

General Community Resources

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Crisis Service Providers

Crisis Service Providers	Brief Description
24-Hour Suicide Crisis Line 916-368-3111 or 800-273-8255 www.suicidepreventionlifeline.org	The Suicide Prevention Crisis Line is for people of all ages who are experiencing depression, hopelessness, alone, desperate, and sometimes considering suicide as a solution to their pain. When someone dials this number they will be routed to the nearest crisis center in the national network of more than 150 crisis centers.
24-Hour Parent Support Line 1-888-281-3000 www.wellspacehealth.org	The hotline serves Sacramento County as well as 36 counties in Northern California, answering calls 24 hours a day, 365 days a year from those living within the 916, 209, 530, and 707 area codes.
A Community For Peace 24-Hour Crisis Line 916-728-7210 Website: acomunityforpeace.org Address: 3841 4th Avenue, Sacramento, CA. 95817	Our trauma-informed domestic violence center is an environment that provides a sanctuary style model which includes subdued lighting, quiet, calm and nurturing environment for folks who have been affected by abuse and trauma. Hours of Operation: 10:00 AM to 4:00 PM (Monday, Wednesday, and Friday).
Chicks in Crisis 916-730-6391 www.chicksincrisis.org	Offers parenting classes and support for foster youth, as well as an infant adoption program. Education programs on life skills, parenting, nutrition and cooking and a variety of other topics
Law Enforcement Chaplaincy Sacramento 916-978-0296 www.sacchaplains.com	Serves law enforcement personnel and their families, victims of crime and tragedies, and the community at large. Provides 24-7-365 rapid response teams alongside law enforcement agencies with on-scene emotional crisis support. Chaplains are experts in the aftermath of grief and loss.
National Domestic Violence Hotline 800.799.7233 www.thehotline.org	Operating around the clock, 7 days a week, confidential and free of cost, the National Domestic Violence Hotline provides life saving tools and immediate support to enable victims to find safety and live lives free of abuse.
National Human Trafficking Hotline Call 1-888-3737-888 Text 233733 National Human Trafficking Hotline	Find social and legal services for victims and survivors of human trafficking, and connect with training and volunteer opportunities across the U.S. and its territories.
Sacramento Children's Home Crisis Nursery (Children ages 0-5) 916-679-3600 Sacramento Children's Home Crisis Nursery Program	A family strengthening program where families can bring their children, newborn through age 5 for emergency child care or overnight care during stressful or difficult times.
The Source Call or text: 916-787-7678. Chat available on website: The Source Sacramento	The Source is support for youth/caregivers 24/7. The Source staff can be reached by calling, texting, and/or chatting by using the phone number or go to their website. Services provided are crisis intervention, community linkages/referrals, and peer support from a person with lived experience.

Trevor Project Crisis Line – LGBTQ Youth 866-488-7386 www.thetrevorproject.org	A national organization providing crisis intervention and suicide prevention services LGBTQ young people ages 13 – 24. Offering life-saving, life-affirming programs and services that create safe, accepting and inclusive environments over the phone, online and through text.
Veterans 24 hour Crisis Line (National) 800-273-8255 www.veteranscrisisline.net	Specially trained and experienced staff help veterans of all ages and circumstances. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges Veterans of all ages and service eras face.
WIND Youth Services – 24 hour Hotline 800-339-7177 www.windyouth.org	Serves Sacramento County’s homeless youth, between 12 and 24 of age with basic safety net and survival services and a safe place to stay. Provides street outreach, case management, youth and family counseling, Wind House – Youth Shelter, and Wind Center.

COVID-19 Related Supports

COVID-19 Service Providers	Brief Description
Pandemic EBT https://www.cdss.ca.gov/home/pandemic-ebt	Due to COVID-19, children who are eligible for free or reduced-price meals at school will get extra food benefits. These food benefits are called Pandemic EBT or P-EBT benefits. P-EBT benefits help families in California buy food when schools are closed because of COVID-19. Families will get up to \$365 per eligible child on their P-EBT card to use on food and groceries.
EBT Online https://www.cdss.ca.gov/Portals/9/CalFresh/EBTOnline/20200415-EBT-Online-Flyer-COMING-SOON-En.pdf https://www.cdss.ca.gov/Portals/9/CalFresh/EBTOnline/20200408-EBT-Online-FAQ-Sheet-En.pdf	As of April 28, individuals and families will be able to purchase groceries online using their CalFresh Food benefits at Amazon and Walmart.
California Unemployment Insurance https://edd.ca.gov/about_edd/coronavirus-2019/pandemic-unemployment-assistance.htm	Pandemic Unemployment Assistance.
Cares Act https://nn4youth.org/wp-content/uploads/Tip-Sheet-on-COVID-19-Unemployment-Insurance-NN4Y.pdf	Federal unemployment assistance.
RT WiFi https://www.sacrt.com/apps/wp-content/uploads/The_WiFi-Bus-Flyer_r4.pdf https://www.sacrt.com/apps/wifi-bus-schedule-week-of-may-4-2020/	Free wireless super hotspots in communities with limited high-speed internet access during the COVID-19 pandemic.

