

Guide to Mental Health Services for  
Children and Families  
In Santa Barbara County

March 2010

Alcohol, Drug & Mental Health Services  
300 N. San Antonio Road, Bldg. 3  
Santa Barbara, CA 93101  
Telephone: 805-681-5220

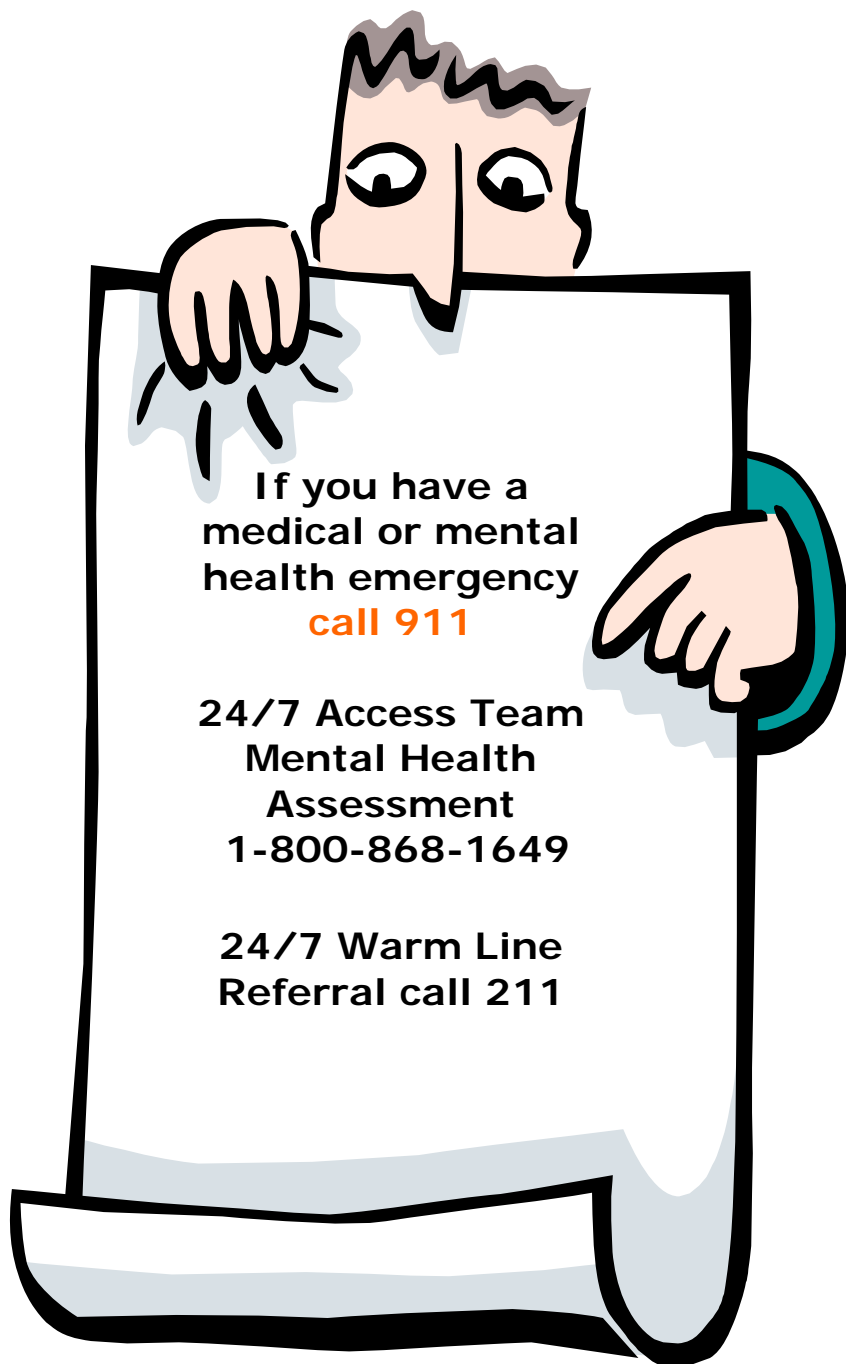
Mental Health Association in  
Santa Barbara  
National Alliance on Mental Illness  
617 Garden Street  
Santa Barbara, CA 93101  
805-884-0440

Your Guide  
to  
Mental Health Services  
for  
Children and Families

Santa Barbara  
County



A collaboration of the Santa Barbara Mental Health Assn., Mental Health Commission, Family Services Agency, and the Department of Alcohol, Drug and Mental Health Services.



