

2017

South Coast Youth Resource Guide

Dial 2-1-1
for Immediate
Assistance

Service Providers

2-1-1 is a collaborative effort and we need your partnership. Your agency is responsible for getting your information to 2-1-1 and provide updates.

If you are not in 2-1-1 and/or would like to review or update your information contact us at 211sbco@cacsb.com



Connecting People to Health & Human Services Information

Santa Barbara County 2-1-1 Health and Human Services Helpline

2-1-1 is an easy to remember Health and Human Service phone number connecting you to resources, which are tailored to your needs and circumstances. We take into account accessibility, eligibility requirements, and other factors. 2-1-1 is Free, Confidential, and Available 24 Hours a Day, 7 Days a Week in 150 Languages.

What happens when you dial 2-1-1?

When you dial 2-1-1, you will speak to one of our live representatives. We will ask some questions about yourself and your situation. The call is a confidential conversation; we will use your answers to determine the best resources for you. You will be provided accurate information on various programs available in your city.

What is the difference between 2-1-1, 9-1-1 and 4-1-1 phone numbers?

2-1-1 Community Health and Human Services

9-1-1 Life Threatening Emergency Services

4-1-1 Business Directory

Dial 2-1-1 to find Health and Human Services including:

Senior Services

Food Assistance

Counseling

Housing

Legal Assistance

Health Care

And much more ...



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*Requires referral

For more health and human resources dial 2-1-1

HOTLINES

CRISIS & SUICIDE RESPONSE

Crisis and Recovery Emergency Services (C.A.R.E.S.)-Behavioral Wellness

Provides psychiatric evaluations for involuntary hospitalization. Adult and child evaluations are done by an on-call psychiatrist and are provided countywide 24 hours a day.

Eligibility: All people in crisis due to alcohol, drug, and/or mental health problems
Language: English, Spanish, and Multiple Language Capability
Phone Number: 888.868.1649 24/7 Hotline–Access
Website: www.admhs.org

Crisis Hotline and Helpline Service-Community Helpline

Assist callers with a wide variety of struggles and personal situations anonymously. Addresses topics such as depression, anxiety, loss, grief, family and domestic violence, sexual orientation, substance abuse, physical or mental abuse, coping/struggling with mental health disorders, crisis, and suicide. Open to various topics and offers community resources.

Eligibility: Open to all California residents, no age limitations
Language: English, Spanish
Text Number: 877.541.2525 Hotline Open 7am-10pm
Website: www.hycinc.org/community-helpline-hotline/

Emergency Psychiatric Services-Cottage Health

Provides 24-hour emergency mental health, psychiatric, and chemical dependency evaluations; emergency consultations and crisis intervention; triaging to the most appropriate level of follow-up care.

Eligibility: Any person going through a psychiatric emergency
Language: English, Spanish
Text Number: 805.569.8339
Website: www.cottagehealth.org

Youth Crisis Line-California Youth Crisis Line

Crisis support for youth and their families. Helps youth feeling misunderstood or overwhelmed and need to talk to someone about what's happening in their life. Provides phone support and referrals for local resources.

Eligibility: Youth ages 12-24 and their families
Language: English, Spanish, and Multiple Language Capability
Phone Number: 800.843.5200
Website: www.youthcrisisline.org

Youth Crisis Line-Noah's Anchorage

Offers callers counseling, information, and referrals, as well as access to immediate shelter.

Eligibility: Available for youth up to age 18
Language: English, Spanish
Phone Number: 866.435.7833 24/7 Help Line
Website: www.ciymca.org

PEER INTERVENTION

Teen Line

Personal teen-to-teen education and support before problems become a crisis. Teens are trained to talk about suicide, depression, LGBTQ, sex, and more.

- Eligibility:** Open to all teens
Language: English
Phone Number: 800.852.8336 Hotline open 6 pm–10 pm
Text Number : 839863 Text Line open 5:30-9:30pm
Website: www.teenline.org

CHILD ABUSE REPORTING

Child Welfare Services-Santa Barbara County Department of Social Services

Assesses and investigates allegations of child abuse or neglect.

- Eligibility:** Open to all. If a child is in immediate danger call 911
Language: English, Spanish
Phone Number: 800.367.0166 24/7
Website: www.countyofsb.org/socialservices

DOMESTIC VIOLENCE

Emergency Shelter & Crisis Hotline-Domestic Violence Solution for Santa Barbara County

Confidential emergency shelter and ongoing support for women and their children in a domestic violence situation. Offers callers counseling, information, and referrals, as well as access to immediate shelter.

