



## Student & Family Support Resources

August 2020

### COMPREHENSIVE RESOURCES

2-1-1 Santa Cruz County- <https://www.211santacruzcounty.org/>

Santa Cruz County Office of Education Student Support Services Resource Directory-  
<http://www.sccstudentresources.org/>

Santa Cruz Public Library Community Information Database-  
<https://www.santacruzpl.org/cid/>

### CRISIS RESOURCES

In Case of Immediate Emergency- 9-1-1

Santa Cruz County 24-Hour Suicide Crisis Line- 1-877-663-5433 (ONE LIFE)

Santa Cruz County 24-Hour Crisis Line- 1-800-952-2335  
Immediate crisis support to assess for hospitalization in a psychiatric crisis.

NAMI Santa Cruz County Help Line- 831-427-8020 x7  
For individuals or family members affected by mental illness interested in learning more about local resources and navigating the mental health care system. Staffed by trained volunteers with lived experience of helping a loved one through mental health challenges. Leave a message and receive a call back within 24 hours.

National 24-Hour Disaster Distress Helpline- 1-800-985-5990  
Free counseling and support to people experiencing emotional distress related to natural or human-caused disasters (COVID-19 included).

Santa Cruz County 24-Hour Domestic Violence Hotline- 1-888-900-4232

Santa Cruz County 24-Hour Child Abuse and Neglect Report Line- 1-877-505-3299  
Tip Sheet (English)- <https://bit.ly/2XtVGh5>, Tip Sheet (Spanish)- <https://bit.ly/31il3ng>

Suicide Prevention Services of the Central Coast- <https://fsa-cc.org/suicide-prevention-service/>,  
831-459-9373

## PHYSICAL HEALTH

**Central California Alliance for Health (Medi-Cal)-** [www.ccah-alliance.org](http://www.ccah-alliance.org), 800-700-3874

Regional non-profit managed care health plan (Medi-Cal) assisting low-income residents in Santa Cruz, Monterey and Merced Counties.

**Dientes Community Dental Care-** [www.dientes.org](http://www.dientes.org), 831-464-5409

Provides affordable, high-quality, and comprehensive dental care to the under-served populations in Santa Cruz County and neighboring communities.

**Planned Parenthood-** [www.ppmarmonte.org](http://www.ppmarmonte.org), 831-460-3122 (Santa Cruz), 831-786-2003 (Watsonville)

Provides confidential, non-judgmental sexual and reproductive healthcare for all people. Some sites also provide general medicine for all ages, behavioral health and LGBTQ+ specific care.

**Santa Cruz Community Health Centers-** [www.schealthcenters.org](http://www.schealthcenters.org), 831-427-3500

Provides affordable and comprehensive medical and behavioral health services in English and Spanish regardless of ability to pay. Located in Santa Cruz and Live Oak.

**Salud Para La Gente-** [www.splg.org](http://www.splg.org), 831-728-0222

Provides affordable and comprehensive medical and behavioral health services in English and Spanish, regardless of ability to pay. Located in Watsonville.

## BEHAVIORAL HEALTH

### Behavioral Health Services

**County Children's Behavioral Health (Medi-Cal)-** <http://www.santacruzhealth.org/>, 1-800-952-2335

Family-based approach to working with children/youth and their parents/caregivers and are committed to providing culturally and linguistically appropriate services.

**County Substance Use Disorders Services-** <http://www.santacruzhealth.org/>, 831-454-4050

Provides substance use disorder prevention, early intervention, and treatment services across the continuum of care.

**Encompass Community Services-**

[www.encompasscs.org](http://www.encompasscs.org), 831-429-8350 (Santa Cruz), 831-688-8856 (Watsonville)

Offers counseling services in English and Spanish for children and youth facing a wide array of challenges. Sessions may include individual, family and group counseling.

**Family Service Agency-** [www.fsa-cc.org/](http://www.fsa-cc.org/), 831-423-9444

Provides the resources, support, and counseling services essential to healthy families and communities.

**Private Insurance-** [www.psychologytoday.com](http://www.psychologytoday.com)

Search local therapist listings that accept specific private insurance. Employed families can also ask their employer about counseling available through an Employee Assistance Program (EAP).

**Pajaro Valley Prevention and Student Assistance (PVPSA)-** <https://www.pvpsa.org/>, 831-728-6445

Provides services including counseling, substance abuse prevention, tobacco education and mentorship programs to students in the Pajaro Valley Unified School District.

**Survivors Healing Center-** <https://fsa-cc.org/survivors-healing-center/>, 831-824-4385

Safe and confidential place for survivors of child sexual abuse offering free online drop-in support groups for survivors of 3-5 people.

### **Mental Health Education & Support**

#### **NAMI SCC**

**Ending the Silence Online-** <https://www.namisc.org/ending-the-silence.html>

Two-part presentation for secondary school students is now online! Password: stopstigmanow

**Family Support Groups-** <https://www.namisc.org/nami-family-support-groups.html>

Free, drop-in friendly virtual support groups every month for parents of youth with mental health concerns. English and Spanish groups offered.

**Santa Cruz County Office of Education Mental Health and Wellness Resources-**

<https://padlet.com/sccoe/r3rowbr7nz2a>

A compilation of free resources for children, youth, and caregivers (and anyone!) ranging from tip sheets to mindfulness to physical activity.

## **FAMILY SUPPORT**

### **Basic Needs**

**Child Development Resource Center-** <http://www.cdrc4info.org/>, (831) 466-5820

Support finding child care.

