

## SAN DIEGO'S NETWORK OF CARE

### Summary of Resources- South County

#### 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](http://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](http://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/>

**SBCS** (*supervised visitation* for free when the client has a case manager through child welfare) Parenting classes, child and family mental health, youth development  
<https://sbcssandiego.org/community-services-families/>

<https://southbaycommunityservices.com/request-services/>

[https://sbcssandiego.org/wp-content/uploads/2013/12/SBCS\\_DomesticViolence.pdf](https://sbcssandiego.org/wp-content/uploads/2013/12/SBCS_DomesticViolence.pdf)

**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](mailto: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](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](http://www.ymcasd.org/css-content-hub)