

Youth Mental Health & Wellness Resources

SANTA BARBARA • GOLETA • CARPINTERIA • SANTA YNEZ VALLEY • 2019-2020

CADA

Council on Alcoholism & Drug Abuse

805.730.7575

CADASB.org

- Daniel Bryant Youth & Family Treatment Center, 12-19
- SUPER classes for parents & teens to improve family communication and address substance use
- Parent Program empowers parents experiencing behavioral challenges with their youth
- Teen Court Restorative Justice

SCHOOL-BASED SERVICES...

- Friday Night Live (FNL) prevention & leadership club with school-wide campaigns, 7th-12th
- Mentor Program, grades 3rd-8th
- START Program

FSA

Family Service Agency

805.965.1001

FSAcare.org

- Counseling services for youth, adults, and families
- Parenting and family relationship classes
- Big Brothers, Big Sisters, prevention-based mentoring, 6-14
- Link families to community resources

SCHOOL-BASED SERVICES...

- FSA therapists on campus provide crisis intervention, mental health screenings, individual & group counseling, mental health referrals, and staff support.
- Intensive individual in-school counseling for K-12 students with severe mental health needs (CUSD)
- START Program, K-12 counseling & crisis support (CUSD)

CALM

805.965.2376

CALM4Kids.org

- Individual support & parenting groups
- Mental health consultation
- Treatment for family trauma, child physical, emotional, sexual abuse, neglect. Treatment for juvenile offenders.

SCHOOL-BASED SERVICES... elementary schools

- Individual, group, family therapy, and consultation and support for teachers and administrators.
- Education for parents, teachers, students on trauma, abuse, bullying, family violence, and sex trafficking.

Hospice of Santa Barbara

805.563.8820

HospiceofSantaBarbara.org

- Individual counseling: bereavement, life-threatening illness/end of life
- Grief workshops
- Mentorship for youth who suffered loss of parent/sibling
- Parenting After Loss for children & surviving parent
- Summer teen groups. Pediatric oncology family groups.

SCHOOL-BASED SERVICES...

- Bereavement support groups and individual counseling
- Available for debriefing and Psychological First Aid (PFA) for faculty and parents after a death

Pacific Pride Foundation

805.963.3636
PacificPrideFoundation.org

- Affordable counseling for youth, parents, and families
- PROUD Youth Groups, ages 12-17, weekly free drop-in
- Youth Advocate Leadership Program
- 90 Days of Summer Program

SCHOOL-BASED SERVICES...

- Available to provide LGBTQ+ identity instruction in health classes (CA Healthy Youth Act Implementation)
- Genders & Sexuality Alliance mentoring & support
- Safe Schools training: teachers, counselors, staff

ADDITIONAL COMMUNITY LGBTQ+ RESOURCES

- PFLAG, LGBTQ support, pflagsantabarbara.org
- SBTAN, Transgender support, sbtan.org

What Is Love

805.705-0011
WhatIsLoveTeens.org

- Crisis support for students and parents to meet 1-on-1

SCHOOL-BASED SERVICES...

- Health class curriculum teaches healthy relationship skills while building empathy and self-esteem. (Title IX & CA Healthy Youth Act Compliance)
- 9th-12th grade healthy relationship workshops, parent and teacher education, class presentations.
- Provide campus awareness materials around healthy friendships/relationships and abuse-free dating.

ADDITIONAL COMMUNITY RESOURCES

- Domestic Violence Solutions (DVS), dvsolutions.org
- Standing Together Against Sexual Assault, sbstesa.org

Mental Wellness Center

805.884.8440
MentalWellnessCenter.org

- Family Advocate provides referrals to local resources
- Youth Wellness Connection Council high school leadership program
- Keeping Connected teen group learn emotional management, communication, and social skills
- SPOT group for parents to connect, find resources and learn tools in order to better support their youth, ages 12-26.