<p>YMCA SACRAMENTO: LUNCH MEALS FOR CHILDREN https://www.ymcasuperiorcal.org/meals</p>	<p>Free for children 18 and under. No paperwork required. Child must be present to receive a meal. Lunch offered Monday through Friday at: South Natomas Community Center @9:45am, Belle Cooledge Community Center @10:15am, Pannell Community Center 10:45am, George Sim Community Center @11:15am, Oak Park Community Center @11:45am, Coloma Community Center @12:15pm, Hart Senior Center @12:45pm, and Hagginwood Community Center @1:15pm.</p>
<p>SACRAMENTO SPCA PAW PANTRY: DRIVE-THRU FREE PET FOOD https://www.sspca.org/pawpantry</p>	<p>6201 Florin Perkins Road, every Tuesday and Friday from 11 a.m. to 1 p.m.</p>
<p>CITY OF SACRAMENTO TENANT PROTECTION PROGRAM: (916) 808-8121</p>	<p>Renters with a loss of income due to COVID-19 can provide a Delay of Rent payment form (https://bit.ly/delayrent) to their landlord.</p>
<p>Complete COVID-19 Screening and Get Tested. Online Screening webpage for COVID-19</p>	<p>Anyone 18-years-old or older living in Sacramento County can get tested for COVID-19 by completing the screening survey. Survey participants who complete the screener will be eligible for an appointment at the Mobile Testing Site.</p>
<p>Salvation Army Sacramento: Drive-thru Food Pickup</p>	<p>Family Services: 3213 Orange Grove Ave, North Highlands, CA Tuesdays, Wednesdays & Thursdays from 9:00 a.m. to 3:00 p.m., Sacramento Citadel Alhambra Campus: 2550 Alhambra Blvd, Sacramento, CA Wednesdays from 10:00 a.m. to 2:00 p.m., Rancho Cordova Community Center: 10309 Folsom Blvd, Rancho Cordova, CA Mondays from 10:00 a.m. to 2:00 p.m. in the parking lot, Salvation Army DHQ: 3755 North Freeway Boulevard, Sacramento, CA Fridays from 10:00 a.m. to 2:00 p.m.</p>
<p>Kids Connect Program</p>	<p>In partnership with Sac City Unified, City of Sacramento and Comcast to provide eligible Sac City Unified families with free internet at home for six months. Fill out the webform to request service.</p>

Food Access

Food Access Providers	Brief Description
<p>Sacramento Food Bank & Family Services 916-456-1980 www.sacramentofoodbank.org/financial-food</p>	<p>SFBFS offers more than food. From clothing for a newborn baby or a teenager heading out on a job interview, to Immigration Legal Services or English as a Second Language classes, and more. List of services provided: clothing, computer & technology, food, adult learning, parent education, immigration, refugees, and utilities assistance.</p>
<p>Salvation Army Sacramento: 3213 Orange Grove Ave. North Highlands, CA 95660 (916) 678-4010</p>	<p>The Salvation Army in Sacramento is committed to serving the local community by providing a breadth of social service assistance. Assistance programs are based on residence, income qualifications and availability of funding.</p>

https://sacramento.salvationarmy.org/sacramento_metro/family-services	
YMCA Food Program	<p>Sacramento Central YMCA: 2021 W Street, Sacramento, CA 95818 Opens March 23, Monday through Friday, Noon to 1:00pm.</p> <p>Maple Neighborhood Center: 3301 37th Avenue, Sacramento, CA 95824 Opens March 23, Monday through Friday, 11:00am to 1:00pm.</p> <p>Elmo Slider Clubhouse: 7815 35th Ave, Sacramento, CA 95824 Opens April 6, Monday through Friday, Noon to 1:00pm.</p>

Housing Resources

Housing Providers	Brief Description
<p>Guest House Homeless Clinic – El Hogar Community Services, Inc. 916-440-1500 www.elhogarinc.org</p>	<p>An entry point for homeless indigent individuals seeking mental health services. Services include screening, assessment, medication and rehabilitation services to adults with mental illness and experiencing homelessness.</p>
<p>Next Move Homeless Services 1422 C Street Sacramento, CA 95814 Phone: 916-443-2646 Email: info@francishousecenter.org https://www.nextmovesacramento.org/</p>	<p>Next Move Homeless Services offers direct services, housing, employment, healthcare, and education to its clients, enabling them to become self-sufficient.</p>
<p>Sacramento County Family Stabilization Unit 916-875-3252</p>	<p>Family Stabilization is a component of the CalWORKs program that provides intensive case management and services to some of our most vulnerable families. Individuals who are current/ongoing recipients of CalWORKs that are required to participate or are sanctioned from Welfare to Work and have time remaining on both the 48 month CalWORKs time clock and the 24 month WTW clock and are experiencing one of more the following crises: homeless, at risk of becoming homeless, and/or are experiencing/experienced DV that is impacting their ability to participate fully in WTW, at risk youth (AOD, mental health, abuse, open CPS case, behavior issues, school issues) are eligible for services.</p>
<p>Sacramento County Emergency Family Shelter Reservation List: https://dhaservices.saccounty.net/efs</p>	<p>DHA Service Portal. Eligibility pertains to one legal guardian/parent of children under the age of 18 or 19 and enrolled in high school. Families who are currently homeless and living in a car, tent, or somewhere unsafe, fill out the registration form.</p>
<p>Sacramento Self-Help Housing 916-341-0593.</p>	<p>Various locations, housing referrals and shared housing.</p>
<p>Sacramento Steps Forward 916-577-9770 www.sacramentostepsforward.org</p>	<p>Working to end homelessness in the Sacramento region by ensuring that individuals and families experiencing homelessness have access to housing, employment, health, education, and other resources necessary for economic stability and an improved quality of life.</p>
<p>St. John’s Center for Real Change 916-453-1482 http://saintjohnsprogram.org</p>	<p>Provides services for women and children/youth fleeing domestic violence. Services include mental health and respite services, supportive services, career education situation, and on-the-job training.</p>

