all residents of California who have been impacted by problem gambling (their own gambling or someone else's)

**Language:** English, Spanish

**Phone Number:** 1.800.426.2537

**Coverage Area:** California

\*Requires referral

For more health and human resources dial 2-1-1

# COUNSELING & SERVICES

## GENERAL

### **Adolescente Center - Aurora Vista Del Mar Hospital**

Acute, inpatient psychiatric unit for children providing short, intensive hospital stays designed for stabilization and safety and aid in the treatment of emotional, behavioral and psychiatric disorders. Treatment focuses on dealing with depression, substance abuse, aggression, rebellion, self-injury and suicidal behaviors.

**Eligibility:** Children ages 12 -17  
**Language:** English, Spanish  
**Phone Number:** 800.776.0040 Phone Intake - Referrals/Assessment  
800.776.0040 Toll free 24 Hour  
805.653.6434 Business Line 24 Hour  
**Coverage Area:** Santa Barbara County  
**Website:** [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)

### **Community Outreach Program - Behavioral Wellness**

Homeless mentally ill adults and other mentally ill adults receive community/street/shelter based services including assessment, evaluation, referrals, coordination of series and support. Early evening and weekend series are also available.

**Eligibility:** Based on screening. For more information, call 888.868.1649  
**Language:** English  
**Phone Number:** 805.934.6380  
**Coverage Area:** Santa Barbara  
**Website:** [www.admhs.org](http://www.admhs.org)

### **Central Coast Counseling Center - Central Coast Counseling Center**

Variety of counseling options including psychotherapy, marriage and family counseling, adolescent and military counseling, and therapy for children and parents

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.934.5088  
**Coverage Area:** Santa Barbara County  
**Website:** [www.centralcoastcounseling.com](http://www.centralcoastcounseling.com)

### **Counseling - Community Counseling Center**

Short-term, low-cost, professional counseling for individuals, couples and families who would not otherwise be able to afford it due to no insurance and or a low to moderate income. Counselors see children, adolescents, and adults of all ages with a variety of problems including: anxiety, depression, eating disorders, marital and family issues, parenting, gay/lesbian issues, anger, grief, phobias, stress, and transitional issues that can be helped by short-term counseling. No walk-in clinic for emergency situations nor chronic mental health problems. Note: Located in San Luis Obispo but serves Santa Barbara residents.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.543.7969  
**Coverage Area:** Santa Maria  
**Website:** [www.cccslo.com](http://www.cccslo.com)

\*Requires referral

For more health and human resources dial 2-1-1

### **Affordable Counseling and Education Services - Community Counseling and Education Center**

Affordable counseling for various issues, including depression, anxiety, relationships, substance abuse, etc. Parenting skills classes are also available.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.962.3363  
**Coverage Area:** South County  
**Website:** [www.ccecsb.org](http://www.ccecsb.org)

### **Crescend Health**

Residential treatment program for adults with psychiatric challenges. Operates two licensed board and care homes. The goal is to help residents recover from mental illness and live as independently as possible in the community. Both homes assist residents find housing, and continue ongoing services with them through the program's mainstream program.

**Eligibility:** Adults with diagnosis of addiction and /or psychiatric disorder.  
**Language:** English  
**Phone Number:** 805.965.3434 Phone Phoenix House  
805.563.1916 Phone Mountain House  
**Coverage Area:** Santa Barbara County  
**Website:** [www.phoenixofsb.org](http://www.phoenixofsb.org)

### **Family Support Services Program - Family Service Agency of Santa Barbara (FSA)**

Bilingual family advocates work with families to ensure that they obtain needed services and strive to promote self-sufficiency by linking children and families to health care, food assistance, parenting education, and counseling services.

**Eligibility:** Open to the community  
**Language:** English, Spanish  
**Phone Number:** 805.742.2942  
**Coverage Area:** South County  
**Website:** [www.fsacares.org](http://www.fsacares.org)

### **Affordable Counseling Services - Family Service Agency of Santa Barbara (FSA)**

Affordable, confidential, and professional counseling services to children, youth, adults and families. Services are provided by licensed clinicians or supervised interns.

**Eligibility:** Must meet low income requirements.  
**Language:** English, Spanish  
**Phone Number:** 805.735.4376 Lompoc  
805.965.1001 Santa Barbara  
**Coverage Area:** Santa Barbara County  
**Website:** [www.fsacares.org](http://www.fsacares.org)

\*Requires referral

**Counseling Services - Family Therapy Institute of Santa Barbara (AHA)**

Individual, couple, family and group counseling by licensed staff and/or registered interns. Offers specialized counseling for child and adolescent with emotional and behavioral problems. Also provide counseling services for: divorce, eating, disorders, depressions, conflict resolution, anxiety disorders, and physical & sexual health abuse survivors.

**Eligibility:** Call for more information  
**Language:** English, Spanish  
**Phone Number:** 805.882.2400  
**Coverage Area:** South County  
**Website:** [www.ftisb.org](http://www.ftisb.org)

**Family Resource Center - Isla Vista Youth Projects, Inc.**

Family resource support services, which can include: parent education classes, peer support and group counseling, health insurance assistance, translation services, individual counseling and case management to families, free child care provided to parents participating in parent education, newborn home visitation, Cal-Fresh enrollment, parent leadership, coordination of health screenings for children

**Eligibility:** All families needing assistance are eligible  
**Language:** English, Spanish  
**Phone Number:** 805.685.6900  
**Coverage Area:** South County  
**Website:** [www.ivyp.org](http://www.ivyp.org)

**Counseling Center - New Beginnings**

General counseling services to all segments of the population at affordable fees. Counselors are interns supervised by licensed professionals. Offers a nine-month life skills training program that works with families on communication skills, conflict resolution, goal setting, assertiveness training, family violence issues, substance abuse and child abuse.

**Eligibility:** 12yrs - 75 yrs. old  
**Language:** English, Spanish  
**Phone Number:** 805.963.7777  
**Coverage Area:** South County  
**Website:** [www.newbeginningscounselingcenter.org](http://www.newbeginningscounselingcenter.org)

**Counseling Center - Pathpoint**

Confidential therapy for adults and counseling to help individuals or couples through many stages of life.

**Eligibility:** Adults with CenCal Medi-Cal benefits  
**Language:** English, Spanish  
**Phone Number:** 805.963.1086  
**Coverage Area:** South County  
**Website:** [www.pathpoint.org](http://www.pathpoint.org)

\*Requires referral

### **In Home Supported Services - Sanctuary Centers Of Santa Barbara**

Support and assistance to persons with mental illness who are living independently, but still need a minimal amount of support to maintain healthy functioning in the community. Helps clients with living and treatment needs, budgeting, nutrition planning, health services, vocational/employment pursuits, medication monitoring, and building a social network.

**Eligibility:** Chronic/acute psychiatric impairment  
**Language:** English; Spanish  
**Phone Number:** 805.563.1977  
**Coverage Area:** Santa Barbara County  
**Website:** [www.sanctuarycenters.org](http://www.sanctuarycenters.org)

### **Outpatient Psychiatric Services - Sanctuary Centers Of Santa Barbara**

Development of independent living skills and assists with employment and vocational goals, as well as education, treatment and general counseling to help clients maintain stability in their lives.

