Providing emotional support for children and their families throughout Santa Barbara County who have Medi-Cal.

We treat a variety of symptoms: sadness, nightmares, anxiety, depression, poor concentration, crying spells, fear of social situations, loneliness, or if your child is not behaving with parents/teachers or suddenly isolating from friends and family.

Only with your approval, our psychiatrist can provide medication, if necessary.

EMERGENCY SITUATIONS
For immediate health or safety danger, call 911

For less critical but urgent matters, you can contact:

S.A.F.T.Y. (Safe Alternatives for Treating Youth) If your child is upset enough to threaten to hurt themselves or someone else

24 Hours 1-888-334-2777

OTHER IMPORTANT CONTACTS
When needing support that isn’t an immediate crisis or emergency

ACCESS is a 24 hour 7 days a week information & referral line. You may call for a referral for therapy or an assessment or simply to ask a question.

24 Hours 1-888-868-1649
Behavioral Wellness Child & Family sites are Medi-Cal outpatient clinics for young people with emotional and mental health issues.

Each therapy plan is individualized to meet the needs of your child and your family.

Our county wide locations include Santa Maria, Lompoc, and Santa Barbara.

The Child & Family clinics partner with several community agencies in order to improve the match between your child’s individual needs and the most effective treatment.

Some of our partner agencies include:
- CALM (Child Abuse Listening & Mediation)
- FSA (Family Service Agency)
- CASA PACIFICA/Wrap Around Program
- Community Action Commission
- Mental Health Systems

Our team of medical doctors, psychologists, clinical social workers and marriage family therapists provide services including, but not limited to:
- Psychological Assessments
- Individual, Group & Family Therapy
- Trauma Focused Therapy
- Medication Evaluation & Treatment
- Wraparound Support for the Family
- Intensive Case Management & Support

Nothing you do for a child is ever wasted.

-Garrison Keillor

HOW WE WORK FOR YOU -
The focus of our clinic is to increase your child’s success. We believe each child or teen has the capacity to improve his or her own situation with the right support.

We are here to support your family; both children and parents.

You can aid in your child’s success by:
- Freely expressing your family’s needs
- Asking questions
- Being the leader of your child’s treatment team