



***Resource
Directory***
2015-16 Revision

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IMPORTANT NOTICE

The options listed in this document are local resources provided for the convenience of families and parents who are seeking services they deem necessary for their child. **These are not referrals** and should not be construed as medical or legal advice. Participation in any of the included or similar programs is not a requirement of the school district. The Vista Unified School District does not recommend or endorse any of the listed facilities, service providers, support groups, or any programs not included herein. The District does not pre-screen or evaluate the facilities, providers, or their licensing or credentials in any way, nor does it warrant or guarantee that any of these options will serve your child's unique needs. The families are solely responsible for screening these programs and upon reviewing program guidelines and services, make their own informed decision surrounding placement of their child at their sole discretion and expense.

YOUTH CRISIS/SUICIDE PREVENTION AND INTERVENTION

National Suicide Prevention Lifeline 800-273-8255

San Diego Access & Crisis Line 888- 724-7240

Aurora Behavioral Health 858-487-3200

11878 Ave. of Industry

San Diego, CA 92128

www.aurorabehavioral.com

Call For a Free Assessment and Referral (24 hours a day, 7 days a week) **(888) 565-4228**

Girls and Boys Town National Hotline 800-448-3000

www.boystown.org/national-hotline

Short-term crisis line. Provides referrals for youth and families.

It's Up to US

San Diego Access and Crisis Line 888- 724-7240

http://www.up2sd.org/?utm_source=google&utm_medium=cpc&utm_campaign=SuicidePreventionSD&utm_term=access%20and%20crisis%20hotline%20san%20diego

Crisis intervention, suicide intervention, referrals to mental health and drug/alcohol services and information about a wide variety of resources in San Diego. Multi-lingual capacity.

Oceanside Police Psychological Evaluation Response Team (PERT) 760-435-4900

3855 Mission Avenue

Oceanside, CA 92056

Dispatch contacts the officer if they are available.

San Diego Youth Services - The Bridge 619-221-8600

Youth and family programs, prevent delinquency and school failure, homeless youth, youth in crisis

www.sdyics.org

Survivors of Suicide Support Group 619-482-0297

P.O. Box 4325

La Mesa, CA 91944

www.survivorsofsuicide.com

Offers countywide support groups for people affected by the aftermath of a suicide.

Trauma Intervention Program (TIP) 760-931-2104

4140 Oceanside Blvd.

Oceanside, CA 92056

www.tipsandiego.org/

24 hour/7 days a week crisis response team in conjunction with law enforcement agencies, fire departments and hospitals. They provide information and support to victims of tragedies. Their mission is to prevent a second injury.

Vista Sheriff Psychological Evaluation Response Team (PERT) 760-643-3766

325 S. Melrose Ave., Suite 210

Vista, CA 92081

Services available after 2:30 p.m.

Yellow Ribbon Suicide Prevention Program 1-800-273-TALK (8255)

P.O. Box 644

Westminster, CO 80036

<http://www.yellowribbon.org>

A comprehensive program for schools and communities on suicide prevention.

Youth Crisis Line 800-843-5200 (Toll-free helpline)www.youthcrisisline.org

Family problems, relationship violence, runaways, homelessness, depression, teen pregnancy, substance abuse, suicide.

DRUG AND ALCOHOL SERVICES

HELP LINES

NATIONAL REFERRAL SERVICE 1-800-662-HELP (4357)<http://www.niaaa.nih.gov/alcohol-health/support-treatment>**California Smokers' Helpline 800-NO-BUTTS (800-662-8887)****800-45NO-FUME (800-456-6386) 800-884-CHEW (800-884-2439)**www.californiasmokershelpline.org**4Rehabilitation.com 877-726-3352**www.4rehabilitation.com/financing/?apcid=2938&keyword=drug%20rehab

Use this service to determine eligibility for Drug Rehabilitation/Referral Services

Meth Hotline 877-NO-2-METH (662-6384)