**Eligibility:** Chronic or acute psychiatric impairment and under the care of a mental health professional  
**Language:** English, Spanish  
**Phone Number:** 805.569.2785  
**Coverage Area:** Santa Barbara County  
**Website:** [www.sanctuarycenters.org](http://www.sanctuarycenters.org)

### **Counseling & Wellness Program - Santa Ynez Valley People Helping People**

Counseling services provided by bi-cultural/bi-lingual interns and trainees completing masters of doctoral level degrees in clinical psychology. Wellness services include parent education, educational support, and services are supervised by a licensed Marriage and Family Therapist

**Eligibility:** All residents of the Santa Ynez Valley  
**Language:** English, Spanish  
**Phone Number:** 805.686.0295  
**Coverage Area:** Santa Ynez, Buellton, Lompoc, Los Olivos, Solvang  
**Website:** [www.syvphp.org](http://www.syvphp.org)

### **Santa Maria Recovery Learning Community - Transitions – Mental Health Association**

Mental health recovery providing a combination of wellness and recovery-oriented services. Groups lead by staff and peers in comfortable and supportive meeting places; promoting independence and revitalization through self-governed activities as members working towards recovery. Various groups available such as dual diagnosis groups, peer support groups, WRAP groups and a variety of trainings. The center holds computer classes weekly and has open computer lab time available.

**Eligibility:** Receives services for mental health. People with lived mental health experience.  
**Language:** English, Spanish  
**Phone Number:** 805.928.0139  
**Coverage Area:** North County  
**Website:** [www.t-mha.org](http://www.t-mha.org)

\*Requires referral

### **Helping Hands- Transitions - Mental Health Association**

Mental health recovery providing a combination of wellness and recovery-oriented services. Groups lead by staff and peers in comfortable and supportive meeting places; promoting independence and revitalization through self-governed activities as members working towards recovery. Various groups available such as dual diagnosis groups, peer support groups, WRAP groups and a variety of trainings. The center holds computer classes weekly and has open computer lab time available

**Eligibility:** Receives services for mental health reasons  
**Language:** English, Spanish  
**Phone Number:** 805.819.0460 press 5  
**Coverage Area:** Lompoc  
**Website:** [www.t-mha.org](http://www.t-mha.org)

### **Hosford Counseling and Psychological Services Clinic - University Of California, Santa Barbara (UCSB)**

Counseling services as well as career, mental health assessments by Ph.D. student therapists. Offers services to community residents as well as to UCSB faculty, students and staff.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.893.8064  
**Coverage Area:** South County  
**Website:** [www.ucsb.edu](http://www.ucsb.edu)

## **DUAL DIAGNOSIS**

### **Adult Detox And Dual Diagnosis - Aurora Vista Del Mar Hospital**

Designed to treat patients who struggle with psychiatric illness compounded by chemical dependency. Treatment may include medically supervised detoxification upon admission leading to a comprehensive treatment program for both diagnoses.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.653.6434  
**Coverage Area:** Santa Barbara County  
**Website:** [www.vistadelmar.com](http://www.vistadelmar.com)

### **Dual Diagnosis Program - Crescend Health**

Provides outpatient services to address substance abuse treatment, drug and alcohol treatment for dual diagnosis, and co-occurring disorders.

**Eligibility:** Ages 18+  
**Language:** English  
**Phone Number:** 805.965.3434  
**Coverage Area:** Santa Barbara County  
**Website:** [www.phoenixofsb.org](http://www.phoenixofsb.org)

### **Outpatient Substance Abuse Treatment - Recovery Road Medical Center**

Group and individual therapy for adults struggling with drug or alcohol addiction. Also offers sessions focused on adults dealing with chronic pain or dual diagnosis.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.962.7800  
**Coverage Area:** Santa Barbara County  
**Website:** [www.recoveryroadmc.com](http://www.recoveryroadmc.com)

\*Requires referral

## DRUG AND ALCOHOL

### **Aegis Treatment Centers, LLC**

Outpatient treatment for Opiate Addiction. Opiates include prescription painkillers and illegal drug such as heroin and fentanyl. Medication (Methadone and Suboxone) and counseling (individual and group) are used hand-in-hand to help patients in recovery.

**Eligibility:** Opiate use disorder, opiate dependence, opiate addiction  
**Language:** English, Spanish  
**Phone Number:** 805.922.6597  
**Coverage Area:** Santa Barbara County  
**Website:** [www.aegistreatmentcenters.com](http://www.aegistreatmentcenters.com)

### **Alcoholics Anonymous - Alcoholics Anonymous (AA)**

Non-professional support group and group meetings are available in most cities of the county. Membership is open to anyone who wants to do something about his or her drinking problem. Follows the 12-Steps.

**Eligibility:** All; Client must have desire to stop drinking. Open to all ages  
**Language:** English, Spanish  
**Phone Number:** 888.267.1814  
**Coverage Area:** Santa Barbara County  
**Website:** [www.santabarbaraAA.com](http://www.santabarbaraAA.com)

### **Adult Partial Hospitalization Program - Aurora Vista Del Mar**

Offers alternative treatment options to patients in an outpatient setting. Patients participate 5 days a week in a therapeutic setting where they receive education, as well as group and individual counseling.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 800.776.0040 Toll free 24-Hour Hotline  
805.653.6434 Business Line Administration  
**Coverage Area:** Santa Barbara County  
**Website:** [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)

### **Aurora Vista Military Support (Active Duty and Veterans)- Aurora Vista Del Mar Hospital**

Provides support services utilizing only evidence based practices for active duty military and veterans post traumatic stress disorder, combat related stress, substance abuse/dependence, mood disorders, co-occurring disorders (PTSD/CD)

**Eligibility:** Active Duty Military and Veterans  
**Language:** English  
**Phone Number:** 805.653.6434  
**Coverage Area:** Santa Barbara County  
**Website:** [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)

### **Affordable Counseling and Education Services - Community Counseling and Education center**

Provides affordable counseling for various issues, including depression, anxiety, relationships, substance abuse, etc. Parenting skills classes are also available.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.962.3363  
**Coverage Area:** Santa Barbara County  
**Website:** [www.ccecsb.org](http://www.ccecsb.org)

\*Requires referral



### **Substance Abuse Treatment Center - Coast Valley Substance Abuse Treatment Center**

Provides out patients counseling for substance abuse, anger management and parenting.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.739.1512 Santa Maria  
805.322.8014 Lompoc  
**Coverage Area:** Lompoc, Orcutt, Santa Maria ,Santa Ynez, Solvang  
**Website:** [www.coastvalleysatc.com](http://www.coastvalleysatc.com)

### **Project Recovery Adult Treatment Program - Council on Alcoholism and Drug Abuse (CADA)**

Structured outpatient treatment programs for adults with alcohol and substance abuse dependence issues by comprehensive services to promote abstinence and recovery. Offers programs for clients with special needs, such as pregnant women, monolingual Spanish or co-occurring mental health and substance abuse disorders. Services can consist of: drug and alcohol testing; alcohol abuse education and prevention; drug abuse education and prevention; alcoholism counseling; alcohol support groups; alcohol outpatient treatment; drug abuse counseling drug outpatient treatment.

