

# Community Resource List for Families and Caregivers

## **Children's Resource and Referral of Santa Barbara County**

[crrsbc.org](http://crrsbc.org)

Focused on helping families by providing education, care and resource systems to children, their parents and caregivers, with a special emphasis on low-income and under-represented children and families.

**Santa Barbara** 805-963-6631

**Santa Maria** 805-925-7071

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## **Santa Barbara County 2-1-1- Resource Directory**

[211santabarbaracounty.org](http://211santabarbaracounty.org)

800-400-1572 or Dial 2-1-1

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## **CommUnify Children's Services of Santa Barbara County**

[communifysb.org](http://communifysb.org)

Offering quality low-cost to no-cost early care and learning programs for children 0-5 and services for pregnant women and families. Childcare programs serving infants to preschool age, health and dental screenings and referrals, prenatal screenings and referrals, services for children with special needs.

**South County** 805-964-8857

**Mid-county** 805-740-4555

**North County** 805-922-2243

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## **Cottage Health Medical Social Work Department**

Medical social workers are available by referral for Cottage Children's Medical Center (CCMC) patients and their families, providing mental health support and social connections for patients and families as they adjust to medical needs. Outpatient pediatric social workers focus on ensuring access to specialized care and referrals to community services for children and families coping with chronic illness.

Patients and families are encouraged to speak with their CCMC care provider for more information or referral to the social work team.

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## **Domestic Violence Solutions**

[dvsolutions.org](http://dvsolutions.org)

Providing safety, shelter and support for individuals and families affected by domestic violence in Santa Barbara County. Offers 24-hour crisis phone line.

**24-Hour Hotline** 805-964-5245

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## **Employment Development Department (EDD)**

[edd.ca.gov](http://edd.ca.gov)

Manages the CA State Disability and Unemployment Insurance programs and the Paid Family Leave program. The CA Paid Family Leave program provides partial wage reimbursement for bonding with a new child or caring for a seriously ill family member.

800-480-3287

128 East Ortega Street

Santa Barbara, CA

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## **Family First: Alpha Resource Center**

[alphasb.org](http://alphasb.org)

Alpha Resource Center is a multi-faceted service center providing support and information for families of children with developmental disabilities of all ages, teen and adult recreation, and life skills training for adults.

805-683-2145

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## **Family Service Agency**

[fsacares.org](http://fsacares.org)

Community service agency focused on strengthening and advocating for families. Family support services are available at no-cost for assistance in accessing community resources for healthy food, shelter, transportation, medical care and workforce skills. Counseling, School Counseling Services, Parenting Classes, Youth & Family Behavioral Health programs are also offered.

**Santa Barbara and Carpinteria** 805-965-1001

**Lompoc** 805-735-4376

**Santa Maria** 805-928-4150

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## **LEAP: Learn, Engage, Advocate, Partner**

[leapcentralcoast.org](http://leapcentralcoast.org)

The LEAP Family Resource Center aims to strengthen families by providing a monthly food distribution, emergency food pantry, assistance with enrollment in programs such as CalFresh and Medi-Cal, vaccine clinics, assistance with childcare and school enrollment, health fairs, diaper distributions, employment support, resume support, unemployment assistance, assistance with housing applications, immigration support, clothing, classes and webinars. Services are provided at no-cost for families and can be requested online or by phone.

805-869-3303

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### First 5 Santa Barbara County

[first5santabarbaracounty.org/parents](http://first5santabarbaracounty.org/parents)

Free online resources for child development and information about local resources, childcare, and connections with other local parents focusing on the early learning and well-being of children (prenatal through age 5) and their families.

### Postpartum Education for Parents (PEP)

[sbpep.org](http://sbpep.org)

Non-profit that provides peer support to new parents. Programs include: Baby Basics classes, New Parent Support Group and Postpartum Distress Support.

PEP Warmline - 24-hour confidential one-on-one support from trained volunteers.

**English** 805-564-3888 | **Spanish** 805-852-1595

### Public Health

[countyofsb.org/1680/Maternal-Child-Adolescent-Health](http://countyofsb.org/1680/Maternal-Child-Adolescent-Health)

The Santa Barbara County Public Health Department's Maternal, Child, and Adolescent Health (MCAH) is a safety net program serving women of childbearing age, children, and families who have Medi-Cal or are Medi-Cal eligible.

This may include mothers with health concerns during and/or after pregnancy, families without health insurance, teen parents, or children with special health care needs. A Public Health Nurse and other professionals conduct home visitation to provide services which include:

- Screening and assessments related to the health and safety of the mother and children
- Health education such as newborn care, breastfeeding and developmental milestones
- Case management, linkage, and coordination of services in the community for healthcare, housing, food and transportation

**Santa Barbara** 805-681-5476 | **Lompoc** 805-737-6442

**Santa Maria** 805-346-8436

### Social Security Administration

[socialsecurity.gov/disabilityssi/apply-child.html](http://socialsecurity.gov/disabilityssi/apply-child.html)

Supplemental Security Income (SSI) for premature infants and children at risk for special medical or developmental needs.