LGBT Support Service Providers

LGBT Service Providers	Brief Description
Sacramento LGBT Community Center 916-442-0185 www.saccenter.org	Provides educational growth, assistance with substance abuse, social skills development, employment and training assistance, and youth and gang violence prevention to at-risk and incarcerated male youth (ages 10-18).
Gender Health Center 916-455-2391 www.thegenderhealthcenter.org	Meets the counseling needs of Sacramento and the surrounding areas by making services accessible to the most underserved communities, and the LGBTQQI community. Fees are based on a sliding scale.
Trevor Project Crisis Line – LGBTQ Youth 866-488-7386 www.thetrevorproject.org	A national organization providing crisis intervention and suicide prevention services LGBTQ young people ages 13 – 24. Offering life-saving, life-affirming programs and services that create safe, accepting and inclusive environments over the phone, online and through text.
CONNECT CENTER LGBT Support Services 5601 47 th Avenue Sacramento, CA 95824 Daniel Cisneros, Coordinator I 916-826-4174 Daniel Buffington, Youth/Fam MH Advocate 916- 826-3933	A centralized Student Support Center that serves as a “gateway” to critical support services for students and families in our school district. This central hub is designed to increase coordination of services by providing a single, easily identifiable point of access and assistance to address the social, emotional, and health needs of all students. <ul style="list-style-type: none"> • Services include: Information and referral, case management, Individual & family counseling, Youth & parent groups, crisis intervention, and Health Insurance enrollment

Mental Health Service Providers

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Mental Health Service Providers	Brief Description
Mental Health ACCESS Team 916-875-1055 <i>Mon - Fri, 8 am - 5 pm</i> 888-881-4881 <i>24 hour/toll free</i> www.dhhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx	FIRST STOP HUB: over-the-phone mental health assessment and service provider referrals. Services include: <ul style="list-style-type: none"> • Crisis intervention • Therapy and/or rehabilitation services • Services with coexisting Mental Health and Alcohol/Substance Abuse Disorders • And, more
Mental Health Urgent Care Clinic 2130 Stockton Blvd., Bldg. 300, 95817 Open 7 days a week, 10 am - 10 pm 916-520-2460 https://www.tpcp.org/programs/urgent-care/	Offers a variety of mid-level emergency services including, clinical and psychiatry services, alcohol and drug screening, medication, peer support and recovery services.
American Health Services (AHS) 877-557-7826 www.americanhealthservices.org	Provides medical, mental health, and substance abuse treatment services.
Another Choice, Another Chance (ACAC) 916-388-9418 www.acacsac.org	Outpatient counseling services that incorporate individual, group, and family counseling. Services address alcohol and drug addiction, and consider issues related to mental health therapy, trauma, employment status, school problems, and family/social relations to self and loved ones.

