

Temple City Community Resource Guide



*Temple City Unified School District
Guidance Team*

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Temple City Community Resource Guide

HOTLINES	3
MENTAL HEALTH/COUNSELING SERVICES	
General Mental Health/Counseling Services.....	7
Eating Disorders.....	13
Youth Suicide Prevention.....	14
Substance Abuse.....	16
FAMILY PLANNING.....	23
BASIC NEEDS.....	25
FINANCIAL AID.....	27
CHILD CARE/EXTENDED CHILD CARE.....	28
COMMUNITY ACTIVITIES FOR YOUTH.....	29
THE INTERNET.....	32

This referral package is intended for use by staff, parents, and students of the Temple City Unified School District (TCUSD). TCUSD cannot accept any responsibility or liability for any person or persons who may suffer loss or damage or who may be otherwise affected by the information provided. This listing should not be interpreted as a recommendation for services of any individual or agency listed there in it. This directory is meant for informational purposes only.

HOTLINES

AIDS HOTLINE

Bilingual AIDS Hotline 1 (800) 400-7432
Provides information and referral services regarding HIV and AIDS issues

Center for Disease Control (CDC) National STD & AIDS 1 (800) 232-4636
Spanish 1 (800) 2324636

Answers question about risks and prevention, education materials sent out.

Classroom

Call Program with speaker, referrals for AIDS testing.

Project Inform Hotline 1 (800) 822-7422
Provides information regarding HIV and AIDS.
M-F 9 to 5, Sat. 10-4

CHILD ABUSE HOTLINES

Department of Children and Family Services 1 (800) 540-4000
To report Child Abuse and to provide help and information regarding child abuse.
Assesses and evaluates allegations of child abuse, neglect, and exploitation.

Child Help USA National Abuse Hotline 1 (800) 4-A-CHILD
Phone crisis intervention. Information and referrals provided. 1 (800) 2-A-CHILD

Child Protective Services
LA County 1(800) 540-4000
Orange County 1(800)207-4464
Riverside County 1(800) 442-4918 or 1(800) 491-7123
San Bernardino County 1(800) 827-8724

CRIME HOTLINES

We Tip Hotline 1(800) 782-7463
To report a crime confidentially and anonymously.

FAMILY PLANNING HOTLINE

California Office of Family Planning & Referral Services 1(800) 942-1054
Provides birth control information for the state.

INFOLINE/San Gabriel Valley

(626) 350-6833
OR Call 211

Serving the San Gabriel Valley. A free 24 hour line providing information and referrals to service agencies in Los Angeles County.

HOTLINES

MEDI-CAL INFO

1(866) 613-3777

Operated by the L.A. County Department of Public Social Services (DPSS).
Information line for questions/information about Medi-Cal.

MENTAL HEALTH HOTLINES

Charter Oak Hospital

1(800) 654-2673

Provides psychiatric emergency services.

L.A. County Mental Health

1(800) 854-7771

Provides referrals for mental health services.

Psychiatric Mobile Response Team & Homeless Outreach

1(626) 258-2004

Provides psychiatric emergency and homeless outreach services.

MISSING CHILDREN HOTLINES

Missing Children Help Center

1(800) 872-5437

1(818) 623-5437

Coordinates meetings between missing children, parents, and law enforcement and provides assistance to parents regarding the legal system.

National Center for Missing Children & Exploited Children

1(800) 843-5678

Provides assistance and information on missing and abused children.

NATIONAL RUNAWAY SWITCHBOARD

1(800) RUNAWAY

A 24-Hour hotline for keeping America's runaway, homeless and at-risk youth safe and off the streets.

PARENT HOTLINE

Tough Love Parent Support Line

1(800) 599-8820

Provides support and referrals for parents.

RAPE AND DOMESTIC VIOLENCE HOTLINES

Battered Women and Rape Crisis Line for the Los Angeles

Commission on the Assault of Women

(626) 793-3385

24 Hour crisis line

HOTLINES

RAPE AND DOMESTIC VIOLENCE HOTLINES-continued

Center for the Pacific Asian Families, Inc. 1(800) 339-3940
24 Hour assistance for domestic violence, sexual assault and child abuse victims.

Domestic Violence Hotline 1(800) 978-3600
24 Hours hotline for battered women and children. 1(323) 392-8381

Los Angeles Battered Women's Hotline 1(310) 392-8381
Provides counseling, emergency and transitional shelters.

National Domestic Violence Information 1(800) 799-7233
Resources for victims of domestic violence

National Sexual Abuse Hotline 1(800) 656-4673
Rape, Abuse, Incest National Network
Provides information, referrals, intervention, and help for rape victims.
Spanish available.

Project Sister Rape Hotline 1(909) 626-HELP
Provides 24 hour sexual assault counseling, accompaniment to hospital,
police station and court. Provides self-defense classes.

SUBSTANCE ABUSE HOTLINE

Al-Anon 1(909) 824-1516
Provides support for the family members of alcoholics.

Alcoholic Anonymous (626) 914-1861
Provides support for alcoholics. 1(909) 624-2712

California State Department of Alcohol and Drug Programs 1(800) 879-2272
Provides referral services for treatment.

Center for Substance Abuse Treatment Hotline 1(800) 662-4357
Provides information regarding alcohol, 1(800) 622-9832
drug addiction and group support.

Co-Anon 1(800) 898-9985
12 step program for family and friends of addicts and alcoholics whether
Using or not. Counseling for family members of cocaine users.

Drug Info Hotline 1(800) 729-6686

HOTLINES

SUBSTANCE ABUSE HOTLINE-continued

National Clearinghouse for Alcohol and Drug Information 1(800) 729-6686

Provides printed materials.

Provides referrals to national treatment centers.

National Cocaine Hotline 1(800) COCAINE or 1(800) 262-2463

The National Cocaine Hotline helps those addicted to cocaine find help and information about dealing with their drug dependency.

Pasadena Council on Alcoholism & Drug Dependency 1(626) 795-9127

Provides information and support for alcoholism and drug dependency.

SUICIDE HOTLINES

Suicide Prevention Center 1(310) 391-1253

24 Hour suicide crisis line. Any kind of counseling and referrals.

1(877) 7CRISIS

California Youth Crisis Line 1 (800) 843-5200

24 Hour crisis hotline and shelter. Referrals and information offered.

Family planning and medical information is available.

CASA Youth Shelter 1(800) 843-5200

Emergency shelter for runaway youth.

