Santa Maria Children's Clinic and Transitional Age Youth Program

Welcome Packet: How to Navigate Services

To obtain crisis services call:

24/7 ACCESS LINE 888-868-1649

Or

24 hours SAFTY HOTLINE

(888)334-2777

For an emergency, call 9-1-1

500 West Foster Road
Santa Maria, CA 93454
Phone: 805-934-6385
http://cosb.countyofsb.org/admhs/

Packet Contents:

- Fact Sheet on Mental Health Services at this Clinic
- Children's Staff Pictures & Teams
- Community Services Directory

Children's Medical Staff

Nick Nichols, Benny Franco & Dr. Jonah Shull

Children's Clinical Staff

Dr. Laura Beltran, Maria Frausto, Linda Peterson & Cheryl Poirier

Administrative Team

Vicki Taecker, Dr. Arlene Altobelli, Juliza Hernandez & Rosa Guzman

Katie-A Team

Carla Sotelo, Amy Wilborn & Christina Lombard

Spirit Team

Lupe Varela, Gary Ramirez-Cong & Kisha Ojeda

PEI & NH TAY Team

Viviana Meza, Diana Peinado, Holly Morris, Julie Addison & Raul Orozco

Mental Health Services at the Santa Maria Children's Clinic

What to expect as you begin your treatment...

Your First Appointment: Your first meeting will be an evaluation appointment with a mental health practitioner. This meeting typically lasts 2 hours and your mental health worker will take a collaborative approach in interviewing you and your child to determine the mental health problem and the services that best match your child's specific needs.

The second appointment: After your first meeting you will be invited back to complete any remaining evaluation issues and to review recommended treatment options to get your child on the road to wellness and recovery. As the parents/legal guardian and consumer, you are an essential part of the treatment process and you will help your mental health worker design your treatment plan.

Possible recommended treatment options at Santa Maria Children's Clinic could include any of the following:

- Behavioral treatment
- Group therapy
- Individual therapy (home based and or clinic based)
- Family therapy
- Medications
- Intensive case management
- Transition Age Youth program services
- Wrap Around Services

Additional Appointments: This will reflect the start of recommended services. Throughout the course of treatment your mental health worker will adjust the treatment plan to reflect your individualized treatment needs. Consumers are expected to be active participants in their own treatment. The best outcome for success on the road to wellness occurs when consumers attend their appointments and are full and active participants in their individualized treatment.

Mental Health and Psychiatry

At the Santa Maria Children's Clinic Dr. Jonah Shull, MD is the residing Board Certified Child and Adolescent Psychiatrist

Psychiatrists: Are medical doctors who can prescribe medicine to help your child. Seeing the psychiatrist will help with informing you if medication is recommended for your child.

Just because your child has been scheduled to see the psychiatrist does not mean he/she will necessarily be given a prescription for medicine.

Medications can help children and adolescents recover from many mental health conditions. Research supports better outcomes when therapy is combined with taking medications.

***If you or your child have been prescribed medications at this clinic, please give at least 7 days advance notice to our staff so we can get your refill processed. We want to ensure you get your medications in time.

Mental Health and the Education System

Many of the children and adolescents referred to Santa Maria Clinic attend our local schools. Our clinic continues to work in partnership with a variety of school-based and/or school-linked programs that have been developed for purposes of early intervention, crisis intervention and prevention, treatment, and promotion of positive social and emotional development. Your child may have been involved in one of these programs and /or may be referred to one of these programs as you work with our teams.

School is a major part of a child's life and a child with mental health needs can experience challenges that make it difficult to be successful in school.

If your child's mental health issues are impacting their progress in their education, your mental health worker will evaluate and determine how to assist you in understanding the school system to better suit your child's mental health and educational needs.

Mental health staff can attend school meetings and communicate with school staff to work as a team to meet the individual needs of each child.

Mental Health and Transition Planning

As you begin to progress in your treatment, make steady gains and meet your individualized treatment goals your mental health worker will begin the conversation about transition planning.

