

Community Resource List for Families and Caregivers

Children's Resource and Referral of Santa Barbara County

crsbc.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

Santa Barbara County 2-1-1- Resource Directory

211santabarbaracounty.org

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

CommUnify Children's Services of Santa Barbara County

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

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.

Domestic Violence Solutions

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

Employment Development Department (EDD)

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

Family First: Alpha Resource Center

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

Family Service Agency

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

LEAP: Learn, Engage, Advocate, Partner

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

First 5 Santa Barbara County

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

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

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

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

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

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

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 | 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

cadab.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

Human Trafficking Hotline

humantraffickinghotline.org/en

Get confidential help, 24/7.

888-373-7888 | TTY: 711 | Text* 233733

Contact the hotline if you or someone you know:

- Is being forced to have sex for money or something of value against their will
- Is under 18 and engaging in commercial sex
- Is being forced to work or perform services against their will

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

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

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 | 805-268-7123

Network Medical/Susie's Closet

networkmedical.org | 805-967-9096

Unity Shoppe

unityshoppe.org | 805-965-4122

SANTA BARBARA IMMIGRATION RESOURCES

805 Immigrant Rapid Response Network

The Central Coast Immigrant Rights Coalition has created a rapid response network for anybody who is being detained or in imminent danger of being detained. There are resources and a 24/7 hotline that can be called for assistance.

- Hotline: 805-870-8855
 - Text the word "alert" 805-870-8855 to register your phone for alerts on local ICE and immigration activity.
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805UndocuFund

805undocufund.org

Provides direct financial relief to undocumented and mixed-status families residing in San Luis Obispo, Santa Barbara and Ventura Counties impacted by immigration enforcement.

Immigrant Legal Defense Center

sbimmigrantdefense.org

Immigrant Legal Defense Center stands beside indigent immigrants in immigration court, safeguarding their rights and fighting to uphold justice for those who cannot afford a lawyer.

805-886-9136

1136 E. Montecito Street, Santa Barbara, CA 93103

104 E. Boone Street, Suite B, Santa Maria, CA 93454

Importa

importasb.org

A nonprofit organization authorized by the U.S. Department of Justice to provide immigration legal services at a very low cost to low-income immigrants.

805-604-5060

129 E. Carrillo Street, Santa Barbara, CA 93101

La Casa de la Raza

lacasafounders.org

La Casa de la Raza is dedicated to supporting migrant families by providing critical resources such as housing assistance, legal aid, food security, and educational support to families in need.

805-669-5450

601 E. Montecito Street, Santa Barbara, CA 93103

MICOP: Mixteco Indigena Community Organizing Project

Supports and empowers the indigenous migrant communities in the Central Coast through community organizing and policy advocacy, outreach and access, health advocacy, and immigration support.

Santa Maria: 805-623-5862

Oxnard: 805-483-1166

HEALTH INSURANCE PROGRAMS

Medi-Cal and Covered California

coveredca.com

Apply online at 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.

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 | 844-289-4682

CenCal Health

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

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)