- Eligibility:** Eligibility for shelter based on screening protocol. Hotlines open to all
Language: English, Spanish
Phone Number: 805.925.2160 24/7 Toll free crisis line
Website: www.dvsolutions.org

SEXUAL ASSAULT

Santa Barbara Rape Crisis Center Services

Provides crisis counseling, accompaniment, and referral for survivors of sexual assault, incest, and sexual harassment, as well as to their families and friends. Offers long-term counseling, self-defense classes, community education and rape prevention presentations, advocacy, as well as ongoing support groups.

- Eligibility:** Must be a survivor of sexual abuse or a significant other
Language: English, Spanish
Phone Number: 805.564.3696
Website: <http://www.sbrapecrisiscenter.org/>

Sexual Assault Response Team-Santa Barbara County Public Health Department

Coordinates and implements services to adults who have been sexually assaulted or children who have been sexually abused. Coordinated services include a medical-legal examination, forensic interviewing, emotional support, crisis intervention, and counseling referrals.

- Eligibility:** Suspected sexual assault or sexual abuse is indicated
Language: English, Spanish
Phone Number: 805.682.0702 24/7
Website: www.sbcphd.org

HUMAN TRAFFICKING

FACESS-Freeing American Children From Exploitation and Sexual Slavery

Provides food, shelter, clothing, education, medical, life planning and liaison to legal services for victims of child exploitation or sexual slavery in the United States.

Eligibility: Must be an exploited girl under age 17.
Language: English
Phone Number: 800.690.4860
Website: www.faces.org

Hotline & Residential Services for Sexually Exploited Children-Children of the Night

Hotline to rescue sexually exploited children and provide them a safe home.

Eligibility: Open to sexually exploited children ages 11-17
Language: English, Spanish, Arabic, Russian
Phone Number: 800.511.1300 Toll free 24/7 Rescue Hotline
Website: www.childrenofthenight.org

National Human Trafficking Resource Center-Polaris Project

Phone and text services that connect victims and survivors of human trafficking with critical social services. Also, accepts reports of potential human trafficking. All reports are confidential.

Eligibility: Any child or adult who feels they are compelled against their will to provide sex services or forced labor. This includes children involved in the sex trade, adults age 18 or over who are forced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will.
Language: Multiple language capabilities
Phone Number: 888.373.7888 24/7 Toll Free Rescue Hotline
Website: www.polarisproject.org

LGBTQ+

Crisis Intervention & Prevention for LGBTQ-Youth Trevor Project

Counselors to support LGBTQ+ youth in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Eligibility: Youth LGBTQ+
Language: English
Phone Number: 866.488.7386 24/7 Line
Website: www.thetrevorproject.org

Trans Gender Warmline-Trans Lifeline

Provides a warm line that is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. This warm line is run by volunteers who are all trans identified and educated in the range of difficulties transgender people experience and dedicated to improving the lives of transgender people.

Eligibility: Open to all
Language: English
Phone Number: 877.565.8860
Website: <https://www.translifeline.org/>

BULLYING

Bullying-WETIP

This program provides a confidential line with peer support to youth but, also provides immediate assistance for people who have witnessed, are experiencing or are affected by verbal, physical or social bullying, or cyber-bullying. Included are short-term emotional support, resources and community referrals, and steps to ensure the person's safety.

Eligibility: Open to all
Language: English
Phone Number: 855.862.8559
Website: <https://wetip.com/home/anonymous-tip-bullying/>

EATING DISORDER

Information & Referral Helpline-National Eating Disorder Association

Support and guidance to individuals and family members affected by eating disorders. Provides education, information, and referrals when needed.

Eligibility: All are eligible
Language: English, Spanish
Phone Number: 800.931.2237 Hotline Open 9am-9pm
Website: www.nationaleatingdisorder.org

BASIC NEEDS

SHELTER

Outreach Services-Noah's Anchorage Youth Crisis Shelter

Provide assistance to youth and young adults who find themselves living on the streets or at risk of being homeless. Daily outreach provided by a mobile team offering: snacks, food, counseling, hygiene items, clothing referrals.

Eligibility: Youth age 10-24. Services for youth 21 and younger available at the drop-in center and up to ages 24 offsite.