Drugs/meth, referral service, drug disturbances

www.no2meth.org

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REHABILITATIONS

Alpha Project: for the Homeless/Casa Raphael 760-630-9922

975 and 993 Postal Way, Vista, CA 92083

www.alphaproject.org

Bethesda Recovery Center: Choices in Recovery/Hill House 760-945-5290

733 South Santa Fe Avenue, Vista, CA 92083

<http://www.choicesinrecovery.org/>

Choices in Recovery Center Bethesda Recovery Center/Humble House 760-945-5290

248 Hill Drive, Vista, CA 92083

<http://www.choicesinrecovery.org>

Choices in Recovery Center: Bethesda Recovery Center/New House 760-945-5290

747 Melrose Place, Vista, CA 92084

<http://www.choicesinrecovery.org>

Choices in Recovery Center: Foundation House 760-945-5290

619 Civic Center Drive, Vista, CA 92083

<http://www.choicesinrecovery.org>

Mental Health Systems: Family Treatment Center (760) 439-6702

Children's Services, Counseling Residential Treatment

1100 Sportfisher Drive Oceanside, CA 92054

<http://www.mhsinc.org/family-recovery-center>

Mental Health Systems: North County Center For Change 760-940-1836

504 West Vista Way, Vista, CA 92083

<http://www.mhsinc.org>

Mental Health Systems: BPSR Vista 760-758-1092

550 W. Vista Way, Suite 407, Vista, CA 92083

<http://www.mhsinc.org>

SUPPORT GROUPS

Al-anon & Alateen 800-690-2666

www.alanonsandiego.org/index.html

12-step fellowship for the family and friends of those suffering from addiction. Referrals to local meeting places (information available 24 hours a day).

Alcoholics Anonymous - North County 760-758-2514

www.alcoholics-anonymous.org

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Cocaine Anonymous 866-242-2248www.casandiego.org

Self-help groups, referral and fellowship for men and women who are recovering addicts.

Marijuana Anonymous 800-766-6779www.marijuana-anonymous.org

12-step fellowship for the family and friends of marijuana addicts.

North San Diego Young People in Alcoholics Anonymous 760-758-2514

605 E. Vista Way, Vista, CA 92084

<http://www.nosdco-aa.org>

Focuses on introducing newcomers to sobriety, helping young people have fun in AA, supporting small, new, and/or struggling North County California YPAA groups, and educating young people about the AA service structure and opportunities for service.

Nar-Anon 800-477-6291<http://www.naranoncalifornia.org/socal/index.html>www.naranon.org**Narcotics Anonymous 866-331-1958**<http://www.sandiegona.org/area/northcoastal/meeting-schedule/>

12-step fellowship for those suffering from addiction.

SUPPORT GROUPS (NON 12- STEP)

Vista Hill (main office) 858-514-5100

8910 Clairemont Mesa Blvd, San Diego, CA 92123

Call for locations and times for support groups.

<http://www.vistahill.org>

Support groups for recovering adolescents and their parents. Must bring one adult to groups. Call for locations and times for support groups.

DRUG TESTING

National Referral Service 800-662-HELP (4357)<http://www.niaa.nih.gov/alcohol-health/support-treatment>**Drug Testing Network, Inc. 760-940-2015**

958 Postal Way, Suite 6B

Vista, CA 92083

www.drugtestingnetwork.com

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North County Health Services – San Marcos Clinic 760-736-6767

150 Valpreda Road
San Marcos, CA 92069

www.nchs-health.org

Cost of care is based a sliding scale, which is computed based on your income and family size.

Palomar Hospital 760- 739-3000

488 East Valley Parkway, Escondido, CA 92025

<http://www.palomarhealth.org/>

Call to check cost and availability.

Vista Community Clinic 760-631-5000

1000 Vale Terrace, Vista, CA 92084

<http://www.vistacommunityclinic.org/>

Call to check cost and availability.

INTENSIVE OUTPATIENT

Aurora Behavioral Health 858–487–3200

11878 Ave. of Industry
San Diego, CA 92128

www.aurorabehavioral.com

Treatment length varies.

MHS North Inland Teen Recovery Center 760–744–3672

340 Rancheros Drive Ste 166

San Marcos, CA 92069

www.mhsinc.org/teen-recovery-center-north-inland

3 and 6 month outpatient.

Phoenix House – Carlsbad Teen Recovery Center 760-729-2830

785 Grand Ave, Suite 220

Carlsbad, CA 92008

www.phoenixhouse.org

San Diego Youth and Community Services - 619-221-8600

Access & crisis line 888-724-7240

3255 Wing Street

San Diego, CA 92110

<http://www.sdyouthservices.org>

Prevention, early intervention & treatment services provide a broad range of options for youth & families who are at-risk and/or experiencing mental health & substance abuse problems.

Scripps 858-626-4300

9896 Genesee Ave.

La Jolla, Ca 92037

www.scripps.org/locations/hospitals_scripps-memorial-hospital-la-jolla/services/alcohol-drug-treatment_alcohol-drug-treatment

12 week program (sometimes gives scholarships with financial need).

Sharp Mesa Vista - Changes Program 800-827-4277

7850 Vista Hill Ave.

San Diego, CA 92123

<http://www.sharp.com/mesa-vista/changes-program.cfm>

Treatment length varies.

Union of Pan Asian Communities 619-521-5720

3288 El Cajon Blvd. #13

San Diego, Ca 92104

www.upacsd.com

Offers outpatient adolescent treatment programs geared towards Asians and Pacific Islanders.

