Updated November 4, 2016

**Community Resources**

Evergreen School District Mental Health Committee’s list of community resources are intended to help improve the quality of life for those seeking help. Please note that there are more community resources than the ones listed below.  To access additional information about other community resources in Santa Clara, call 211 or visit www.211.org.

**Santa Clara County Mental Health Agencies**

**Mental Health Referral Line** 800-704-0900

* The Santa Clara County Mental Health Call Center is the centralized entry point for individuals who are seeking behavioral health services in Santa Clara County.
* Individuals will be screened for behavioral health needs. Callers will be directed to programs and services that are suitable for meeting their needs.

**Asian Americans for Community Involvement** 408-975-2730 [http://www.aaci.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e616163692e6f7267)

* AACI is Santa Clara County’s largest community-based organization focused on Asian Americans in the community. They have programs that support medical, recovery, shelter and advocacy needs.

**Alum Rock Counseling Center** 408-294-0500 [http://www.alumrockcc.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e616c756d726f636b63632e6f7267)

* ARCC offers nearly a dozen separate programs for high-risk youth and their families. Programs, offered individually or in various combinations, focus on: early childhood development and parent coaching, middle school student mentoring, life skills development, truancy reduction, gang-related services, mobile crisis response and counseling, case management, child abuse and neglect prevention and community outreach.

**Almaden Valley Counseling Service** 408-997-0200 [http://www.avcounseling.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e6176636f756e73656c696e672e6f7267)

* AVCS is a community-based, nonprofit counseling agency committed to meeting the mental health concerns of all ages with an emphasis on youth. AVCS offers a full range of counseling services which supports and promotes personal growth, positive family relationships and emotional well-being. Services all ages.

**Bill Wilson Center** 408-243-0222 [http://www.billwilsoncenter.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e62696c6c77696c736f6e63656e7465722e6f7267)

* The center offers a variety of services for children, adolescents and adults, such as

            individual and family counseling, parenting classes, family advocacy services, and

much more.

**Catholic Charities** 408-468-0100 [http://www.catholicharitiescc.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e636174686f6c6963686172697469657363632e6f7267)

* The organization provides a breadth of services that focus on:
	+ behavioral health
	+ children, youth and family development
	+ economic development
	+ older adults
	+ parish partnerships
	+ advocacy

**Community Solutions** 408-225-9163 [http://www.communitysolutions.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e636f6d6d756e697479736f6c7574696f6e732e6f7267)

* The agency provides a comprehensive spectrum of prevention, intervention, treatment, and residential services to the communities of Santa Clara and San Benito Counties. Their programs provide the services and support to help children, families and individuals overcome the challenges posed by mental health issues, substance abuse, trauma, severe family dysfunction, sexual and domestic violence, and human trafficking.

**Uplift Family Services** 408-379-3796 [http://www.upliftfs.org (only takes Medi-Cal)](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e656d7166662e6f7267)

* Uplift Family Services has a comprehensive network of coordinated services designed to aid children, adolescents, and families with complex behavioral challenges.

**Gardner Family Health** 408-918-2600 [http://www.gardnerfamilyhealth.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e676172646e657266616d696c796865616c74682e6f7267)

* The agency delivers healthcare to people of all ages, backgrounds, and life circumstances.

**REACH** 855- 273-2248 [http://www.reach4scc.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e7265616368347363632e6f7267)

* The REACH Program serves youth ages 10 to 25 who are either showing early signs or have recently been diagnosed with a psychosis. Their mission is to promote independence and prevent onset of mental illness in the Santa Clara County youth population through early education and awareness, consistent treatment, and community support.

**Starlight Community Services** 408-284-9000 [http://www.starsinc.com/starlight.php](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e7374617273696e632e636f6d2f737461726c696768742e706870)

* They have programs for children, adolescents and transitional age youth (TAY) who face emotional, behavioral, and learning challenges and have difficulty succeeding in family or community living environments.

**Informative Mental Health Websites**

**General Parenting Websites**: The websites provided have a broad range of topics to help parents with raising their children (from newborns-teens).