You and your treatment team will determine the next best step for you as you progress toward wellness. Transition planning can include some of the following options:

- The development of a relapse plan
- Follow-up services with a community based provider
- Medication management with a primary care physician
- Step down to a less intensive service
- A referral to another program and/or adult services
- Closure to the clinic with referrals if symptoms return

You will be an active participant in determining your next steps as you graduate or outgrow treatment with Santa Maria Children's Clinic.

COMMUNITY SERVICES DIRECTORY

EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD)
1410 S. Broadway, Santa Maria, CA 93454

All addresses are in the City of Santa Maria unless otherwise indicated

CHILD CARE

(EDD does not endorse the child care facilities listed.)

CAC/Head Start Preschool 922-2243
201 W. Chapel

Central Eligibility List ..... 1(866) 440-4481

Children's Resource & Referral Program
705 E. Main St., Santa Maria.....925-1989

Santa Maria YMCA - (pre-school) 937-8521
3400 Skyway Dr.

CONSUMER INFORMATION

Better Business Bureau of the Tri-Counties
P. O. Box 129
Santa Barbara, CA 93102 963-8657

Consumer Credit Counseling..... (800) 540-2227

EDUCATION

Allan Hancock College.....922-6966
800 S. College Drive

Central Coast Literacy Council 925-0951
421 S. McClelland

Migrant Education 800 234-8848
P. O. Box 788, Guadalupe, CA 93434
402 Farnel Rd. Ste A, Santa Maria

Santa Barbara County Education.....349-0443
402 Farnel, Santa Maria

EMPLOYMENT and TRAINING

National Toll Free Help Line.....(877) 872-5627
(Public Workforce Information).

Candelaria American Indian Council 650-8352
1650 Palma Drive, Suite 101 Toll Free
Ventura, CA 93003 (866)441-2242

Center for Employment Training (CET)
509 W. Morrison.....928-1737

Job Corps .....(800) 733-5627

California Conservation Corp.....(800) 952-5627

Regional Occupational Program (ROP)
4892 Bethany Ln..... 937-8427

Workforce Resource Center
1410 S. Broadway.....614-1550

FAMILY AID/SOCIAL SERVICES/SHELTERS

CAC Energy Services (HEAP Program)..... (800) 655-0617
5638 Hollister Avenue, Goleta, CA

Catholic Charities
607 West Main Street.....922-2059

Central Coast Rescue Mission
1297 N. McClelland St.....614-0220

Community Action Commission 922-2243
201 W. Chapel

Dept. of Social Services
Self Sufficiency Center
1444 S. Broadway 614-1300
2125 Centerpointe Parkway.....346-7135
1100 W. Laurel, Lompoc.....737-7080

Good Samaritan Shelter.....347-3338
401 West.Morrison St.
(Detox In Patient) ext. 102

Housing Authority 735-8351
917 W Ocean Ave. Lompoc

Recovery Point 346-8185
731 S. Lincoln Street (Out Patient)

Salvation Army.....922-4434
200 W. Cook St.

Domestic Violence Solutions 925-2160

Victim/Witness Assistance Program 346-7529
312 E. Cook St., #D

HEALTH

AIDS National Hotline (CDC) 8-8 pm EST (800) 232-3688

Alcoholics Anonymous, Al-anon & Al-ateen
Santa Maria.....925-3782
Lompoc.....737-3969

Community Health Clinic.....737-1169
425 W. Central Ave. #201, Lompoc

CHC Mobile Health Clinic..... 451-3898

Crisis/Suicide Intervention/Child Abuse Crisis
(800) 400-1572 or local 899-0061.....928-5818

Guadalupe Community Clinic
4723 W. Main St., # H
Guadalupe..... 343-2004 or 343-2027Medicare Information
..... (800) 772-1213

Mental Health Service (Day Treatment).....934-6380
500 W. Foster Road. Santa Maria