Substance Abuse Services (SAS) Recovery Center 760-806-2317

325 Melrose Dr, Ste200

Vista, CA 92083

Vista Hill 858-514-5100

8910 Clairemont Mesa Blvd

San Diego, CA 92123

www.vistahill.org

Recovery programs for adults and teens

INPATIENT

Aurora Behavioral Health 878-487-3200

Assessment & Referral - 888-565-4228

11878 Ave. of Industry

San Diego, CA 92128

www.aurorabehavioral.com

Mobile assessment team for students who are experiencing suicidal ideation as well as a treatment center

Green Oak Ranch (Adults Only) 760-727-0251

1237 Green Oak Road

Vista, CA 92081

greenoakranch.org/

Residential coed program with Christian orientation. Residents are clients who have had substance problems. Treatment includes emphasis on spiritual needs and growth. Fees

House of Metamorphosis (HOM) 619-236-9492

2970 Market Street

San Diego, CA 92101

www.houseofmetamorphosis.org/

Long term residential treatment for adults.

Phoenix House – Carlsbad 760-729-2830

Teen Recovery 800-378-4435/Admissions 619-972-7814

785 Grand Avenue #220

Carlsbad, CA 92008

www.phoenixhouse.org/locations/california/phoenix-house-teen-recovery-center/

email: CJBoatman@phoenixhouse.org

Sharp Mesa Vista 858-278-4110

7850 Vista Hill Ave.

San Diego, CA 92123

www.sharp.com/mesa-vista/index.cfm

Teen Challenge of Southern California - 18 and up males 951-682-8990

5445 Chicago Ave.

Riverside, CA 92507

San Diego County Facility holds 52

1 year residential, w/self-sufficiency programs

www.teenchallenge.com

MEDICAL DETOX CENTERS

Aurora Behavioral Health 878-487-3200

Assessment & Referral - 888-565-4228

11878 Ave. of Industry

San Diego, CA 92128

www.aurorabehavioral.com

Scripps Drug and Alcohol Treatment Program 800-382-4357

9896 Genesee Ave.

La Jolla, Ca 92037

www.scripps.org/locations/hospitals_scripps-memorial-hospital-la-jolla/services/alcohol-drug-treatment_alcohol-drug-treatment

Sharp Mesa Vista 858-836-8434

7850 Vista Hill Ave.

San Diego, CA 92123

www.sharp.com

TOBACCO PREVENTION EDUCATION

American Cancer Society 800-227-2345

www.cancer.org/Healthy/StayAwayfromTobacco/index?ssSourceSiteId=null

12405 Rancho Bernardo Road, Suite A

San Diego, CA 92103

American Lung Association 800-LUNGUSA or 800-586-4872

www.lungusa.org/stop-smoking/

2750 4th Avenue

San Diego, CA 92103

Information and referrals, health education on lung disease prevention.

California Smoker Helpline 800.NO BUTTS (English) 800.NO FUMAR (Spanish)

www.nobutts.org

Great American Smokeout 800-227-2345

www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index

National Great American Smokeout takes place on the 3rd Thursday of November yearly.

Smokefree.gov 800-QUITNOW

www.smokefree.gov

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OUTPATIENT BEHAVIORAL/PSYCHIATRIC

Aurora Behavioral Health 858-675-4284

11878 Ave. of Industry

San Diego, CA 92128

www.aurorabehavioral.com**County Mental Health – Children 619-563-2750**

3851 Rosecrans

San Diego, CA

www.sdcounty.ca.gov/hhsa/programs/bhs/mental_health_services_children/outpatient_services.html**Sharp Mesa Vista 858-694-8434**

7850 Vista Hill Ave.

San Diego, CA 92123

www.sharp.com/hospital

INPATIENT BEHAVIORAL/PSYCHIATRIC

Aurora Behavioral Health 858-675-4284

11878 Ave. of Industry

San Diego, CA 92128

www.aurorabehavioral.com**County Mental Health 888-724-7240**

3851 Rosecrans

San Diego, CA

<http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs.html>**Sharp Grossmont Hospital Behavioral Health Inpatient Program 619-740-4802**

5555 Grossmont Center Drive

LaMesa, CA 91942

www.sharp.com/hospital**Teen Adolescent Placement Services (TAPS) 760-439-2087****Emergency pager: 760-761-5177**

TAPS is devoted to providing assistance to families with troubled and out of control youth.