* **Center for Parenting Education** (offers a broad range of topics):
	+ <http://centerforparentingeducation.org/resource-directory/>
* **Empowering Parents (**offers a broad range of topics):
	+ <https://www.empoweringparents.com/resources/>

**Communication with Your Child**: The websites below will give some useful tips for effectively communicating with your family.

* **American Psychological Association**
	+ <http://www.apa.org/helpcenter/communication-parents.aspx>
* **American Academy of Pediatrics** www.healthychildren.org
	+ <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Improving-Family-Communications.aspx>

**Building Resilience in Children**:These websites provide tools for parents to help their children to learn how to become more resilient when faced with challenges and adversities.

* **American Academy of Pediatrics** healthychildren.org
	+ https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx
* **American Psychological Association**
	+ <http://www.apa.org/helpcenter/resilience.aspx>

**Bullying Resources**: The following websites will give an overview of what bullying is, the impact of bullying and other related topics.

* **Stopbullying.gov**
	+ <https://www.stopbullying.gov/what-is-bullying/>
* **Stomp Out Bullying**
	+ http://stompoutbullying.org/
* **Santa Clara County of Education**: Bullying Prevention and Education Resources
	+ <http://www.sccoe.org/depts/schoolhealth/Pages/Bullying-Prevention.aspx>

**Helping Children Manage Anger**:Do you want to help your child learn to effectively manage his/her anger? The following websites can provide some great resources on how to do just that.

* **Parents**
	+ <http://www.parents.com/toddlers-preschoolers/discipline/anger-management/helping-kids-handle-anger/>
* **Empowering Parents**
	+ https://www.empoweringparents.com/article/calm-parenting-anger-management-in-children-and-teens/
* **Kids Matter**
	+ <https://www.kidsmatter.edu.au/sites/default/files/public/KMPC2_201205_anger-How-to-help.pdf>

**Helping Children Manage Worry/Anxiety**: Worry and anxiety is common among children.  Below are some useful sites that will offer advice on how to help children with anxiety.

* **Kids Health**
	+ [http://kidshealth.org/en/parents/worrying.html#](http://kidshealth.org/en/parents/worrying.html)
* **Worrywisekids**
	+ [www.worrywisekids.org](http://www.worrywisekids.org)
* **The Huffington Post**
	+ <http://www.huffingtonpost.com/daniel-b-peters-phd/10-steps-for-parent-and-kids-to-taming-the-worry-monster_b_4345171.html>

**Social Emotional Learning Website**:These resources will provide ways for parents to foster emotional intelligence in their children.

* **Center for Social Emotional Foundations for Learning**
	+ http://csefel.vanderbilt.edu/resources/strategies.html
	+ The Center for Social Emotional Foundations for Early Learning is a national resource center that promotes children’s social-emotional development and school readiness.  The website offers scripted stories for social settings, tools, relationship building and creating behavior support plans, and ideas for teaching social-emotional skills.
* **Edutopia**
	+ <https://www.edutopia.org/SEL-parents-resources>
	+ <https://www.edutopia.org/social-emotional-learning-parent-resources>
* **Social Emotional Book List**
	+ <http://csefel.vanderbilt.edu/documents/booklist.pdf>
	+ Topics on the book list are:
		- Being a friend
		- Accepting different kinds of friends
		- General feelings
		- Happy feelings
		- Sad feelings
		- Anger
		- Scared or worried feelings
		- Caring about others and empathy
		- Problem solving
		- Self-confidence
		- Good behavior expectations
		- Family relationships
		- Bullying/teasing
		- Grief and death

**Health Insurance/Medical Services**

**Medi-Cal** 408-758-3600<http://www.coveredca.com/medi-cal/>

* Medi-Cal is free or low-cost health coverage for children and adults with limited income and resources.