**Eligibility:** Ages 18+ with alcohol and substance abuse dependency  
**Language:** English, Spanish  
**Phone Number:** 805.564.6057  
**Coverage Area:** Santa Barbara  
**Website:** [www.cadasb.org](http://www.cadasb.org)

### **Council on Alcoholism and Drug Abuse (CADA)**

Provides counseling, community and school-based drug education services by licensed clinicians, counselors and interns. Services include: drug and alcohol abuse education, prevention, intervention, treatment and counseling to substance-dependent individuals, their families and the community.

**Eligibility:** All are eligible  
**Language:** English, Spanish  
**Phone Number:** 805.963.1433  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

### **Drinking Driver Program - Council on Alcoholism & Drug Abuse (CADA)**

Provides an education and treatment program for multiple offenders. Class is for 18 months with weekly attendance required.

**Eligibility:** Must have been convicted of 2 or more DUIs  
**Language:** English, Spanish  
**Phone Number:** 805.963.1433  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

\*Requires referral

### **Substance Abuse Drop-In Center Services - Council on Alcoholism and Drug Abuse (CADA)**

Provides free assessment crisis counseling to the point of referral to anyone who requires assistance in dealing with alcohol or drug problems. Provides professional intervention services when assessed as necessary for a fee. Also offers drug testing, as well as providing drug and alcohol training and presentations to the general public and other service providers. Free current 12-step meeting guides (AA, Alanon, ACA, CODA, CA, NA, OA, SAA) and information on all aspects of substance abuse.

**Eligibility:** All are eligible. Walk-in or call for an appointment  
**Language:** English, Spanish  
**Phone Number:** 805.962.6195  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

### **Outpatient Substance Abuse Treatment - Recovery Road Medical Center**

Provides group and individual therapy for adults struggling with drug or alcohol addiction. Also offers sessions focused on adults dealing with chronic pain or dual diagnosis.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.962.7800  
**Coverage Area:** Santa Barbara  
**Website:** [www.recoveryroadmc.com](http://www.recoveryroadmc.com)

### **Life in Focus - Revival Tabern of Santa Maria**

Offers a 12 step program for those struggling with addiction through a faith based component, seminars, one-on-one teachings and support groups.

**Eligibility:** Ages 18+  
**Language:** English  
**Phone Number:** 805.937.6536  
**Coverage Area:** Santa Maria  
**Website:** No Webpage

### **Outpatient Drug and Alcohol Treatment - Santa Barbara Rescue Mission**

Provides a complete spectrum of individual and group counseling options along with treatment options specifically tailored to the needs of each client and his or her family who are struggling with substance abuse addiction

**Eligibility:** Call for assessment by program staff  
**Language:** English  
**Phone Number:** 805.966.1316  
**Coverage Area:** Santa Barbara County  
**Website:** [www.sbrm.org](http://www.sbrm.org)

### **Substance Abuse Counseling - Zona Seca Inc.**

Provides drug and alcohol counseling as well as substance abuse education for abusers and their families. Court mandated clients are welcome.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.963.8961  
**Coverage Area:** Santa Barbara  
**Website:** [www.zonaseca.com](http://www.zonaseca.com)

\*Requires referral

## RESIDENTIAL TREATMENT FACILITIES

### **Residential Sober Living - Coast Valley Substance Abuse Treatment Center**

Provides sober living environment for men and woman. Individual can reside up to six months while seeking employment, education and perusing individual goals thought their recovery. Santa Maria: Men only sober living residential Lompoc : Men and Woman sober living residential

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.739.1579 Santa Maria  
805.739.1519 Lompoc  
**Coverage Area:** Santa Maria , Guadalupe, Orcutt, Lompoc, Santa Ynez  
**Website:** [www.coastvalleysatc.com](http://www.coastvalleysatc.com)

### **Residential Recovery Program - Central Coast Rescue Mission**

Provides a three phased recovery program for men with the first two, four-month phases focusing on faith in Christ, life-skill development, and personal recovery, and the third, open ended phase focusing on transition and leadership development. The mission's recovery program offers men the opportunity to overcome addictive behaviors and destructive lifestyles. Clients participate daily in classes, training, counseling, and activities specifically designed to minister to the whole person: body, soul, and spirit. Residents meet regularly with trained staff to discuss personal and recovery issues.

**Eligibility:** Ages 18+, male, complete interview and intake application  
**Language:** English, Spanish  
**Phone Number:** 805.614.0220  
**Coverage Area:** Santa Maria  
**Website:** [www.ccrescuemission.org](http://www.ccrescuemission.org)

### **Chemical Dependency Programs - Cottage Health**

Provides voluntary treatment of acute psychiatric crises, mental health counseling, and the most up-to-date and effective treatment of alcoholism and drug addiction.

**Eligibility:** Call for more information  
**Language:** English, Spanish  
**Phone Number:** 805.569.8339  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cottagehealth.org](http://www.cottagehealth.org)

### **Residential Detox Center- Council on Alcoholism and Drug Abuse (CADA)**

Provides a 10-14 day stay at a non-medical state licensed residential detox center. Clients stay in an inpatient setting with 12 beds, (6 men's and 6 women's). Treatment consists of daily individual and group counseling sessions, 12 step-meetings, and acupuncture treatments. Placement, aftercare, and case-management services are offered as well as linkages to recovery resources.

**Eligibility:** To be determined at screening through Drop In Center Detox Intake  
**Language:** English, Spanish  
**Phone Number:** 805.963.1836  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

\*Requires referral

### **Substance Abuse Treatment- Good Samaritan Shelter**

Offers two substance abuse detoxification programs: Out-patient residential detoxification is a 7-14 day program with counseling and group sessions and a 12 step program. In-patient detoxification is a 7-14 day program with counseling, aftercare planning, outpatient referral and follow-up.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.347.3338 Ext 102  
**Coverage Area:** Santa Barbara County  
**Website:** [goodsamaritanshelter.org](http://goodsamaritanshelter.org)

### **Sober Living Program- New House**

Provides live-in rehabilitation for adult male alcoholics and drug abusers who have an honest desire to stay sober. Alcoholics Anonymous is the only therapy used in the house.

**Eligibility:** Must be clean and sober to enter. Recovering addict with desire to stay sober. All residents have outside sponsors.  
**Language:** English  
**Phone Number:** 805.563.6050 Phone Intake  
805.962.8248 Business Line Front Desk  
**Coverage Area:** Santa Barbara County  
**Website:** [www.sbnewhouse.org](http://www.sbnewhouse.org)

### **Residential Drug and Alcohol Treatment-Santa Barbara Rescue Mission**

Offers a 12 month residential recovery program that aims to bring individuals from addiction, institutionalization, and homelessness back to sobriety, health, and wholeness.

**Eligibility:** Ages 18+; To be reviewed by program staff  
**Language:** English  
**Phone Number:** 805.966.1316  
**Coverage Area:** Santa Barbara County  
**Website:** [www.sbrm.org](http://www.sbrm.org)

## **ADOLESCENT SUBSTANCE ABUSE**

### **Adolescent Substance Abuse Treatment - Coast Valley Substance Abuse Treatment Center**

Provides outpatient services for youth that include group and individual counseling, positive decision making support, relapse prevention, substance abuse education and drug testing.

