

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



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

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.

Department of Behavioral Wellness
Santa Maria Child & Family Services

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



(805) 934-6385

**500 West Foster Road
Santa Maria, CA 93455**

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 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