Thinking about a career?  
There are a variety of careers in  
mental health. Talk to your school  
counselor about the many  
opportunities in this important field.

The Mental Health Association and National Alliance on Mental Illness volunteers make presentations throughout the County to educate about and raise awareness of mental illness. They have spoken to over 3,000 children and adults in school and college classes, ministerial associations, and other educational and civic organizations.

If you are interested in scheduling a presentation to your school, business, or other organizations, please contact Margaret Lydon at (805) 884-0440.



## **Introduction**

Every child's mental health is important. On January 3, 2001 the Surgeon General of the United States released a report stating that 12 percent of American children under the age of 18 have a diagnosable mental illness. These problems are real and painful, but mental health problems can be recognized and treated. The Santa Barbara County Mental Health Commission through its Mental Health Awareness Committee has prepared this booklet to help parents, teacher and all others who care for children and youth understand the warning signs of mental illness and find appropriate resources for help. The main hope for children at risk for serious mental illness lies in early detection and treatment. This booklet pays tribute to all of those who are dedicated to this task.

Margie Lopez, Chairperson  
Santa Barbara County Mental Health Commission  
March 2010

## **What is Mental Health?**

Your mental health is how you think and act as you live your life. It is part of your overall health. As with any aspect of your health, your mental health can range from good, to not so good, to poor. And, like your overall health, sometimes in your life you may need help with your mental health.

## **What is Mental Illness?**

Mental illness is the disturbance in thinking, perception, emotions, and/or behavior that causes a person to lose the ability to cope with the routine tasks of daily life.

## **What Causes Mental Illness?**

There are many causes of mental illness: some are biological, some environmental, and some are from life's experiences. For example, mental illness can be brought on by extreme stress, substance abuse, or it can be inherited. Research shows that many types of mental illness are probably the result of chemical imbalance in the brain.

**Some common types of major mental illness are:**

**Bipolar/manic-depressive disorder:** Also called manic depression, Bipolar Disorder is a disorder of the brain resulting in episodes of mania and depression with relatively normal moods between episodes. Mania is often characterized by high activity late at night, difficulty sleeping, unrealistic expectations, very rapid and insistent speech, an all-or nothing mentality, aggressiveness and irritable manner.

**Depression:** Depression may include profoundly sad or irritable mood lasting at least two weeks, sometimes with pronounced changes in sleep, appetite, energy, ability to concentrate or to remember.

**Schizophrenia:** Schizophrenia interferes with a person's ability to think clearly, manage emotions, make decisions and relate to others. Untreated schizophrenia often includes hallucinations and delusions.

**Other types of Mental or Emotional Disorders are:**

*Eating disorders:* The three main types of eating disorders are:

**Anorexia nervosa** is defined as self-starvation or a refusal to maintain body weight within the minimal normal weight.

**Bulimia nervosa** is marked by a destructive pattern of eating and recurring inappropriate behavior to control weight

**Binge eating**, probably the most common eating disorder, is characterized by eating what would be considered by most people an excessive amount of food.

**Anxiety disorders:** Anxiety disorders are characterized by feelings of excessive fright, distress and unease during situations where others would not experience these symptoms. Some of these anxiety disorders are Panic Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, Phobias and Generalized Anxiety Disorder.

**Disruptive Disorders:** Disruptive disorders include:

**Attention-deficit Hyperactivity Disorder:** This disorder makes it difficult for people to concentrate or pay attention, and they often act impulsively and are unable to relax.

**Conduct Disorder:** The person suffering from this disorder consistently violates the rights of others or the usual rules of society. Physical aggression and secretive stealing are common.

**Oppositional Defiant Disorder:** This disorder is characterized by continually negative, hostile and defiant behavior but does not include the more serious violations of rights of others.



Early Intervention Program provides individualized services to infants and toddlers who are having development difficulties and are eligible for the California Early Start Program. Supports optimal child development building on skills and caring of each family together with the inter disciplinary team. Services of specialized instruction, occupational and speech therapy, movement therapy, mental health consultation, and parent support. The services are provided in the home and community settings convenient for the family. Offers the Welcome Every Baby program for new mothers and their infants.