**Eligibility:** Open to all ages  
**Language:** English, Spanish  
**Phone Number:** 805.739.1512 Santa Maria  
805.322.8014 Lompoc  
**Coverage Area:** Lompoc, Orcutt, Santa Maria ,Santa Ynez, Solvang  
**Website:** [www.coastvalleysatc.com](http://www.coastvalleysatc.com)

### **Club Live - Council on Alcoholism and Drug Abuse (CADA)**

Provides alcohol and drug free clubs for junior high school aged students. Program plans alternative alcohol and drug-free activities, rallies and assemblies, community service training and projects, as well as alcohol and drug education.

**Eligibility:** Meet age requirements.(11 to 14 years old)  
**Language:** English, Spanish  
**Phone Number:** 805.963.1433  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

\*Requires referral

**Daniel Bryant Youth and Family Treatment Program - Council on Alcoholism and Drugs Abuse (CADA)**

Provides structured outpatient treatment programs for adolescents with alcohol and substance abuse dependence issues providing comprehensive services to promote abstinence and recovery. Services may include: drug and alcohol testing, alcohol abuse education and prevention, drug abuse education and prevention, alcoholism counseling; alcohol support groups; drug abuse counseling.

**Eligibility:** Open to all young people aged 12-18, as well as their parents and other family  
**Language:** English, Spanish  
**Phone Number:** 805.730.7575  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

**Substance Use Prevention and Education Resource (SUPER) Program – Council on Alcoholism and Drug Abuse (CADA)**

Provides a four-session series of meetings for teens and their parents, with purpose of improving communication and building family relationships. Addresses issues of teen substance use and abuse.

**Eligibility:** School or parent referral  
**Language:** English, Spanish  
**Phone Number:** 805.963.1433  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

**Trust & Verify - Fighting Back Santa Maria Valley**

Offer drug test screenings, available in office for a small fee. Encourage children to live a drug-free lifestyle, and offers further help for those who may need it.

**Eligibility:** Eligibility requirements based on residency  
**Language:** Spanish, English  
**Phone Number:** 805.346.1774  
**Coverage Area:** Santa Maria, Orcutt, Guadalupe  
**Website:** [www.fbsmv.com](http://www.fbsmv.com)

**Drug and Alcohol Program - Santa Maria Valley Youth & Family Center**

Helps to strengthen youth and their families on “the road to recovery” from substance abuse problems. Provides supportive services such as group and individual counseling for substance abuse, intervention and free drug testing upon request.

**Eligibility:** Serves youth ages 13-18 years  
**Language:** English, Spanish  
**Phone Number:** 805.928.1707 Ext 203  
**Coverage Area:** Santa Maria, Orcutt, Guadalupe  
**Website:** [www.smyfc.org](http://www.smyfc.org)

\*Requires referral

## SCHOOL BASED

### **Friday Night Live (FNL)/ Club Live Leadership - Council on Alcoholism and Drug Abuse (CADA)**

Provides leadership development for junior high and high school students through school-based clubs that promote alcohol and drug free lifestyle. Program plans alternative projects, as well as alcohol and drug education.

**Eligibility:** Meet age as alcohol and drug education. (11 to 18 years old)  
**Language:** English  
**Phone Number:** 805.963.1433  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

### **Youth Service Specialists (YSS) – Council on Alcoholism and Drug Abuse (CADA)**

Mental health and substance abuse counselors who provide a continuum of alcohol and other drug related prevention and intervention services. They provide an all-inclusive support system consisting of confidential counseling, life-skills classes, parent conferences, prevention education, referral to community resources, and events and activities that promote wellness and a drug and alcohol-free lifestyle.

**Eligibility:** 8-12<sup>th</sup> grades: Students in Junior Highs and High Schools where services are offered.  
**Language:** English, Spanish speaking counselors available at some sites  
**Phone Number:** 805.722.1304  
**Coverage Area:** South County, North County ( selected locations)  
**Website:** [www.cadasb.org](http://www.cadasb.org)

### **School Based Counseling/ START (Support, Treatment, Advocacy, and Referral Team) – Council on Alcoholism and Drug Abuse (CADA)**

Mental health counselors who focus on the early identification and assessment of students with learning, behavior, substance abuse and emotional problems.

**Eligibility:** K-12<sup>th</sup> grades  
**Language:** English, Spanish speaking counselors available at some sites  
**Phone Number:** 805.730.7575  
**Coverage Area:** South County  
**Website:** [www.cadasb.org](http://www.cadasb.org)

## FAITH BASED

### **Catholic Charities Counseling Services - Catholic Charities of Santa Barbara County**

Professional counseling in English and Spanish for individuals and families.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.684.8621 Carpinteria  
805.965.7045 Santa Barbara  
805.965.7045 Business Line Main Office  
**Coverage Area:** Santa Barbara County  
**Website:** [www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

\*Requires referral

For more health and human resources dial 2-1-1

### **Christian Counseling - Free Methodist Church**

Licensed therapists provide individual, couples and family counseling for a variety of personal issues and relational difficulties from a Christian perspective. Life education classes available from professional therapists and pastors. Provides educational workshops and parenting classes.

**Eligibility:** Open to all faiths  
**Language:** English  
**Phone Number:** 805.568.3838  
**Coverage Area:** South County  
**Website:** [www.fmcsb.org](http://www.fmcsb.org)

### **Counseling Services - Jewish Family Service**

Professional certified counseling to all age groups and situations. Counseling services for individuals, couples and families.

**Eligibility:** Open to all, call for more information  
**Language:** English and limited Spanish available  
**Phone Number:** 805.957.1116  
**Coverage Area:** Carpinteria , Goleta , Isla Vista, SB, Summerland  
**Website:** [www.jewishsantabarbara.org](http://www.jewishsantabarbara.org)

## **CHILDREN & YOUTH**

### **Children's Mental Health Services - Behavioral Wellness**

Services for severely emotionally disturbed minors and minors at risk for out of home placement or school failure. Offers individual, group and medication therapies, evaluation and treatment.

**Eligibility:** Determine by screening. Call 888-868-1649 for more information. Teens Children  
**Language:** English, Spanish  
**Phone Number:** 888.868.1649 24 Hour Hotline - ACCESS  
805.934.6380 Business Line Children Services  
**Coverage Area:** Santa Barbara County  
**Website:** [www.admhs.org](http://www.admhs.org)

### **\*Therapeutic Behavioral Services (TBS) - Casa Pacifica Centers For Children & Families**

Developed for children in the community who are in jeopardy of being placed in high-level group homes. TBS is primarily delivered in the home, school, or community as an auxiliary service for children already receiving county mental health services. Counselors spend most of their time implementing behavioral interventions with the child and working with parents and caregivers to effectively use behavioral plans.

**Eligibility:** Child must be referred through community agency or Behavioral Health, Teens, Children, Families  
**Language:** English, Spanish  
**Phone Number:** 805.445.7800  
**Coverage Area:** Santa Barbara County  
**Website:** [www.casapacific.org](http://www.casapacific.org)

\*Requires referral

**\* Wraparound Services - Casa Pacifica Centers For Children And Families**

Coordinated services for children who would otherwise be placed in group homes, with a focus on keeping them at home and in their own communities.

