

## COMMUNITY MEDICAL & MENTAL HEALTH RESOURCES

Please note that these resources are not educationally-related services, special education, or designated instruction and services as defined under the Education Code, the Individuals with Disabilities Education Improvement Act of 2004, or Section 504 of the Rehabilitation Act of 1973. You are receiving these resources because you requested community-based counseling referrals and/or community-based counseling services were suggested as a possible option/support to address non-school related concerns.

### COMMUNITY COUNSELING AGENCIES:

Thirteen social services agencies operate rent-free at the 17,500 square-foot Hillcrest building providing the agencies with approximately \$250,000 in savings per year that can otherwise be used to deliver services. Tenants include such groups such as *the Conejo Free Clinic, Hospice of the Conejo Valley, Interface, Ventura County Jewish Family Services, Homeless & Community Services, and Conejo Youth Employment Services*. Three government social service agencies are also tenants including the Social Service Administration, Probation Youth Services and WIC Nutrition Program. All of the agencies' contact information is accessible from this one location:

80 E. Hillcrest Dr., Suite 110

Thousand Oaks, CA 91360

Phone (805) 494-3543

Email: [info@CommunityConscience.org](mailto:info@CommunityConscience.org)

Web: <http://www.communityconscience.org/Agencies/tabid/513/Default.aspx>

### Free Clinics:

The following services are offered at the Conejo and Simi Valley Free Clinics:

- 400 three-hour clinics in General Medicine, Women's Health and Pediatrics.
- Saturday Women's Clinics for working women: well-woman exams, PAP testing and mammograms.
- Dental: limited care through private practices for children and adults with serious dental issues.
- Counseling services: led by a licensed clinical psychologist and counseling program interns from California Lutheran University.
- Advocacy services: facilitation from CFC staff to help our patients secure advanced care when their case goes beyond CFC's scope of care.
- Legal services: top legal professionals volunteer their time to provide advice and referrals without charge in a wide variety of legal matters, including family law, bankruptcies and immigration.
- A variety of health classes and seminars, including smoking cessation, diabetes education and nutrition.

### Conejo Free Clinic

<http://conejofreeclinic.org/who-we-are.php>

80 East Hillcrest Drive Suite # 102

Thousand Oaks, CA. 91360

Phone: (805) 497-3575 for Appointment (805) 379-1918 for Administration

Fax: (805) 497-4099

Email: [admin@conejofreeclinic.org](mailto:admin@conejofreeclinic.org)

### The Free Clinic of Simi Valley

2060 Tapo Street

Simi Valley, CA 93063

(805) 522-3733

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

### INTERN & SLIDING SCALE COUNSELING SERVICES:

**California Lutheran Family Counseling Center** in Thousand Oaks:

Phone: (805) 493-3390

Web: [http://www.callutheran.edu/community\\_counseling/services/](http://www.callutheran.edu/community_counseling/services/)

### Clinicas del Camino Real, Inc.

Has been providing quality primary and preventative health care services to the residents of Ventura County since 1971. Starting as a "free clinic" in Santa Paula, California, Clinicas del Camino Real, Inc. now operates thirteen health center locations. Clinicas' bilingual and bicultural staff reach out to members of the community who are traditionally underserved due to limited income, resources, cultural and language barriers.

<http://clinicas.org/>

### Engage Psychological Services in Westlake:

Phone: (805) 497-0605

Web: <http://www.engagetherapy.com/>

### Jewish Family Service

Phone: 805-641-6565

Web: <http://jfsvc.org/clinic-counseling/>

### Ludington Institute for Family Enrichment:

Phone: (805) 449-4375

Web: <http://www.ludingtoninstitute.com/index.html>

### Girl's Empowerment Center (GEC):

GEC is a small registered non-profit organization devoted to empowering the development of girls in the Conejo Valley. The goal of this organization is to act as a buffer against societal influences and provide a safe and nurturing place for girls to mature.