7320 Hollister Avenue, Suite 5 (805) 685-2150  
Santa Barbara, CA 93117 Fax: (805) 685-2210

Adult Day Program serves individuals with developmental disabilities, an individualized person centered program. Supports individuals in gaining knowledge, resources, natural supports, and understanding of their community. Services provided include, community integration, community accessibility, arts, leisure, communication, academics, employment, vocational and behavioral supports.

### **What are some symptoms of emotional distress?**

If you experience several of these at once, you should seek professional advice.

- You feel worthless, guilty, anxious, or worried more than usual.
- You feel really sad and hopeless and it doesn't go away.
- You are unable to get over a loss or the death of someone.
- You feel like your mind is being controlled or is out of control.
- Your grades drop unexpectedly.
- You lose interest in the things you usually enjoy.
- You have unexplained changes in your eating or sleeping habits.
- Thoughts race through your head so fast you almost can't follow them.
- You have persistent nightmares.
- You avoid family and friends and want to be alone all the time.
- You feel as if you can't handle life and you consider suicide.
- You have problems with alcohol or drug use.
- You violate the rights of others or break the law without regard for other people.
- You do things that can be life threatening.



When I broke my foot, I went to the clinic so I could get well and walk right again. When I felt like my emotions were running me, I went to another clinic. There may not be a vaccine for mental illness, but by talking to someone or maybe taking some medication, you can keep your mental health.

**GETTING HELP**

If you know someone who has one or more of these symptoms, you can help in several ways:

Be there, listen, encourage them to talk to a trusted adult or a Mental Health professional. If your friend refuses, talk to the adult yourself. Keep trying, If your friend talks about Suicide, don't wait, don't hesitate, find an adult and tell them or call the

**Access Team Toll Free 1-888-868-1649**

**A part of the County of Santa Barbara, Alcohol, Drug and Mental Health Services Department (ADMHS).**

If you are in a medical or mental health emergency **call 911.**

Hours: By appointment only  
Fees: Sliding scale, \$90/licensed MFT, \$50/clinical staff, \$30/ intern  
Accepts Medical for general purposes with the authorization of the Access Team

Works with families and youth 0 to 17 years who are demonstrating non-constructive behavior. Individual, group and family counseling. Specialty areas include chemical dependency, child abuse, and family violence. Offers on-campus school counseling and outreach, sliding scale for low-income families with children under 17, and the victim-witness program.

**Sojourn Services, Inc., Early Intervention Program-S.B.**

118 West Arrellaga Street(805) 965-0309

Santa Barbara, CA 93101

Fax: (805) 560-3799

Email: [pcox@sojournservices.org](mailto:pcox@sojournservices.org)

625 South McClelland Street

(805) 614-9535

Santa Maria, CA 93454

Fax: (805) 614-9390

Email: [rrobertson@sojournservices.org](mailto:rrobertson@sojournservices.org)

Hours: 9 a.m.-5 p.m. M-F; appointments can be made outside these hours at a location the family chooses

Fees: No charge to families

Eligibility: Children are referred by calling Tri-Counties Regional Center 962-7881

Counselors: 24 hours/ 7 days for clients  
Fees: Vary, call for information  
Eligibility: DSMIV Diagnosis

Continuum of mental health substance abuse and dual diagnosis services for adults. Components include residential treatment, semi-supervised satellite, permanent housing, day treatment and out-patient counseling. Programs focus on developing independent living skills and individualized treatment. Staff includes licensed psychiatrists, psychologists and MFTs. Referrals from physician, family, County Mental Health Services, or insurance companies. .

Licensed by the State of California Department of Mental Health, accredited by the State Department of Drug & Alcohol Services

**CenCal (formerly Santa Barbara Regional Health Authority)-County\***

110 Castilian Drive (805) 685-9525  
Santa Barbara, CA 93117 Fax: (805) 685-2767  
Web Site: www.sbrha.org  
Hours: 8 a.m.-5 p.m. M-F  
Fees: No cost  
Eligibility: children with no health insurance and who are citizens, nationals, or eligible, qualified immigrants.

Arranges and pays for health plan covered services for eligible Santa Barbara County residents. Health care providers contract with the Health Authority assuring members access to medical care. The Member Services Department has representatives available to assist with Primary Care Provider selection, benefit questions, complaints, and interpreter services.

