

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 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](#)

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

North County Lifeline community based services including youth development, child abuse & domestic violence prevention and intervention, behavioral health, housing & self-sufficiency, human trafficking prevention & intervention. <https://www.nclifeline.org> 760-842-6201

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

<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





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/>
- **FindHelp.Org (Aunt Bertha)** – Connecting people with resources. <https://www.findhelp.org/>
- **Alliance for Regional Solutions COVID Resources List** – www.regionalsolutions.net/covid19resources
- **Oceanside Unified School District (OUSD) Community Resource List** – <https://www.oside.us/Page/1465>

COMMUNITY BASED SOCIAL SERVICES

Services  Agency 	Career Advancement	Childcare/Parenting Resources	Domestic Violence	Food Distribution	Housing	Immigration / Refugee	Legal Services	Mental Health Counseling	Senior Services	Tax Preparation	Transitional Age Youth (TAY)	Transportation	Youth Development
Vista Community Clinic (760) 631-5000 vcc.org	x7146 MA Training	x7113		x7014				x1227				Option 2	x7140
Catholic Charities (619) 287-9454 www.ccdsd.org	X			X	X	X	X					X	
Community Resource Center (760) 753-8300 www.crcncc.org	X		X	X	X		X	X	X			X	
Interfaith Community Services (760) 727-2117 www.interfaithservices.org	X			X	X	X	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	X
North County Lifeline (760) 726-4900 www.nclifeline.org	X	X	X	X	X			X		X	X	X	X
Vista Hill (858) 514-5100 www.vistahill.org	X	X	X	X	X			X				X	X
YMCA Youth & Family Services (760) 745-7490 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/>
- **FindHelp.org (Aunt Bertha)** - Conectando a las personas con recursos. <https://www.findhelp.org/>
- **Alliance for Regional Solutions Lista de Recursos para COVID** - www.regionalsolutions.net/covid19resources
- **Oceanside Unified School District Lista de Recursos Comunitarios** - <https://www.oside.us/Page/1465>

SERVICIOS SOCIALES

Servicios → Agencia ↓	Desarrollo Profesional	Cuidado de Niños/ Recursos para Padres	Violencia Doméstica	Distribución de Alimentos	Alojamiento	Immigración	Servicios Legales	Consejería de Salud Mental	Servicios Para la Tercera Edad	Preparación de Impuestos	Edad de Transición Juventud en	Transportación	Desarrollo Juvenil
	Vista Community Clinic (760) 631-5000 vcc.org	x7146 <small>Asistente Médico</small>	x7113		x7014				x1227				Opción 2
Catholic Charities (619) 287-9454 www.ccdsd.org	X			X	X	X	X					X	
Community Resource Center (760) 753-8300 www.crcncc.org	X		X	X	X		X	X	X			X	
Interfaith Community Services (760) 727-2117 www.interfaithservices.org	X			X	X	X	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	X
North County Lifeline (760) 726-4900 www.nclifeline.org	X	X	X	X	X			X		X	X	X	X
Vista Hill (858) 514-5100 www.vistahill.org	X	X	X	X	X			X				X	X
YMCA Youth & Family Services (760) 745-7490 www.ymca.org	X	X	X	X	X						X	X	X

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