



**COMMUNITY RESOURCE
INFORMATION
2017-2018**

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San Dieguito Union High School District does not recommend or endorse any of the listed facilities, service providers, support groups, or any programs. Nor does it guarantee that any of these options will serve your child's unique needs. The families are solely responsible for screening these programs and upon reviewing program guidelines and services, make their own informed decision surrounding placement of their child at their sole discretion and expense.

IMPORTANT INFORMATION

The options listed in this document are local resources provided for the convenience of families and parents who are seeking services they deem necessary for their child. These are not referrals and should not be construed as medical or legal advice. Participation in any of the included or similar programs is not a requirement of the school district. The San Dieguito Union High School District does not recommend or endorse any of the listed facilities, service providers, support groups, or any programs not included herein. The District does not pre-screen or evaluate the facilities, providers, or their licensing or credentials in any way, nor does it warrant or guarantee that any of these options will serve your child's unique needs. The families are solely responsible for screening these programs and upon reviewing program guidelines and services, make their own informed decision surrounding placement of their child at their sole discretion and expense.

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YOUTH CRISIS/SUICIDE PREVENTION

List of Helplines and Crisis Intervention Lines in San Diego County

www.dbsasandiego.org/resources/help-lines.pdf

National Suicide Prevention Line

(800) 273-TALK (8255)

www.suicidepreventionlifeline.org/

Youth Crisis Line

800 · 843 · 5200

www.youthcrisisline.org

San Diego Access and Crisis Line

888-724-7240

Survivors of Suicide Support Group

619 · 482 · 0297

www.survivorsofsuicide.com

San Diego Youth and Community Services – The Bridge

619 · 221-8600

www.sdyouthservices.org

Girls and Boys Town National Hotline

800 · 448 · 3000

www.boystown.org/hotline

Youth Development International – Youth Crisis Hotline

800-448-4663

San Diego 619-292-5683

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It's Up to Us

888-724-7240 (Crisis Line)

Youth Suicide Prevention Program

<http://www.yspp.org/index.htm>

The Trevor Project

1-866-4-U-TREVOR, 1-866-4(88-73867)

<http://www.thetrevorproject.org>

Care Youth Project

<http://www.careyouth.org/>

OZ San Diego -YMCA

<http://www.ymca.org/yfs/residential-services/oz-shelter-services.html>

(858) 270-8213

Teen Suicide

www.teensuicide.us

Yellow Ribbon Suicide Prevention Program

(760) 635-5904

www.yellowribbonsd.org

DRUG AND ALCOHOL HOTLINES

County of San Diego Drug & Alcohol Services

888-724-7240

www.sdcounty.ca.gov/hhsa/programs/bhs/alcohol_drug_services/

California Smokers' Helpline

800 · NO · BUTTS (800 · 662 · 8887)

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<http://www.nobutts.org/>

National Drug Abuse Helpline

800-662 HELP (4357)

San Diego Access and Crisis Line

888-724-7240

**DRUG AND ALCOHOL SUPPORT
GROUPS**

Alcoholics Anonymous - San Diego

760-758-2514

<http://www.aasandiego.org/>

Al-Anon & Alateen

619-296-2666

<http://www.alanonsandiego.org/>

Cocaine Anonymous

866-242-2248

<http://www.casandiego.org/>

Co-Dependents Anonymous

619-222-1244

<http://www.sdccoda.org/>

Marijuana Anonymous

800-766-6779

<http://www.ma-sandiego.org/>

Narcotics Anonymous

800-479-0062

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<http://www.sandiegona.org/>

Nar-Anon Southern California

888-297-9560

<http://www.naranoncalifornia.org/socal/>

Nicotine Anonymous

877-879-6422

<https://nicotine-anonymous.org/>

Self Management & Recovery Training (SMART)

<http://www.smartrecovery.org/>

Vista Hill-SAFIR

858-514-5100

<http://www.vistahill.org/programs/juvenile-justice-community-services/support-for-adolescents-families-in-recovery.html>

