

# Youth Mental Health & Wellness Resources

SANTA BARBARA · GOLETA · CARPINTERIA · 2018-2019

## ASK FOR HELP • GETTING STARTED ON CAMPUS

- Encourage youth to talk to a trusted adult & ask for support.
- Students and parents can contact administrators, deans, or school counselors for support. Administrators will identify and refer students for on-campus intervention services and outside support services.
- SBUSD 7<sup>th</sup>-12<sup>th</sup> have on-campus FSA therapists that provide crisis intervention, individual counseling, and mental health referrals.
- Students and parents can make a confidential report with the school administrator or go to school website and use online form to report harassing, bullying, intimidating, and/or threatening behavior.

This resource flyer is intended to help connect families with community resources both on and off campus. Services vary on each campus.

MANY OFF-CAMPUS SERVICES ARE FREE OR CAN BE OFFERED ON A SLIDING SCALE



805.730.7575  
CADASB.org

### SCHOOL-BASED SERVICES

- Individual and group counseling services
- START Program (CUSD)
- Friday Night Live (FNL) prevention and leadership club, grades 7<sup>th</sup>-12<sup>th</sup>
- Educational presentations and school-wide campaigns

### OFF-CAMPUS SERVICES

- Daniel Bryant Youth & Family Treatment Center, ages 12-19
- SUPER Program classes bring parents & teens together to improve family communication and address substance use
- Parent Program classes support and empower parents experiencing behavioral challenges with their children
- Teen Court Restorative Justice
- Mentor Program, grades 3<sup>rd</sup>-8<sup>th</sup>
- Annual Town Hall, expert panel with Q&A on substance abuse trends



805.366.4000  
CasaPacifica.org

### OFF-CAMPUS SERVICES

- Casa Pacifica offers in-home behavioral health support services, residential therapeutic care, partial hospitalization program, and intensive outpatient program.
- SAFTY is a mobile crisis response service available daily 8am-8pm, providing crisis intervention, phone, and in-home support, and linkage to mental health services. Available to all SB County youth, age 0-20, regardless of insurance or ability to pay. 888.334.2777



805.965.1001  
FSAcares.org

### SCHOOL-BASED SERVICES

- Mental health counseling services including individual, group, and crisis counseling. Therapist can also provide off-site referrals. (SBUSD, Hope District, Peabody)
- Intensive individual in-school counseling for K-12 students with severe mental health needs (CUSD & Cold Spring). • START Program (CUSD)

### OFF-CAMPUS SERVICES

- Counseling services for youth, adults, and families.
- Parenting classes • Link families to resources
- Big Brothers, Big Sisters



805.884.8440  
MentalWellnessCenter.org

### SCHOOL-BASED SERVICES

- Youth Wellness Connection (YWC) Clubs host weekly lunch meetings on campus and provide school-wide wellness campaigns. [wcclubs.org](http://wcclubs.org)
- Mental Health Matters 6<sup>th</sup> & 9<sup>th</sup> grade students learn facts, symptoms, and wellness practices. [mhmyouth.org](http://mhmyouth.org)

### OFF-CAMPUS SERVICES

- Youth Wellness Connection (YWC) Council is a leadership program
- Keeping Connected group for teens (ages 14-18) to learn emotional management, communication, and social skills
- SPOT is a confidential support group for parents to connect, find resources and learn tools to manage their child's needs (ages 12-26).
- NAMI Family to Family course • 4th Thursday speakers
- Youth Mental Health First Aid teaches adults to understand and how to respond to signs of youth mental health issues and substance abuse
- Family Advocate can provide referrals to community resources



805.965.2376  
CALM4Kids.org

### SCHOOL-BASED SERVICES

- Services include individual, group, family therapy, and consultation and support for teachers and admin (SBUSD PreK-6<sup>th</sup> grade, GUSD TK & K)
- Education for parents, teachers and students on issues of trauma and abuse, bullying, family violence, and sex trafficking.