Children/youth usually remain in the program for a year or more.

**Eligibility:** Child must be 17 or younger  
**Language:** English, Spanish  
**Phone Number:** 805.445.7800  
**Coverage Area:** Santa Barbara County  
**Website:** [www.casapacifica.org](http://www.casapacifica.org)

**Parent-Child Interaction Therapy - Child Abuse Listening Mediation (CALM)**

Program in which parents work directly with their children ages 3-7 to improve child behaviors, acquire effective parenting skills, and enhance the relationship between the parent and the child.

**Eligibility:** 3-7 years old  
**Language:** English, Spanish  
**Phone Number:** 805.614.9160 Phone Santa Maria  
805.965.2376 Phone Santa Barbara  
**Coverage Area:** Santa Barbara County  
**Website:** [www.calm4kids.org](http://www.calm4kids.org)

**\*Rehabilitation Specialist - Community Action Commission (CAC)**

Facilitates youth in social and independent living skills development within the context of a therapeutic services relationship.

**Eligibility:** Ages 6-26  
**Language:** English, Spanish  
**Phone Number:** 805.964.8857  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cacsb.org](http://www.cacsb.org)

**\*Family Wellness Program - Community Action Commission (CAC)**

Provides mental health services to children and their families & promote sound child development practices.

**Eligibility:** Ages 0-5 in Head Start Programs  
**Language:** English, Spanish  
**Phone Number:** 805.964.8857  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cacsb.org](http://www.cacsb.org)

**Affordable Counseling Services - Family Service Agency Of Santa Barbara (FSA)**

Counselors provide affordable, confidential, and professional counseling services to children, youth, adults and families. Services are provided by licensed clinicians or supervised interns.

**Eligibility:** Must meet low income requirements.  
**Language:** English, Spanish  
**Phone Number:** 805.735.4376 Lompoc  
805.965.1001 Santa Barbara  
**Coverage Area:** South County  
**Website:** [www.fsacares.org](http://www.fsacares.org)

\*Requires referral

For more health and human resources dial 2-1-1



### **School-Based Counseling - Family Service Agency Of Santa Barbara (FSA)**

Counselors focus on the early identification and assessment of students with behavior, substance abuse, and other emotional problems that serves as obstacles to a student's success in school.

**Eligibility:** K-6th grades; Students at the elementary schools where services are offered.  
Services are available at some middle and high schools

**Language:** English, Spanish speaking counselors at some site

**Phone Number:** 805.965.1001 Ext. 242

**Coverage Area:** South County

**Website:** [www.fsacares.org](http://www.fsacares.org)

### **Counseling Services - Family Therapy Institute Of Santa Barbara**

Individual, couple, family and group counseling by licensed staff and/or registered interns. Offers specialized counseling for child and adolescent with emotional and behavioral problems. Also provide counseling services for: divorce, eating disorders, depression, conflict resolution, anxiety, disorders, physical or sexual abuse survivors

**Eligibility:** Call for more information

**Language:** English, Spanish

**Phone Number:** 805.882.2400

**Coverage Area:** Santa Barbara County

**Website:** [www.ftisb.org](http://www.ftisb.org)

### **Counseling Center - New Beginnings**

General counseling services to all segments of the population at affordable fees. Counselors are interns supervised by licensed professionals. Offers a nine-month life skills training program that works with families on communication skills, conflict resolution, goal setting, assertiveness training, family violence issues, substance abuse and child abuse.

**Eligibility:** 12yrs - 75 yrs. old

**Language:** English, Spanish

**Phone Number:** 805.963.7777

**Coverage Area:** Santa Barbara

**Website:** [www.newbeginningscounselingcenter.org](http://www.newbeginningscounselingcenter.org)

### **Youth Support And Outreach Services - Noah's Anchorage Youth Crisis Shelter**

Works with youth and young adults through outreach who are at-risk of becoming homeless or are currently homeless and assist their transition into adulthood. Services include counseling, case management, and basic needs (food, hygiene, supplies, and clothing).

**Eligibility:** Youth age 21 and younger

**Language:** English, Spanish

**Phone Number:** 866.435.7833 Hotline Crisis Line open 24/7  
805.963.8775 Business Line General Line open 24/7

**Coverage Area:** South County

**Website:** [www.ciyzca.org](http://www.ciyzca.org)

\*Requires referral

### **Counseling Services - Santa Maria Valley Youth And Family Center**

Counselors work closely with clients providing individual and family counseling for children, youth, and their families during times of loss, trauma, and other major life concerns. Serving families to include grandparents bringing up grandchildren, probation youth, Child Welfare Services families, Special Education Local Plan Area youth, and provide parenting groups. Groups are offered during the summer for children and teens groups consist of social skills, grief and loss, and outdoor groups.

**Eligibility:** Medi-Cal clients from SB County unless authorized by Mental Health  
**Language:** English  
**Phone Number:** 805.928.1707  
**Coverage Area:** North County  
**Website:** [www.smvyc.org](http://www.smvyc.org)

## **FOSTER YOUTH SERVICES**

### **\*Resource (Foster) Family Services - The Family Care Network Inc.**

Family-based out-of-home care for children and youth impacted by trauma services include: Emergency Shelter care, Therapeutic Foster care and intensive Therapeutic Foster Care.

**Eligibility:** Must be referred by Children Welfare Services/DSS  
**Language:** English, Spanish  
**Phone Number:** 1.866.781.3535 Toll free  
805.781.3535 Business Line  
**Coverage Area:** Santa Barbara County  
**Website:** [www.fcni.org](http://www.fcni.org)

### **\*Intense Therapeutic Foster Care - The Family Care Network Inc.**

Foster family specially trained in caring for a child or youth with emotional and/or behavioral challenges, coupled with intense clinical services, such as: in-home support; individual and family counseling; and substantial foster family support.

**Eligibility:** Must be a ward of the court  
**Language:** English, Spanish  
**Phone Number:** 805.781.3535  
**Coverage Area:** Santa Barbara County  
**Website:** [www.fcni.org](http://www.fcni.org)

### **\*Child Welfare Services Intensive In-Home - Santa Maria Valley Youth And Family Center**

Therapeutic services are intended to provide the families with the tools needed to resolve crisis, create stability in home, and be able to address any problem that may arise after services are completed. Therapeutic services focus on: stabilizing placement and prevent placement disruption whether it is with their biological or foster family, resolve any crisis affecting the family's ability to provide stability, target specific goals, related to their diagnosis, to decrease symptoms and resulting problematic behaviors.

**Eligibility:** Children Ages 5-19 in foster care referred by Child Welfare Services enrolled in Medi-Cal.  
**Language:** English, Spanish, Mixteco, American Sign Language  
**Phone Number:** 805.928.1707  
**Coverage Area:** North County  
**Website:** [www.smvyc.org](http://www.smvyc.org)

\*Requires referral

For more health and human resources dial 2-1-1

## PREGNANCY AND POSTPARTUM DEPRESSION

### Great Beginnings Home Visitation - Child Abuse Listening Mediation (CALM)

Promotes the health, growth, and development of children ages pre-natal to five years old and their families. Home visitation and center-based services including: postpartum support groups, parenting skills, counseling, health and safety education.