800-772-1213

### Social Security In Home Support Services (IHSS)

Some infants and children with special medical or development needs may be eligible for in-home support services, where the caregiver is paid to provide care in the home. Child must be enrolled in Medi-Cal and caregiver must have a social security number. To apply, please call the office nearest you.

**Santa Barbara** 805-681-4550 | **Lompoc** 805-737-6020

**Santa Maria** 805-346-8303

### Tri-Counties Regional Center

[tri-counties.org](http://tri-counties.org)

**Early Start:** An Early Intervention Program for ages 0-3, in cooperation with a child's pediatrician to monitor the child's developmental milestones.

**School Age Children Services:** Tri-Counties Regional Center will advocate for and work with families in the transition to a public school program when the child turns 3 years of age. Such services might include respite, behavioral services, supplemental day care or another service related to the child's development. Referrals directly from parents are accepted.

**Santa Barbara** 805-962-7881

**Santa Maria** 805-922-4640

**San Luis Obispo** 805-543-2833

**Ventura** 805-485-3177

## NUTRITION AND FOOD ASSISTANCE PROGRAMS

### Food Bank of Santa Barbara County

[foodbanksbc.org](http://foodbanksbc.org)

The Foodbank of Santa Barbara County's mission is to end hunger and transform the health of Santa Barbara County through good nutrition. There are over 50 active food distribution sites in order to meet the need of the community countywide. The foodbank does not require documentation from community members to receive food.

805-967-5741

### Women, Infants, Children (WIC) Nutrition Program

[countyofsb.org/4261/Women-Infants-and-Children-WIC-Program](http://countyofsb.org/4261/Women-Infants-and-Children-WIC-Program)

WIC is a federal program that provides food to income eligible pregnant, postpartum and breastfeeding women, infants and children up to the age of 5. The WIC program provides nutrition education, supplemental foods, breastfeeding promotion and support, as well as referrals for health care. Electric breast pump rentals, formula, nutrition classes and expert consultations available.

877-275-8805 or text SBWIC to 85511

### CalFresh

[getcalfresh.org](http://getcalfresh.org) | [benefitscal.com](http://benefitscal.com)

CalFresh is California's food stamps (SNAP) program through the CA Department of Social Services. It is a nutrition program that helps people buy food. If income eligible, individuals will receive a debit card that can be used at most grocery stores and farmers markets.

Application can be completed online and electronic translation services are available.

**Santa Barbara** 805-681-4401

**Lompoc** 805-737-7080

**Santa Maria** 805-346-7135

### **Unity Shoppe**

unityshoppe.org

A Santa Barbara based nonprofit organization dedicated to providing free essential services to residents impacted by temporary conditions of poverty, natural disaster or health crisis. Provides families with groceries, clothing and other essentials, as well as job training. Requires a referral from a community service provider.

805-965-4122

## **MENTAL HEALTH RESOURCES**

### **CADA**

cadassb.org

Council on Alcoholism and Drug Abuse includes Daniel Bryant Youth and Family Treatment Center for youth ages 12-19 years old.

805-730-7575

### **CALM**

calm4kids.org

Nonprofit organization that provides counseling, education and postpartum support. Programs include: Early Childhood Prevention & Intervention, Parenting and Family Programs, Intensive Family Services and Community Strengthening Collaborations. Specializing in prevention and treatment for family trauma and child physical, emotional, neglect and sexual abuse.

**Santa Barbara** 805-965-2376

**Lompoc** 805-741-7460

**Santa Maria** 805-614-9160

### **Family Service Agency**

fsacares.org

Counseling, school counseling services, parenting classes, youth & family behavioral health, and family support services.

**Santa Barbara and Carpinteria** 805-965-1001

**Lompoc** 805-735-4376

**Santa Maria** 805-928-4150

### **Sanctuary Centers**

sanctuarycenters.org/programs/child-and-adolescent-services

Offers a Child and Adolescent Program that provides psychiatric and therapeutic services to children and adolescents in the Santa Barbara community up to 24 years old. Services support a variety of mental health needs, including depression, anxiety, aggressive behaviors, teen substance use, school refusal, oppositional behaviors and hyperactivity/impulsivity. Adult services available as well. Requires a referral from a community service provider.

805-569-2785 ext. 236

### **Santa Barbara Neighborhood Clinics**

sbclinics.org

Offers a Behavioral Health Department that can provide counseling/psychotherapy services for ages 12 and older. Also provides consultations for parents, drug and alcohol counseling for adolescents and adults, and access to medication therapy through psychiatry.