PSYCHIATRIC EVALUATIONS/ MEDICATION

Children's Hospital Outpatient Psychiatry 760-758-1480

3605 Vista Way Suite 258
Oceanside, CA 92056
<http://www.rchsd.org/>

Douglas Young BPSR Clinic 858-695-2211

10717 Camino Ruiz
San Diego, CA 92126
Adult outpatient mental health clinic

Neighborhood Health Care 760-746-5857

425 N. Date
Escondido, CA
www.nhcare.org

North County Health Services 760-736-6767

150 Valpreda Rd.
San Marcos, CA 92069
www.nchs-health.org

COUNSELING

2-1-1 San Diego – dial 211

This hotline connects people with community, health and disaster services 24 hours a day/7 days a week

Community Resources Center - Social Services 760-753-8300 Intake

760-753-2919 Counseling Department/Domestic Violence Hotline 877-633-1112

650 Second St
Encinitas, CA 92024

www.communityresourcecenter.org

Offers services to domestic violence victims and low income households. Service include emergency assistance, shelter services, case management and employment preparation.

IMPACT programs 619-465-9260

North County
Court-ordered and self-help classes.

Interfaith Community Services 760-489-6380

Inland Service Center
550 W. Washington Ave.
Escondido, CA 92025

www.interfaithservices.org

Offers a broad continuum of “wrap around care” services including food and basic needs, shelters and housing, employment services, social services, youth programs, senior services, veteran assistance and addiction recovery.

Jewish Family Services (open to anyone) 877-537-1818**North County Coastal**

285 North El Camino Real, STE. 215
Encinitas, CA 92024

www.jfssd.orgncjc/

Wide range of integrated services that address financial, social, emotional, physical and spiritual health.

Mental Health Systems 858-573-2600

9465 Farnham Street
San Diego, CA 92123

www.mhsinc.org

Offers mental health services, substance abuse treatment, housing throughout North County and San Diego County

Neighborhood HealthCare 760-520-8100

460 N. Elm St
Escondido, CA 92025

www.nhcare.org

Provides medical, dental and behavioral health services

North County Health Services 760-736-6767

150 Valpreda Rd.
San Marcos, CA 92069

www.nchs-health.org

Provides medical, dental and behavioral health services

North County Lifeline – Vista Office 760-726-4900

200 Michigan Ave
Vista, CA 92084

Oceanside office 760-757-0118

707 Oceanside Blvd
Oceanside, CA 92054

www.nclifeline.org

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Palomar Family Counseling Service – Vista office 760-630-3505

945 Vale Terrace Drive

Vista, CA 92084-5213

Fallbrook Office – 760-731-3235

120 W. Hawthorne

Fallbrook, CA 92028

Escondido Office – 760-741-2660

1002 East Grand Ave

Escondido, CA 92025

www.palomarfamilycounseling.com**Rady Children's Behavioral Crisis Center 760-730-5900**

3605 Vista Way, Ste 258

Oceanside, CA 92054

www.rchsd.org**San Diego Access and Crisis Line 888-724-7240**

24 hours a day/7 days a week

Social Advocates for Youth – SAY 858-565-4148

8755 Aero Dr. #100

San Diego, CA 92123

www.saysandiego.org

BEREAVEMENT COUNSELING

The Elizabeth Hospice 760-737-2050/800-797-2050

500 La Terraza Blvd., STE #130

Escondido, CA 92025

www.elizabethhospice.org

Bereavement support services provided for individuals, families, children, students, siblings, parents, grandparents, friends, faith communities, employers and workers.

Carlsbad Center for Elizabeth Hospice

5938 Priestly Drive, STE. 103

Carlsbad, CA 92008

Temecula Center for Elizabeth Hospice

27450 Ynez Road, STE. 203

Temecula, CA 92591

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San Diego Center for Elizabeth Hospice

2820 Roosevelt Rd., STE. 200
San Diego, CA 92106

Hospice of the North Coast – Hope Bereavement Center 760-431-4100

2525 Pio Pico, STE. 301
Carlsbad, CA 92008

www.hospicenorthcoast.org

Bereavement support groups, facilitated by professional grief counselors, meet weekly.

JUVENILE DELINQUENCY PREVENTION & INTERVENTION

Alternatives to Detention “Cool Beds” 619-258-6877 ext 3221

Provides parents with respite for “out of control” children.

North County Lifeline 760-842-6214

www.nclifeline.org

- **Breaking Cycles:** provides interventions to youth age 12 – 17 that have been arrested and adjudicated, and are at risk of continued involvement with the juvenile justice system.
- **CAT (Community Assessment Team)/W.I.N.G.S. (Working to Insure and Nurture Girl’s Success):** provides assessment and case management to youth and families.
- **Juvenile Diversion Program:** early intervention program for adolescents ages 12 – 17.
- **Gang Prevention and Early Intervention Services**

ABUSE AND VIOLENCE PREVENTION

HOT LINES

San Diego Child Abuse Hotline 800-344-6000/858-560-2191

(PRESS 4 FOR BILINGUAL)

www.sandiegocounty.gov

Adult Protective Services 800-510-2020 (within San Diego)/800-339-4661 (outside the County)

www.sandiegocounty.gov

Anti-Defamation League 858-565-6896

www.sandiego.adl.org

Center For Missing & Exploited Children 800- 843-5678

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Casa De Amparo 760-754-5500

325 Buena Creek Rd
San Marcos, CA 92069

www.casadeamparo.org

Residential facility offering prevention services, parenting classes and crisis child care. Also offers support to children who have been abused or neglected.