**Eligibility:** Children 0-5, Parents of children 0-5, Pregnant and post-partum women

**Language:** English, Spanish, Chinese

**Phone Number:** 805.614.9160 Business Line Santa Maria  
805.965.2376 Business Line Santa Barbara

**Coverage Area:** Santa Barbara County

**Website:** [www.calm4kids.org](http://www.calm4kids.org)

### Postpartum Education for Parents - Postpartum Education for Parents (PEP)

Peer volunteers provide emotional support, newborn and child care information, postpartum depression telephone support for parents in "special circumstances" and support groups for parents with special needs. Offers monthly Baby Basic class covering diapering, feeding, bathing, infant safety and behaviors as well as the emotional reactions to pregnancy and childbirth. Publications available for a fee on newborn care and establishing parent support programs.

**Eligibility:** No information has been provided by Agency

**Language:** English, Spanish

**Phone Number:** 805.564.3888

**Coverage Area:** South County

**Website:** [www.sbpep.org](http://www.sbpep.org)

## DOMESTIC ABUSE

### Emergency Shelter - Domestic Violence Solutions For Santa Barbara County

Confidential emergency shelter and ongoing support for women and their children in a domestic violence situation. Offers callers counseling, information and referrals, as well as access to immediate shelter.

**Eligibility:** Eligibility for shelter based on screening protocol

**Language:** English, Spanish

**Phone Number:** 805.686.4390 Santa Ynez Valley  
805.736.0965 Lompoc Hotline  
805.925.2160 Santa Maria Hotline  
805.964.5245 Santa Barbara

**Coverage Area:** Santa Barbara County

**Website:** [www.dvsolutions.org](http://www.dvsolutions.org)

### Advocates for Domestic and Child Abuse Prevention - Santa Ynez Valley People Helping People

24 hour advocate response to Sheriff's Department 911 domestic violence crime calls. Immediate support may include medical attention and shelter. Further assistance may be provided such as food and rental assistance, direction to successfully navigate the criminal justice system, group and individual counseling for adults and children, and access to services from the District Attorney's Victim Witness Program.

**Eligibility:** Must reside in the Santa Ynez and Los Alamos Valley

**Language:** English, Spanish

**Phone Number:** 805.686.0295 Business Line Office

**Coverage Area:** Santa Barbara County

**Website:** [www.syvphp.org](http://www.syvphp.org)

\*Requires referral

For more health and human resources dial 2-1-1

## SEXUAL ASSAULT

### **Sexual Assault Response Team - Santa Barbara County Public Health Department**

Coordinates and implements services to adults who have been sexually assaulted or children who have been sexually abused. Coordinated services include a medical-legal examination, forensic interviewing, emotional support, crisis intervention, and counseling referrals.

**Eligibility:** Suspected sexual assault or sexual abuse is indicated.  
**Language:** English, Spanish  
**Phone Number:** 805.682.0702 Business Line / Sexual Assault Helpline  
**Coverage Area:** Santa Barbara County  
**Website:** [www.syphp.org](http://www.syphp.org)

### **Santa Barbara Rape Crisis Center Services - Santa Barbara Rape Crisis Center**

Crisis counseling, accompaniment and referral for survivors of sexual assault, incest and sexual harassment, as well as to their families and friends. Offers long-term counseling, self-defense classes, community education and rape prevention presentations, advocacy, as well as ongoing support groups.

**Eligibility:** Must be a survivor of sexual abuse or a significant other  
**Language:** English, Spanish  
**Phone Number:** 805.564.3696  
**Coverage Area:** South County  
**Website:** [www.sbrapecrisiscenter.org](http://www.sbrapecrisiscenter.org)

## CHILD ABUSE & NEGLECT

### **Child Abuse Treatment Program - Child Abuse Listening Mediation (CALM)**

Individual, family and group for affected children/youth by physical, sexual or emotional abuse, exposure to domestic violence or neglect, parental substance abuse, bullying, community violence, abandonment or child endangerment

**Eligibility:** children ages 6 – 18 and their Families  
**Language:** English, Spanish  
**Phone Number:** 805.965.2376 Santa Barbara  
805.614.9160 Santa Maria  
**Coverage Area:** Santa Barbara County  
**Website:** [www.calm4kids.org](http://www.calm4kids.org)

### **HEAL - Child Abuse Listening Mediation (CALM)**

Group therapy for adults who experienced sexual abuse as a child.

**Eligibility:** 18+ Must be receiving individual therapy to participate.  
**Language:** English  
**Phone Number:** 805.965.2376  
**Coverage Area:** Santa Barbara County  
**Website:** [www.calm4kids.org](http://www.calm4kids.org)

\*Requires referral

For more health and human resources dial 2-1-1

## LGBTQ +

### **LGBTQ+ Services - Pacific Pride Foundation**

Provides counseling services, youth services, social and community events, and sensitivity trainings.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.349.9947  
**Coverage Area:** Santa Barbara County  
**Website:** [www.pacificpridefoundation.org](http://www.pacificpridefoundation.org)

## BEREAVEMENT

### **Hospice Support Services - Hospice Of Santa Barbara**

Supportive services, including: confidential counseling from experienced professionals to both adults and children who are facing a terminal illness, planning for end-of-life care, or grieving the death of a loved one. A variety of support groups related to bereavement and coping with terminal illness  
Respite care - caring for terminally ill individuals for short periods to provide the individual's caregiver a rest (provided by trained volunteers).

**Eligibility:** Any person dealing with a life threatening illness and/or adults and children grieving the loss of a loved one. No diagnosis requirement to receive services.  
**Language:** English, Spanish  
**Phone Number:** 805.563.8820  
**Coverage Area:** Santa Barbara County  
**Website:** [www.hospiceofsb.org](http://www.hospiceofsb.org)

### **Counseling Center - Pathpoint**

Confidential therapy for adults and counseling to help individuals or couples through many stages of life. Some areas of specialty: coping with chronic or terminal illness, grief and loss, mood disorders, anxiety disorders, major depression, relationship issues, stress management

**Eligibility:** Adults with CenCal Medi-Cal benefits  
**Language:** English, Spanish  
**Phone Number:** 805.963.1086  
**Coverage Area:** Santa Barbara County  
**Website:** [www.pathpoint.org](http://www.pathpoint.org)

### **Counseling Services - Santa Maria Valley Youth And Family Center**

Counselors work closely with clients providing individual and family counseling for children, youth, and their families during times of loss, trauma, and other major life concerns. Serving families to include grandparents bringing up grandchildren, probation youth, Child Welfare Services families, Special Education Local Plan Areas youth, and provide parenting groups. Groups are offered during the summer for children and teens groups consist of social skills, grief and loss, and outdoor groups.