DRUG TESTING

North County Health Services

760-736-6767

www.nchs-health.org

McAlister Institute

619-442-0277

www.mcalisterinc.org

Mental Health Systems

858-573-2600

www.mhsinc.org

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DRUG TREATMENT PROGRAMS

Aurora Behavioral Health

858-487-3200

11878 Ave. of Industry

San Diego, CA 92128

www.aurorasandiego.com

Corrective Behavior Institute

619-644-5500

McAlister Institute - Outpatient & Residential Treatment

619-442-0277

www.mcalisterinc.org/

MHS North Inland Teen Recovery Center

760-744-3672

340 Rancheros Dr.

San Marcos, CA 92069

www.mhsinc.org

North County Lifeline

760-757-0118

760-842-6201

707 Oceanside Blvd., Oceanside, CA 92054

www.nclifeline.org/#!/groups-for-teens/c24v8

Sharp Mesa Vista - Changes Program

858-836-8434

7850 Vista Hill Ave.

San Diego, CA 92123

www.sharp.com/hospitals/mesa-vista/programs/changes.cfm

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Union of Pan Asian Communities

619-521-5720
3288 El Cajon Blvd. #13
San Diego, Ca 92104
www.upacsd.com

Vista Hill - Bridges

858-514-5100
www.vistahill.org

INPATIENT/OUTPATIENT BEHAVIORAL & PSYCHIATRIC SERVICES

County Mental Health

619-692-8200
3851 Rosecrans
San Diego, CA
<http://www.sandiegocounty.gov/hhsa/programs/bhs/>

Sharp Mesa Vista

858-836-8434
7850 Vista Hill Ave.
San Diego, CA 92123
<http://www.sharp.com/hospitals/mesa-vista/index.cfm>

Aurora Behavioral Health

888-565-4228
11878 Ave. of Industry
San Diego, CA 92128
<http://www.aurorasandiego.com/>

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Teen Adolescent Placement Services (TAPS)

760-439-2087

888-975-SAVE (7283)

tony@taps14.org

ebulletjames@aol.com

<http://www.taps14.org/>

PSYCHIATRIC EVALUATIONS/MEDICATION

Rady Children's Outpatient Psychiatry

760-730-5900

3605 Vista Way, Ste. 258

Oceanside, CA 92056

www.rchsd.org

North County Health Services

760-736-6767

150 Valpreda Rd.

San Marcos, CA 92069

<http://www.nchs-health.org/>

COUNSELING

Community Resources Center - Social Services

760-753-8300 Intake

760-753-2200 Donation Pick Up Line

650 2nd Street

Encinitas, CA 92024

www.communityresourcecenter.org

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Neighborhood Health Care

760-520-8300

425 N. Date

Escondido, CA 92025

www.nhcare.org

Social Advocates for Youth – SAY

858-565-4148

Mid-City Family Resource Center

4275 El Cajon Blvd

San Diego, CA 92105

619-283-9624

www.saysandiego.org

Interfaith Community Services - Core Care Behavioral Health

760-721-2117

4700 North River Road

Oceanside, CA 92057

www.interfaithservices.org

Jewish Family Services (open to anyone)

858-637-3010

285 North El Camino Real #211

Encinitas, CA 92024

www.jfssd.org

North County Health Services

760-736-6767

150 Valpreda Rd.

San Marcos, CA 92069

<http://www.nchs-health.org/>

Lifeline Coastal Youth Services

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760-757-0118
707 Oceanside Blvd
Oceanside, CA 92054
www.nclifeline.org/youth.htm

IMPACT programs

619 · 465 · 9260 – North County
<http://www.impact-rtc.com/home-1.html>

Psychologist Referral Line - 24 hr

<http://www.sdpsych.org/>

Psychotherapist Referral Services - 24 hr

619 · 296 · 9011

CHILD ABUSE

San Diego Child Welfare Services

858-694-5141
6950 Levante St.
San Diego, CA 92111
http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_welfare_services.html

Child Abuse Hotline

858-560-2191
800-344-6000 (toll free)
www.sandiego.gov/police/services/.../reportchildabuse.shtml

Casa De Amparo

760 · 754 · 5500
325 Buena Creek Rd.
San Marcos, CA 92069
Oceanside, 92058
www.casadeamparo.org

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RAPE/DOMESTIC VIOLENCE

Center for Community Solutions

888-385-4657 24 hr.

<http://www.ccssd.org/>

National Hotline for Domestic Violence

800-799-7233 24 hr.

www.thehotline.org

Community Resource Center

760-753-8222

650 2nd St.

Encinitas, CA 92024

www.communityresourcecenter.org

YWCA - Becky's House

619-239-0355 - 24 hr.

1012 C. St.

San Diego, CA 92101

www.ywcasandiego.org

Women's Resource Center - North County

760-757-3500.