Casey Family Programs 619-543-0774

3878 Old Town Ave.
San Diego, CA 92110

www.casey.org

Provides long-term foster care placement for youth and families

Childhelp USA 800-422-4453

www.childhelpusa.org

Dedicated to the treatment, prevention and research of child abuse and neglect, their toll free number is an anonymous hotline.

Children's Hospital - Chadwick North CountyCenter for Children and Families

760-967-7082

3605 Vista Way
Oceanside, CA 92056

www.chadwickcenter.org

A child advocacy and trauma treatment center with services that include medical evaluation, physical and sexual abuse evaluations, individual and group counseling, play therapy groups, and parent support programs.

National Conflict Resolution Center 619-238-2400

www.ncrconline.com

Assists in mediating disputes for adolescents, family, divorce, neighborhood, business, real estate, arbitration and facilitation services. Arrangements can be made to meet clients in North County.

RAPE/DOMESTIC VIOLENCE

Domestic Violence Hotline & Resources 888-385-4657

24 hour hotline

Center for Community Solutions 760-747-6282

240 S. Hickory St, Ste 110

Escondido, CA 92025

www.ccssd.org

Support and referrals for those who have experienced assault, rape, or domestic violence.

Community Resources Center - Social Services 760-753-8300 Intake

760-753-2919 Counseling Department/Domestic Violence Hotline 877-633-1112

650 Second St

Encinitas, CA 92024

www.communityresourcecenter.org

Offers services to domestic violence victims and low income households. Service include emergency assistance, shelter services, case management and employment preparation.

Incest Survivors Anonymous

www.siaawso.org

The National Hotline for Domestic Violence 800-799-7233/800-787-3224 (TTY)

www.thehotline.org

Provides 24 hour crisis intervention, information, and referrals for individuals and families recovering from domestic violence.

Sexual Assault Response Team (SART) /Palomar Health 760-739-2150

Assists victims of rape, sexual assault, and children experiencing abuse.

Sexual Assault Response Team (SART) of San Diego County

- **Center for Community Solutions (CCS) Rape Crisis Line 888-385-4657**
- **Women's Resource Center (WRC) 760-757-3500**
- **Rape Abuse Incest National Network (RAINN) 800-656-4673**
- **Department of Defense Sexual Assault Prevention & Response (SAPR) Hotline 877-995-5247**
- **District Attorney of Victim Assistance Program 619-531-4041**
- **Child Protective Services 858-560-2191**

Stalking Strike Force 619-515-8900 (message line)

www.sdca.org/preventing/stalking

Stalking info line for the San Diego County District Attorney's Office

Can leave a message if there is a suspicion of stalking - your call will be returned

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Women's Resource Center/ North County 760-757-3500 - 24 hr

1963 Apple St.
Oceanside, CA 92054

www.wrcsd.org

Offers counseling, shelter and education to North County women, children and men involved in or threatened by domestic violence or sexual assault

**YWCA of San Diego 619-234-3164 - 24 hr
24 Hour Domestic Violence Hotline 619-234-3164**

www.ywcasandiego.org

Immediate shelter for women, and children under 18, who are experiencing domestic violence. Helps families recover from trauma, improve their economic status & find permanent housing.

HEALTH CARE

CalWORKs

www.cdss.ca.gov

Gives financial and medical assistance to low-income families with children under 18, or 18 year old full-time students expected to complete high school before 19.

Community Health Group Program 800-224-7766

www.chgsd.com

County Medical Services 800-587-8118

www.sandiegocounty.gov/content/sdc/.../county_medical_services.html

Funds medical care for uninsured indigent adult county residents. Funds services through a network of community health centers, private physicians and hospitals.

Escondido Family Medicine Community Health Center 619-478-5254

255 N Ash St.
Escondido, CA 92025

www.mtnhealth.org

Health Care Options 844-580-7272**Medi-Cal Access Line 866-262-9881**

www.sandiegocounty.gov/content/sdc/hsa/.../medi-cal-program.html

Neighborhood Health Care 760-746-5857

460 N. Elm St
Escondido, CA 92025

www.nhcare.org

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North County Health Services Carlsbad Family Medicine 760-720-7766

1295 Carlsbad Village Dr, Ste 100

Carlsbad, CA 92008

www.nchs-health.org**North County Health Services Encinitas Health Center 760-753-7842**1130 2nd St

Encinitas, CA 92078

www.nchs-health.org**North County Health Services Grand Avenue Family Medicine 760-736-8810**

