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), 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

Created in partnership with SPI-SDSU
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

**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/


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