Teen Line Hotline 1(800) 852-8336

7 days a week, 6:00-10:00 pm

Teen-to-Teen hotline. Referrals offered

Thursday's Child 1(800) 872-5437

National center for at-risk youth; runaway and missing children, Anorexia, bulimia, cutting, date rape, pregnancy, and suicide.

MENTAL HEALTH/COUNSELING SERVICES

Mental health and counseling services may be suggested in the following circumstances (not inclusive of all at risk behaviors):

- Dramatic or continual drop in student academic achievement
- Acting out or exhibiting negative, oppositional behavior at school or at home
- A major change in eating or sleeping habits
- Excessive weight loss or weight gain
- Social withdrawal or avoidance of family activities
- Prolonged periods of anxiety or stress
- Death of an immediate family member
- Divorce of parents or change in family structure
- Cutting/self-injurious behavior
- Suicidal thoughts or feelings.

A child's school counselor is an excellent resource if you have concerns in any of the areas listed above. Resources for local and affordable counseling services are listed on the following pages. Call to determine the services available, fees and appointment times.

Mental Health

Symptoms of mental health issues can include but are not limited to:

- **Depression:** Excessive sleeping, less communication, disinterest, withdrawal from family, friends, and teachers
- **Cutting:** Wearing long sleeves in hot weather, visible marks or scars
- **Suicide:** Threatens to give away important items, talks about death/dying, talks of hopelessness, self-destructive behavior, pre-occupation with themes of death, or dramatic changes in behavior
- **Anxiety:** Some behaviors include: not wanting to go to school, perfectionism, complaints of fatigue, tension, headaches, or nausea
- **Eating disorders:** Obsession with food and weight, poor self-image/body image, need to overachieve, isolation, or chronic dieting
- **Obesity:** Overeating and compulsive eating are also unhealthy habits and can be symptoms of emotional or physical problems

MENTAL HEALTH/COUNSELING SERVICES

Affiliated Psychiatric Medical Group, Inc.

(626) 462-5810

150 N. Santa Anita Ave., Ste. 735

Arcadia, CA 91006

Hours: 8:00 AM – 5:00 PM; Monday-Friday

Fees: Varies depending on service, accepts insurance Blue Cross, Cal. PacifiCare

Services: Complete counseling for mental health problems, alcohol, drugs, stress. Three day waiting period, does not provide crisis counseling.

Arroyo Counseling Services

(626) 793-8833

595 E. Colorado Blvd.

Pasadena, CA 91101

Hours: Range dependent upon therapist

Fees: Sliding Scale

Services: Marriage, family, and other specializations dependent upon therapist.

Asian Pacific Family Center

(626) 287-2988

9353 E. Valley Blvd.

Rosemead, CA 91770

Hours: 8:00 AM-5:00PM; Monday – Friday

Fees: Sliding Scale

Services: Takes three working days to see client. Multilingual counselors in Cantonese, Japanese, Korean, Mandarin, and Vietnamese.

MENTAL HEALTH/COUNSELING SERVICES

Asian Youth Center

(626) 309-0622

100 W. Clary Ave.

San Gabriel, CA 91776

Hours: 9:00 AM-5:00 PM; Monday – Friday

Summer Months: 8:00 AM-6:00 PM

Fees: Sliding Scale, some free programs available

Services: Counseling provided for high school students only. Services for middle school students consist of after school programs, such as tutoring, art, field trips academics as well as all day programs during the summer months.

Children's Bureau of Los Angeles, San Gabriel Valley Regional Office

3030 Tyler Avenue

(626) 337-8811

El Monte, CA 91731

Hours: 8:30 AM-7:00 PM, Monday – Thursday

8:30 AM-5:00 PM, Friday

Fees: Takes Medi-Cal only

Services: Multi-service child welfare agency, has a waiting list, takes Medi-cal only. Needs to speak with supervisor in regard to crisis counseling.

Enough! Inc.

11350 E. Valley Blvd., Suite 205

Message (626) 444-6832

El Monte, CA

Hours: 8:00 AM-8:00 PM, Monday-Friday

24 Hour Emergencies

Fees: Funding provided through the Victims of Crime Programs

Services: A nonprofit organization dedicated to the prevention and treatment of violence. Provides counseling for victims of all violent crimes. Specialization in sexual and physical abuse of children. Assessment and evaluation regarding suspected abuse. Treatment of family members of murder victims. Provides education and information regarding the issues of violence in community and country.

MENTAL HEALTH/COUNSELING SERVICES

Foothill Family Services

(626) 795-6907

118 S. Oak Knoll Avenue
Pasadena, CA 91101

Hours: 9:00 AM-9:00 PM, Monday-Thursday
9:00 AM-6:00 PM, Friday
9:00 AM-2:00 PM, Saturday

Fees: Sliding Scale; Medi-Cal

Services: *Some free programs available including teen anger management.*

Fuller Psychological & Family Services

(626) 584-5555

180 N. Oakland Avenue
Pasadena, CA 91101

Hours: 8:00 AM-9:00 PM, Monday-Friday

Fees: Sliding Scale

Services: *Individual, couple, family and group therapy*

Haven House

(626) 564-8880

P.O. Box 50007

Hotline & Shelter Number

1(323) 681-2626

La Vie Counseling Center

(626) 351-9616

650 Sierra Madre Villa, Suite 110
Pasadena, CA 91107

Hours: By Appointment

Fees: Sliding Scale starting at \$25.00

Services: *Works with children, does not provide crisis counseling.
Waiting period depends on available staff, offers
psychotherapy, counseling and education.*

MENTAL HEALTH/COUNSELING SERVICES

Options—The Family Center

(626) 967-5103

560 S. San Jose Avenue
Covina, CA 91723

Hours: 9:00 AM-9:00 PM, Monday-Thursday
9:00 AM-7:00 PM, Friday
9:00 AM-4:00 PM, Saturday

Fees: Sliding Scale starting at \$3.00 up to \$85.00 and accepts some insurance.

Services: Comprehensive child abuse treatment and prevention services. Offers counseling and parenting classes throughout San Gabriel Valley. Allow one week for processing and seeing counselor. No crisis counselor.

Pacific Clinics

66 Hurlburt Street
Pasadena, CA 91105

(626) 441-4221

Hours: 9:00 AM – 5:00 PM, Monday-Friday

Fees: Only accepts children with Medi-Cal, and children being released from the hospital without insurance.

Pacific Clinics is a non-profit organization

Services: Behavioral health services including individual, family and group counseling as well as medication support when needed.