727 W. San Marcos Blvd, Ste #112

San Marcos, CA 92078

www.nchs-health.org**North County Health Services LaMision Family Health Center 760-433-3155**

3220 Mission Ave, Unit #1

Oceanside, CA 92054

www.nchs-health.org**North County Health Services Mision Mesa Oceanside 760-757-5841**

2210 Mesa Dr, Ste #5

Oceanside, CA 92054

www.nchs-health.org**North County Health Services Oceanside Health Center 760-757-4566**

605 Crouch St

Oceanside, CA 92054

www.nchs-health.org**North County Health Services San Marcos Health Center 760-736-6767**

150 Valpreda Rd.

San Marcos, CA 92069

www.nchs-health.org**Vista Community Clinic Grapevine 760-631-5000**

134 Grapevine Road

Vista, CA 92083

www.vistacommunityclinic.org

Vista Unified School District does not recommend or endorse any of the listed facilities, service providers, support groups, or any programs. Nor does it guarantee that any of these options will serve your child's unique needs. The families are solely responsible for screening these programs and upon reviewing program guidelines and services, make their own informed decision surrounding placement of their child at their sole discretion and expense.

Vista Community Clinic Horne 760-631-5000

517 N. Horne St
Oceanside, CA 92054

www.vistacommunityclinic.org

Vista Community Clinic North River 760-631-5000

4700 North River Rd
Oceanside, CA 92057

www.vistacommunityclinic.org

Vista Community Clinic Pier View 760-631-5000

818 Pier View Way
Oceanside, CA 92054

www.vistacommunityclinic.org

Vista Community Clinic Vale Terrace 760-631-5000

1000 Vale Terrace
Vista, CA 92084

www.vistacommunityclinic.org

DENTAL CARE

Denti-Cal 800-322-6384/800-735-2922 (TTY)

www.denti-cal.gov

San Diego Area Providers:

www.denti-cal.ca.gov/provreferral/SanDiego.pdf

Medi-Cal Access Line 866-262-9881

www.sandiegocounty.gov/content/sdc/hsa/.../medi-cal-program.html

North County Health Services Mission Mesa Dental 760-400-0277

2216 El Camino Real, Ste #121-122
Oceanside, CA 92056

www.nchs-health.org

North County Health Services San Marcos Health Center 760-736-6767

150 Valpreda Rd.
San Marcos, CA 92069

www.nchs-health.org

Share the Care 619-692-8858www.sharethecaredental.org

County of San Diego Health and Human Services Agency
 3851 Rosecrans Street, Suite 522
 San Diego, CA 92110

www.sharethecaredental.org

Provides linkage to emergency dental care due to pain or infection for qualified youth, ages 5-19, with no resources for dental care. No fee for dental services.

Vista Community Clinic Vale Terrace 760-631-5000

1000 Vale Terrace
 Vista CA 92084

www.vistacommunityclinic.org/Dental

HEARING

Audiology/Speech-Language Clinic

SDSU School of Speech, Language & Hearing Sciences
 500 Campanile Dr
 SLHS Room #221
 San Diego, CA 92182

<https://slhs.sdsu.edu/clinic/>**Deaf Community Services of San Diego 619-398-2441/videophone 619-550-3436**www.deafcommunityservices.org**The Hearing Foundation – Lions Club 800-327-8077/559-322-5466**www.hearingfoundation.org**San Diego State University Hearing Aid Program 619-594-6477**

Communications Clinic
 6330 Alvarado Court, Suite 100

Signs of Silence 760-580-3562 (phone or text 24 hours)

1056 B Commerce Street
 San Marcos, Ca. 92078

www.signsofsilence.org

VISION

Contact nurse at school site for current referrals/resources

MediCal Access Line 866-262-9881

www.sandiegocounty.gov/content/sdc/hsa/.../medi-cal-program.html

EMERGENCY SHELTERS AND FOOD SERVICES

2-1-1 San Diego – dial 211

www.211sandiego.org

This hotline connects people with community, health and disaster services 24 hours a day/7 days a week

Alliance for African Assistance 619-286-9052

5952 El Cajon Blvd.

San Diego, Ca 92115

www.alliance-for-africa.org/index.htm

Provides shelter referrals, furnishings, food, clothing and some emergency expenses for foreign refugees. Multiple languages spoken.