805-617-7889

### **Hospice of Santa Barbara**

hospiceofsantabarbara.org

Providing free services for Santa Barbara County residents experiencing grief and loss related to bereavement and life-threatening illness. Individual and group counseling available for children, teens and adults.

805-563-8820

### **Postpartum Support International**

postpartum.net

Dedicated to helping families suffering from postpartum depression, anxiety and distress. Offers an online tool to locate local therapists specializing in supporting families during the time surrounding the birth of a baby. Offers online support groups for mothers and fathers.

**Helpline** 800-944-4773

**Text English** 800-944-4773

**Text Spanish** 971-203-7773

### **Pacific Pride Foundation**

pacificpridefoundation.org

Affordable counseling for youth, parents and families. Weekly drop-in PROUD youth groups for ages 12-17.

805-963-3636

### **24/7 Access Line Santa Barbara County Behavioral Wellness**

Providing mental health, alcohol and substance use information, referrals and crisis support.

888-868-1649

### **SB SAFTY Crisis Team**

Services for youth under the age of 20 experiencing mental health crisis. Mobile response team available from 8 am to 8 pm.

888-334-2777

### **National Maternal Mental Health Hotline**

Free, confidential, 24/7 mental health support for moms and their families before, during and after pregnancy.

English, Spanish and interpretation in 60 languages.

833-852-6262

### **National Suicide Crisis Hotline**

Dial 9-8-8 or 1-800-SUICIDE (1-800-784-2433)

### **Suicide Crisis Text Line**

Text HOME to 741-741

## TRANSPORTATION RESOURCES

### CenCal Medical Transportation Program

For patients who have CenCal insurance, transportation for medical appointments can be arranged through Ventura Transit. For a ride to an appointment within the Tri-Counties, call three days prior to medical appointment to schedule ride. For a ride to an appointment outside of these areas, call two weeks prior to appointment to schedule ride.

805-687-9900

### Clean Air Express

[cleanairexpress.com](http://cleanairexpress.com)

Weekday low-cost bus service from North Santa Barbara County to Santa Barbara Cottage Hospital.

### Cottage Health Car Seat Inspections

Free program to have a certified car seat technician provide child passenger safety information and proper car seat installation assistance.

Call for appointment 805-746-6150

## CLOTHING, EQUIPMENT AND BABY SUPPLIES

### VNA Medical Equipment Loan Closet

[vna.health/loan closet](http://vna.health/loan%20closet)

The loan closet has an assortment of durable medical equipment to lend to Santa Barbara County residents.

805-690-6235

Santa Barbara nonprofit agencies and programs that assist families in need of access to basic clothing and care items for babies and children. Requires referrals from a community service provider.

### Mother's Helpers

[mothershelpers.org](http://mothershelpers.org) | 805-268-7123

### Network Medical/Susie's Closet

[networkmedical.org](http://networkmedical.org) | 805-967-9096

### Unity Shoppe

[unityshoppe.org](http://unityshoppe.org) | 805-965-4122

## HEALTH INSURANCE PROGRAMS

### Medi-Cal and Covered California

[coveredca.com](http://coveredca.com)

Apply online at [CoveredCA.com](http://CoveredCA.com). A single application will let you know if you qualify for Covered California or Medi-Cal coverage. Individuals can apply in person at their local county human services agency or over the phone. For help applying or questions, contact a trained Certified Enrollment Counselor (CEC) for free at 800-300-1506 or [coveredca.com](http://coveredca.com).

If you gave birth to a baby and you have Medi-Cal, notify your eligibility worker of your newborn's birth online or by calling the Santa Barbara County benefits center.

[benefitscal.com](http://benefitscal.com) | 844-289-4682

### CenCal Health

[cencalhealth.org](http://cencalhealth.org)

CenCal Health is a non-profit community-based health care organization and provides health insurance to 1 in 5 people in Santa Barbara and San Luis Obispo counties. CenCal contracts with the state of California to administer Medi-Cal benefits. Additional services offered include case management, behavioral health services and transportation benefits.

CenCal Health Member Service:

**Santa Barbara County and San Luis Obispo County  
Medi-Cal 877-814-1861**

### Gold Coast Health

Gold Coast Health contracts with California to administer Medi-Cal benefits for Ventura County residents.

Gold Coast Health Member Service:

**Ventura County Medi-Cal 888-301-1228**

### California Children's Services (CCS)

[cosb.countyofsb.org/phd/childrensmedsvc.aspx](http://cosb.countyofsb.org/phd/childrensmedsvc.aspx)

CCS is a program of the State of California that provides an extra layer of insurance for children age birth to 21 years of age that have a qualifying medical diagnosis. CCS also provides specialized treatment and rehabilitation for medically eligible infants. Income Eligibility Guidelines may apply to some programs.

805-681-5360 | 805-681-4763 (Fax)