Language: English, Spanish

Phone Number: 866.435.7833

Website: http://www.ciymca.org/youthandfamilyservices/html/programs_noah.html

Youth Crisis Shelter-Noah's Anchorage

Licensed residential eight-bed group home and shelter for runaway and at risk-youth. Services include residential and non-residential assistance. Provides therapeutic group, activities, family reunification counseling, community referrals, and crisis counseling. Service located in Santa Barbara city but available for Santa Barbara County residents.

Eligibility: Residential services can be offered to youth age 10-17. Shelter services and counseling available up to age 18.

Language: English, Spanish

Phone Number: 866.435.7833 24/7 Help Line

Website: www.ciymca.org

FOOD

Food Distributions-Foodbank of Santa Barbara County

General grocery item supplies to those in need at various locations and times.

Eligibility: Open to all - call for more information and to identify a distribution site near you

Language: English, Spanish

Phone Number: 805.937.3422

Website: www.foodbanksbc.org

FOOD & CLOTHING

*Unity Shoppe Inc.

Assist with food, clothing, shoes, diapers, baby and household furniture and goods, and other essentials. Items are available and provided in a store-like atmosphere. Service located in Santa Barbara but available for all Santa Barbara County residents.

Eligibility: Must call for a phone interview to determine eligibility. Referral required by the school, or community based organization. If no referral is provided, Unity Shoppe employees can refer after the phone interview.

Language: English, Spanish

Phone Number: 805.965.4122

Website: www.unityshoppe.org

MENTAL HEALTH

THERAPY & COUNSELING

Affordable Counseling and Education Services-Community Counseling and Education Services

Provides affordable counseling for various issues, including depression, anxiety, relationships, substance abuse, etc. Parenting skills classes are also available.

Eligibility: Open to all
Language: English, Spanish
Phone Number: 805.962.3363
Website: <http://www.ccecsb.org/>

Child Abuse Treatment Program-Child Abuse Listening Mediation (CALM)

Provides individual, family and group treatment/counseling for children ages 6–18 affected by physical, sexual or emotional abuse, by exposure to domestic violence or neglect, parental substance abuse, bullying, community violence, abandonment or child endangerment.

Eligibility: Families at risk of abuse or neglect or those which abuse have occurred.
Language: English, Spanish
Phone Number: 805.965.2376
Website: <http://calm4kids.org/>

Children’s Mental Health Services-Behavioral Wellness

Services for severely emotionally disturbed minors; minors at risk for out of home placement and/or school failure. Offers individual, group, medication therapies, evaluation, and treatment.

Eligibility: Teens or Children
Language: English, Spanish
Phone Number: 805.934.6380
Website: www.admhs.org

Community Counseling and Education Center

Provides affordable counseling for various issues, including depression, anxiety, relationships, substance abuse, etc. Parenting skills classes are also available.

Eligibility: Open to all
Language: English, Spanish
Phone Number: 805.962.3363
Website: <http://www.ccecsb.org/>

Counseling Services-Family Therapy Institute of Santa Barbara

Provides individual, couple and group counseling by licensed staff and/or registered interns. Offers specialized counseling for child and adolescents with emotional and behavioral problems. Also provides counseling services for divorce, eating disorders, depression, conflict resolution, anxiety disorders, and physical or sexual abuse survivors.

Eligibility: Call for more information
Language: English, Spanish
Phone Number: 805.882.2400
Website: <http://ftisb.org/>

Counseling-St. George Family Youth Center

In partnership with UCSB Hosford Clinic, we offer on-site counseling for our teen members and their families. Please call the center for more information.

Eligibility: Youth 6th –12th grade
Language: English
Phone Number: 805.685.9170
Website: http://www.ciymca.org/youthandfamilyservices/html/programs_islavista.html

HEAL-Child Abuse Listening Mediation (CALM)

Group therapy for adults who experienced sexual abuse as a child.

Eligibility: 18+ must be receiving individual therapy to participate.
Language: English
Phone Number: 805.965.2376
Website: www.calm4kids.org

Hosford Counseling & Psychological Services Clinic-University of California, Santa Barbara

Counseling services as well as career and mental health assessments by Ph.D. student therapists. Offers services to community residents as well as to UCSB faculty, students, and staff. Service located in Santa Barbara city but available for Santa Barbara County residents.