Nipomo Health Clinic.....929-3211
150 Tejas Place, Nipomo

Planned Parenthood 898-3806
415 East Chapel. Santa Maria

Santa Barbara County Health Dept.....346-7230
2115 S. Centerpointe Parkway. Santa Maria

LEGAL ASSISTANCE

California Rural Legal Assistance (CRLA)
2050-G S. Broadway..... 922-4563

Equal Employment Opportunity Commission (EEOC)
www.eeoc.gov.....(800) 669-4000
Legal Aid Foundation
301 S. Miller #121 922-9909
106 South C St. Suite A. Lompoc.....736-6582

REHABILITATION

Dept. of Rehabilitation-State of California
2615 S. Miller #101, Santa Maria.....928-1891
Lompoc 736-0063

Vocational Rehabilitation Center 928-5000
2445 A Street

Independent Living Resource Center 925-0015
327 E. Plaza Dr., # 3A

SENIOR SERVICES

Area Agency on Aging 965-3288
528 S. Broadway.....925-9554
Medicare Information .....(800) 772-1213
Senior Information & Referral.....928-5818
PathPoint, Inc.....961-9211
2450 Professional Prkwy #220, Santa Maria.....934-3537

TRANSPORTATION

Lompoc Transit (COLT).....736-7666
Santa Maria Area Transit (SMAT).....928-5624
Ridesharing Information
Santa Barbara County 963-7283
San Luis Obispo County 511
Cal Vans 866-655-5444

GOVERNMENT AGENCIES

Department of Motor Vehicles.....(800) 777-0133
523 S. McClelland - Santa Maria
209 West Pine Street - Lompoc

Fair Employment & Housing
4800 Stockdale Hwy Ste 215
Bakersfield, CA 93309-2636 ..... (800) 884-1684
www.dfeh.ca.gov
US Citizenship and Immigration Services....(800) 587-0557

Social Security Administration ..... (800) 772-1213
2436 Professional Parkway

Labor Commisioner
www.dir.ca.gov ..... (805) 568-1222
411 E. Canon Perdido, Rm 3 (automated line).....965-7214
Santa Barbara, Ca 93101

Internal Revenue Service (IRS)
2384 Professional Pkwy, Forms..... (800) 829-3676
Santa Maria, CA 93455 Information & Assistance
..... (800) 829-1040

Worker's Compensation Information 596-4159
4740 Allene Way, Suite 100. San Luis Obispo CA 93401
tbrown@dir.ca.gov 596-4153

Franchise Tax Board ..... (800) 852-5711

Cal OSHA Field Investigator ..... (818) 901-5403
6150 Van Nuys Blvd. #405
San Fernando Valley, CA 91401

Employment Development Dept. (EDD)
Disability Insurance..... (800) 480-3287
PO Box 989777, West Sacramento, CA 95998-9777

Paid Family Leave..... (800) 238-4373
Job Service Information ..... (805)348-3230
Unemployment Insurance..... (800) 300-5616
1099 Request ..... (800) 795-0193

Unemployment Insurance Appeal Office
218 W. Carmen Lane Suite 109

Office of Appeals
1901 N. Rice Ave Ste 300, Oxnard CA 93030
OK to call collect..... (805) 485-5389

Tax Branch (Employers) ..... (888) 745-3886

To Report Fraud (UI, DI or PFL) call: .. (800) 229-6297
To Report Payroll CALIFORNIA Tax Fraud call:
..... (800) 528-1783

EDD on The Internet
www.edd.ca.gov

Libraries
Santa Maria, 421 S. McClelland 925-0951ext 317
Orcutt, 1157K E. Clark Ave.....937-6483
Lompoc, 501 E. North Ave 875-8775
Nipomo, 918 W. Tefft St.....929-3994
Guadalupe, 4719 W. Main Ste. D. 343-1405
Solvang, 1745 Mission Dr.....688-4214

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