1963 Apple St.

Oceanside, CA 92054

www.wrcsd.org

Survivors of Incest Anonymous

410-877-1779

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www.siawso.org

Sexual Assault Response Team (SART)

619-285-6429

http://www.sdcounty.ca.gov/hhsa/programs/phs/emergency_medical_services/sexual_assault_response_team.html

San Diego County Stalking Strike Force

619-515-8900

330 W. Broadway

San Diego, CA 92101

<http://www.sdcca.org/preventing/stalking/>

HEALTH CARE

Medi-Cal

800-541-5555

<http://www.medi-cal.ca.gov/contact.asp>

Healthy Families

Bitia Pargol-Helps with intakes 619-581-3960

www.healthyfamilies.org

CalWORKs

866-262-9881

<http://www.sdcounty.ca.gov/hhsa/programs/ssp/calworks/>

County Medical Services

800-587-8118

http://www.sdcounty.ca.gov/hhsa/programs/ssp/county_medical_services/

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North County Health Services - Encinitas

760-753-7842

1130 2nd St

Encinitas, CA 92024

<http://www.nchs-health.org/>

North County Health Services – Carlsbad

760-720-7766

1295 Carlsbad Village Dr.

Carlsbad, CA 92008

<http://www.nchs-health.org/>

North County Health Services – Oceanside

760-757-4566

605 Crouch St.

Oceanside, CA 92054

www.nchs-health.org

<http://www.nchs-health.org/>

North County Health Services - San Marcos

760-736-6767

150 Valpreda Rd.

San Marcos, CA 92069

<http://www.nchs-health.org/>

Vista Community Clinic – Teen Clinic

760-631-5000

1000 Vale Terrace

Vista, CA 92084

www.vistacommunityclinic.org

Denti-Cal

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800-322-6384

http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=prov_ref_san_diego

Share the Care Dental Health Initiative

619-692-8858

3851 Rosecrans St. Ste. 522

San Diego, CA 92110

www.sharethecaredental.org

EMERGENCY AND FOOD SERVICES

Community Resource Center

760-753-8222

650 2nd Street

Encinitas, CA 92024

www.crcncc.org

Brother Benno Foundation

760-439-1244

3260 Production Ave.

Oceanside, CA 92054

www.brotherbenno.org

Alliance for African Assistance

619-286-9052

5952 El Cajon Blvd.

San Diego, CA 92115

www.alliance-for-africa.org/

Interfaith Community Services

760-489-6380

550 West Washington Ave.

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Escondido, CA 92025

www.interfaithservices.org

Interfaith Community Services - Coastal

760-721-2117

4700 North River Rd.

Oceanside, CA 92057

www.interfaithservices.org

RUNAWAYS

National Runaway Safeline

800-786-2929

California Coalition for Youth

800-786-2929

www.pamf.org/teen/hotlines

YMCA – OZ North Coast

858-270-8213

<http://www.ymca.org/yfs/residential-services/oz-shelter-services.html>

SDYS -- Storefront

619-325-3527

http://www.sdyouthservices.org/site/PageServer?pagename=Youth_Emergency_Shelter

Toussaint Academy

(619) 687-1080

<https://www.centerforchildren.org/resources/father-joes-villages-toussaint-academy/>

LGBT

Hillcrest Youth Center

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619-497-2920
1807 Robinson Ave #106
San Diego, CA 92103
www.thecentersd.org

2-1-1 San Diego

<http://www.211sandiego.org/LGBTQ-Community-Resources>
Dial 2-1-1 or (858) 300-1211

The Transgender Center of San Diego

<http://transgendercentersd.com/>

PFLAG

888-398-0006 Provides information and support to parents and friends of lesbians and gays.
www.pflag.com

San Diego LGBT Center

619-692-2077
3909 Centre St.
San Diego, CA 92103
www.thecentersd.org
www.lgbtcenters.org

Empowering Spirits Foundation

(858) 847-5222
3535 Lebon Dr,
San Diego, CA 92122

North County LGBTQ Resource Center

3220 Mission Ave Suite #2 Oceanside, 92058
info@ncresourcecenter.org
7609941690
www.ncresourcecenter.org/

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Our Circle (LGBTQ Youth Group) North County LGBTQ Resource Center
510 North Coast Highway Oceanside, CA 92054
(760) 717-3293
www.ncresourcecenter.org/

Gay Straight Alliance Network
www.gsanetwork.org

National Coalition of LGBT Health
www.lgbthealth.net

San Diego LGBT Pride – The official website of the San Diego Pride Festival and Parade.
www.sdpride.org