Asian Pacific Counseling Center 916-383-6783 www.apccounseling.org	Agency serving the mental health and acculturation needs of Asians and Pacific Islanders for a thriving and productive API community.
Birth & Beyond Family Resource Center 916-244-1900 www.thecapcenter.org	Offers a wide range of free services to Sacramento County's Families, including pregnant moms and new dads, such Nurturing Parenting home visitation, crisis intervention, school readiness, parenting workshops, community referrals, and fun activities for the entire family.
Capital Star Behavioral Health 916-584-7800 http://www.starsinc.com/sacramento-county/	Programs for young adults ages 16-25 that provides mental health services and supports young people's independence.
Child & Family Institute 916-648-8008 www.cfisac.com	Dedicated to healing different types of trauma affecting children, teens, and their families. Various modalities of treatment are utilized to reduce the impact of abuse and neglect.
Community Support Team 916-874-6015	Mobile teams of peer/family support specialists and Sacramento County mental health counselors who provide a variety of support services to requests for assistance for individuals, families or the community.
Department of Veterans Affairs - National Center for PTSD 800-273-8255 www.ptsd.va.gov	Research and education on trauma and PTSD to help those exposed to trauma.
Folsom Cordova Community Partnership 10665 Coloma Rd, Ste 200 Rancho Cordova, CA 95760 916-361-8683 http://www.thefccp.org/	Provides crisis interventions, parenting workshops, family fun activities, school readiness activities, job search services, and refugee service.
Gender Health Center 916-455-2391 www.thegenderhealthcenter.org	Meets the counseling needs of Sacramento and the surrounding areas by making services accessible to the most underserved communities, and the LGBTQI community. Fees are based on a sliding scale.
La Familia Counseling Center 916-452-3601 www.lafcc.org	Provides multicultural counseling, outreach, and support services to low-income, at-risk youth and families in Sacramento County.
Panacea Services, Inc. 916-854-4564 www.panacea.worldbreak.com	Provides a variety of supportive counseling services at satellite locations including schools and community organizations, along with Intensive Outpatient Services at our three primary clinics.
Omni Youth Programs 916-362-2000 www.omniyouth.net	Mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.
River Oak Center for Children 916-244-5800 www.riveroak.org	Programs serve children and youth experiencing behavioral health challenges to meet their goals, including Wraparound, Flexible Integrated Treatment, Therapeutic Behavioral Services, and Psychological Testing
Sacramento Children's Home 916-452-3981 www.kidshome.org	Through a wide range of residential and community-based programs, this agency addresses family issues to break cycles of child abuse and neglect.
Stanford Sierra Youth & Families 916-344-0199 www.youthsolutions.org	Programs serve children and youth experiencing behavioral health challenges to meet their goals, including Wraparound, Flexible Integrated Treatment, and Therapeutic Behavioral Services
Strategies for Change 916-473-5764 www.strategies4change.org	Provides comprehensive substance abuse and co-occurring treatment for men and women in Sacramento County.

Turning Point Community Programs 916-364-8395 www.tpcp.org	Offers care, hope, respect, and support for those on the path to recovery and mental health, serving close to 8,000 mental health consumers in eight counties through thirty-eight (38) programs each year.
Visions Unlimited, Inc. 916-393-2203 www.vuinc.org	Contracts to provide outpatient mental health services to children and adults with serious mental health issues. Visions is located in South Sacramento.
WEAVE 916-920-2952 www.weaveinc.org	Provider of crisis intervention services for survivors of domestic violence and sexual assault. WEAVE also provides outreach and services for international and domestic victims of human trafficking.
Wellness Women’s Center 3414 4th Avenue Sacramento CA 95817 916-454-9688 https://www.wellspringwomen.org/	Services for women and children. Mon. – Fri., 8:30 – 11:00. Food to-go, feminine hygiene and other hygiene items, bus tickets.

SCUSD SUPPORT SERVICES

SCUSD SUPPORT SERVICES	BRIEF DESCRIPTION
STUDENT SUPPORT & HEALTH SERVICES Serna Center 5735 47th Avenue Sacramento CA 95824	The Student Support & Health Services department helps to create a learning environment that is responsive to the academic, social and emotional needs of students by integrating the efforts of schools, non-profit organizations, businesses, government agencies and community members.
CONNECT CENTER 5601 47 th Avenue Sacramento, CA 95824 Daniel Cisneros, Coordinator I 916-826-4174 Theresa Tavianini, Social Worker 916-826-3923 Laura Magana, Social Worker 916-826-3511 Mai Yang, Social Worker 916-826-2676 Daniel Buffington, Youth/Fam MH Advocate 916- 826-3933 Vanessa Petty, Youth/Fam MH Advocate 916-826-3951 LGBT Support Services 916-826-3933 Health Insurance Enrollment 916-826-4174	A centralized Student Support Center that serves as a “gateway” to critical support services for students and families in our school district. This central hub is designed to increase coordination of services by providing a single, easily identifiable point of access and assistance to address the social, emotional, and health needs of all students. Services include: Information and referral, case management, Individual & family counseling, Youth & parent groups, crisis intervention, and Health Insurance enrollment
COMMERCIALLY SEXUALLY EXPLOITED CHILD (CSEC) SERVICES Serna Center	Any child under the age of 18 years old that is used for the purpose of exploitation through sexual servitude (prostitution), regardless of the absence of economic leverage, manipulation, fraud,

<p>Aliya Holmes, Coordinator Aliya-holmes@scusd.edu 916-826-9581</p> <p>Cailey Bronny cailey-bronny@scusd.edu 916-826-2289</p>	<p>coercion, threats, force and violence is considered a <i>commercially sexually exploited child (CSEC)</i>.</p> <p>SCUSD offers support services to youth identified as being CSEC. Contact identified staff for available resources.</p>
<p>FOSTER YOUTH SERVICES Serna Center</p> <p>Aliya Holmes, Coordinator Aliya-holmes@scusd.edu 916-826-9581</p>	<p>Supports all foster youth residing in the SCUSD attendance area by assisting with access to social and academic support services, such as providing advocacy to promote the best interests of foster youth throughout SCUSD; identifying inadequacies in the completion and timely transfer of health and educational records to facilitate appropriate and stable care and educational placement; counseling and case management; career and college readiness; tutoring; mentoring; independent living skills development.</p>
<p>HOMELESS SERVICES OFFICE Ethel Phillips Elementary School 2930 21st Avenue Sacramento, CA 95820</p> <p>Monica McRho, Homeless Services Program Coordinator monicamc@scusd.edu Phone 916-277-6892 Cell 916-295-7292 FAX 916-277-6426</p>	<p>The Homeless Services program supports the enrollment, attendance and achievement of homeless students to ensure they receive equal access to educational opportunities. Specific services include: school enrollment, records retrieval, school supplies, hygiene supplies, and clothing referrals.</p>