Call: (805) 341-5735 or: <http://www.girlsempowermentcenter.com/index.html>

## **INTERFACE Mental Health & Community Services**

Children, youth and adults can have mental health problems that interfere with the way they think, feel and act. Like physical health, mental health is important at every stage of life. Interface provides comprehensive mental health services in family-friendly locations throughout Ventura County. Service providers include licensed therapists, marriage family therapist interns, associate social workers and masters-level student trainees. Most services are offered at no charge to the client. Ventura County Medi-Cal and California Victims of Crime insurance are accepted. Interface also provides services that are approved by Ventura County Probation Agency-Juvenile and Adult Services. Each client is matched with the most appropriate, available service for their needs based on an over-the-phone screening process. Phone the Mental Health Intake Department at: (805) 485-6114, ext. 662

Web: <http://www.icfs.org/mental-health.html>

## **NAMI**

The National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. You can reach the NAMI helpline at: 1-800-950-NAMI (6264) or via email at: [info@nami.org](mailto:info@nami.org) For more information go to: <https://www.nami.org/About-NAMI#sthash.kv8eEhtj.dpuf>

**RISE (Rapid Integrated Support and Engagement)** is a new program in the Ventura County Behavioral Health System. RISE stands for Rapid Integrated Support and Engagement. RISE referrals may be submitted for clients who suffer from or appear to suffer from a mental illness of some kind AND who are either unable or unwilling to access further assessment or treatment. Typically, these are clients who have been released from the psychiatric hospital -often multiple times- but have never made it into outpatient mental health clinics; homeless clients who are mentally ill but currently refuse treatment or are unable to access treatment; or clients whose symptoms are so severe that they cannot leave the house or get to a VCBH clinic for assessment. They will also assess for other needs such as food and tokens for public transportation. To contact RISE call (805) 981-4233 or email: [Riseprogram@ventura.org](mailto:Riseprogram@ventura.org)

## **VENTURA COUNTY BEHAVIORAL HEALTH**

### **Youth and Family Services**

VCBH Youth and Family Services provide integrated mental health services by working with the Community and with other agencies such as Special Education, Human Services Agency/Children Family Services, Juvenile Justice System and Children's Medical Services. Comprehensive services include: psychiatric assessment and treatment, case management, outpatient individual and group therapy, psychological testing, school based services, home based services, acute care of crisis and hospitalization. All of the programs strive to insure continuity of appropriate care in the least restrictive environment and prevent out of home placement. For Youth & Family Mental Health Services, call 1-866-998-2243 or their website at:

<http://www.vchca.org/behavioral-health/mental-health---youth-family-services>

**VENTURA COUNTY PUBLIC HEALTH** Services provided: Adult immunizations (including Rubella, and Varicella blood titers), Child Immunizations including Tdap immunizations needed for 7th-grade students to enter school, Dental Care for Children, International travel vaccines, Pregnancy testing, TB skin testing, Sexual Transmitted Infection (STI) Testing & Treatment. For more information: <http://www.vchca.org/public-health-clinics>

## **WELLNESS EVERYDAY**

### **Mental Health Information/Resources in Ventura County**

Find wellness information, tips, resources, and classes in Ventura County to help you take steps to keep your body, mind, and relationships healthy.

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

## **DRUG AND ALCOHOL COUNSELING:**

### **ACTION Family Counseling:**

ACTION's mission is to provide the highest quality chemical dependency, behavioral modification and mental health treatment services, which are accessible and affordable to adults, adolescents, and their families in a variety of treatment settings. Action seeks to assist those who are impacted by mental illness and/or chemical dependency in decreasing the disease effects by promoting behavior change and providing support and education so that patients may obtain and maintain mental health stabilization and abstinence from chemical dependency. For more information call the 24 hour helpline at: (800) 367-8336

Web: <http://actionfamilycounseling.com/>

### **(CDC) Centers for Disease Control And Prevention:**

CDC is the nation's health protection agency, working 24/7 to protect America from health and safety threats, both foreign and domestic. CDC increases the health security of our nation.