SCHOOL-BASED SERVICES [vary in each district]

- Mental Health Matters... 6th & 9th grade students learn facts, symptoms, and wellness practices. Parents and youth can link to mhmyouth.org to better understand signs & symptoms of mental health disorders
- Youth Wellness Connection Clubs host campus lunch meetings & provide school wellness campaigns. wcclubs.org

COUNSELING • SUPPORT GROUPS EDUCATION • OUTPATIENT TREATMENT

youthwell.org

find support resources, groups, parent education, screening tools

Carp Connect
• 805.560.1050 carpconnect.org Carpinteria

Casa Pacifica • outpatient & residential treatment
• 805.366.4000 CasaPacifica.org

Community Counseling & Education Center
• 805.962.3363 ccecs.borg

Evolve Treatment • outpatient & residential treatment
• 805.628.4619 evolvreatment.com

Family Therapy Institute
• 805.882.2400 ftisb.org

Holman Group
• 800.321.2843 holmangroup.com

Hope Counseling Center
• 805.681.7384 hopecounseling.org

Mission Harbor Behavioral Health • outpatient treatment
• 805.874.5922 sbtreatment.com

New Beginnings Counseling Center
• 805.963.7777 sbnbcc.org

Parents On A Mission @ SBPAL (Spanish parenting class)
• 805.962.5560

People Helping People
• 805.686.0295 syvphp.org Santa Ynez Valley

SB County Dept of Behavioral Wellness
• 888.868.1649 countyofsb.org/behavioral-wellness

Santa Barbara Neighborhood Clinics
• 844.594.0343 SBClinics.org

UCSB Hosford Clinic & PICT Clinic Parent-Child Interaction Therapy
• 805.893.8064 education.ucsb.edu

Additional resources for young adults, ages 18+

Bridge Clinic **PathPoint** **Acacia Counseling**
• 805.324.8336 • 805.882.2400 • 805.699.6668

Cottage Health **Sanctuary Centers**
• 805.569.8339 • 805.569.2785

Just Communities

805.966.2063
Just-Communities.org

- CAN DO: on-going student activist support group **SCHOOL-BASED SERVICES...**
- Student leadership development, custom trainings on issues of cultural proficiency, diversity, equity, inclusion

Noah's Anchorage

YMCA

866.435.8335
ciymca.org

- Residential program and temporary shelter for runaway and homeless youth ages 12-17. Individual and family counseling, cooling off period, and group sessions 24/7 Crisis Hotline & Text Line

AHA!

805.770.7200
AHASB.org

- After-school and summer groups by donation
- Trauma clinic for students/families enrolled in AHA! **SCHOOL-BASED SERVICES...**
- Peace Builders, grades 8th-12th
- Educator/school staff trainings in CASEL (casel.org) social-emotional competencies

CRISIS RESOURCES

Youth can text **741741** to text with trained counselor

- **SAFTY** mobile crisis response intervention, phone and in-home support, linkage to services. Available to all SB County youth, ages 0-20. 8am-8pm, **888.334.2777**
- **SB County Dept of Behavioral Wellness** crisis response & access line, 24/7, **888.868.1649**, plus link to resources
- **SBSheriff.org Behavioral Sciences Unit** view crisis checklist 805.681.4231 Dr. Cherylynn Lee, psychologist

know the signs of
emotional distress...



PERSONALITY CHANGE • AGITATED • WITHDRAWAL • POOR SELF-CARE • HOPELESSNESS

know the signs → reach out → listen → offer support

It's ok to ask for help. You are not alone. [1] Encourage youth to identify & talk to a trusted adult. [2] Students & parents can contact school administrators & counselors who can refer students for on-campus intervention services & outside support services. **Services vary on each campus.** Many off-campus services are free or offered on a sliding scale. [3] Students & parents can make a confidential report with StopIt App, online form or with an administrator to report harassing, bullying, intimidating, or threatening behavior.

Youth Mental Health First Aid... Parents, educators, coaches, providers, sign-up for a free 1-day training. Learn to recognize the warning signs and understand the risk factors for mental health and substance use concerns, strategies for how to help someone in crisis and non-crisis situations, and how to connect youth to appropriate care. Youth in our community need all of us! By increasing awareness and understanding, we change the focus to prevention and early intervention so that we are not always responding in crisis mode. **BeTheDifferenceSB.org**