STUDENT SUPPORT CENTERS**Located at the following schools:**

- A.M. Winn Elementary
 - Isakson, Heather, Social Worker
Cell:916-826-3816
- Abraham Lincoln Elementary
 - Kauffman, Julie, Spec. II
Cell: (916)826-3857
 - Isakson, Heather, Social Worker
Cell:916-826-3816
- Albert Einstein Middle
 - Rodriguez, Adriana, Spec. II
Cell: 916-826-2822
 - Kirkpatrick, Fyanne
Youth/Fam.MH Adv.
Cell:916-826-2715
- American Legion High
 - White, Michael, Social Worker
Cell: 916-826-2541
- Bret Harte Elementary
 - Sterba, Liz, Spec. II
Cell:916-826-3050
- Bowling Green Chacon Elementary
 - Tisdell-Koroma, Evelyn, Spec. II
Cell: 916-826-3420
 - Medrano, Prescilla, Social Worker
Cell: 916-826-3521
- Bowling Green McCoy Elementary
 - Medrano, Prescilla, Social Worker
Cell: 916-826-3521
- Caroline Wenzel Elementary
 - Cajucom, Pam, Spec. II
Cell: 916-826-4115
- Cesar Chavez Elementary
 - Ryan, Erin, Social Worker
Cell: 916-826-2980
- C.K. McClatchy High
 - Perez, Mirna, Social Worker
Cell: 916-826-3534
 - Perry, Aaron, Coord I, Learn Supp
Cell: 916-826-3581
- Earl Warren Elementary
 - Tisdell-Koroma, Evelyn, Spec. II
Cell: 916-826-3420
 - Ryan, Erin, Social Worker
Cell: 916-826-2980
- Edward Kemble Elementary
 - Tisdell-Koroma, Evelyn, Spec. II
Cell: 916-826-3420
 - Ryan, Erin, Social Worker
Cell: 916-826-2980

SSHS operates 28 Student Support centers at schools throughout the district to provide support to students who are struggling socially, emotionally and/or academically. At each center, Student Support staff works closely with school staff to identify issues of concern and draw on community resources to address these.

Services include: case management, mentoring, counseling, crisis intervention, home visits, family assistance, advocacy and others.

- Elder Creek Elementary
 - Herr, Emily, Spec. II
Cell: 916-826-3734
 - Medrano, Prescilla, Social Worker
Cell: 916-826-3521
- Ethel Phillips Elementary
 - Sterba, Liz, Spec. II
Cell: 916-826-3050
 - Isakson, Heather, Social Worker
Cell: 916-826-3816
- H. W. Harkness Elementary
 - Parker, Misha, Spec. II
Cell: 916-826-3523
 - Aleman, David, Social Worker
Cell: 916-826-3907
- Hiram Johnson High
 - Struhs, Mary, Coord. I, Learn Sup.
Cell 916-826-3223
 - Tyulyu, Anna, Social Worker
Cell 916-826-2511
- Isador Cohen Elementary
 - Medrano, Prescilla, Social Worker
Cell: 916-826-3521
- John Bidwell Elementary
 - Cajucom, Pam, Spec. II
Cell: 916-826-4115
- John Sloat Elementary
 - Cajucom, Pam, Spec. II
Cell: 916-826-4115
 - Torres, Elizabeth, Social Worker.
Cell: 916-826-3427
- John Still K-8
 - Jones-Pugh, Josephine, Spec. II
Cell: 916-826-3823
 - Gonzalez, Jessica, Social Worker
Cell: 916-826-3694
- Leataata Floyd Elementary
 - Webb, Rachel, Social Worker
Cell: 916-826-2514
- Oak Ridge Elementary
 - Clark, Ashley, Spec. II
Cell: 916-826-4185
- Pacific Elementary
 - Kokayi, Nailah, Spec. II
Cell 916-826-3862
 - Perez, Mirna, Social Worker
Cell: 916-826-3534
- Parkway Elementary
 - Gomez, Jamie, Spec II
Cell 916-826-3615
 - Gray, Jessi, Social Worker