Website: <https://www.cdc.gov/>

### **Engage Recovery Program in Westlake:**

Engage Recovery is an Intensive Outpatient Program for adolescents ages 13-19 with substance abuse issues and their families. Adolescents and families in the program will receive 16 weeks of treatment that includes: early recovery education, relapse prevention information and support, family education groups, social support groups, drug testing, individual therapy, family therapy, academic support, and sober social activities.

Website: <http://www.engagerecovery.com/>

Phone: (805) 497-0605 E-mail: [info@engagerecovery.com](mailto:info@engagerecovery.com)

## **PSYCHIATRIC ASSESSMENT & HOSPITALIZATION:**

**VENTURA COUNTY CRISIS HOTLINE** This toll-free crisis number is the "access" line and "portal of entry" to Ventura County Behavioral Health. Crisis intervention and stabilization services are available to individuals who are experiencing an urgent or emergent mental health crisis. On a 24/7 basis, via mobile field response and/or by telephone, the multi-disciplinary Crisis Team staff provide rapid mental health services that are supportive and strength based in nature and that assist the individual to remain at the least restrictive level of care possible. For many of those calling upon the services of the Crisis Team, it is their first contact with mental health professionals. The follow-up, outreach, support and linkage to needed services are critical components of the Crisis Team's mission. Referrals are individually customized to ensure that appropriate cultural and linguistic needs are accommodated. To access mental health services, or for immediate help, please call **1-866-998-2243**.

### **Crisis Intervention Team (CIT)**

The mission of the Ventura County Crisis Intervention Team (CIT) program is to develop partnerships with mental health consumers and their family members, and other agencies and organizations. CIT officers will respond to individuals who are in crisis as a result of a mental disorder, and shall assess and assist those individuals in the most effective and compassionate manner possible. To request an assessment by a CIT trained officer a call should be made to local law enforcement and specifically request a "Crisis Intervention Team (CIT) Deputy Officer.

Phone: (805) 383-4806

Web: <http://www.venturacountycit.org/>

**Ventura County Medical Center's Psychiatric Unit:**

VCMS's Psychiatric Unit is a 24-hour, acute psychiatric hospital for patients who are a danger to self or others, or gravely disabled because of a mental disorder. The program provides evaluation, protection, stabilization and treatment for the acute phase of serious mental illness.

200 Hillmont Street  
Ventura, CA 93003

Phone: (805) 652-6729 Fax: (805) 652-6580

Web: <http://tbhcare.com/Locations/VenturaCoPsychHospital.html>

**Aurora Vista del Mar Hospital:**

The Adolescent Center at Vista del Mar provides specialized inpatient treatment to adolescents ages 12 through 17. During the often difficult transition from childhood to adulthood, some adolescents experience disabling symptoms such as: Depression and Hopelessness, Self-Injury or Suicidal Behavior, Rebellion, Defiance or Aggression, Alcohol and/or Substance Abuse.

Aurora Vista del Mar Hospital is available 24 hours a day, 7 days a week by phone.

801 Seneca Street  
Ventura, CA 93001

Phone: (805) 653-6434 or (800) 776-0040

Web: <http://www.vistadelmarhospital.com/>

**Northridge Hospital Medical Center:**

NHMC offers a comprehensive behavioral health program for adults and adolescents. The Inpatient Behavioral Health Program is for patients who are unable to function at home, work or school due to psychiatric difficulties, drugs or alcohol. The program provides intensive therapy, support, structure and stability in a safe and therapeutic environment. In addition, specialized behavioral health services are available for seniors in the inpatient program focusing on mood issues and behaviors in the final life stages.

24-Hour Psychiatric Services Line: (818) 885-5484

Behavioral Health Services Information: (818) 885-5484

Physician Referral Line: (818) 908-8677

Web: [http://www.northridgehospital.org/Medical\\_Services/Behavioral\\_Health\\_Services\\_Crisis\\_Line/index.html](http://www.northridgehospital.org/Medical_Services/Behavioral_Health_Services_Crisis_Line/index.html)

**UCLA Resnick Neuropsychiatric Hospital:**

Hospitalization is provided for children and adolescents who require intensive diagnostic evaluation or treatment in an inpatient setting due to behaviors that cannot be managed at home, school, or in the community, or who are a potential danger to themselves or others.

