Providing emotional support for families and their children in the County of Santa Barbara with 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 may 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

You are always welcome to call the clinics with any questions. The ‘On-Call Clinician’ is available Monday - Friday 8:00 am- 5:00 pm.
If they don’t answer immediately, leave a message and they will return your call by the next business day.
YOUR CHILD & FAMILY SERVICES CLINIC

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:
- CASA PACIFICA/Wrap Around Program/TBS
- Santa Maria Valley Youth and Family - SMVYF
- Community Action Commission
- CALM (Child Abuse Listening & Mediation)
- MHS - Mental Health Systems/Transition Age Youth Programs

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 their own situation with the right support.

Our team of medical doctors, psychologist, clinical social workers and marriage family therapist provide services including but are 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

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

You can aid in your child’s success by:
- Freely expressing your families needs
- Asking questions
- Know you will always be the leader of your child’s treatment team