**Santa Maria Valley Youth and Family Center, SM\*, Guadalupe\***

105 North Lincoln Street (805) 928-1707  
Santa Maria, CA 93454  
Fax: (805) 922-4797:  
Hours: 8 a.m.-7 p.m. M-Th, 8 a.m.-5 p.m. F

4460 Tenth Street (805) 343-2446  
(Guadalupe) Santa Maria, CA 93434

**Myths and Facts about Mental Health**

**MYTH:** “*Mental illnesses do not affect the average person.*”

**FACT:** No one is immune to mental illness. Over 12.5 million Americans suffer some form of mental illness each year. One out of five children suffer from some form of mental health disorder.

**MYTH:** “*The cause of mental illness is either poor parenting or poor character or possession by an evil spirit.*”

**FACT:** Mental illness is often caused by physical disorders or chemical imbalances of the brain. Mental illness is like any other disease. Even though most cannot be detected by physical tests, these diseases are no different from having diabetes or measles.

**MYTH:** “*People with mental illness cannot work or contribute to society and do not get better.*”

**FACT:** People with emotional/behavioral disorders find effective treatment through medicine, therapy or both. Treatment allows people with mental illnesses to contribute to society. The notion that all people with mental illnesses cannot be productive or should be institutionalized is a thing of the past. Today, there are many care providers, programs and medications that allow most patients to lead productive lives within their communities. Eighty percent of persons with bipolar disorder, 75% of those with major depression, and 60% of those with schizophrenia are treated successfully with modern medications and therapy. In addition, the majority of youth who are treated for a mental health condition recover before adulthood and go on to lead productive lives.

**MYTH:** “*Mental illness is the same as mental retardation*”.

**FACT:** Mental retardation is an intellectual deficit at birth or a result of illness or injury during infancy or childhood. Mental illnesses are disorders that most often strike between the ages of 16 and 25 but can occur in younger children. Mental illnesses are not related to intelligence.

**MYTH:** “*People who have a mental illness are dangerous.*”

**FACT:** Most people who have a mental illness are no more violent than someone suffering from cancer, diabetes or any other serious illness. More often, they are victims of violence.

## Other Situations

You can find local help for Suicide, teen parenting, health clinics, youth shelter services, after school programs and counseling through the C.R.I.S. Directory ([www.fsacares.org](http://www.fsacares.org)), a listing with descriptions of services offered by many different organizations in Santa Barbara County, or you may call the

**Confidential Hotline at 1-800-400-1572.**

**Santa Barbara 805-899-0061**

**Santa Maria 805-928-5818**

**Lompoc 805-734-2711**

**Santa Ynez 805-688-1905**

**Also, please see the following agency/programs index.**

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\*Spanish speakers available

\*\*Spanish and other foreign language speakers available

ing Cessation-Classes for individuals with mental illness who want to give up smoking.

## Rape Crisis and Child Protection Center\*

111 N. Milpas Street Hotline: (805) 564-3696

Santa Barbara, CA 93103 Office: (805) 963-6832

Fax: (805) 965-3271

Web Site: [www.sbcountyrapecrisiscenter.org](http://www.sbcountyrapecrisiscenter.org)

112 East Walnut Avenue Hotline: (805) 736-7232

Lompoc, CA 93438-0148 Office: (805) 736-8535

Email: [lompocrc@quik.com](mailto:lompocrc@quik.com)

301 South Miller Street, Suite 103 (805) 922-

P. O. Box 6202 (805) 928-2840

Santa Maria, CA 93455

Email: [smrcc@quik.com](mailto:smrcc@quik.com)

Hours: Office: 9 a.m.-5 p.m., 24-hour crisis intervention/hotline

Fees: Donations accepted, but not required

Provides direct crisis intervention services to survivors of child abuse, sexual assault, incest, and sexual harassment as well as to their families and friends. Intervention services include 24-hour hotline support and information, referrals, individual counseling, support groups, advocacy and accompaniment through the medical/legal process. Member of the Sexual Assault Response Team (SART). Prevention services include school based Child SAFE programs, teaching child abuse prevention and personal safety skills, kindergarten to high school level throughout northern Santa Barbara County. Community-based education services include awareness and prevention programs regarding sexual assault, child abuse, date rape, sexual harassment, and related issues; agency in-services and self-defense workshops.