Phone: (800) 825-9989 or (310) 825-9989

Web: <http://www.semel.ucla.edu/resnick>

**SUICIDE PREVENTION RESOURCES:**

**NATIONAL SUICIDE PREVENTION LIFELINE** can help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **1-800-273-8255** or online at:

<https://suicidepreventionlifeline.org>

**Parents' Guide to Suicide Prevention**

Each day in America, nearly 3,500 high school students attempt suicide. Among college students, suicide is the second leading cause of death in the country. Supporting a student who struggles with mental health can be difficult for parents and they may not know where to start. This guide provides resources and expert advice to help parents compassionately care for high school and college students and make sure they get the professional services they need. For resources and on how to Support Your High School or College Student go to the following link:

<https://www.accreditedschoolsonline.org/resources/suicide-prevention/>

**LOS ANGELES COUNTY SUICIDE PREVENTION PROJECT:** For information and resources on suicide prevention/response, please see the Los Angeles County Suicide Prevention Project website at the following web address: <http://preventsuicide.lacoe.edu>

**MY3 LETS YOU STAY CONNECTED WHEN YOU ARE HAVING THOUGHTS OF SUICIDE**

With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. The App is downloadable from the Apple Store, and Google Play. To access the website go to: <http://www.my3app.org/>

**CRISIS HOTLINES**

**2-1-1** provides callers with information about and referrals to human services for everyday needs and in times of crisis. For example, 2-1-1 can offer access to the following types of services. Basic Human Needs Resource: food banks, clothing closets, shelters, rent assistance, utility assistance. Physical and Mental Health Resources: health insurance programs, Medicaid and Medicare, maternal health, Children's Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, and rehabilitation. Employment Supports are: financial assistance, job training, transportation assistance, education programs. Support for Children, Youth, and Families: childcare, after-school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services. Volunteer Opportunities and Donations. For more information, you can also go to their website by clicking the link above.

**CRISIS TEXT** Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works: Text **START** to **741741** from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly. The volunteer Crisis Counselor will help you move from a hot moment to a cool one.

**TEEN LINE** is a confidential telephone helpline for teenaged callers. It operates every evening from 6:00pm to 10:00pm PST and is toll-free from anywhere in California. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! You can call us at **800-852-8336** and even text us by texting "**TEEN**" to **839863**. TEEN LINE also offers message boards, resources, and information on their website which you can access by clicking the link above.

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components of the Crisis Team's mission. Referrals are individually customized to ensure that appropriate cultural and linguistic needs are accommodated. To access mental health services, or for immediate help, please call **1-866-998-2243**.

**YOUTH OUTREACH LINE** Youth Rescue Staff are available day and evening to work with runaway, homeless, couch surfing youth or youth who are at risk for running away or homelessness. Services are provided to youth ages 12-21. Youth Rescue Staff meet with youth in community settings such as schools, libraries, or another agreed-upon community location. Call 24-7 at: **805-469-5882**

**NATIONAL SUICIDE PREVENTION LIFELINE** can help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call **1-800-273-8255** or online at: <https://suicidepreventionlifeline.org>

**COVENANT HOUSE NINELINE:** Crisis intervention homeless assistance hotline & website. Counselors available 24hrs per day for crisis assistance of any kind call 1-800-999-9999 or go to the website by clicking the link above.

#### **LGBT Resources**

**The Trevor Project** Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. For more information go to the Trevor Project Website at: <http://www.thetrevorproject.org/> Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now at **866-488-7386**.

**The LGBT National Hotline** is staffed by highly trained volunteers who identify somewhere on the LGBTQ spectrum, from all ages, walks of life and from all over the United States. **888-843-4564**