<p style="text-align: center;">Cell 916-826-3721</p> <ul style="list-style-type: none"> ● Rosa Parks K-8th <ul style="list-style-type: none"> ○ Weiss, Amaya, Spec. II Cell 916-826-2517 ○ Lopez, Maria, Social Worker Cell 916-826-3501 ● Sam Brannan Middle <ul style="list-style-type: none"> ○ Rodriguez, Marcella, Spec. II Cell 916-826-2928 ○ Lyons, Keshia, Youth/Fam.MH Adv. Cell 916-826-2686 ● Susan B. Anthony Elementary <ul style="list-style-type: none"> ○ Borgman, Tina, Social Worker Cell: 916-826-3932 ● The Met High <ul style="list-style-type: none"> ○ Kauffman, Julie, Spec. II Cell 916-826-3857 ● Will C. Wood Middle <ul style="list-style-type: none"> ○ Struhs, Mary, Coord. I, Learn Sup. Cell 916-826-3223 ○ Alvarado, Olivia, Social Worker Cell 916 -826-3914 ● Woodbine Elementary <ul style="list-style-type: none"> ○ Thompson, Kelly, Social Worker Cell: 916-826-3332 	
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Sacramento County Resources

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Sacramento County Resources	Brief Description
211 Community Information and Referral 916-498-1000 www.211sacramento.org	Provides phone or on-line referrals to community services in Sacramento, including: employment, training, housing, financial assistance, children's services, senior programs, food programs, and physical and mental health.
Alcohol & Drug Services Call 916-875-2050 https://dhs.saccounty.net/BHS/Pages/Alcohol-Drug-Services/Alcohol-and-Drug-Services.aspx	Provides treatment and recovery services for alcohol and drug abuse to Sacramento County adults by contracting with an array of community-based service providers throughout Sacramento County that provide outpatient treatment, methadone treatment, day treatment, detoxification, residential services, and prenatal services.
Alta Regional Center (enrolled clients only) 916-978-6400 www.altaregional.org	Assists children and adults who have a developmental disability and are substantially disabled because of that disability. They do this by providing and securing those services and supports necessary to maximize opportunities and choices.
Mobile Crisis Support Team 916-874-6015 Tues - Fri, 9 am - 7 pm https://tinyurl.com/SacMobileCST	Suicide intervention (dispatched through law enforcement)

Child Protective Services (CPS) 916-875-5437 (KIDS) www.dhhs.saccounty.net	One of the divisions of CPS is Emergency Response. This division is a response system designed to provide in-person response 24-hours a day to reports of abuse, neglect or exploitation.
Conservators Office 916-875-4467 or 916-875-4491 Public Administrator/Guardian/Conservator	Arranges personal care of an individual or the management of his or her financial affairs. Working under appointment by the court, a conservator may be assigned to either a person or an estate, or both.
Intake Stabilization Unit/Minor Emergency Response Team (MERT) 2150 Stockton Blvd, 95817 Open 7 days a week, 10 am - 7 pm 916-875-1000	Children and adolescents mental health assessments and crisis services; intake Stabilization Unit. Part of the Sacramento County Mental Health Treatment Center.
Mobile Crisis Support Team 916-874-6015 Tues - Fri, 9 am - 7 pm https://tinyurl.com/SacMobileCST	Suicide intervention (dispatched through law enforcement)
Senior or Dependent Abuse 916-874-9377 www.dhhs.saccounty.net	A state mandated program dedicated to maintaining the health and safety of elderly and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests.
Sheriff 916-874-5111 www.sacsheriff.com	When using a cell phone, it is recommended calling the phone number rather than 911, as cell calls to 911 will link to the California Highway Patrol which may result in delayed response from the Sheriff's Department.
Police Department 916-732-0100 www.cityofsacramento.org	When using a cell phone, it is recommended calling the phone number rather than 911, as cell calls to 911 will link to the California Highway Patrol which may result in delayed response from the Police Department.
Sacramento Covered (916) 414-8333 or info@sacramentocovered.org www.sacramentocovered.org www.sacramentocovered.org/resources	Help with health coverage, finding a doctor, connecting to community resources, CalFresh enrollment, and connecting to food resources. Find general health-related programs and services near you through My Navigator.
LEGAL SERVICES OF NORTHERN CALIFORNIA Call 916-551-2150 https://lsnc.net/	Legal aid and resources for affordable housing, public benefits, health, education, and civil rights.
Sacramento Works http://www.sacramentoworks.org/	Sacramento Works operates 12 Job Centers providing career counseling, employment referral, vocational training and a host of other resource services to assist individuals in obtaining employment.
Sac County Family Relations Courthouse (Williams Ridgeway Family Courthouse) Family Court Self-Help Center Superior Court of California - County of Sacramento	The Self-Help Center provides free, procedural assistance to individuals without an attorney.
Sacramento County Office of Education 916-228-2500 www.scoe.net	Provides technical assistance, curriculum and instructional support, staff development, legal and financial advice, and oversight to Sacramento County school districts.
Sacramento Works for Youth Phone 916-263-4066 Email: sacramentoworksfor.youth@seta.net	Programs and services for youth ages 16-24.