Pacific Clinics East

902 Myrtle Avenue
Monrovia, CA 91016

(626) 441-4221

Hours: 9:00 AM – 5:00 PM, Monday-Friday

Fees: Only accepts children with Medi-Cal, and children being released from the hospital without insurance.

Pacific Clinics is a non-profit organization

Services: Behavioral health services including individual, family and group counseling as well as medication support when needed.

MENTAL HEALTH/COUNSELING SERVICES

Santa Anita Family Services

(626) 359-9358

605 S. Myrtle Avenue

Monrovia, CA 91016

Hours: 9:00 AM-5:00 PM, Monday-Friday

9:00 AM-2:00 PM, Saturday

Fees: Sliding Scale; accepts major insurances except Medi-Cal

Services: Services include professional counseling, emergency financial aid and referral to other resources, child abuse prevention and treatment, drug prevention, and education; family support groups. Provides domestic violence diversion class. Provides crisis counseling. Takes approximately 2 to 3-1/2 weeks to see a counselor.

Pasadena Mental Health Center

Hotline (626) 798-0907

1495 N. Lake Avenue

Pasadena, CA 91004

Hours: 9:00 AM-10:00 PM, Monday-Thursday

9:00 AM-5:00 PM, Friday

9:00 AM-12:00 PM, Saturday (Hotline only)

Appointment necessary

Fees: Sliding Scale ranging from \$5.00-\$35.00. Does not accept insurance

Services: Individual, couple, family counseling for personal referrals, relationship, and marital issues, etc. Takes approximately 4 weeks to see a therapist.

SPIRITT Family Services

(626) 442-4788

200 S. Tyler Avenue

South El Monte, CA 91733

Hours: 8:30 AM-4:30 PM, Tuesday-Friday

Fees: Sliding Scale-Cash Only

Services: Provides counseling for domestic violence, drug outpatient program, parenting and teen counseling.

MENTAL HEALTH/COUNSELING SERVICES

EATING DISORDERS

Glendale Adventist/Eating Disorders 1(818) 409-8100

*Services: Eating disorders support groups hosts four different
“Overeaters Anonymous” support groups each week.*

Overeaters Anonymous/Pasadena (626) 568-7511

P.O. Box 1108

Pasadena, CA

*Services: Foothill Inter-group: Self-help group patterned after
Alcoholics Anonymous.*

Overeaters Anonymous/San Gabriel Valley (626) 335-3355

1157 E. Arrow Highway, Suite #4

Glendora, CA

*Service: San Gabriel Valley Inter-group. Free self-help group based
on Alcoholics Anonymous. No weigh-ins.*

UCLA Eating Disorders 1(800) 825-9989

300 UCLA Medical Plaza, Suite 220

Los Angeles, CA

Services: Intensive outpatient program for eating disorders.

MENTAL HEALTH/COUNSELING SERVICES

YOUTH SUICIDE PREVENTION

Risk Factors

- Prior suicide attempt
- Having lost a loved one to suicide
- A recent loss (for example: the death of a love one, role model or idol; loss of a relationship through divorce or separation; loss of a home, money, social status; self-esteem or self-confidence)

Statements To Be Concerned About

- “I’m worthless.”
- “I’m going to hurt myself
- The threat of a loss (such as those listed above)
- A loss of hope for the future
- “I just want to die.”
- “I never want to wake up again.”
- “I want to sleep forever”

How to Help (Adapted from the Trevor Project website:
www.thetrevorproject.org)

Listen. Suicidal people frequently feel no one understands them, that they are not taken seriously, or that no one listens to them. Be direct. Do not act shocked. Show concern and get involved.

Accept the person’s feelings as they are. Be non-judgmental. Do not debate or tell them they should feel differently, or try to cheer the person up by making positive, unrealistic statements. Do not joke about the situation. Do not dare him/her to do it.

Ask them if they have developed a plan for suicide. The presence of a well-developed plan indicates more serious intent.

Remove the means of self-harm and anything dangerous from the person’s home that might be used in a suicide attempt (e.g., gun, knife, razor blades, sleeping pills).

MENTAL HEALTH/COUNSELING SERVICES

YOUTH SUICIDE PREVENTION-continued

How to Help-continued

Express your concern for the person and your hope that the person will not choose suicide but instead will stick it out a little longer.

Remind the person that depressed feelings *do* change over time.

Point out that death is final—it cannot be changed. As long as there is life, there are possibilities.

Develop a plan for help with the person. If you cannot develop a plan and a suicide attempt is imminent, seek outside emergency help from a suicide hot line, hospital, mental health clinic or call “911.”

- **In either case, get help from persons or agencies specializing in crisis intervention and suicide prevention or activate the crisis response team.**

See below.

- **Be sure there is follow up contact with a mental health professional.** Do not keep this a secret. Make No Deals to keep what a suicidal person has told you secret.

Resources

Los Angeles County

Department of Mental Health Crisis Hotline

1(800) 854-7771

National Suicide Prevention Lifeline

1(877) 727-4747

<http://www.suicidepreventionlifeline.org/> *OR* 1(800) 273-TALK/1(800) 273-8255

American Association of Suicidology

<http://www.suicidology.org/web/guest/home>

American Foundation for Suicide Prevention

<http://www.afsp.org/>

Suicide Prevention Resource Center

<http://www.sprc.org/>

MENTAL HEALTH/COUNSELING SERVICES

SUBSTANCE ABUSE

Adolescence is a time for trying new things and taking risks. It is a part of growing up.

According to a recent Monitoring the Future survey, 53.9% of high school seniors experimented with at least one illegal drug at some point in their lifetime; 41.4% used an illegal drug during the past year; and 25.7% used an illegal drug in the past month. Even more abused alcohol.

Drug Use:

It is believed that more than half of high school students in America experiment with illegal drugs and alcohol. Kids see for themselves through television, movies, advertisements and life that America is hardly “drug free.” Children know there are differences between experimentation, abuse and addiction. They also know that the use of one drug does not inevitably lead to the use of other drugs.

Facts we as parents have a hard time accepting are:

- Our children make their own choices about drugs and alcohol, just as we did.
- Unfortunately, children sometimes make foolish mistakes.
- Unfortunately, we cannot be with our children 100% of the time.
- We have to find ways to educate and trust our children for times they are not under our watch.
- It is our responsibility as parents, teachers, and friends, to engage our children in reasonable dialogue, listen to them, and provide a sounding board and factual resources when they need our help.

Why do children try alcohol and/or drugs?

