

SAN DIEGO'S NETWORK OF CARE

Summary of Resources- East/Central San Diego

AMERICAN ACADEMY OF PEDIATRICS CA CHAPTER 3 (AAP-CA3)

Resources- [ACES: Resources – American Academy of Pediatrics – California Chapter 3 \(aapca3.org\)](https://www.aapca3.org), scroll down, on the resources page, to view the links to the tools below in multiple languages

[Self-Care Tool](#) (handout for families)

[RX Pad](#) (handout for families)

[Understanding ACEs](#) (handout for families)

YMCA CHILD CARE: referrals can be made via phone, fax, or online to the Childcare Resource Services (CRS) and the Youth and Family Services branches. <https://www.ymcasd.org/community-support/childcare-resource-service>

Legal Aid (<https://www.lassd.org/>) Call toll free 1-877-534-2524 for intake
[For questions about SSI, please contact Kris Jakobs at krisj@lassd.org](mailto:krisj@lassd.org)

San Diego Volunteer Lawyer Program, Inc. serves the most vulnerable members of our community: the homeless, abused children, domestic violence victims, elder abuse victims, veterans, immigrants and those with HIV/AIDS. Notably, more than 75% of SDVLP's clients are women and children. www.sdvlp.org

MENTAL HEALTH SERVICES/PARENT CHILD PROGRAMMING

Healthy Development Services HDS provides health-oriented services to children ages 0-5 living in San Diego County, including:

- **Developmental** check ups, classes, parent coaching & therapy, including Speech & Language services
- **Behavioral** check ups, parent coaching and therapy
- **Parent Education Support and Empowerment** through classes and information
- **Care Coordination** for families engaged in HDS services
- These services are targeted to children with mild to moderate needs, with the intent of providing help for children who otherwise would not receive the care that they need.

<https://aapca3.org/healthy-development-services-hds/>

First 5 First Steps (home visiting) SBCS' First 5 First Steps team partners with families in the South San Diego region from pregnancy through their child's third birthday to provide no-cost support, education and resources customized to their strengths, needs and interests. Eligible program participants include teens (ages 13-21), military families, immigrants or refugees, and low-income families either expecting or with a child under two years of age. <https://firststepssd.org/refer/>

SMART CARE- Behavioral Health Consultation Services for PCPs

Provide on-demand consultations to primary care providers regarding screening, diagnosis and treatment of behavioral health issues; Consultation availability for patients and family members seeking information about accessing behavioral health treatment within their primary

care setting; Recommendations, referral linkages, and follow-up to ensure families were able to access care; Wellness groups and community health presentations.

[SmartCare Behavioral Health Consultation Services \(BHCS\) – Vista Hill](#)

San Diego Youth Services- East County Behavioral Health Clinic

Providing safe places to live and long-term solutions through shelter, foster homes, community centers and housing. Prevention, early intervention and treatment.

<https://sdyouthservices.org/> (619) 448-9700 x3305

SAY San Diego- Family Support Services

CORE SERVICES <HTTPS://WWW.SAYSANDIEGO.ORG/>

- Alcohol, tobacco, and substance abuse prevention
- Before and after school programs, preschools, and school readiness
- Child abuse prevention and family support
- Collaborative partnerships for military families, refugee/immigrant families, students, parents, and more
- Family strengthening and self-sufficiency
- Foster care and kinship parenting support
- Juvenile delinquency prevention and diversion
- Mental health counseling, case management, adult services, and youth development Access to health care, employment, and self-sufficiency

National Alliance of Mental Illness (NAMI) of San Diego.

<https://namisandiego.org/about/our-mission/>

CARE Community Center also recommended **Mental Health America’s Father2Child** program, during which fathers can be taught parenting skills. <https://mhasd.org/father2child/>

HomeStart

Maternity housing program (for 25 years or younger) & other programming for kids and career advice for young adults <https://home-start.org/maternity-shelter-program/>

Parent Child Interaction Therapy (PCIT) <http://www.pcit.org/>
<https://home-start.org/mental-health-services/>

Foster, Adoptive, and Kinship Care Education (FAKCE)

Please refer parents taking care of foster children to Grossmont FAKCE program to get a mentor, to become part of a support group or take trainings. 1-800-200-1222 or go to www.fakce.org to register for classes.

Support for Grandparents Raising Children (support group)

<https://211sandiego.org/grandparents-caregivers>

SUPERVISED VISITS/DOMESTIC VIOLENCE:

San Diego Domestic Violence Council as well as the <https://www.sddvc.org/>

Kids Turn of San Diego (also provides parenting skills training) <https://kidsturnsd.org/>

Hannah’s House (services on a sliding scale; also provides parenting skills training)

<https://hannahs-house.org/services/>

Center for Community Solutions The center's counseling services for adults and children ([CHAT Program](#)) supports survivors of intimate partner violence and sexual assault.

San Diego Rescue Mission - <https://www.sdrescue.org/>

Women's Resource Center - <https://www.wrccd.org/>

INTERNATIONAL RESCUE COMMITTEE

Safety and wellness program for refugees, immigrants and other new arrivals

For questions about wellness programs, e-mail SDwellness@rescue.org

BLUE SHIELD PROMISE - Resources for Medi-Cal Members

- **Beacon Health Options** (for mild to moderate mental health treatment; no auth required)
 - Los Angeles: (855) 765-9701
 - San Diego: (855) 321-2211
 - [PCP referral form](#)
- **Social Services** (to help members navigate mental health resources & options, as well as community-based services that address the SDoH)
 - [Referral form](#)
 - Promise's Social Services team will reach out to the member by phone to conduct a needs assessment and build rapport.
 - Once a member is engaged for Social Services, the member can also be referred to other Promise resources, such as Health Educators and/or Medical Case Management.
- **Behavioral Health Treatment (BHT) for Medi-Cal members younger than 21**
 - Promise covers and directly manages BHT services, including Applied Behavior Analysis (ABA) therapy, for Medi-Cal members.
 - The BHT [webpage](#) has all of the necessary program criteria, referral pathways, etc.

YMCA Services and Resources

Behavior Consultation Services

<https://www.ymcasd.org/childcare-resource-service/family-resources/behavior-support-services;crsbehaviorsupport@YMCS.org> or call 1-800-481-2151

Trauma-informed training to providers

<https://www.ymcasd.org/community-support/ymca-youth-and-family-services/family-support-and-preservation/kinship-support-services>

Youth and Family Services Counseling Center's kinship program that conducts support groups.

Youth and Family Services Counseling Center: <https://www.ymcasd.org/counseling-services>

PROTECTIVE FACTORS Resource Handbook for Parents & Caregivers

https://www.ymcasd.org/sites/default/files/assets/branch/css/protective_factors_resource_document_-_final_41420.pdf

STRENGTHENING FAMILIES: A Guide to Protective Factors

<https://www.ymcasd.org/about-y/news-center/social-services/strengthening-families-guide-protective-factors> (English and Spanish)

BOUNCING FORWARD: Activities to Foster Resilience | SALIENDO ADELANTE: Actividades para fomentar la resiliencia durante COVID-19

A journal for school-aged children/youth to be downloaded at the YMCA CSS CONTENT HUB at www.ymcasd.org/css-content-hub