**Healthy Kids**

* An insurance program that covers uninsured children ineligible for public programs, as a result of family income level or immigration status.
* **For help to enroll in Medi-Cal or Healthy Kids call:**
	+ Santa Clara Social Services Agency: 408-758-3600
	+ Children’s Health Initiative: 888-244-5222 [http://www.scfhp.com](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e73636668702e636f6d)
	+ Foothill Community Health Center [http://www.sjffcc.org (some have dental/health clinics)](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e736a666663632e6f7267)

**Kaiser Permanente** 800-488-3590 [https://healthy.kaiserpermanente.org/html/kaiser/index.shtml](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b666630316363306562326668747470733a2f2f6865616c7468792e6b61697365727065726d616e656e74652e6f72672f68746d6c2f6b61697365722f696e6465782e7368746d6c)

* It has not-for-profit health plans and has health providers.

**Santa Clara Valley Medical Center** 408-885-5000 [http://www.scvmc.org/Pages/home.aspx](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e7363766d632e6f72672f50616765732f686f6d652e61737078)

* Provides various medical services to individuals of all ages.

**Stanford Adolescent Health Van Clinic on Wheels** 650-736-7172

* It is a unique program that brings free medical care directly to uninsured youth, homeless youth and under insured youth ages 10-25.

**Gardner Family Health** 408-918-2600 [http://www.gardnerfamilyhealth.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e676172646e657266616d696c796865616c74682e6f7267)

* The agency delivers healthcare to people of all ages, backgrounds, and life circumstances.

**Foothill Community Health** 408-729-9700

* Offers medical, behavioral health, dental and optometry services.

**Resources for Victims of Domestic Violence, Sexual Assault, or Crimes**

**YWCA of Silicon Valley**

* Rape Crisis Line 800-572-2782
* Rape Crisis Center 408-295-4011 Ext. 200 [http://www.ywca-sv.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e797763612d73762e6f7267)
* YWCA provides support counseling for victims of domestic violence, human trafficking, and sexual assault. They also have counseling services at their sites.

**Victim Witness Assistance Center** 408-295-2656 [http://www.svfaces.org/victim-witness.html](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e737666616365732e6f72672f76696374696d2d7769746e6573732e68746d6c)

* The VWAC staff will assist victims suffering emotional crises as a result of crime. In certain cases, the VWAC may provide other emergency services.

**Next Door Solutions to Domestic Violence**

* Emergency Hotline 408-279-2962
* Non-Emergency 408-501-75540 [http://nextdoor.org/](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f6e657874646f6f722e6f72672f)
* Next Door Solutions help support women and their children who have experienced domestic violence.

**Substance Use/Abuse**

**Asian Americans for Community Involvement** 408-975-2735 [http://www.aaci.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e616163692e6f7267)

* Provides counseling, outpatient clinic, case management and psycho-education for adolescents and adults facing substance abuse.

**Asian American Recovery Services** 408-271-3900 [http://www.aars.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e616172732e6f7267)

* AARS provides outpatient substance use disorder treatment for adults and youth, outpatient mental health treatment for adults and youth, integrated behavioral health services, case management, mental health services, substance abuse and HIV prevention, HIV testing and counseling, and HIV case management for adults, juvenile justice and probation youth services, including prevention, outpatient substance use and/or mental health treatment, and social support.

**Alcoholics Anonymous** [http://aasanjose.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f616173616e6a6f73652e6f7267)

* Support groups for those struggling with alcohol abuse.

**Al-Anon and Alateen** [http://www.al-anon.alateen.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e616c2d616e6f6e2e616c617465656e2e6f7267)

* Offers support group for those struggling with alcohol abuse.

**Lesbian, Gay, Bisexual, Transgender, Queer and Questioning Youth (LGBTQ)**

**The LGBTQ Youth Space** 408-343-7940 [http://youthspace.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f796f75746873706163652e6f7267)

* Counseling is available for lesbian, gay, bisexual, transgender, queer and questioning youth, ally youth and young adults (ages 13-25) seeking support.

**PFLAG** (Parents, Families and Friends of Lesbians and Gays) [http://www.pflagsanjose.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e70666c616773616e6a6f73652e6f7267)

* A local chapter of this organization can provide peer-to-peer support, can educate people on issues that are important to the LBGTQ community and can advocate for inclusive policies and laws.