## Sanctuary Psychiatric Centers of Santa Barbara-SB

P.O. Box 551 (805) 569-2785

Santa Barbara, CA 93102-0551 Fax: (805) 563-1977

Email: [webmaster@spscb.org](mailto:webmaster@spscb.org) Web Site: [www.spscb.org](http://www.spscb.org)

Hours: Office: 8:30 A.M.-5 P.M-F

Provides support, information and education for people who have mentally ill persons in their family system. Seeks better legislation and funding for mental illness programs. Monthly meetings 7 p.m., 3<sup>rd</sup> Wednesday of the month at Lompoc Hospital District, 508 East Hickory Street, Santa Maria.

**Office of Patient’s Rights Advocate- CNTY\***

315 Camino del Remedio (805) 681-5228  
 Santa Barbara, Ca 93110 Fax: (805) 681-5262  
 Hours: 8 a.m.-5 p.m. M-F

Eligibility: Mental Health Consumer

Offers information on mental health patient’s rights issues and advocates on behalf of patients to ensure that their rights have not been violated. Responds and investigates patient’s complaints.

**Phoenix of Santa Barbara, Inc. SB\***

107 East Micheltorena Street (805) 965-3434  
 Santa Barbara, CA 93101 Fax: (805) 965-3797  
 Email: [phoenix@sb.net](mailto:phoenix@sb.net) Web Site: [www.phoenixofsb.org](http://www.phoenixofsb.org)

Hours: Office: 9 a.m.-5 p.m. M-F  
 Fees: Fixed fee, SSI, Medi-Cal, Medicare  
 Eligibility: Referral from S.B. County Mental Health

Phoenix of Santa Barbara offers residential and outpatient programs for 12 patients based on psycho-social rehabilitation principles. Population served: adults with mental illness and adults with co-occurring mental illness and addiction problems.

**Phoenix of Santa Barbara, Inc. - Ada’s Place**

Outpatient-Mainstream services for 13 adults with mental illness. Offers 24 hours daily, wrap-around case-management, assistance with transportation, budgeting, locating housing and gaining and keeping employment. Dual Diagnosis Programs, Outpatient group and individual treatment for adults with mental illness and addictions. Services also provided to court and probation referrals in the Substance Abuse Crime Prevention program. Smok-

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\*Spanish speakers available

\*\*Spanish and other foreign language speakers available

**Alcohol, Drug & Mental Health Services, County (ADMHS)\*\***

300 North San Antonio Road (805) 681-5220  
Santa Barbara, Ca 93110 Fax: (805) 681-5262  
Hours: 8 a.m.-5 p.m. M-F Web Site: www.admhs.org  
Fees: Sliding scale, Medi-Cal, Medicare, SSI, private insurance accepted

Administers alcohol, drug and mental health services for youth and adults at contracted and County operated sites located throughout Santa Barbara County. Field evaluation given by staff or by the Mental Health Access Team (MHAT) **Call 911 or 1-888-868-1649.**

**(ADMHS) Psychiatric Health Facility (Hospital)**

315 Camino del Remedio (805) 681-5244  
Santa Barbara, CA 93110

**(ADMHS) Children's Mental Health Services Clinics\*\***

429 N. San Antonio Rd. (805) 884-1600  
Santa Barbara, CA 93101 Fax (805) 884-1602  
500 West Foster Road (888) 868-1649  
Santa Maria, Ca 93455 Fax: (805) 934-6381

117 North B Street (805) 737-6600  
Lompoc, CA 93436 Fax: (805) 737-6601

Services targeted for severely emotionally disturbed minors or at risk for out of home placement or school failure. Offers individual, group and medication therapies, evaluation, treatment and outreach services to homeless mentally ill individuals.

**(ADMHS) Adult Mental Health Services Clinics\*\***

Calle Real Mental Health Services (805) 681-5190  
4444 Calle Real Fax: (805) 681-5239

500 West Foster Road (805) 934-6380  
Santa Maria, CA 93455 Fax: 805) 934-6381

401 E. Cypress (805) 737-7715  
Lompoc, Ca 93436 Fax (805) 737-7726

The Fellowship Club provides a positive, individual and social growth experience for adults with a mental health disability. The services include teaching daily living skills, recreation/leisure activities, socialization and community integration. A nourishing lunch is offered daily and transportation is provided.