- One of the main reasons children use drugs is to try something new.
- Children see acquaintances and friends using alcohol and other drugs without visible harm.
- Use of alcohol, tobacco, and drugs is portrayed in movies, videos, television, in music, magazines and on the Internet.
- Children see their parents using tobacco, alcohol and other drugs.
- Peer influence can be a strong motivator in encouraging a child to try drugs or alcohol.

MENTAL HEALTH/COUNSELING SERVICES

SUBSTANCE ABUSE-continued

Why do children continue to use and abuse alcohol and/or drugs?

Boredom, lack of excitement or challenge, idle time.

- Lack of parental supervision
- Lack of reasonable conversations with parents regarding the effect and dangers of alcohol and drug use.
- Modeling parents or others using alcohol and/or drugs
- Low self-esteem
- An escape from problems, loneliness, failure
- Physical enhancement, weight loss
- Self-medication
- Thrill-seeking
- Fear of making new friends by leaving those who are using drugs.

Use and abuse:

Adults routinely make distinctions between use and abuse. While growing up, children learn the difference, too. In an effort to prevent tobacco and drug experimentation, we often pretend there is no difference between use and abuse. Children get mixed messages when they see their parents and others using tobacco, alcohol, and other drugs without becoming addicted. As parents, we can be more effective in dealing with drug experimentation and drug use if we are clear and fair about the distinctions.

Substances most commonly abused by students:

Stimulants: Nicotine, Caffeine, Cocaine, Amphetamines, Methamphetamines

Tobacco: (Commercial/Street Names: cigarettes, chewing tobacco, snuff, Marlboro, Basics, Cancer Sticks, Coffin Nails, Butts)

- The addictive agent in tobacco is Nicotine.
- The number of children smokers is rising, not falling.
- Daily smoking is highest amongst middle school students (ages 12-14).
- The immediate effects of smoking are not usually evident.
- Long term effects are drastic, and can include cancers and some forms of leukemia, cardiovascular disease, pulmonary disease and reproductive complications.
- Chewing tobacco and using snuff can cause mouth lesions and cancer.

MENTAL HEALTH/COUNSELING SERVICES

SUBSTANCE ABUSE-continued

Methamphetamines are being commonly abused by students because of the availability and the strong and immediate effects the drug provides.

(Commercial/street names: Desoxyn, Chalk, Crank, Crack, Crystal, Fire, Glass, Ya Yo, Tweek, Ice, Meth).

Methamphetamines are increasingly used by students for alertness, energy, and weight loss.

- Methamphetamines are dangerous and highly addictive stimulants available in pill, capsule, and powder form.
- Immediate effects include an increase in pulse rate, blood pressure, alertness, excitation, insomnia, dilated pupils, and a loss of appetite.
- Long term use can cause dependence, respiratory failure, strokes, seizures, impaired vision, poor coordination, dizziness, paranoia, weight loss, and convulsions.

Depressants: Alcohol, Marijuana, Hash:

Alcohol (beer, wine, wine coolers, hard alcohol):

- Alcohol is one of the drugs most widely used by children because it is easily obtained, and is visible just about everywhere.
- Most alcohol experimentation is done in the home where alcohol is accessible.
- Alcohol is brought to school in flasks, sports bottles and other containers.
- Children can feel the effects of alcohol intoxication faster than adults.
- It takes 5 to 15 months for a 14-19 year old to become addicted to alcohol.
- It takes 5 to 15 weeks for a child under 14 to become addicted.
- A wine cooler contains as much alcohol as a full shot of whiskey.
- Use of alcohol can reduce inhibitions. Judgment can be impaired leading to unplanned and unprotected sexual activity or driving while under the influence.

Marijuana (Street Names: Mary Jane, weed/grass, pot, dope, Ganja, Sinsemilla, bud, shwag)

Hashish (Street Names: boom, chronic, hash, hash oil, hemp)

- Commonly used drugs because they can easily be obtained and are inexpensive.
- Intoxication effects include euphoria, relaxed inhibitions, slow thinking, slow reactions, confusion, increase appetite, and impaired balance and coordination.
- Long-term effects can cause frequent respiratory infections, and increase heart rate, anxiety and panic attacks.

MENTAL HEALTH/COUNSELING SERVICES

SUBSTANCE ABUSE-continued

Signs and symptoms of drug/alcohol abuse:

Early signs of alcohol and other drug use and abuse can be subtle. Signs may be confused with normal adolescent behavior, making identification all the more challenging for parents, teachers and friends.

The following behavior changes, when extreme or lasting for more than a few days may indicate alcohol-related or drug related problems:

- Sudden changes in personality with no known cause
- Loss of interest in once favorite hobbies, sports, or other activities
- Withdrawal from family
- A sudden decline in performance or attendance at school and/or work
- Changes in friends and/or dress
- A reluctance to talk about new friends
- An unwillingness to introduce new friends to the family or provide their phone numbers to the family
- A deterioration of personal grooming habits
- Difficulty in paying attention, forgetfulness
- Sudden aggressive behavior, irritability, nervousness, giddiness
- Increase secretiveness, heightened sensitivity to inquiry
- A need for more money.

The following physical changes may indicate alcohol-related or drug-related problems:

- The smell of alcohol on breath
- Loss of coordination, dizziness, stumbling, staggering
- Changes in speech (rapid speech or slurring of words)
- Nausea, vomiting, or unexplained illness
- Changes in sleep patterns (sleepless for long periods, then sleeping for long periods of time)
- Bloodshot, red, or glazed eyes, dark circles under eyes
- Wearing sunglasses at inappropriate times
- Sudden change in appetite, a large increase or decrease
- Lethargy, lack of energy
- Neglect of personal appearance and/or grooming
- An unusually pale complexion
- Picking at skin scabs, scratching
- Slowed physical development
- Unexplained weight loss, loss of appetite or weight gain
- A frequent runny nose without cold symptoms
- Unexplained skin bruising or needle marks

MENTAL HEALTH/COUNSELING SERVICES

SUBSTANCE ABUSE-continued

The following school changes may indicate a problem with alcohol or drugs:

- Sudden changes in peer groups
- Loss of motivation
- Decline in academic performance
- Frequent tardiness and absenteeism
- Reduced short term memory
- Slow to respond, apathetic
- An increase in discipline and behavioral problems
- Dozing in class or at meetings

The following physical evidence may indicate a problem exists with alcohol or drugs:

- Alcohol or prescription drugs are missing from the home
- Money or valuables are missing from the home
- Odor of marijuana (like burnt rope) is present on breath, on clothing, in car, or in backpack
- The presence of cigarette rolling papers
- An increased use of room deodorizers, incense, scented candles
- An increased use of eye drops and mouthwash
- The presence of leaves, seeds plants, mushrooms, powders, compact chunks of an unknown substance
- Pipes, pipe filters, screens, strainers, or scale
- Roach clips, metal clips to hold the butts of marijuana cigarettes
- Bongs, water pipes, usually made of glass or plastic
- Stash cans, soft drink, beer, deodorant and other cans that unscrew at the top or bottom
- Small plastic baggies, small glass vials
- Disposable lighters
- Unfamiliar small containers, locked boxes
- Unfamiliar capsules or tablets
- Small spoons, straws, rubber tubing razor blades, and mirror, scratched CD cases, accessories with the use of cocaine.

