

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.

IMPORTANT PHONE NUMBERS:

Call: 911—for immediate health or safety danger

Call: S.A.F.T.Y. (Safe Alternatives for Treating Youth) - 24 Hours 1-888-334-2777—for less critical but urgent matters, or if your child is upset enough to threaten to hurt themselves or someone else

Call: ACCESS Line—1-888-868-1649—for a referral for therapy or an assessment or simply to ask a question. ACCESS is a 24 hour 7 days a week information and referral line.

SANTA BARBARA COUNTY CHILDREN'S MENTAL HEALTH CLINIC LOCATIONS:

Santa Barbara Children's Mental Health
429 North San Antonio Rd.
Santa Barbara, CA 93110
(805) 884-1600

Santa Maria Children's Mental Health
500 W. Foster Rd.
Santa Maria, CA 93455
(805) 934-6385

Lompoc Children's Mental Health
117 North B Street
Lompoc, CA 93436
(805) 737-6600
(805) 737-6600

**Department of Behavioral Wellness
Santa Barbara County
Child & Family Services**

Children's Outpatient Clinic
Mental health services for children who have emotional or mental health problems



ACCESS Line
1-888-868-1649

County of Santa Barbara
Department of Behavioral Wellness

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 created individually to meet the needs of your child and family. Our countywide 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
- CAC (Community Action Commission)
- Santa Maria Valley Youth & Family Treatment Center
- MHS (Mental Health Systems)



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.



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



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