**National Alliance for the Mentally Ill (NAMI), S.M.\***

P.O. Box 1601 (805) 938-0546  
Santa Maria, CA 93456-1601 Fax: (805) 934-8366  
Email:josmar46@aol.com Web Site:  
Hours: 24 hr. answering machine  
Fees: Membership Fees: Single \$30, Family \$35 per year, Clients \$7 per year  
Eligibility: Families interested in issues concerning mental illness

Family advocacy support, information and education for family members whose loved ones suffer from a biological brain disorder such as schizophrenia, bipolar, clinical depression, obsessive-compulsive and anxiety/panic disorders, employment and more regarding mental illness. Monthly meetings 2<sup>nd</sup> Monday of the month at Elwin Mussel Senior Center, 510 East Park Avenue #1, Santa Maria, CA. Offers a 12 week Family-to-Family Education Program.

**National Alliance for the Mentally Ill (NAMI), SB**

C/O  
617 Garden Street (805) 884-0440  
Santa Barbara, CA 93101 Fax: (805) 884-8445  
Email: [officemgr@mhainsb.org](mailto:officemgr@mhainsb.org) Web Site: [www.mhainsb.org](http://www.mhainsb.org)

Family advocacy support, information, and education for family members whose loved ones suffer from a biological brain disorder such as schizophrenia, bipolar, clinical depression, obsessive-compulsive and anxiety/panic disorders, employment and more regarding mental illness. Weekly support group 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Thursdays and informational meetings 4<sup>th</sup> Thursdays at 2017 Chapala St., Santa Barbara, CA. Offers a 12 week Family-to-Family Education Program.

**National Alliance for the Mentally Ill (NAMI), Lmpc\***

Lompoc Hospital District

(805) 733-3148  
P.O. Box 1201  
Lompoc, CA 93436

**\*Mental Health Association in Santa Barbara, SB**

617 Garden Street (805) 884-0440  
Santa Barbara, CA 93101 Fax: (805) 884-8445  
Email: [officemgr@mhainsb.org](mailto:officemgr@mhainsb.org) Web Site: [www.mhainsb.org](http://www.mhainsb.org)  
Hours: 9 a.m.-5 p.m. M-F

Eligibility: Open to all mental health clients and their families.

Works toward improving the care and treatment of people with a mental health disability through community education and social action. Volunteers and professional staff work together to provide services to assist recovery of patients. Individual programs offer socialization and rehabilitation, One-to-One Projects and family support groups. The Fellowship Club is located at 2017 Chapala Street. Provides residential treatment programs at Casa Juana Maria and Lyon’s House, the Family Advocate and the Fellowship Club.

**Mental Health Assn. Housing Assistance Loan Program-S.B.**

617 Garden Street (805) 884-0440  
Santa Barbara, CA 93105 Fax: (805) 884-8445  
Email: [officemgr@mhainsb.org](mailto:officemgr@mhainsb.org) Web Site:  
Hours: 8:30 a.m.-5 p.m. M-F

Eligibility: Mental health disability, low income

Offers no-interest loans to persons with mental health problems and to assist them in paying the security deposit on rental housing. Application forms are available at the Mental Health Association in Santa Barbara office.

**Mental Health Assn. Fellowship Club-S.B.**

617 Garden Street (805) 884-0440  
Santa Barbara, CA 93105 Fax: (805) 884-8445  
Email: [officemgr@mhainsb.org](mailto:officemgr@mhainsb.org)  
Barbara, CA 93101 Hours: 9 a.m.-3 p.m. M, W-F,  
9 a.m.-6 p.m. T

Eligibility: Individuals with a mental health disability.

**Catholic Psychological Services, SM\***

215 East Fesler (805) 348-1627  
Santa Maria, CA 93458 Fax (805) 348-1629  
Hours: 9 a.m.-8 p.m. M-F  
Fees: Sliding scale for counseling

Provides professional counseling in English and Spanish for individuals and families. Internship available for undergraduate and graduate students in social service areas for credit. Services offered with a therapist in Lompoc once a week.

**A Child’s Path Therapeutic Interventions Program, SB\*, SM\***

501 West Junipero Street (805) 898-8965  
Santa Barbara, CA 93105 Fax: (805) 898-0065  
Email: [pcox@sojournservices.org](mailto:pcox@sojournservices.org)  
Hours 9 a.m.-5 p.m. M-F

615 South McClelland (805) 614-9535  
Santa Maria, CA 93454 Fax: (805) 614-9390  
Email: [rrobertson@sojournservices.org](mailto:rrobertson@sojournservices.org)  
Hours 9 a.m-5 p.m. M-F  
Eligibility: MediCal eligible

Provides mental health services to families with children, ages infant to five, who are experiencing emotional, social or behavioral difficulties. Children must be Medi-Cal beneficiaries. Services include mental health assessment, family therapy, parent education and support, individual child therapy, interagency collaboration and parent-child skill development. Services are family-focused and are provided in the natural setting of the child or family such as their home or school.