MENTAL HEALTH/COUNSELING SERVICES

SUBSTANCE ABUSE-continued

In an attempt to discourage the use of alcohol and drugs, parents can ask themselves the following questions:

- Is the family liquor cabinet accessible?
- Do you provide your child large sums of money?
- Do you know 3-4 of your child's friends?
- Can you name your child's friends? Do you know where they live their phone numbers?
- Do you know your child's friend's parents?
- Do you know what your child does in his/her spare time?
- Do you allow your child to lock themselves in their bedroom?
- Does your child spend a large amount of time on the Internet?
- Do you know where your child is when they are away from home?
- Do you see your child when they come home from being out with their friends?
- Do you set an example or do you support the philosophy, "Do as I say, not as I do?"
- Does your child spend a lot of time at home without adult supervision?
- Does your child have adult supervision when at a friend's home?
- Does the family try to have dinner together at least twice a week?
- Does your child know you can check their room, backpack, clothing, and car?
- Have you discussed how you feel about the use of alcohol or drugs with your child?
- Does your child feel they can come to you if they have a problem?
- Does your child have someone they can talk with if they are uncomfortable in discussing a matter with you? A family member, friend, teacher, doctor, church member?
- If your child become involved with drugs or alcohol at a party, would they call you for help?

There are no easy answers when it comes to dealing with the issue of alcohol and drugs. However, parents must find creative ways to open a dialogue, and **listen, listen, listen**. If you remain as non-judgmental as possible, your children will seek your guidance. If you become indignant and punitive, your children will stop talking to you. Remain calm and listen.

MENTAL HEALTH/COUNSELING SERVICES


SUBSTANCE ABUSE-continued

Communication is essential in all aspects of our children's lives. Perhaps the most important aspect of how we as parents deal with this complex subject is **trust**. Your child needs to know the important adults in their lives will provide honesty and help. Children need to know we have expectations of behavior but that we will pick them up if they need transportation, that they can talk to us if they are frightened, depressed or ambivalent.

If you suspect your child is using alcohol or drugs:

Your child's teachers, counselors, administrators and School District Nurse can be good sources of support and information. Seek any professional help you might need to decide how to best approach your child. If you protect your child from the negative consequences of alcohol and drug use, you will only contribute to his/her use and possible abuse.

Resources- Substance Abuse:

- 
- Impact Drug and Alcohol Treatment Center** (626) 798-0884
1680 North Fair Oaks Avenue
Pasadena, CA 91103-1642
- Living Proof Recovery Center** (626) 205-2518
41 E. Foothill Blvd Ste #102
Arcadia, CA 91006
- Pasadena Recovery Center** (626) 345-9992
1811 North Raymond Avenue
Pasadena, CA 91103-1840
- The Belle Vita** (323) 255-0400
766 Colorado Blvd.
Los Angeles, CA 90041

- Glendale Adventist Alcohol and Drug Treatment Center** 1(818) 242-3116
335 Mission Road
Glendale, CA 91205

FAMILY PLANNING

Altamed Medical Group

1(800) 725-8202

10454 Valley Blvd.

El Monte, CA 91731

Hours: 8:00 AM-7:00 PM, Monday and Wednesday
9:00 AM-7:00 PM, Tuesday and Thursday
8:00 AM-5:00 PM, Friday
8:00 AM-1:00 PM, Saturday

Fees: Sliding Scale; accepts Medi-Cal, Medicare, HMO & Insurances

Services: Provides family planning and OB/GYN care

Family Planning

(626) 450-8848

10953 Ramona Blvd.

El Monte, CA 91731

Hours: 8:00 AM-5:00PM, Monday-Friday

Fees: Sliding Scale; accepts Medi-Cal

Services: Provides family planning services for woman not wanting to get pregnant. Prenatal and women's care call 1-800-383-4600.

Livingwell Medical Clinic

(626) 440-9400

445 N. Lake Avenue

Pasadena, CA 91101

Hours: 1:00 PM-5:00 PM, Monday-Friday

Fees: None

Services: Provides pregnancy testing, medical referrals, and abstinence counseling.

Pregnancy Help Center

(626) 309-0788

5626 N. Rosemead Blvd.

Temple City, CA 91780

Hours: 12:00 PM-6:00PM, Monday-Friday

Fees: None

Services: Provides pregnancy testing, ultrasounds, counseling, baby items, maternity clothing, medical and financial referrals.