**Suicide/Crisis**

**Uplift Family Services First Crisis Hotline** 408-379-9085 or toll free 877-41-CRISIS/ 877-412-7474  [www.uplifts.org](http://www.uplifts.org)

* The Mobile Crisis Program provides 24-hour intervention to children and adolescents in the community who are experiencing acute psychological crisis. Included are suicide assessment, along with safety planning and referrals to community-based mental health services.

**Alum Rock Counseling Center Mobile Crisis Unit** 408-294-0579 [http://www.alumrockcc.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e616c756d726f636b63632e6f7267)

* The Mobile Crisis Unit is a 24 hour/7 days a week mobile community response support line, which helps to provide de-escalations, stabilization and resources referrals to youth and families in immediate crisis situations.

**Abuse/Neglect**

**Child Protective Services (CPS)** 408-279-2071 [http://ag.ca.gov/childabuse/pdf/ss\_8572.pdf](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f61672e63612e676f762f6368696c6461627573652f7064662f73735f383537322e706466)

* CPS screens calls 24 hours a day, seven days a week, 365 days a year.
* CPS provides protection for children who are at risk of, or are experiencing physical, sexual or emotional abuse, or emotional or physical neglect. Its focus is on the safety of the child and support for parents to strengthen families and promote safe, nurturing homes for children.

**Grief/Death/Dying**

**Bill Wilson’s Centre for Living with Dying** 408-243-0222 [http://www.billwilsoncenter.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e62696c6c77696c736f6e63656e7465722e6f7267)

* The center offers emotional support to adults and children facing life-threatening illness or the loss of a loved one.

**Homeless Services**

**Emergency Shelter for Families**

* Waiting List Hotline 408-926-8885

**Family Supportive Housing/San Jose Family Shelter** 408-926-8885

* The only shelter in Santa Clara County that exclusively serves both single and two-parent families with children.

**Life Moves** 408-271-1630  [http://www.llifemoves.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e696e6e766973696f6e2e6f7267)

* Life Moves-Georgia Travis House provides stabilization shelter and services for homeless women and children in San Jose. Homeless families with children under the age of 18, women who are at least seven months pregnant, or individuals without children.

**Bill Wilson Transitional Housing** (for 18-24 year olds) 408-243-0222

* Bill Wilson Center's Transitional Housing Program is available for youth ages 18-24, including young parents and their children.

**Home First** 408-294-2100 www.homefirstscc.org

* It serves homeless adults (no minors) year-round, providing emergency shelter and other supportive services, such as mental health services, a medical clinic and medical respite program, case management, a computer lab, housing search assistance,  job search and placement assistance.

**Rental & Other Housing Assistance**

**Sacred Heart Community** 408-278-2160

* The Housing Program offers rental, deposit, utility assistance and home repairs/weatherization assistance.

**Salvation Army** 408-282-1165

* The San Jose Salvation Army offers one time grants and cash as rental assistance to low income families and individuals to help them stop an eviction and prevent homelessness.

**Life Moves | Rapid Re-­Housing** 408-271-1630

* This program helps clients who are homeless, but have a reliable income to receive move­-in assistance and shallow rent subsidies.

**INNVISION** 408-453-3124

* Emergency rental, housing and utility bill assistance is provided to qualifying families and individuals. Services offered include a wide variety of homeless prevention, rental, low income housing, counseling, and referrals.

**The Housing Authority of the County of Santa Clara** 408-275-8770

* It offers housing programs in the county for those that qualify. Some examples of the programs are: Section 8 vouchers, a rental subsidy. Santa Clara residents with a disability or who are currently homeless can receive help from the Shelter Plus Care Program and/or the Mainstream Vouchers. Another resource is Veterans Affairs Supportive Housing (VASH). There is often a waiting list for all these housing resources.  Rental assistance may be available.

**City of San Jose Rental Rights & Referrals Program** 408-975-4480

* It is a part of the Department of Housing and provides education and information about the rights of both tenants and property owners.

**St. Joseph’s Family Center (Gilroy)** 408-846-1480

* The center helps alleviate hunger and homelessness in South Santa Clara County by providing food, emergency utility and rental assistance, and employment related services.