Eligibility: Open to all
Language: English, Spanish
Phone Number: 805.893.8064
Website: www.ucsb.edu

Hospice Support Services-Hospice of Santa Barbara

Provides supportive services, including:

Confidential counseling from experienced professionals to both adults and children who are facing a terminal illness, planning for end-of-life care, or grieving the death of a loved one, a variety of support groups related to bereavement and coping with terminal illness, respite care – caring for terminally ill individuals for short period to provide the individual's caregiver a rest (provided by trained volunteers), practical support services (i.e. cooking, driving, yard work) for terminally ill individuals by screened volunteers, advanced care planning – filling out forms, person's last wishes, and authority for medical decision, coordinating Palliative Care, which includes pain and symptom management, emotional and spiritual support to patients, care management (having a professional social worker coordinate services). Also provides community education through speaking engagements. **This program does not provide nursing care.**

Eligibility: Any person dealing with a life threatening illness and/or adults and children grieving the loss of a loved one. No diagnosis requirement to receive services.
Language: English, Spanish
Phone Number: 805.563.8820
Website: <http://www.hospiceofsantabarbara.org/>

Substance Use Prevention and Education Resource (SUPER) Program-Council on Alcoholism and Drug Abuse (CADA)

Provides a four-session series of meetings for teens and their parents, with purpose of improving communication and building family relationships. Addresses issues of teen substance use and abuse.

Eligibility: School and parent referral
Language: English, Spanish
Phone Number: 805.963.1433
Website: www.cadasb.org

*Requires referral

For more health and human resources dial 2-1-1

LGBTQ+

Counseling & Recovery Services-Pacific Pride Foundation

Mental health counseling for Lesbian, Gay, Bisexual, Transgender, and Questioning + (LGBTQ+) and communities affected by HIV/AIDS.

Eligibility: All ages
Language: English, Spanish
Phone Numbers: 805.963.3636
Website: www.pacificpridefoundation.org

SCHOOL BASED

Friday Night Live (FNL) / Club Live Leadership-Council on Alcoholism and Drug Abuse (CADA)

Provide leadership development for junior high and high school students through school-based clubs that promote alcohol and drug free lifestyle. Program plans alternative projects, as well as alcohol and drug education.

Eligibility: 11 to 18 years old
Language: English
Phone Number: 805.963.1433
Website: www.cadasb.org

School-Based Counseling-Family Service Agency of Santa Barbara

Provides counselors who focus on the early identification and assessment of students with behavior, substance abuse, and other emotional problems that serve as obstacles to a student's success in school.

Eligibility: K-6th grades; Students at the elementary schools where services are offered. Services are available at some middle and high schools.
Language: English, Spanish speaking counselors at some sites
Phone Number: 805.965.1001 ext. 242
Website: <http://fsacares.org>

Youth Service Specialists (YSS)-Council on Alcoholism and Drug Abuse (CADA)

Mental health and substance abuse counselors who provide a continuum of alcohol and other drug related prevention and intervention services. They provide an all-inclusive support system consisting of confidential counseling, life-skills classes, parent conferences, prevention education, referral to community resources, and events and activities that promote wellness and a drug and alcohol-free lifestyle.

Eligibility: 8-12th grades: students in Junior High and High Schools where services are offered.
Language: English, Spanish speaking counselors available at some sites.
Phone Number: 805.722.1304
Website: www.cadasb.org

SUBSTANCE ABUSE

Alcohol and other Drug Prevention-St. George Family Youth Center

Alcohol and other drugs education groups are offered on a weekly basis throughout the year. The groups provide youth with important facts and information regarding alcohol and other drugs as well as helping youth explore the impact of alcohol and other drugs in their lives in their community.

Eligibility: Youth 6th –12th grade

Language: English

Phone Number: 805.685.9170

Website: http://www.ciymca.org/youthandfamilyservices/html/programs_islavista.html

Daniel Bryant Youth & Family Treatment Program-Council on Alcoholism & Drug Abuse (CADA)

Structured outpatient treatment programs for adolescents with alcohol and substance abuse/dependence issues, provides comprehensive services to promote abstinence and recovery. Services may include drug and alcohol testing, alcohol abuse education and prevention, drug abuse education and prevention, alcohol support groups, and drug abuse counseling.

Eligibility: Youth ages 12-18, Parents of youth 12-18

Language: English, Spanish

Phone Number: 805.730.7575

Website: www.cadasb.org

Fighting Back Program-Council on Alcoholism & Drug Abuse (CADA)

Provides counseling, community, and school-based drug education services by licensed clinicians, counselors, and interns. Services include drug and alcohol abuse education, prevention, intervention, treatment and counseling to substance-dependent individuals, their families and the community.