**Eligibility:** Medi-Cal clients from SB County unless authorized by Behavioral Wellness  
**Language:** English  
**Phone Number:** 805.928.1707  
**Coverage Area:** Santa Maria  
**Website:** [www.smvyfc.org](http://www.smvyfc.org)

\*Requires referral

## MILITARY & VETERANS

### **Aurora Vista Military Support (Active Duty and Veterans) - Aurora Vista Del Mar Hospital**

Provides support services utilizing only evidence based practices for active duty military and Veterans Post Traumatic Stress Disorder, Combat Related Stress, Substance Abuse/Dependence, Mood Disorders, Co-occurring disorders (PTSD/CD)

**Eligibility:** Active Duty Military and Veterans

**Language:** English

**Phone Number:** 805.653.6434

**Coverage Area:** Santa Barbara County

**Website:** [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)

### **Military Counseling Services - Military Onesource**

General counseling services face to face, by telephone and online. Counseling sessions address short-term non-medical concerns and are limited to 12 sessions per issue per counselor. Services are not designed to address long-term issues such as child or spouse abuse, suicidal ideation, and mental health issues. People in need of long-term care are referred to a military treatment facility.

**Eligibility:** Services are restricted to active duty, Reserve, National Guard members, and their families, as well as deployed civilians and their families.

**Language:** English, Spanish Multiple language translation available

**Phone Number:** 877.888.0727 Spanish Hotline

800.342.9647 Hotline Intake

800.346.9188 TTY

**Coverage Area:** Santa Barbara County

**Website:** [www.militaryonesource.com](http://www.militaryonesource.com)

### **Vet Center**

Offers individual and group counseling to veterans and individuals in active duty as well as to their family members. Services can include: Individual Counseling, Marital and Family Counseling, Bereavement Counseling, Sexual Trauma Counseling, Education and outreach, Assistance with Applying for VA Benefits, Referral to Medical Services, Alcohol/Drug Treatment Referral, Employment Referral, Referral to Community Resources

**Eligibility:** Vets and active duty individuals as well as their families.

**Language:** English, Spanish

**Phone Number:** 805.585.1860 Ventura Vets Center

805.782.9101 San Luis Vet Center

**Coverage Area:** Santa Barbara County

**Website:** [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

\*Requires referral

For more health and human resources dial 2-1-1

## SENIORS

### Senior Peer Counseling - Center For Successful Aging

Confidential, no cost counseling services to seniors who are facing the challenges of the aging process who may be facing the stresses of illness, loss of spouse or friends, isolation from family and friends and other life transitions. Peer counseling is offered by trained supervised volunteer counselors and takes place in a variety of places such as: in the client's home, in group settings, as well as in professional counseling offices

**Eligibility:** Seniors ages 50+  
**Language:** English, Spanish  
**Phone Number:** 805.898.8080  
**Coverage Area:** Santa Barbara County  
**Website:** [www.csasb.org](http://www.csasb.org)

## HEALTH/DISABILITY

### Classes and Education Services - Braille Institute, Santa Barbara

Assistance in the following areas: counseling, consultation with magnification devices, a store of adaptive items and a library of talking books, classes in daily living skills, braille instruction, orientation, mobility, and home management, computer training, leisure activities and creative arts youth program for children ages six to eighteen and their families, a large mobile unit can bring limited services anywhere there is need, vision loss support groups and discussion groups also offered volunteer opportunities always available

**Eligibility:** Call for information  
**Language:** English, Spanish  
**Phone Number:** 805.682.6222  
**Coverage Area:** Santa Barbara County  
**Website:** [www.brailleinstitute.org](http://www.brailleinstitute.org)

### Breast Cancer/Health Support Services - Breast Cancer Resource Center of Santa Barbara

Emotional support and educational programs for those dealing with a breast cancer diagnoses or breast health problems

**Eligibility:** Any person dealing with a breast cancer or breast health issue  
**Language:** English, Spanish by appointment  
**Phone Number:** 805.569.9693  
**Coverage Area:** Santa Barbara County  
**Website:** [www.bcrscsb.org](http://www.bcrscsb.org)

### Wellness and Support Services - Cancer Center Of Santa Barbara With Sansum Clinic

Emotional and practical support for patients, their families, and their friends. Some of the services can include: counseling - individuals, couple, family, long term care planning, needs assessment & referral, stress reduction, wigs, hats, turbans and prostheses, also offer an educational resource library and wellness program.

**Eligibility:** All ages; Cancer patients, their family and friends  
**Language:** English, Spanish  
**Phone Number:** 805.755.7300  
**Coverage Area:** South County  
**Website:** [www.ccsb.org](http://www.ccsb.org)

\*Requires referral

For more health and human resources dial 2-1-1

### **Health Education And Support Groups - Cottage Health**

Variety of health education and support groups, expressive arts workshops, orthopedic center classes, and Speech and voice disorder support and education groups.

**Eligibility:** Open to all  
**Language:** English, Spanish  
**Phone Number:** 805.682.7111  
**Coverage Area:** South County  
**Website:** [www.cottagehealth.org](http://www.cottagehealth.org)

### **Cancer Care Center - Marian Regional Medical Center**

Information regarding prevention, early detection, cancer diagnosis, treatments, emotional support, community resources and support groups. "Look Good Feel Better" is a program offering wigs, make-up, scarves and personal accessories for women who have lost their hair due to chemotherapy.

**Eligibility:** Open to all, especially those with a cancer diagnosis.  
**Language:** English, Spanish  
**Phone Number:** 805.739.3780  
**Coverage Area:** Santa Barbara County  
**Website:** [www.medicalcenter.org](http://www.medicalcenter.org)

### **Parkinson's Chat Group - Parkinson's Association Of Santa Barbara**

Informal chat group for people with Parkinson's disease. Open to family members, friends, and caregivers as well.

**Eligibility:** Individuals with Parkinson Disease  
**Language:** English  
**Phone Number:** 805.683.1326  
**Coverage Area:** Santa Barbara County  
**Website:** [www.mypasb.org](http://www.mypasb.org)

### **Santa Barbara Ostomy Support Group - United Ostomy Association**

Support to people who have had ostomies (i.e. colostomy, ileostomy, urostomy) or who are anticipating this surgery. Members are osomates (those with ostomies) and their spouses and some medical advisors. Upon request of hospital personnel, physicians or lay persons, support group members visit patients in their homes or in the hospital. Offers no professional advice but offers support as one who has been "through it," especially in terms of day-to-day life

**Eligibility:** People who have had ostomies (i.e. colostomy, ileostomy, urostomy) or who are anticipating this surgery  
**Language:** English, Spanish  
**Phone Number:** 805.964.4118  
**Coverage Area:** Santa Barbara County  
**Website:** [www.ostomy.org](http://www.ostomy.org)

\*Requires referral



## TERMINAL ILLNESS

### Hospice Support Services - Hospice Of Santa Barbara

Provides supportive services, including: confidential counseling from experienced professionals to both adults and children who are facing a terminal illness, planning for end-of-life care, or grieving the death of a loved one. Support groups related to bereavement and coping with terminal illness, respite care - caring for terminally ill individuals for short periods to provide the individual's caregiver a rest (provided by trained volunteers). Practical support services (i.e. cooking, driving, yard work) for terminally ill individuals by screened volunteers. Advanced care planning - filling out forms, person's last wishes, and authority for medical decision. Coordinating Palliative Care, which includes pain and symptom management, emotional and spiritual support to patients. Care management (having a professional social worker coordinate services) Also provides community education through speaking engagements. This program does not provide nursing care.