**Food Pantry**

**Sacred Heart** 408-278-2160http://sacredheartcs.org

* Sacred Heart offers two food programs: a three-day supplemental supply of groceries and an assortment of food for homeless customers that requires no prep or cooking. Customers can receive food twice a month (one time between 1st and 14th, and again between 15th and end of month), and may access additional produce once a week.
* The pantry serves zip codes 95110, 95117, 95125, 95126, 95128, 95134, and homeless individuals.

**Second Harvest Food Bank** 800-984-3663 [http://www.shfb.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e736866622e6f7267)

* Second Harvest provides many food supplemental programs that help provide food services to children, adults and families.

**Loaves and Fishes** 408-998-1500 [http://www.loavesfishes.org/cms/](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e6c6f617665736669736865732e6f72672f636d732f)

* A soup kitchen that provides free, hot, nutritious meals across Santa Clara County. In partnership with Second Harvest Food Bank, they also provide groceries twice a month to qualified families.

**Job Assistance**

**Employment Connection of Santa Clara County** 408-758-3797 <https://www.sccgov.org/sites/ec/Pages/default.aspx>

* A career center that delivers personalized professional services to both job seekers and employers.

**Sacred Heart JobLink Employment Assistance Program** 408-278-2172

* This program provides employment assistance and financial coaching to help individuals build a pathway to financial self-sufficiency. JobLink can help with resumes, preparing for interviews and finding employment opportunities.

**Job Corps** (16-24 year olds) 408-254-5627

* Job Corps has a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

**Education for High School Diploma/GED**

**Opportunity Youth Academy** (16-24 year olds) 844-692-4888

* OYA offers students a blended program of teacher-directed instruction and online credit accrual and recovery options.  One can complete high school graduation requirements/credits through this program.

**Job Corps** (16-24 year olds) 408-254-5627

* Job Corps has a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

**Legal Resources**

**Legal Advocates for Children and Youth (LACY)** 408-293-4790 <http://www.lawfoundation.org/programLACY.html>

* Lacy offers:
	+ Free and confidential legal assistance to children and youth in juvenile dependency, family law, probate guardianship, education matters and numerous other practice areas.
	+ Advocacy to improve court and community systems designed to protect and promote child welfare.
	+ Workshops to educate youth, parents, caregivers and members of the community about issues impacting child welfare and legal rights.

**Victim Witness/Assistance Center** 408-295-2656 [http://www.svfaces.org/victim-witness.html](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e737666616365732e6f72672f76696374696d2d7769746e6573732e68746d6c)

* Victim Witness has advocates to work with victims, witnesses and their families throughout the criminal justice process. They serve as the liaison between victims, prosecutor, law enforcement and other criminal justice agencies.

**Catholic Charities (Immigration Program)** 408-325-5277 [http://www.catholicharitiescc.org](http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f7777772e636174686f6c6963686172697469657363632e6f7267)

* The program helps eligible immigrants navigate the often-daunting process of becoming a U.S. Citizen.
* It provides resettlement and retraining services for refugees and asylees who have fled war, persecution, and violence in their home countries.

**Community Law Clinic** (Stanford University of Law) 650-725-9200 (by appointment, sliding scale fee) https://law.stanford.edu/community-law-clinic/

* Law students represent clients in work, housing, social security, and criminal record expungement matters.

**Bay Area Legal Aid** 408-850-7066 [www.baylegal.org](http://www.baylegal.org)

* They provide low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation.

**Pro Bono Project** 408-998-5298 https://www.probono.net/sf/

* A non-profit agency that works to connect low-income clients with attorneys.

[**Santa Clara University School of Law Katherine and George Alexander Community Law Center**](https://lawyers.justia.com/legalservice/santa-clara-university-school-of-law-katherine-and-george-alexander-community-law-center-11126)408-288-7030 http://law.scu.edu/kgaclc/#about

* The center provides pro bono advice and representation in regard to workers’ rights, consumer rights, and immigration rights.

**Child Care**

**Community Child Care Council of Santa Clara, Inc.** **(4C Council)** 408-487-0747 http://www.4c.org

* 4Cs is a non-profit, community-based agency that provides a variety of comprehensive services and serves as the community child care link for families and child care professionals who live and work in Santa Clara County, California.