SAN DIEGO’S NETWORK OF CARE
Summary of Resources- North County

AMERICAN ACADEMY OF PEDIATRICS CA CHAPTER 3 (AAP-CA3)
Resources- ACES: Resources – American Academy of Pediatrics – California Chapter 3 (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

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 SDVLSP’s clients are women and children. www.sdvlsp.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

**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

**HOUSING**

**Community Resource Center** provides basic needs for families in crisis including counseling housing, advocacy, food, and rental assistance. https://crcncc.org/ (760) 753-1156

**Interfaith Community Services** for families who appear to be struggling economically, can be connected to various programs that can result in decreasing stress for families including housing, employment, supportive services, clinical & behavioral health, recovery & wellness. https://www.interfaithservices.org/ (760) 489-6380


**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.wrcsd.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

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

STRENGTHENING FAMILIES: A Guide to Protective Factors

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

Created in partnership with SPI-SDSU
## North County Community Resources

### RESOURCE HUBS

- **211 San Diego** – Free, 24-hr phone service and online database. *(858) 300-1200* [https://my211.force.com/s/](https://my211.force.com/s/)
- **FindHelp.Org (Aunt Bertha)** – Connecting people with resources. [https://www.findhelp.org/](https://www.findhelp.org/)
- **Alliance for Regional Solutions COVID Resources List** – [www.regional solutions.net/covid19resources](http://www.regional solutions.net/covid19resources)
- **Oceanside Unified School District (OUSD) Community Resource List** – [https://www.oside.us/Page/1465](https://www.oside.us/Page/1465)

### COMMUNITY BASED SOCIAL SERVICES

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**Vista Community Clinic** *(760) 631-5000* [vcc.org](http://vcc.org)

- MA Training x7146
- x7113
- x7014
- x1227 Option 2
  - x7140

**Catholic Charities** *(619) 287-9454* [www.ccdsd.org](http://www.ccdsd.org)

- X
- X
- X
- X
- X
- X

**Community Resource Center** *(760) 753-8300* [www.crcncc.org](http://www.crcncc.org)

- X
- X
- X
- X
- X
- X
- X

**Interfaith Community Services** *(760) 727-2117* [www.interfaithservices.org](http://www.interfaithservices.org)

- X
- X
- X
- X
- X
- X
- X
- X
- X

**Jewish Family Service** *(858) 637-3000* [www.jfssd.org](http://www.jfssd.org)

- X
- X
- X
- X
- X
- X
- X
- X
- X

**North County Lifeline** *(760) 726-4900* [www.nclifeline.org](http://www.nclifeline.org)

- X
- X
- X
- X
- X
- X
- X
- X
- X

**Vista Hill** *(858) 514-5100* [www.vistahill.org](http://www.vistahill.org)

- X
- X
- X
- X
- X
- X
- X

**YMCA Youth & Family Services** *(760) 745-7490* [www.ymca.org](http://www.ymca.org)

- X
- X
- X
- X
- X
- X
- X
- X

*Disclaimer: Services listed may have specific eligibility criteria. Please inquire with agency for more information.*
# Recursos Comunitarios para el Condado Norte

## CENTROS DE RECURSOS

- **211 San Diego** - Recursos y datos informativos de servicios sociales. (858) 300-1200; [https://211sandiego.org/](https://211sandiego.org/)
- **FindHelp.org (Aunt Bertha)** - Conectando a las personas con recursos. [https://www.findhelp.org/](https://www.findhelp.org/)
- **Alliance for Regional Solutions Lista de Recursos para COVID** - [www.regionalsolutions.net/covid19resources](https://www.regionalsolutions.net/covid19resources)
- **Oceanside Unified School District Lista de Recursos Comunitarios** - [https://www.oside.us/Page/1465](https://www.oside.us/Page/1465)

## SERVICIOS SOCIALES

La siguiente tabla muestra una selección de agencias y servicios disponibles en el Condado Norte. Los servicios pueden tener criterios de elegibilidad específicos. Consulte con la agencia para obtener más información.

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vcc.org | x7146  
Asistente Médico | x7113 | x7014 | | x1227 | | | | | | | | | | | x7140 |
| Catholic Charities  
(619) 287-9454  
www.ccdsd.org | X | | | | | | | | | | | | | | | X |
| Community Resource Center  
(760) 753-8300  
www.crcncc.org | X | X | X | X | X | X | | | X | | | | | | | |
| Interfaith Community Services  
(760) 727-2117  
www.interfaithservices.org | X | | | | | | | | X | X | X | X | X | X | |
| Jewish Family Service  
(858) 637-3000  
www.jfssd.org | X | X | X | X | X | X | X | X | X | X | | | | | | X |
| North County Lifeline  
(760) 726-4900  
www.nclifeline.org | X | X | X | X | X | | | | X | X | X | X | | | | |
| Vista Hill  
(858) 514-5100  
www.vistahill.org | X | X | X | X | X | | | | X | X | | | | | | |
| YMCA Youth & Family Services  
(760) 745-7490  
www.ymca.org | X | X | X | X | | | | | | | | | | | | |

*Descargo de Responsabilidad: Los servicios pueden tener criterios de elegibilidad específicos. Consulte con la agencia para obtener más información.*