What services are provided by this collaboration?

Immediate Crisis Response
- Crisis Counseling
- Grief/Bereavement Counseling
- Psychological First Aid
- Spiritual Care
- First Responder Critical Incident Stress Debriefing

Short-Term Counseling
- Critical Incident Stress Debriefings
- Grief/Bereavement Counseling
- Psychological First Aid
- Spiritual Care
- Trauma Counseling
- Spiritual Care
- Individual/Family/Group Counseling

Long-Term Counseling
- Intensive Outpatient Program
- Individual/Family Group Counseling
- Spiritual Care

Who We Are

About Us
The Community Wellness Team is a collaboration of many local agencies working together to support the wellness of our community in response to the Thomas Fire and 1/9 Debris Flow.

Collaborating Organizations
Santa Barbara County Department of Behavioral Wellness (Lead)
Institute for Congregational Trauma and Growth (Co-Lead)
American Red Cross
Santa Barbara Disaster Mental Health
California Association of Marriage and Family Therapists
California HOPE-805
Cottage Health
Hospice of Santa Barbara
Jewish Family Service of Greater Santa Barbara
Mental Wellness Center
National Association of Voluntary Organizations (VOAD)
Santa Barbara County Psychological Association
Santa Barbara Response Network
Santa Barbara Unified School District
Sheriff Department Behavioral Sciences Unit
WHERE TO GET HELP

Common symptoms of stress experienced in response to trauma include anxiety, sadness or depression. Challenges may be noticed in sleep, concentration, work or in relationships. Help is available.

Immediate Crisis Response
Santa Barbara County Department of Behavioral Wellness (Sp)
Contact: Suzanne Grimmesey
(805) 886-5403
Santa Barbara Response Network (Sp)
Contact: Jina Carvalho
(805) 452-6457
American Red Cross
Santa Barbara Disaster Mental Health
(805) 687-1331
Hospice of Santa Barbara (Sp)
(805) 563-8820
Institute for Congregational Trauma and Growth
Contact: Kate Wiebe kwiebe@ictg.org
California HOPE-805 (Sp)
(805) 845-2973

Short-Term Supports

Children
Individual/Group
Santa Barbara County Psychological Association (Sp)
www.sbcpa.org
Hospice of Santa Barbara
(805) 563-8820 (Sp)
Jewish Family Service of Greater Santa Barbara
Contact: Ruth Steinberg
(805) 957-1116
California HOPE-805 (Sp)
(805) 845-2973

Group
Cottage Health (Sp)
(805) 569-7501
howweheal@sbcch.org
www.cottagehealth.org/howweheal

Adults
Individual/Group
Santa Barbara County Psychological Association (Sp)
www.sbcpa.org
Hospice of Santa Barbara
(805) 563-8820 (Sp)
Jewish Family Service of Greater Santa Barbara
Contact: Ruth Steinberg
(805) 957-1116
Institute for Congregational Trauma and Growth
Contact: Kate Wiebe kwiebe@ictg.org
www.ictg.org
California HOPE-805 (Sp)
(805) 845-2973

Group
Cottage Health (Sp)
(805) 569-7501
howweheal@sbcch.org
www.cottagehealth.org/howweheal

School Support
Santa Barbara County Department of Behavioral Wellness (Sp)
Contact: Suzanne Grimmesey
(805) 886-5403
Santa Barbara Response Network (Sp)
Contact: Jina Carvalho (805) 452-6457
Hospice of Santa Barbara
(805) 563-8820 (Sp)

First Responders
CRITICAL INCIDENT STRESS DEBRIEFINGS/COUNSELING
Santa Barbara County Department of Behavioral Wellness (Sp)
Contact: Suzanne Grimmesey
(805) 886-5403
Sheriff Department Behavioral Sciences Unit
Contact: Cherylynn Lee
cr15034@sbsheriff.org

Long-Term Supports

Individual/Group
Santa Barbara County Psychological Association (Sp)
www.sbcpa.org
Jewish Family Service of Greater Santa Barbara
Contact: Ruth Steinberg
(805) 957-1116
Institute for Congregational Trauma and Growth
Contact: Kate Wiebe kwiebe@ictg.org
www.ictg.org

Group
Cottage Health (Sp)
(805) 569-7501
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Sp = Bilingual Spanish speaking capability