FAMILY PLANNING

Woman's Clinic Services/Arcadia Methodist Hospital

(626) 462-2788

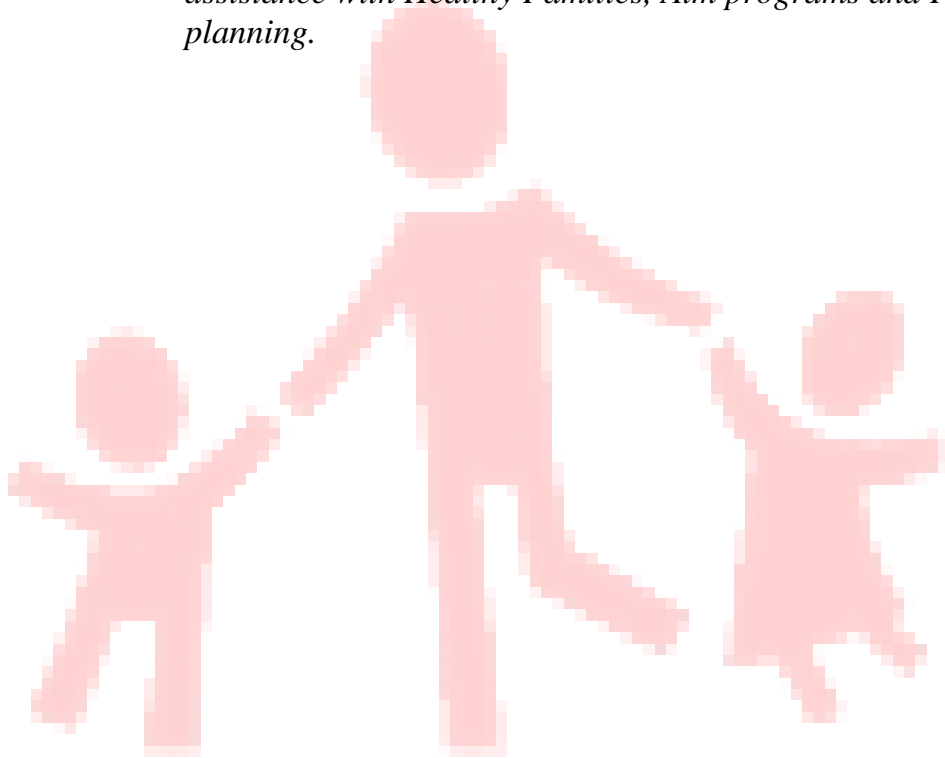
1036 Huntington Drive

Duarte, CA 91010

Hours: 8:00 AM-5:30 PM, Monday-Friday

Fees: None

Services: Serves uninsured pregnant females. Provides pregnancy testing, on-site Medi-Cal worker to assist with applications, childbirth classes, WIC referrals, mentor programs and assistance with Healthy Families, Aim programs and Family planning.



BASIC NEEDS

Arcadia Presbyterian Church

(626) 445-7470

121 Alice Street

Arcadia, CA 91006

Hours: 9:00 AM-12:00 PM and 1:00 PM-5:00 PM, Monday-Friday
Must call before going; and live in Temple City, Arcadia, Duarte, Monrovia, or Sierra Madre

Fees: Sliding Scale

Services: *One time food box.*

For counseling services call (626) 445-1078.

American Red Cross

(626) 447-2193

376 W. Huntington Drive

Arcadia, CA 91006

Hours: 8:30 AM-4:30 PM

Fees: None

Services: *Provides assistance in emergency natural disaster situations.*

Baldwin Park Housing Authority

(626) 813-5285

441 N. Main Avenue

Baldwin Park, CA 91706

Hours: 7:30 AM-6:00 PM, Monday-Thursday

Fees: None

Services: *Provides rental assistance for low-income, elderly and disabled persons.*

Catholic Charities El Monte Community Center

(626) 575-7652

4171 N. Tyler Avenue

El Monte, CA 91731

Hours: 9:00 AM-12:00 PM and 1:00 PM-4:00 PM, Monday-Friday

Fees: Free

Services: *Provides assistance with food, clothing, and utilities for low-income families. Provides taxi vouchers, diapers, and parenting classes.*

Housing Rights Center

(626) 791-0211

1020 N. Fair Oaks Avenue Rm. 104

Pasadena, CA 91103

Hours: 8:30 AM-5:00 PM, Monday-Friday

Fees: None

Services: *Investigates housing discrimination and complaints, provides free rental listings every month.*

BASIC NEEDS

Foothill Unity Center

(626) 358-3486

415 W. Chestnut

Monrovia, CA 91026

Hours: 8:00 AM-5:00 PM (Office Open MWF)
8:00 AM-11:00 PM (Food Distribution MWF)

Fees: None

Services: Provides food, clothing and referrals for medical and dental services. Provides shelter (hotel) for women and children, bus tokens, taxi passes, etc.

La Casa Community Center

(626) 286-2144

203 E. Mission Road

San Gabriel, CA 91776

Hours: 8:00 AM-5:00 PM, Monday-Thursday
8:00 AM-4:00 PM, Friday

Fees: Sliding Scale, preschool fees, rest of program free

Services: Alcoholics anonymous, clothing, education programs, emergency food, health clinics, job counseling, parenting class in Spanish for parents of preschoolers, preschool, domestic violence, counseling for teens, social services.

Our Savior Center

(626) 579-2066

4368 Santa Anita Avenue

El Monte, CA 917321

Hours: 8:30 AM-5:30 PM, Monday-Thursday
10:00 AM-1:00 PM, Tuesday, Thursday, Saturday (Food Bank)

Fees: None

Services: Provides computer classes, food distribution, job assistance, temporary shelter, youth activities, parenting class, ESL classes, and medical care.

FINANCIAL AID

Public Social Services Department/Pasadena

(626) 791-6302

955 North Lake

Pasadena, CA 91104

Hours: 7:00 AM-3:00 PM, Monday-Friday

Fees: None

*Services: Provides financial assistance to qualifying applicants.
Food Stamps, Medi-Cal, general relief, bus tokens.*