### OFF-CAMPUS SERVICES

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

## Know the signs of emotional distress



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



# It's OK to ask for help. You are not alone.

**SAFTY HOTLINE 888.334.2777**

YOUTH CRISIS & COMPASSION RESPONSE 8am-8pm

**TEXT 741741**

TEXT WITH TRAINED COUNSELOR

**MHMYouth.org**

MENTAL HEALTH FACTS



**805.563.8820**

**HospiceOfSantaBarbara.org**

## SCHOOL-BASED SERVICES

- Individual counseling: bereavement, life threatening illness/end of life
- Provide bereavement support groups on campus
- Available for debriefing and Psychological First Aid (PFA) for faculty and parents after a death

## OFF-CAMPUS SERVICES

- Individual counseling: bereavement, life threatening illness/end of life
- Parenting After Loss (PAL) group for children & their surviving parent
- I Have a Friend (IHAF), mentorship for youth who suffered loss of parent/sibling
- Support Group for teens (summer)
- Grief workshops
- Support Groups (monthly) for pediatric oncology families



**805.705-0011**

**WhatIsLoveTeens.org**

## SCHOOL-BASED SERVICES

- Available to teach youth healthy relationship skills while building up self-esteem and empathy. Title IX & CA Healthy Youth Act Compliance
- Available for 9<sup>th</sup>-12<sup>th</sup> grade healthy relationship workshops, parent and teacher education, class presentations. Provide campus awareness materials.

## OFF CAMPUS SERVICES

- Crisis support for students and parents to meet 1-on-1
- After-school groups focused on building healthy relationships skills



**805.963.3636**

**PacificPrideFoundation.org**

## 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, support staff

## OFF-CAMPUS SERVICES

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

## ADDITIONAL COMMUNITY LGBTQ+ RESOURCES

**PFLAG** **PFLAGsantabarbara.org**

- LGBTQ community support

**SBTAN** **SBTan.org**

- Transgender community support

## ADDITIONAL COMMUNITY RESOURCES

**YouthWell Coalition**

**YouthWell.org**

- Stay informed and link to resources, calendar, parent education, support groups, and screening tools. *YouthWell is committed to increasing prevention, education, and early intervention outreach in order to connect youth, ages 12-25, and their families to support.*

**SB County Dept of Behavioral Wellness**

**ADMHS.org**

- Serve youth, 0-18, who are Medi-Cal beneficiaries with serious emotional disturbance and/or substance use disorders. **888.868.1649**

**SB Neighborhood Clinics**

**SBClinics.org**

- High quality, affordable healthcare and behavioral health services

**Community Counseling & Educational Center** **CCECSB.org**

- Low cost counseling, support groups, workshops for teens and families.

**Family Therapy Institute**

**FTISB.org**

- Counseling by licensed therapists, low cost clinic provides services by interns.

**Hope Counseling Center**

**HopeCounseling.org**

- Faith based counseling for teens and families by licensed therapists.

**UCSB Hosford Clinic**

**Education.ucsb.edu/hosford**

- Culturally sensitive, low-cost counseling by supervised graduate students

**UCSB Parent-Child Interaction Therapy (PCIT) Clinic** **805.893.8064**

- Work with parent and child (2-7) to increase positive behaviors.

**Rape Crisis Center**

**SB RapeCrisisCenter.org**

- Self-defense classes, counseling, educational programs, crisis intervention



Attitude. Harmony. Achievement.

**805.770.7200**

**AHASB.org**

## SCHOOL-BASED SERVICES

- Peace Builders, grades 7<sup>th</sup>-12<sup>th</sup>
- Freshman Ally curriculum (emotional management, prejudice reduction, diversity)

## OFF-CAMPUS SERVICES

- After-School and Summer Groups (by donation)
- Trauma Clinic for students/families enrolled in AHA! programs – 6 sessions - by donation



**805.966.2063**

**Just-Communities.org**

## SCHOOL-BASED SERVICES

- Student dialogue and leadership development programs around issues of diversity, equity and inclusion
- In school-clubs focusing on issues of diversity, equity and inclusion
- Customized training on issues of diversity, equity, and inclusion

## OFF-CAMPUS SERVICES

- CommUnity Leadership Institute: 1 week, residential summer leadership institute focusing on issues of social justice.
- CLI CAN DO: On-going student activist support group / youth organizing meetings held 2x per month.

PROVIDED BY **Youthwell** IN PARTNERSHIP WITH SB, Goleta, & CARPINTERIA SCHOOL DISTRICTS

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