The Trevor Project – A national organization that provides crisis intervention to LGBTQ youth.
www.thetrevorproject.org/organization

Y.E.S. San Diego – A youth empowerment summit for LGBTQ youth, young adults and friends.
<http://www.yessandiego.org/>

Youth Resource – A website created by and for gay, lesbian, bisexual, transgender, and questioning young people that offers support on sexual and reproductive health issues.
www.amplifyyourvoice.org/youthresource

EATING DISORDERS

National Eating Disorders Hotline
800-931-2237
<http://www.nationaleatingdisorders.org/find-help-support>

Anorexia Nervosa and Associated Disorders
630-577-1330
www.anad.org

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Sharp Mesa Vista

858-836-8434

7850 Vista Hill Ave.

San Diego, CA 92123

<http://www.sharp.com/hospitals/mesa-vista/index.cfm>

Healthy Within

5665 Oberlin Drive, Suite 206

San Diego CA 92121

T: 858-622-0221

F: 858-622-0201

divyakakaiya@gmail.com

<http://healthywithin.com/>

Center for Discovery San Diego

866.364.6000

<http://www.centerfordiscoverysandiego.com/>

AIDS/HIV

National AIDS Hotline

800-232-4636

www.cdc.gov/hiv/links.htm

Project Inform: National HIV/AIDS Treatment Hotline

800-822-7422

www.projectinform.org

Neighborhood Health Care

760-520-8300

425 N. Date

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Escondido,CA 92025

www.nhcare.org

Christie's Place

619-702-4186

2440 3rd Ave

San Diego, CA 92101

www.christiesplace.org

IMMIGRANT ASSISTANCE

Alliance for African Assistance

619-286-9052

5952 El Cajon Blvd.

San Diego, CA 92115

www.alliance-for-africa.org/index.htm

Mexican Consulate of San Diego

619-231-8414

1549 India St.

San Diego, CA 92101

www.consulmexsd.org

National Immigration Legal Services

858-560-0871

2612 Daniel Ave.

San Diego, CA 92111

www.immigrationadvocates.org

Union of Pan Asian Communities

San Diego, CA 92102

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Phone: (619) 232-6454

www.upacsd.com

U.S Citizenship and Immigration Services

800-375-5283

1261 3rd Ave #A

Chula Vista, CA 91911

www.uscis.gov

Catholic Charities- Refugee Services

619-287-9454

4575 Mission Gorge Pl,

San Diego, CA 92120

PREGNANCY/CHILDCARE CONCERNS BEREAVEMENT/GRIEF

National Parent Helpline

855-427-2736

<http://www.nationalparenthelpline.org/find-support/state-resources/california-resources>

Planned Parenthood Carlsbad

888-743-7526

1964 Via Centre

Vista, CA 92081

www.plannedparenthood.org

Planned Parenthood Escondido

888-743-7526

347 W. Mission Avenue

Escondido, CA 92025

www.plannedparenthood.org

Planned Parenthood Mira Mesa

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888-743-7526
10737 Camino Ruiz
Medical Mall #220
San Diego, CA 92126
www.plannedparenthood.org

North County Health Services - Encinitas

760-753-7842
1130 2nd St
Encinitas, CA 92024
www.nchs-health.org

North County Health Services – Carlsbad

760-720-7766
1295 Carlsbad Village Dr.
Carlsbad, CA 92008
www.nchs-health.org

North County Health Services – Oceanside

760-757-4566
605 Crouch St.
Oceanside, CA 92054
www.nchs-health.org

North County Health Services - San Marcos

760-736-6767
150 Valpreda Rd.
San Marcos, CA 92069
www.nchs-health.org

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Vista Community Clinic – Teen Clinic

760-631-5000

1000 Vale Terrace

Vista, CA 92084

www.vistacommunityclinic.org

Lifeline Coastal Youth Services

760-757-0118

707 Oceanside Blvd

Oceanside, CA 92054

www.nclifeline.org/youth.htm

Alternatives Women Center

760-741-9796

257 East 2nd Ave

Escondido, CA 92025

Mobile Unit Monday, Wednesday, Thursday

www.awc-ca.com

LEGAL AID

Legal Aid Society of San Diego - North County

877-534-2524

216 South Tremont St

Oceanside, CA 92054-3186 www.lasdd.org

North County Unlawful Detainer Clinic (walk-in) San Diego Volunteer Lawyer Program