Brother Benno Foundation 760-439-1244

3260 Production Ave.

Oceanside, CA 92054

www.brotherbennos.org

Provides food, clothing, haircuts, mailing address, showers and laundry, 40 lb. box of food 1/month for families w/children, assistance to replace lost or stolen ID, bus tickets and gas vouchers. 6:30am - 1pm daily

Catholic Charities Diocese of San Diego 619-231-2828

349 Cedar Street

San Diego, CA 92101

www.ccdsd.org

Programs include food resource center, homeless men and women's services, immigrant services

Catholic Charities Food Resource 760-631-4792/760-631-2819

917 E. Vista Way

Vista, CA 92084

Interfaith Community Services 760-489-6380

Inland Service Center
550 W. Washington Ave.
Escondido, CA 92025

www.interfaithservices.org

Offers free breakfast and sack lunches each weekday. Provides case management, clothing, blankets, showers, laundry, emergency shelter, mail, hotel vouchers for families.

La Pasada de Guadalupe 760-929-2322

2478 Impala Drive
Carlsbad, CA 92010

www.ccdsd.org/homelessmen.php

Men's Shelter

North County Lifeline 760-726-4900

200 Michigan Avenue
Vista, CA 92084

www.nclifeline.org

Operation Hope – Temporary Winter Shelter 760.536.3880

859 East Vista Way
Vista, California 92084

Solutions for Change

722 W. California Ave
Vista, CA 92083

www.solutionsforchange.org

Supportive housing for families where they can rebuild skills needed to solve their families homelessness

Vista WIC Office 888-999-6897

1000 Vale Terrace
Vista, CA 92084

www.sdsuwic.org

Supplemental food program for women who are pregnant, breastfeeding, and infants and children under five.

Women's Resource Center/ North County 760-757-3500 - 24 hr

1963 Apple St.
Oceanside, CA 92054

www.wrcsd.org

Offers counseling, shelter and education to North County women, children and men involved in or threatened by domestic violence or sexual assault

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YMCA – OZ 858-270-8213

3304 Idlewild Way

San Diego, CA 92117

www.yfs.ymca.org/residential-services/oz-shelter-services.html

Provides temporary shelter and counseling for runaway, homeless and troubled youth, ages 12-17 and their families.

RUNAWAYS

National Runaway Switchboard 800-621-4000

The Bridge 24 hour crisis line 866-715-6405**Storefront Shelter 619-325-3527**

Emergency shelter for runaway or exploited youth 12-17 years old

YMCA – OZ 858-270-8213

3304 Idlewild Way

San Diego, CA 92117

www.yfs.ymca.org/residential-services/oz-shelter-services.html

Provides temporary shelter and counseling for runaway, homeless and troubled youth, ages 12-17 and their families

LGBT

Hillcrest Youth Center 619-692-2077

3909 Centre Street

San Diego, CA 92103

www.youthcentersd.com

Offers a social center with programs for individuals aged 14 to 20 years. Services include counseling; youth support groups, educational workshops, social activities, and HIV prevention. Provides case management; life skills (budgeting, etc); alcohol, tobacco, and other drug prevention; leadership development; computer lab and training; tutoring services for school or GED; and confidential HIV and STD testing and counseling.

PFLAG San Diego County Chapter 888-398-0006

P.O. Box 82762

San Diego, CA 92138

www.pflag.com

Offers support and information for friends and family of LGBT individuals.

EATING DISORDERS

National Eating Disorders Association Helpline 800-931-2237

National Association of Anorexia Nervosa & Associated Disorders 630-577-1330

www.anad.org/email address: anadhelp@anad.org

Provides support, information, and referrals for individuals with eating disorders. Also offers support for family and friends.

Overeaters Anonymous

www.aa.org

12 step program to help individuals abstain from compulsive eating and compulsive food behaviors.

San Diego Eating Disorder Treatment Center 858-836-8434

Sharp Mesa Vista Hospital

7850 Vista Hill Ave.

San Diego, CA 92123

www.sharp.com/hospital/index.cfm?id=921

Partial-hospitalization and intensive outpatient programs

San Diego State University, Psychology Clinic 619-594-5134

6363 Alvarado Ct., Ste 103

San Diego, CA 92120

www.psychology.sdsu.edu/doctoral/clinic.html

Offers individualized and group programs for the treatment of eating disorders. Fees are based on client's ability to pay. 2-4 week waiting list.

AIDS/HIV

CDC National AIDS Hotline 800-232-4636

AIDS/HIV Nightline 800-273-2437

5:00 pm - 5:00 am/7 days a week provides information, referrals, telephone crisis intervention and emotional support to people affected by HIV, AIDS, and hep

Christie's Place 619-702-4186

2440 Third Ave

San Diego, CA 92101

www.christiesplace.org

Services include an early intervention service center with resource coordination & referral services, medical case management, mental health services and bilingual childcare.

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Neighborhood Health Care 760-746-5857

460 N. Elm St
Escondido, CA 92025

www.nhcare.org

Offers outpatient medical care to persons diagnosed with AIDS/HIV.