**Community Action Board-** <https://cabinc.org/>, 831-763-2147

Rental assistance and services for undocumented individuals and families.

**Community Food Hotline-** <https://www.thefoodbank.org/find-foodcomida/>, 831-662-0991

Information about access to food, including CalFresh (food stamps), meal sites, and pantries.

**County Benefits-** [MyBenefitsCalWIN.org](http://MyBenefitsCalWIN.org), 1-888-421-8080

Apply for Medi-Cal health insurance, CalFresh (food stamps), General Assistance and more.

**Housing Matters Rebele Family Shelter-** <https://housingmatterscc.org/>, 831-458-6020

Emergency shelter to families with children.

**Pajaro Valley Shelter Services-** [www.pvshelter.org](http://www.pvshelter.org), 831-728-5649

Emergency shelter for homeless women and children, as well as transitional housing for homeless families. Annex conjunction to shelter to accommodate boys over age 12 and single fathers with children.

**Smart Path Coordinated Entry System-** [www.smartpathsc.org](http://www.smartpathsc.org), 831-454-4122

Assessment process streamlines access to select housing resources.

### **Parent Education & Support**

**PFLAG (Parents, Families, LGTBQ, and Allies Group)-** <http://www.pflagscc.org/>, 831-427-4016  
Provide encouragement and resources to parents, families, friends, as well as LGBTQ+ people themselves.

**Positive Discipline Community Resources-**

**Virtual Learning/Support Groups-** <https://www.pdcrc.org/classes-schedule>

English and Spanish groups offered.

**Tip Sheets-** <https://www.pdcrc.org/tip-sheets>

**Triple P Positive Parenting Program**

**Virtual Parent Classes-** <http://first5scc.org/calendar/parent-trainings>

English and Spanish groups offered.

**5 Principles of Positive Parenting-** <http://first5scc.org/families-are-strong/triple-p>

**County Office of Education Distance Learning Website-** <https://dlearning.santacruzcoe.org/families>

Information and resources to support families during distance learning.

### **Youth Support & Activities**

**The Diversity Center-** <https://www.diversitycenter.org/youth>, (831) 425-5422

Support for teens, families, and schools on issues of gender, sexuality, acceptance, and overcoming discrimination. During shelter in place, offering private LGBTQ+ youth virtual groups with daily activities.

**Youth Violence Prevention Network COVID-19 Resources for Youth & Families-**

<http://www.sccyvpt.org/covid-19-resources.html>

Resources to support youth and families, including programs for youth.

## **RESILIENCY WITHIN EDUCATION**

**School Reentry Considerations Supporting Student Social and Emotional Learning and Mental and Behavioral Health Amidst COVID-19-** <https://bit.ly/39lQ9lg>

Provides recommendations and resources, developed by the American School Counselor Association and the National Association of School Psychologists.

**Integrating Social and Emotional Learning within Distance Learning-** <https://bit.ly/32RaOZn>

One-pager with links to helpful, instructional resources.

**Greater Good in Education-** <https://ggie.berkeley.edu/>

Science-based practices for integrating social-emotional learning, mindfulness, and character education into classrooms and schools.

**What Can Teachers Do- Trauma Informed Classrooms-** <https://bit.ly/3eRfiBR>

One-pager with ten actions educators can take to create trauma informed spaces.

**Strategies for Trauma Informed Distance Learning-** <https://bit.ly/308s6iR>

Utilizing neuroscientist Bruce Perry's "3 Rs" approach to intervention (Regulate, Relate, and Reason) within distance learning.

**Mindfulness in Schools-** Bruce Neudstadter, [bruceneus@gmail.com](mailto:bruceneus@gmail.com)

Free informational trainings to integrate mindfulness into middle and high school classes. Also, ongoing mindfulness classes for teachers and staff on Thursdays 10:00 -10:30am and one afternoon a week starting in September, time and day TBD. Contact Bruce for details on either offering.

## REGIONAL INFORMATION AND CONTACTS

### School Districts

**Bonny Doon Union Elementary-** <http://bduesd.org/>, 831-427-2300

**Happy Valley Union Elementary-** <http://www.hvesd.com/>, 831-429-1456

**Live Oak-** <http://www.losd.ca/>, 831-475-6333

**Mountain Elementary-** <http://www.mountained.org/>, 831-475-6812

**Pacific Elementary-** <http://www.pacificesd.org/>, 831-425-7002

**Pajaro Valley Unified-** <http://www.pvusd.net/>, 831-786-2100

**San Lorenzo Valley Unified-** <http://www.slvusd.org/>, 831-336-9672

**Santa Cruz City-** <http://sccs.net/>, 831-429-3410

**Scotts Valley Unified-** <http://scottsvalley-ca.schoolloop.com/>, 831-438-1820

**Soquel Union Elementary-** <https://www.suesd.org/>, 831-464-5630

### Community Resource Centers

**Davenport Resource Center-** <https://cabinc.org/drsc/>, 831-425-8115

**La Manzana Community Resources (Watsonville)-** <https://communitybridges.org/lmcr/>, 831-724-2997

**Live Oak Community Resources-** <https://communitybridges.org/locr/>, 831-476-7284

**Mountain Community Resources (San Lorenzo Valley)-** <https://communitybridges.org/mcr/>, 831-335-6600

**Nueva Vista Community Resources (Beach Flats)-** <https://communitybridges.org/nvcr/>, 831-423-5747

**Volunteer Center of Santa Cruz County-** <https://scvolunteercenter.org/>, 831-427-5070