Public Social Services Department/El Monte

(626) 569-3155

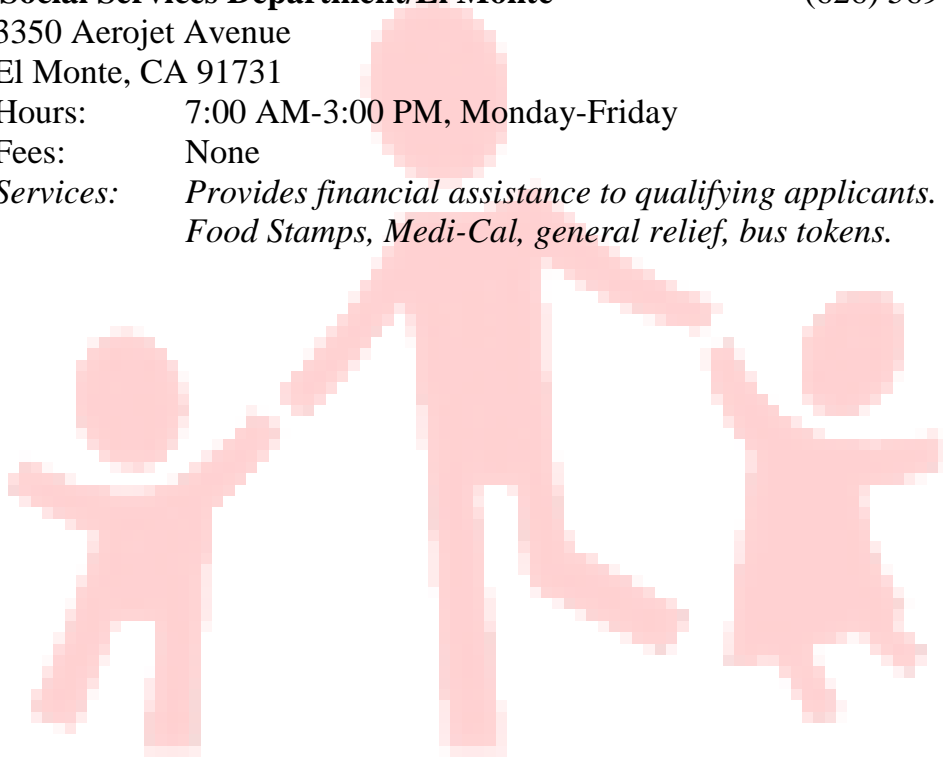
3350 Aerojet Avenue

El Monte, CA 91731

Hours: 7:00 AM-3:00 PM, Monday-Friday

Fees: None

*Services: Provides financial assistance to qualifying applicants.
Food Stamps, Medi-Cal, general relief, bus tokens.*



CHILD CARE/EXTENDED CHILD CARE

Child Care Info. Service (CCIS) (626) 449-8221

2465 E. Walnut Avenue

Pasadena, CA 91107

Hours: 8:30 AM-5:00 PM, Monday-Friday

Fees: None

Services: Provides referrals for child care

Boys and Girls Club of Monrovia (626) 305-5353

600 S. Shamrock

Monrovia, CA 91016

Hours: 2:00 PM-6:00 PM

Fees: Varies depending on service

Services: After school care, free tutoring program

Monrovia Unified School District-Early Learning Center (626) 471-2001

1000 S. Canyon Blvd.

Monrovia, CA 91016

Hours: 7:30 AM-4:00 PM, Monday-Friday

Fees: Free or based on ability to pay

Services: Free preschool program for low-income families. Free or low cost child care and preschool program for low income families who are participating in a training program and making progress toward a vocational goal.

Pasadena Family YMCA (626) 432-5880

2844 E. Foothill Blvd.

Pasadena, CA 91107

Hours: 7:00 AM-6:00 PM, Monday-Friday

Fees: Varies depending on service

Services: After school day care center for children from grades K-6 during the school year, youth sports, and teen leadership. The YSPIRIT program is available for youth with developmental disabilities.

Santa Anita YMCA (626) 359-9244

501 S. Mountain Avenue

Monrovia, CA 91016

Hours: 6:00 AM-10:00 PM, Monday-Friday

7:00 AM-6:00 PM, Saturday

1:00 PM-5:00 PM, Sunday

Fees: Varies depending on service, financial aid for those who qualify

Services: Provides day care and after school care, sports and recreation for children age 5-12.

COMMUNITY ACTIVITIES FOR YOUTH

The following is a list of Temple City-area agencies that serve youth in the areas of athletics, music, art, culture, education, special needs and volunteering.

Arcadia Chinese School

823 First Avenue
Arcadia, CA

(626) 417-8929

Fax: (626) 447-7789

Service: A fee-based, year-round program that promotes the Chinese language, culture and helps improve inter-ethnic understanding. Some of these classes are held on our elementary sites.

Boy Scouts of America

San Gabriel Valley Council
3450 E. Sierra Madre Blvd.
Pasadena, CA

(626) 351-8815

www.sgvcbasa.org

Service: Offers camping, community service, character, and skill-building activities for boys.

The Boys & Girls Club of the Foothills

600 S. Shamrock Avenue
Monrovia, CA

(626) 305-5353

Fax: (626) 301-1442

<http://foothillsbgc.com>

Service: Offers programs that develops character, leadership, health and life skills. Art, sports, fitness, and recreation programs are also available.

California Alliance for Arts Education

495 E. Colorado Blvd.
Pasadena, CA

(626) 578-9315

Fax: (626) 578-9894

www.artsed411.org

Service: CAEE promotes and advocates visual and performing art education for preschool to post-secondary students.

California Youth Spirit Corps

1 (951) 242-6539

www.cyscallstars.com

Service: This non-profit organization provides after-school recreational opportunities in the area of pom-pom, cheerleading, and drill team for students, ages 5-14.

COMMUNITY ACTIVITIES FOR YOUTH

Children's Learning Club

5651 Sultana Ave., Suite #C
Temple City, CA 91780

(626) 215-6130

Fax: (626)287-3197

Service: A fee-based, year-round program held on several of our elementary sites provides homework assistance, Chinese, and music.

Champion Youth Outreach

1(714)259-1400

www.championyouth.org

Service: This non-profit organization provides after-school recreational opportunities, including cheerleading, self-defense, and soccer; for students, ages 5 – 15 at some of our school sites.

Creative Arts Group

108 N. Baldwin Avenue
Sierra Madre, CA

(626) 355-8350

www.creativeartsgroup.org

Service: The center offers art classes and workshops for children and adults. A viewing and sales gallery is available.

Girls Scouts—Mt. Wilson Vista Council

101 E. Wheeler Avenue
Arcadia, CA 91006

(626) 445-7771

Fax: 626-447-0683

www.gsmwvc.org/

Service: Offers camping, community service, character-building and skill-building activities for girls.

Kare Youth League

5150 Farna Avenue
Arcadia, CA

(626) 442-1160 Ext. 530

www.kyl.org

Service: Building character since 1931. A not-for-profit organization, offers boys and girls sports leagues in baseball, softball, basketball, football, soccer and cheerleading for children 5 to 11 years old in the San Gabriel Valley

Methodist Hospital

300 W. Huntington Drive
Arcadia, CA

(626) 574-3646

Fax: (626) 821-6922

www.methodisthospital.org

Volunteer Services

Service: A not-for profit hospital and emergency room serving the central San Gabriel Valley. Offers patient/doctor referral, community health and out-reach programs. Volunteer programs for teens and adults are available.

COMMUNITY ACTIVITIES FOR YOUTH

Pacific Asia Museum (626) 449-2742
46 N. Los Robles Avenue Fax: 626 449-2754
Pasadena, CA www.pacificasiamuseum.org/
Service: The museum offers school tours and educational programs.

Pasadena Conservatory of Music (626) 683-3355
100 N. Hill Avenue Fax: (626) 683-3303
Pasadena, CA www.pasadenaconservatory.org
Service: The conservatory is a fee-based music school offering individual and group instruction to children, teens, adults and seniors. A free outreach program is available.