IMMIGRANT ASSISTANCE

Access-Immigration Services 858-560-0871

2612 Daniel Ave.
San Diego, CA 92111

Helps immigrant domestic violence victims obtain legal status to escape abusive relationships.

Alliance for African Assistance 619-286-9052

5952 El Cajon Blvd.
San Diego, Ca 92115

www.alliance-for-africa.org/index.htm

Provides shelter referrals, furnishings, food, clothing and some emergency expenses for foreign refugees. Multiple languages spoken.

Casa Cornelia Law Center 619-231-7788

2760 Fifth Ave, Ste A
San Diego, CA 92103

www.casacornelia.org

Provides legal services to indigent people within the immigrant community who are victims of human and civil right violations.

Citizenship and Immigration Services 800-375-5283

1261 Third Ave A
Chula Vista, CA 91911

www.uscis.gov

Assistance in obtaining legal entry into the US, employment authorization, naturalization, travel documents, permanent residence, immigration benefits for families experiencing domestic violence

Mexican Consulate of San Diego 619-231-8414

1549 India St.
San Diego, CA 92101

www.consulmexsd.org

email: info@consulmex.sd.org

Advocacy for human and civil rights, child support, domestic violence support, immigration legal advice, referrals to law firm representation, help to obtain documents.

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PREGNANCY/CHILDCARE CONCERNS

Alternatives Women Center 760-741-9796

257 East 2nd Ave

Escondido, CA 92025

www.pregnanciescondido.com

American Red Cross - WIC 800-500-6411

1906 Oceanside Blvd

Oceanside, CA 92054

www.sandiegowic.org

Provides supplemental nutritious foods, nutritional counseling, and referrals for other social service agencies.

Brighter Beginnings 877-427-7134

www.brighter_beginnings.org

Empty Cradle 619-595-3887

9880 N. Magnolia Ave #154

Santee, CA 92071

www.emptycradle.org

Provide support to families who have experienced the loss of a baby due to miscarriage, stillbirth, infant death or SIDS. Support groups meet the 1st Wednesday every month 7:00 p.m. - 9 p.m.

North County location:

The Pacifica House of Hospice of the North Coast

4411 Park Dr

Carlsbad, CA 92008

Escondido Family Medicine Community Health Center 619-478-5254

255 N Ash St.

Escondido, CA 92025

www.mtnhealth.org

Family planning services for teens; birth control, paps, counseling, and testing.

Maternal Child & Family Services Helpline 800-675-BABY

North County Health Services Mission Mesa Pediatrics 760-966-3306

2210 Mesa Dr, Ste #300

Oceanside, CA 92054

www.nchs-health.org

Family planning services to teens, counseling, and sexually transmitted disease testing and treatment.

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Pregnancy Resource Center of Oceanside

Vista Place Shopping Center
1830 Hacienda Dr. #8
Vista, CA 92081 760-945-4673

SANDAPP (San Diego Adolescent Pregnancy and Parenting Program) 619-235-5000

www.sandi.net (then go to the department drop box to find SANDAPP)

2716 Marcy Avenue
San Diego, CA 92113

LEGAL AID

Community Resource Center 760-753-8300

650 Second Street
Encinitas, CA 92024
www.communityresourcecenter.org
Provides referrals and legal clinics.

Legal Aid Society of San Diego - North County 1-877-LEGAL-AID (877-534-2524)

216 South Tremont St
Oceanside, CA 92054-3186
www.lassd.org
Provides legal services including counseling, advice, and representation to low-income individuals in areas such as health, housing, immigration rights, family law, and juvenile law.

Lifeline Coastal Youth Services 760-726-4900

200 Michigan Avenue
Vista, CA 92084
www.nclifeline.org/youth.htm
A legal advice clinic for low-income clients that offers 20 minute consultations and mediation for dispute resolution.

San Diego Volunteer Lawyer Program 619-235-5656

707 Broadway, Ste 1400
San Diego, CA 92101
www.sdvlp.org
Provides pro-bono legal advice and direct representation assistance to the indigent in family law, domestic violence prevention, AIDS law, guardianships, special education, immigration, and civil rights.

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San Diego County Superior Courthouse All Court Divisions: 760-201-8600
District Attorney's Office: 760-806-4004 Victim/Witness Assistance: 760-806-4079
Juvenile 760-201-8600 x 1420

www.sdcourt.ca.gov

325 South Melrose Drive
Vista, CA 92081

Restraining Order Information

www.sdcourt.ca.gov/portal/page?_pageid=55,1524115&_dad=portal&_schema=PORTAL

Annex Trailer – 325 South Melrose Drive
Vista, CA 92081

HOURS: Monday – Friday, 8:30 a.m. – 2:30 p.m.

Victim Services-San Diego County District Attorney 619-531-4041

www.sdcdca.org/helping/victims/victim-services.html

Comprehensive center for victims and witnesses