**Eligibility:** Any person dealing with a life threatening illness and/or adults and children grieving the loss of a loved one. No diagnosis requirement to receive services

**Language:** English, Spanish

**Phone Number:** 805.563.8820

**Coverage Area:** Santa Barbara County

**Website:** [www.hospiceofsb.org](http://www.hospiceofsb.org)

### Hospice Care - Visiting Nurse & Hospice Care Of Santa Barbara

Medical care and counseling support for terminally ill patients and their loved ones. Addresses pain and symptom management, which includes support for the emotional, spiritual and social issues involved in terminal illness. Care can be provided in the home, skilled nursing facilities and Serenity House, a residential care hospice house.

**Eligibility:** All ages; terminally ill patients nearing end of life

**Language:** English, Spanish, French, German

**Phone Number:** 805.965.5555

**Coverage Area:** Santa Barbara County

**Website:** [www.hospiceofsb.org](http://www.hospiceofsb.org)

## CAREGIVER SERVICES

### Alzheimer's Education & Consultation Services - Alzheimer's Education And Consultation Services

Helpline that is available 24/7 to provide information and referrals about Alzheimer's disease. Provides community education programs, as well as support groups for caregivers and people with early stage Alzheimer's disease. Provides respite care and consultation. Also makes available a library of books, DVD's, journals, activity kits, pamphlets and assistance with registration for wanderers (Medic Alert Safe Return).

**Eligibility:** All persons affected by Alzheimer's or other related dementias

**Language:** English; Translation services available

**Phone Number:** 805.636.6432

**Coverage Area:** Santa Barbara County

**Website:** [www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)

\*Requires referral

For more health and human resources dial 2-1-1

**Coast Caregiver Resource Center - Cottage Health**

Provides family of seniors and other unpaid caregivers with meaningful information, referral, consultation, support groups, personal care, respite care, grants available for in home support and other supportive services, enabling them to provide competent care to their loved ones at home, while managing the stress that often accompanies care giving.

- Eligibility:** Open to all caregivers
- Language:** English, Spanish
- Phone Number:** 805.962.3600 Ext. 14
- Coverage Area:** South County
- Website:** [www.cottagehealth.org](http://www.cottagehealth.org)

**Caregiver Support Services - Family Service Agency Of Santa Barbara (FSA)**

Counseling and support group services to those who care for an elderly or disabled family member and to help sustain them in their care-giving tasks.

- Eligibility:** Ages 18+ and above who are caring for an elderly or disabled family member
- Language:** English, Spanish
- Phone Number:** 805.965.1001 Santa Barbara  
805.735.4376 Lompoc
- Coverage Area:** Santa Barbara County
- Website:** [www.fsacares.org](http://www.fsacares.org)

**Friendship Adult Day Services - Friendship Adult Day Care Center, Inc.**

Support groups for caregivers regarding dementia care, as well as a program for those in early stages of memory loss, and 6-week courses in brain fitness for successful aging,

- Eligibility:** Dementia Caregivers and those in early stages of memory loss
- Language:** English, Spanish
- Phone Number:** 805.969.0859
- Coverage Area:** Santa Barbara County
- Website:** [www.friendshipcentersb.org](http://www.friendshipcentersb.org)

**Friendship Adult Day Services - Friendship Adult Day Care Center, Inc.**

Provides fully supervised and secured adult day services for aging and dependent adults, as well as respite for their family caregivers. Transportation, mentally and socially engaging activities, and hot meals are provided. Also provides support groups for caregivers regarding dementia care, as well as a program for those in early stages of memory loss, and 6-week courses in brain fitness for successful aging,

- Eligibility:** 60 or older
- Language:** English, Spanish
- Phone Number:** 805.969.0859
- Coverage Area:** Santa Barbara County
- Website:** [www.friendshipcentersb.org](http://www.friendshipcentersb.org)

\*Requires referral

**Family Advocate, Family Services - Mental Wellness Center**

Information and resources to family members of individuals with mental health disabilities. Advocates for family members within the Mental Health System. The advocate holds weekly support groups and meets with individuals. Also includes a monthly education meeting and a 12 week family to family course held 3 times per year.

**Eligibility:** Family members of individuals with a mental health disability  
**Language:** English, Spanish  
**Phone Number:** 805.884.8440  
**Coverage Area:** Santa Barbara County  
**Website:** [www.mentalwellnesscenter.org](http://www.mentalwellnesscenter.org)

**Family Advocate Partners In Hope - Transitions - Mental Health Association**

Assisting family members and loved ones to navigate the mental health system utilizing community resources benefiting families and clients. Providing Community education to alleviate the stigma for family and support system members.

**Eligibility:** Anyone who has someone in their life that they know or suspect has a mental illness  
**Language:** English, Spanish  
**Phone Numbers:** 805.441.3325 Santa Maria Office  
805.305.9219 Lompoc Office  
**Coverage Area:** Santa Barbara County  
**Website:** [www.t-mha.org](http://www.t-mha.org)

# PSYCHIATRIC SERVICES

## PSYCHIATRIC HOSPITALS

### Adolescent Center - Aurora Vista Del Mar Hospital

Acute, inpatient psychiatric unit for children providing short, intensive hospital stays designed for stabilization and safety and aid in the treatment of emotional, behavioral and psychiatric disorders. Treatment focuses on dealing with depression, substance abuse, aggression, rebellion, self-injury and suicidal behaviors.

**Eligibility:** Children ages 12 -17  
**Language:** English, Spanish  
**Phone Number:** 800.776.0040 Phone Intake - Referrals/Assessment  
800.776.0040 Toll free 24 Hour  
805.653.6434 Business Line 24 Hour  
**Coverage Area:** Santa Barbara County  
**Website:** [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)

### Adult Inpatient Care Program - Aurora Vista Del Mar Hospital

Offers highly structured and comprehensive treatment program for adults with acute psychiatric illness. This program is designed for a short-term stabilization and medication management. Group and recreational therapies are offered, along with medication management and patient education.

**Eligibility:** Ages 18+  
**Language:** English, Spanish  
**Phone Number:** 805.653-6434  
**Website:** [www.vistadelmarhospital.com](http://www.vistadelmarhospital.com)

### Psychiatric Health Facility - Behavioral Wellness

Adult acute care, locked, free standing psychiatric health facility designed as 51/50 for 72-hour psychiatric evaluation and treatment of persons involuntarily admitted from various sources. Accepts voluntary patients depending on availability.

**Eligibility:** Involuntary hospitalization  
**Language:** English  
**Phone Number:** 805.681.5244  
**Coverage Area:** Santa Barbara County  
**Website:** [www.admhs.org](http://www.admhs.org)

### Emergency Psychiatric Services - Cottage Health

Provides 24-hour emergency mental health, psychiatric, and chemical dependency evaluations; emergency consultations and crisis intervention; triaging to the most appropriate level of follow-up care.

**Eligibility:** Any person going through a psychiatric emergency  
**Language:** English, Spanish  
**Phone Number:** 805.569.8339  
**Coverage Area:** Santa Barbara County  
**Website:** [www.cottagehealth.org](http://www.cottagehealth.org)

\*Requires referral

For more health and human resources dial 2-1-1



Updated: 9.12.2016