Eligibility: All are eligible

Language: English, Spanish

Phone Number: 805.730.7575

Website: www.cadasb.org

SCHOOL BASED

Club Live-Council on Alcoholism & Drug Abuse (CADA)

Alcohol and drug-free clubs at Junior High Schools. Program plans alternative alcohol and drug-free activities, rallies and assemblies, community service training and projects, as well as alcohol and drug education.

Eligibility: Youth ages 11-14

Language: English, Spanish

Phone Number: 805.925.8860

Website: www.cadasb.org

Friday Night Live-Council on Alcoholism & Drug Abuse (CADA)

Alternative alcohol and drug-free activities, rallies and assemblies, community service training, youth advocacy, projects and leadership training. Alcohol and drug education are also provided and include a cross-age mentoring program.

Eligibility: Youth ages 14-18

Language: English, Spanish

Phone Number: 805.925.8860

Website: www.cadasb.org

EDUCATION

SCHOLARSHIPS & FINANCIAL ASSISTANCE

Academic Assistance-St. George Family Youth Center

We Provide tutoring, homework assistance, book clubs, access to computers, the internet, and printing. Our services also include case management and advocacy. Homework assistance is provided by the Center staff as well as UCSB student volunteers.

Eligibility: Youth 6th – 12th grade
Language: English
Phone Number: 805.685.9170
Website: http://www.ciyorca.org/youthandfamilyservices/html/programs_islavista.html

Financial Aid Workshop-California Student Opportunity and Access Program

Provides instructional workshops for assistance with FAFSA application and GPA Verification completion. Financial Aid professionals bring their expertise to the meeting, answering any questions there may be.

Eligibility: All students are eligible
Language: English, Spanish
Phone Number: 805.730.7373
Website: <http://www.calsoapsb.org/>

Free Application for Federal Student Aid-Federal Student Aid (FAFSA)

Financial aid programs including the student financial assistance programs. These programs provide grants, loans, and work-study funds to students attending college or a career school.

Eligibility: Call or visit the website for more information
Language: English
Phone Number: 1.800.730.8913
Website: www.fafsa.gov

Student Scholarship Program-Scholarship Foundation of Santa Barbara

Scholarships, no-interest loans, and financial aid advising.

Eligibility: Applicants must have attended at least four of the previous six years between grades 7-12 at a Santa Barbara County school and have graduated or received a GED from a Santa Barbara County high school. Applicants must also be planning to attend an approved school full-time (12 units/term) as an undergraduate or graduate/medical student.
Language: English, Spanish
Phone Number: 805.687.6065
Website: www.sbscholarship.org

TUTORING & HOMEWORK ASSISTANCE

ASES After School Enrichment Program-Isla Vista Youth Projects, Inc. (IVYP)

Provides academic enrichment after school and full days during summer. Extends learning through academic enrichment, homework assistance, and other enrichment activities on the school campus.

Eligibility: Call for more information
Language: English, Spanish
Phone Number: 805.968.1624
Website: <http://www.ivyp.org/>

Recreation After-School Program-Parks and Recreation-City of Santa Barbara

Provides homework assistance, recreation activities, sports, and crafts immediately after school on various Santa Barbara elementary school sites.

Eligibility: 1st – 6th grade students
Language: English
Phone Number: 805.564.5418
Website: <http://www.santabarbaraca.gov/>

Youth Interactive

One on one tutoring tailored to students based on their educational need through a pool of retired volunteer teachers.

Eligibility: Ages 13-18
Language: English, Spanish
Phone Number: 805.453.4123
Website: www.youthinteractive.us

ALTERNATIVE EDUCATION

National Guard Youth Challenge Program -California National Guard Grizzly Youth Academy

5½ months of discipline in a residential phase focusing on education and practical life skills. Followed by 12 months of a post-residential phase which involves skilled and trained mentors to support graduates by engaging in positive, durable placement. Students may earn up to 60 credits during their 22 week participation. The program focuses on 8 Core Components: academics, health and hygiene, job skills, leadership/fellowship, life-coping skills, physical fitness, responsible citizenship, service to the community.

Eligibility: Committed to making a change in their life. 16-18 years of age on the first day of admission. A citizen or legal resident of the US and resident of California. A high school drop-out, or at risk of dropping out or seriously behind credits. Voluntary (student's decision to attend). Physically, mentally, and emotionally capable of completing the program. Drug Free: Students will be drug tested on the first day of school. Those who fail this test will be sent home. No felony verdicts or felony convictions, awaiting trial, or currently in trial proceedings. We can accept those with misdemeanors.