<p>Sacramento County Victim Witness Services</p> <p>Victim/Witness Services – Sacramento County District Attorney's Office</p>	<p>Provides crisis intervention and short-term counseling court accompaniment, emotional support, and information during the court process; resource and referral counseling; advocacy for victims within the criminal justice system. also provides assistance in applying to the California Victim Compensation Program (CalVCP) for reimbursement of crime related expenses (medical/dental, mental health counseling, wage/income loss, support loss for dependents of a deceased or disabled victim, and funeral/burial expenses).</p>
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Sexual Assault / Domestic Violence Resources

Sexual Assault Services	Brief Description
<p>A Community For Peace 24-Hour Crisis Line 916-728-7210 Website: acomunityforpeace.org Address: 3841 4th Avenue, Sacramento, CA. 95817</p>	<p>Our trauma-informed domestic violence center is an environment that provides a sanctuary style model which includes subdued lighting, quiet, calm and nurturing environment for folks who have been affected by abuse and trauma. Hours of Operation: 10:00 AM to 4:00 PM (Monday, Wednesday, and Friday)</p>
<p>Commercially Sexually Exploited Children & Youth (CSEC) Stars Behavioral Health Group Sacramento – Downtown Center 401 S St. Sacramento, CA 95811 Phone: 916-584-7800 https://www.starsinc.com/sacramento-county-cset/</p>	<p>The Consultation, Support, and Engagement Team (CSET) was developed to address the growing incidences of commercially sexually exploited children (CSEC) or those at risk of being exploited that are between the ages of 12 to 21. The program provides community-based outreach to engage and build relationships with identified youth and to provide support in linkage to appropriate services. CSET staff meet with children and youth at risk of exploitation and their families/caregivers in a safe, convenient location in the community. CSET bridges the gap for access to mental health services when they are in a new stage of change.</p>
<p>My Sister's House 916-930-0626 24 hr multilingual line: 916-428-3271 www.my-sisters-house.org</p>	<p>Safe haven and transitional house for Asian and Pacific Islander women and children impacted by domestic violence and human trafficking; women to work program is for domestic violence survivors of all ethnicities.</p>
<p>WEAVE 916-920-2952 www.weaveinc.org</p>	<p>Provider of crisis intervention services for survivors of domestic violence and sexual assault. WEAVE also provides outreach and services for international and domestic victims of human trafficking.</p>

National/State Organizations

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National/ State Organizations	Brief Description
<p>Adoption Choices of Northern California 800-607-9200 www.womenshealthspecialists.org</p>	<p>ACNC provides counseling and adoption information to birth mothers, as well as standard women's health including STI screening, birth control, and abortion services.</p>
<p>California Relay Service (Hearing Impaired) 711 1-800-806-1191 http://ddtp.cpuc.ca.gov</p>	<p>Communication Assistant for relay telephone conversations for those with seeing, hearing, speaking, remembering or moving limitations. Dialing 711 is for everyone, not just those who have difficulty hearing on a standard telephone. Friends, family, and business contacts can dial 711 for relay calls.</p>
<p>Friends for Survival, Inc. 916-392-0664 www.friendsforsurvival.org</p>	<p>A national non-profit outreach organization for those who have lost family or friends by suicide, and also to professionals who work with those who have been touched by a suicide tragedy.</p>

Mental Health America of Northern California 916-366-4600 https://www.mhac.org/	Provides peer services through self-help, education, and culturally relevant research. The Information and Referral line is operated by consumer staff and provides peer support, linkage, referrals, and resources to the community.
NAMI Sacramento (National Alliance on Mental Illness) 916-364-1642 www.namisacramento.org	Provides support groups and classes to individuals living with mental illness and the family members of those living with mental illness. Also provides information and a variety of presentations to education and enlighten the community, businesses and schools as to the impact of mental illness and works to end the discrimination towards mental illness and seeks to normalize the conversation around mental illness so no one feels alone.
National Child Traumatic Stress Network 310-235-2633 www.nctsn.org	Established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.
National Council on Alcoholism and Drug Dependence (NCADD) 916-922-5121 www.ncadd.org	A voluntary health organization dedicated to fighting alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities.
Stop Stigma Sacramento 916-446-1434 www.stopstigmatasacramento.org	The <i>Mental Illness: It's not always what you think</i> project was initiated to reduce stigma and discrimination, promote mental health and wellness, and inspire hope for people and families living with mental illness.
Substance Abuse and Mental Health Services Administration (SAMHSA) 1-877-726-4727 www.samhsa.gov	SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. The website provides research educational material, and training.
Teen Mental Health www.teenmentalhealth.org	Informational website about mental disorders, brain injuries, stigma, and how to support teens. Toolkits for mental health and teens.