**Child Abuse Listening and Mediation – SB \***

1236 Chapala Street (805) 965-2376  
P.O. Box 90574 Fax: (805) 963-6707  
Email: [calm4kids@yahoo.com](mailto:calm4kids@yahoo.com) www.calm4kids.org  
Hours: 9 a.m.-8 p.m. M-TH 9 a.m.-6 p.m. F, 9 a.m.-2 p.m. Sa,  
Switchboard: 9 a.m.-5 p.m. M-F only

Fees: Sliding scale, insurance and Medi-Cal accepted

Eligibility: Families at risk of abuse or neglect or those in which abuse has occurred.

Provides individual, family and group counseling for families where physical, sexual or emotional abuse or neglect have occurred or may occur and for children and mothers who have experienced or witnessed domestic violence. Parent education classes or individual/couple counseling available. Offers individual and group treatment for adolescent and adult sex offenders. Offers individual and group counseling for male and female adult survivors of childhood molestation. The Great Beginnings program provides home visitations for families at risk and school-based child abuse prevention presentations. Conducts forensic interviews for allegations of abuse. All services are available in English and Spanish. Speakers are available for presentations upon request.

**Cottage Hospital, SB\***

Pueblo at Bath St. (805) 682-7111  
Santa Barbara, CA 93105

Hours: 24 hours/7 days  
Fees: Vary. Call for information.  
Psychiatric/Chemical Dependency Services  
**Crisis Care** (805) 569-8339

Provides assessment and crisis intervention for psychiatric and chemically dependent patients. Centralized evaluation and intake for hospitalizations as well as triaging and referral to all psychiatric and substances abuse, in and out-patient programs. Located at the Emergency Department at Santa Barbara and Goleta Valley Cottage Hospitals.

**Department of Rehabilitation, SB\*, SM\***

509 East Montecito Street, Suite 101 (805) 560-8130  
Santa Barbara, CA 93103 Fax (805) 560-8162

1775 South McClelland (805) 928-1891  
Santa Maria, CA 93454 Fax (805) 346-2179

Hours: 8 a.m.-5 p.m. M-F  
Fees: None  
Eligibility: Persons with physical or mental impairments that make it difficult to obtain and maintain employment

Offers evaluation, independent living and vocational skills, counseling services. Provides job training, job placement, tools, equipment, supplies, and licenses necessary for employment. Transportation assistance and other services as needed.

**Family Service Agency of Santa Barbara, County\***

123 West Gutierrez Street (805) 965-1001  
Santa Barbara, CA 93101 Fax (805) 965-2178  
Email: [fsa@fsacares.org](mailto:fsa@fsacares.org) Web Site : [www.fsacares.org](http://www.fsacares.org)  
Hours: 8:30 a.m.-5 p.m. M&F, 8:30 a.m.-8 p.m. Tu, W, Th

110 South C Street, Suite A (805) 735-4376  
Lompoc, CA 93436 Fax (805) 737-3251  
Web Site: [www.fsacares.org](http://www.fsacares.org)

Hours: 8:30 a.m.-5 p.m. M-F  
Fees: Sliding scale or free

Since 1899 Family Service Agency of Santa Barbara has been the leading community social service agency providing couple, individual, child and family counseling programs and support services, school-based and community-based counseling programs and outreach support services. Also offers youth mentor/companionship and teen support programs, In-home senior services aimed at maintaining independent living and community-based support groups. Also offers Families and Schools Together (F.A.S.T.) for families with children in elementary and pre-schools. County-wide crisis intervention and suicide prevention as well as information and referral services including the publication and maintenance of the Community Resources Information Service (CRIS) Directory, the CRIS Internet Directory, specialized directories, mailing labels and the Survival Guide.

**HelpLine - County\***

c/o Family Service Agency  
123 West Gutierrez Street Fax:  
Email: [jpurling@west.net](mailto:jpurling@west.net) Web Site: [www.fsacares.org](http://www.fsacares.org)  
Hours: 24 hours/7 days

Santa Barbara (805) 899-0661  
Lompoc (805) 734-2711  
Santa Maria (805) 928-5818  
Santa Ynez (805) 688-1905