Pasadena Museum of History (626) 683-3355
100 N. Hill Avenue Fax: (626) 683-3303
Pasadena, CA Volunteer: (626) 577-1660
Service: The museum offers tours, lectures, seminars, classes and workshops to individuals of all ages. Volunteer opportunities are available through the Junior Docent program.

Pasadena YMCA (626) 432-5880
155 N. Lake Avenue, Suite. 230A Y-Spirit Phone: 626-432-1507
Pasadena, CA
Service: The YMCA offers after school programs and summer day camps for boys and girls. Adult and senior programs are also available. The YMCA offers Y-Spirit, a program for developmentally disabled teens.

Red Cross-San Gabriel Pomona Valley Chapter (626) 799-0841
430 Madeline Drive
Pasadena, CA
Service: Classes, volunteer opportunities and assistance programs for children and adults.

Special Olympics San Gabriel Valley Region (818) 247-6000
9247 Key West Fax: (818) 500-9912
Temple City, CA 91780 www.sosc.org/
Service: Offers a wide variety of sports activities for mentally and physically challenged children, teens, and adults.

Special Note: Each school site has its own website and newsletter which provides parents with current school/district information, names of clubs, sport groups and youth activities.

THE INTERNET

Parent-child communication is a critical component when establishing a safe environment for using the Internet. Log on with an administrator account on home computers. Do not give administrator passwords to your children. Use Internet monitoring and filtering software. Resources listed have reviews and resources to help select products. Consider having a computer with internet capability located in a family room or a room where a parent can monitor its use. Computers in children's rooms should be for word processing **only**.

Parents must educate their children as to safe and appropriate behavior when using the Internet. Children must know that when using online resources they are in a public forum. Anyone can read what they type. The people children meet online in "Cyberspace" can be anyone. These people might not be who they claim to be.

Since "My Space" launched in 2003 it has acquired more than 50 million accounts. You would be hard pressed to find an American teenager who does not know about this site which is heavily marketed towards the 14-24 year old.

SAFETY GUIDELINES FOR CHILDREN USING THE INTERNET:

- **Always keep your identity private:** When talking to anyone online or in Cyberspace never give out your full name, mailing address, telephone number, school name, or any other information that could help determine your identity. This applies to all members of your family and friends. Be sure your child's screen name or user name has no connection to their real name or their e-mail address.
- **Never agree to meet someone you have just met "online":** You never know anything for certain about the people you meet online. Talk to your children about this.
- **Discuss any possible cases where they think it is appropriate to meet someone on line or from Cyberspace.**
- **If deemed appropriate, meet in a public area:** The safest process is to talk directly to the parents of the other person and to always attend the first meeting.
- **Never respond to e-mail, chat comments, or newsgroup messages that are hostile, belligerent, inappropriate, or in any way make you feel uncomfortable:** Instruct your children to show these communications and to not respond. Sending a response encourages further communication.
- **If you feel there is a threat, contact your Internet Service Provider and/ or local law enforcement.**

THE INTERNET

SAFETY GUIDELINES FOR CHILDREN USING THE INTERNET-

continued:

- **Talk with your children about YOUR expectations and ground rules for going on-line:** This discussion should include when children can go online, how long they can stay online, and what activities are allowed. This discussion should include when children can go online, how long they can stay online, and what activities are allowed.
- **Tell your children they can always come to you or another trusted adult, including their teacher when they encounter anything on the Internet that makes them uncomfortable:** When children think they will be punished for visiting an inappropriate site, they may not say anything about it and parents may never know of such incidents.
- **Talk to your children about the dangers of online chat rooms, especially those not moderated by an adult or service provider like “MySpace”:** It is impossible to know the real identity of anyone you talk with online.
- **As public space becomes less and less available to youth, they look for opportunities to see and be seen by their peers:** This is the main attraction of sites like “My Space”.
- **Just as teens are hanging out on sites like “Facebook”, so are undesirable people:** “Facebook” allows anyone access to youth communities without being visible. Likewise, there are teens who seek the attention of adults, for both positive and negative reasons.
- **Discuss copyright issues:** Be sure your children understand that downloading music, videos, movies, books, articles, or quotations without permission or citing the source, is a violation of the law.
- **Discuss when and how cell phones should be used:** New cell phones can transmit images, e-mail, and connect to the Internet. The same guidelines should be discussed for cell phone usage.

Many parents have placed their home computers in a high traffic area in the home so they can keep an on eye on how it is being used. If a young person is ever solicited or receives obscene material online, parents should contact the 24-hour CyberTipline at **1-800-843-5678** or at www.cybertipline.com. Always print out and save any messages sent and teach them to never post personal information about themselves. If your child/adolescent ever receives an online threat, contact the local police/sheriffs department and the Internet service provider. For additional information on bullying and what to do about it, go to:

<http://kidshealth.org/parent/emotions/behavior/bullies.html>.

THE INTERNET

RED FLAGS OF POSSIBLE INAPPROPRIATE ONLINE USE:

- The child changes or minimizes the screen when others are near. This may indicate they are trying to hide their activity.
- The child is suddenly spending more time online, especially at night.
- The child receives phone calls from unknown or new persons.
- The child has new clothes, other items, or money without explanation.
- The child is unusually upset if Internet access is eliminated or cur-tailed for any length of time.
- The child becomes isolated from family and friends. This may be a signal the child is being groomed by a stalker.
- The child uses abbreviations when typing messages while you are watching, such as: PIR (Parent in Room); P911 (My parents are coming!); WYRN (What's your real name?); A/S/L? (age, sex, location); IPN (I'm posting naked); LMIRL (Let's meet in real life)

All computers should be equipped with anti-virus protection, firewalls, filtering or proxies (see resources). The Internet is ever changing. Refer to www.tcusd.net for up to date technology information and resources for parents.

INTERNET RESOURCES

**Temple City Unified School District –
Technology Site**

<http://www.tcusd.net>

CyberTipline

<http://www.cybertipline.com>

Los Angeles County Office of Education

<http://teams.lacoe.edu/parents/index.asp>

National Safe Kids Campaign

<http://www.safekids.org/>

Net Family News

<http://netfamilynews.org/>

FBI: A Parent's Guide to Internet Safety

<http://www.fbi.gov/stats-services/publications/parent-guide>

THE INTERNET

INTERNET RESOURCES-continued

The NetSmartz Workshop

<http://www.netsmartz.org/>

Yahoo! Safely

http://safely.yahoo.com/parents_only

Office of Juvenile Justice and Delinquency Prevention--iSAFE

<http://www.isafe.org/>