325 S. Melrose Drive

Vista, CA 92083 www.sdvlp.org

707 Broadway, Suite 1400

San Diego, CA 92101

Phone 619.235.5656

Email info@sdvlp.org

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Community Resource Center

760-753-8222

650 2nd Street

Encinitas, CA 92024

www.communityresourcecenter.org

BEREAVEMENT/GRIEF

Elizabeth Hospice Center

5938 Priestly Dr. Suite 103

Carlsbad, CA 92008

760-737-2050

Elizabeth Hospice

Support Group Information

619-294-8000

Pet Loss Support

San Diego Humane Society

619.299.7012 x 2311

San Diego County Pet Bereavement Program

2058 Oxford Ave. Cardiff, CA 92007

(760) 436-6798

<https://sdcvma.org/pet-loss-support>

Compassionate Friends

Phone: 619.583.1555

Address: 4735 Clairemont Drive

San Diego, California 92117

Loss of a child; phone and support groups

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Survivors of Suicide Loss

619-482-0297

<https://soslsd.org/contact/>

Other Hotline and Crisis Lines

24-Hour Crisis Response

Phone: 800.479.3339

Services: Telephone crisis intervention information and referral; suicide intervention and education; United Behavioral Health

Adult Abuse Reporting Line

Phone: 800.510.2020

Services: Adult protection line information/referral

Albright Information and Referral Center

Phone: 619.543.1434

Address: 4480 30th Street
San Diego, California 92116

Services: 24-hour phone support service, information, referrals, educational support for families and friends of persons with mental illness. Parent organization: NAMI San Diego

Compassionate Friends

Phone: 619.583.1555

Address: 4735 Clairemont Drive
San Diego, California 92117

Services: Loss of a child; phone and support groups

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Coping with Crisis – Veterans Crisis line

Phone: 858.642.1234

Address: 3350 La Jolla Village Drive

San Diego, California 92161

Services: The VA Homeless Outreach program is open to all honorably-discharged veterans who are homeless or at risk to become homeless, and are experiencing psychiatric or substance abuse problems. Our primary emphasis is evaluation and treatment of mental health or substance abuse problems. Therapeutic and rehabilitative services are offered to eligible veterans: assessment of psychiatric and medical needs; placement in residential treatment facilities; referrals to other community

Crime Victim Hotline

Phone: 619.688.9200

Services: 24-hour hotline

Emergency Screening Unit

Phone: 619.421.6900

Address: 730 Medi-Cal Center Court

Chula Vista, California 91911

Services: Emergency psychiatric evaluation, including screening for inpatient hospitalization, crisis stabilization, brief outpatient therapy, medication evaluation and management, telephone crisis intervention and referral. Parent organization: San Diego County, Health and Human Services Agency (HHS), Children's Mental Health Services. Contact: Children's Mental Health Services

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Girls Town and Boys Town 24-Hour Teen Hotline

Phone: 800.448.3000

Services: Short-term crisis line; any type of crisis; 24 hours; has referrals; for teens and families.

Methamphetamine Strike Force Hotline

Phone: 877.662.6384

Services: Completely confidential; call to report users, dealers, labs; call to get info on prevention, intervention, treatment. Secure voice mail after business hours.

Rady Children's Hospital Behavioral Crisis Center Mobile Assessment Team

Phone: 760.730.5900

Address: 2125 South El Camino Real
Oceanside, California 92054

Services: Provides urgent mental health service for youth up to age 17 who are experiencing severe emotional and/or behavioral issues. Clients may telephone or come in for same-day services. The center also operates a Mobile Assessment Team, for clients unable to come into the clinic. Parent organization: Rady Children's Hospital

Trevor Helpline

Phone: 800.850.8078

Services: 24-hour suicide prevention (gay, lesbian, bisexual, and questioning youth). The Trevor Helpline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for gay, lesbian, bisexual, and questioning youth.

Warm Line

Phone: 800.930.WARM

Services: The Warm Line is a friendly telephone support line, answered by trained consumers who offer support, listen to concerns, and generally understand the caller's perspective and are willing to listen. The Warm Line is a non-crisis phone service, which serves as an alternative to the Access and Crisis Line or emergency services. Parent organization: The Meeting Place, Inc.

Youth to Youth Hotline

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Phone: 866.222.1886

Services: Phones staffed by teens, supervised and trained by adults. Provides confidential peer counseling and referrals regarding problems, STD, drugs, relationships, dating violence, suicide, date rape, teen to teen.

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