Utilities

Utilities Service Providers	Brief Description
Assurance Wireless https://www.assurancewireless.com/lifeline-services/states/california-lifeline-free-government-phone-service	Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone.
Energy Assistance Program Rate (EAPR)	Provides discounts on monthly bills. Customers with the lowest household income, based on the federal poverty level, will receive the largest discount. EAPR customers with a household income between 0% and 100% of the Federal Poverty Level (FPL) would receive the largest monthly discounts. EAPR customers with a household income between 100% and 200% of the FPL would receive smaller discounts. SMUD https://www.smud.org/lowincome?gclid=EAlaIQobChMI8tiinPG96QIVdT6tBh0xIQgEAAAYASAAEgIOvPD_BwE PGE https://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/longer-term-

	assistance/care/care.page?cid=ps_CARE_EN_20200101_ApplyNow_Google_All_na&gclid=EAlaIqobChMI0IGG8fG96QIVGD2tBh1v6gsSEAAAYASAAEgL5uPD_BwE
Life Line Phone Services http://www.lifelinecellphonecalifornia.com/	Free Government Phone Service is a government assisted wireless service that provides discounted home phone and cell phone services to eligible low income families and individuals.
Tru Connect: Free Cell Phone Services https://www.truconnect.com/free-phone/program-income	TruConnect will provide you with a free 5-inch smartphone and free unlimited monthly calling and texting, plus free data through a special government benefit program called "LifeLine."
RT WiFi https://www.sacrt.com/apps/wp-content/uploads/The_WiFi-Bus-Flyer_r4.pdf https://www.sacrt.com/apps/wifi-bus-schedule-week-of-may-4-2020/	Free wireless super hotspots in communities with limited high-speed internet access during the COVID-19 pandemic.

Youth Support Service Providers

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Youth Support Service Providers	Brief Description
100 Black Men 916-428-8203 www.100blackmenofsacramento.org	Programs directed at young African American males that offer structured mentoring, tutoring, cultural enrichment, and college scholarships.
Always Knocking 916-422-2505	Provides educational growth, assistance with substance abuse, social skills development, employment and training assistance, and youth and gang violence prevention to at-risk and incarcerated male youth (ages 10-18).
Boys and Girls Clubs of Greater Sacramento 916-392-1350 www.bgcsac.org	After school programs serving youth ages 6-18, including a full service teen center downtown, a Club in Juvenile Hall, and delinquency intervention programs. Provides job training, homework help, sports and fitness, arts, and leadership programs and activities. Emphasis on group mentoring and promoting safe and positive behaviors.
Center for Community Health and Well-Being 916-558-4812 www.cchwb.org	Provides a variety of services supporting children, women, and families through the Safe Sleep Program, Black Mothers United, and youth development programs.
Golden Rule Services 916-427-4653 www.goldenruleservicesacramento.org	Works to resolve disproportionate health, education, employment and criminal justice disparities experienced by people of color.
Mutual Assistance Network of Del Paso Heights 916-927-7694 www.mutualassistance.com	Provides youth programs in addition to other community support and economic development programs.
OMNI Youth Program 916-362-2000 www.omniyouth.net	Mission is to create strong families, develop youth leaders, and engage the community to cultivate a lifestyle free of alcohol, drugs, violence and bullying.

Sacramento Area Congregations Together (ACT) 916-389-8990 www.sacact.org	A multicultural, multi-faith organization that empowers people to create a healthier and just community. Members include over 40 congregations, schools and neighborhood groups, representing 40,000 families in Sacramento County.
Sacramento Minority Youth Violence Prevention Program 916-556-3344 www.healthedcouncil.org	This initiative addresses violence as a public health issue and integrates public health and local community policing efforts in a coordinated violence prevention approach.
Sacramento Violence Intervention Program 916-201-0171 www.wellspacehealth.org	A hospital-based peer violence intervention program helps injured youth to reduce involvement with the criminal justice system. Also works with youth in schools who are at-risk for getting involved in violence, and youth on probation for violence.
Sam & Bonnie Pannell Community Center 916-808-6680 www.cityofsacramento.org	Weekly programs including: Friday Night Hot Spot, Meals on Wheels, Teen Scene, Computer skills, and Zumba Fitness.
Target Excellence 916-930-0572 www.targetexcellence.org	Provides after-school programs that focus on academic achievement, character-building, health and wellness, and employable life skills.
The Center 916-442-4228 www.sccsc.org	Assists new immigrants, refugees, and other underserved individuals achieve economic self-sufficiency, social empowerment, and cultural appreciation. Provides educational, vocational, human services, and health programs.
The Cutting Edge Journey 916-868-8656 www.thecuttingedgejourney.com	Provides consulting, training and technical assistance services to adults/youth/organizations/and corporations in order to empower the participants' to grow personally, professionally and reduce levels of abuse and violence in our communities.
United Lu Mien Community, Inc. 916-383-3083 www.unitediumien.org	Supports and develops healthy Lu-Mien families and communities through culturally responsive programs and services.
Youth Help Network (YHN) Call/Text Available Monday – Friday 11 a.m. – 9 p.m. Call: 833-333-2YHN (2946) Text: 916-860-9819 http://starsyouth.net/	Provides services for Transition Age Youth (TAY) ages 16 to 25 who are experiencing or at risk of experiencing a mental health crisis. Visit the YHN website here, featuring nearly 250 local resources, videos, and other helpful information.