Language: English

Phone Number: 1.800.926.0643

Website: www.grizzlyyouthacademy.org

Adult High School/ General Education Diploma (GED)-Santa Barbara Community College

Provides High School Diplomas and General Education preparation classes. High School Diplomas: counseling, one-on-one and small group instruction in courses students need to complete high school credits. Grants official high school diplomas to students who have met requirements. General Education: One-on-one and small group instruction to help students of all levels study for the GED Exams.

Eligibility: 18+ and minors ages 16 -17 with parent/guardian approval

Language: English, Spanish

Phone Number: 805.898.8160

Website: www.sbcc.edu

Community College

Dual Enrollment-Santa Barbara Community College

Provides early access to college while attending high school. Book grants are available for summer sessions.

Eligibility: Students who have completed 8th grade and have parent/guardian permission

Language: English

Phone Number: 805.898.8172

Website: www.sbcc.edu

English as a Second Language-Santa Barbara Community College

Offers classes to help learn English on various levels to include conversation, pronunciation, grammar and vocational.

Eligibility: Ages 18+ and minors ages 14-17 with parent/guardian approval

Language: English

Phone Number: 805.683.8233

Website: www.sbcc.edu

Enrollment Services-Santa Barbara Community College

Provides enrollment services to include, orientations and student resources.

Eligibility: Open to all
Language: English
Phone Number: 805.965.0581
Website: www.sbcc.edu

EMPLOYMENT

Tutoring and Peer Advising-California Student Opportunity and Access Program

Offers tutoring and peer advising. Hires college students from UCSB, SBCC and Westmont College each year to serve as tutor peer advisors. Tutors assist students with mastering course material to prepare them for entry into post-secondary education. Tutors also draw their own experiences and provide information to students about attending a college or university. Cal-SOAP tutors work in the classroom alongside the teacher. They become added educators motivating students to excel, and reinforcing their understanding of subject material.

Eligibility:

1. Be a secondary school student and
2. Be low-income or
3. Be first in family to attend college or
4. Be from a school/region with documented low-eligibility or college going rates.

Language: English, Spanish

Phone Number: 805.730.7373

Website: <http://www.calsoapsb.org/>

Youth Employment Training-Parks and Recreation Department City of Santa Barbara

Provides youth with paid on-the-job training opportunities within various City departments. Participants work under the direct supervision of a permanent City staff person who will serve as both, supervisor and jobsite mentor. Program participants will receive up to 160 hours of paid on the job training and mentoring.

Eligibility: Youth ages 14-21

Language: English, Spanish

Phone Number: 805.897.2582

Website: <http://www.santabarbaraca.gov/gov/depts/parksrec/recreation/nos/default.asp>

Youth Interactive

Allows youth the opportunity of entrepreneurship development through a unique approach of six business programs. Youth lead art based micro businesses allow youth to put their creativity and skills to work, build a resume, learn valuable entrepreneurship skills, and gain real life work experience while earning school credits and a paycheck.

Eligibility: Ages 14-24

Language: English, Spanish

Phone Number: 805.453.4123

Website: www.youthinteractive.us

Youth Network Services-Path Point

Paid work experience and assists youth in developing basic skills. Connects youth to community resources, and supports through navigating the educational system. Supports and guides youth in various aspects of career related services.

Eligibility: Youth ages 16-24

Language: English, Spanish

Phone Number: 805.961.9200

Website: www.pathpoint.org

RELATIONSHIP & CONFLICT RESOLUTION

After School Program – Attitude, Harmony, Achievement (AHA!)

Helps teens learn to set goals, stop bullying and hatred, support their peers, and serve their community. Provides classes with a curriculum focusing on self-expression, team-building, empathy training, emotional intelligence, and diversity appreciation.

Eligibility: Ages 13-18
Language: English
Phone Number: 805.770.7200
Website: www.ahasb.org

Community Mediation Program-Conflict Solutions Center

Assists families, neighbors, and community members in resolving a wide range of conflict and disputes including family, landlord/tenant, roommates, neighborhood, business, consumer/merchant, homeowner association, real estate, construction, personal loan, and more.

Eligibility: All ages are eligible
Language: English, Spanish
Phone Number: 805.349.8943
Website: www.cscsb.org

Parent Education and Support-Council on Alcoholism and Drug Abuse (CADA)

Provides a parent support and education group where parents discuss ways to set up discipline structures that work, bring about positive changes in their child's behavior, address out-of-control behavior and help prevent teen drug abuse.

Eligibility: Parents or guardians of a student enrolled in a Santa Barbara area school.
Language: English, Spanish
Phone Number: 805.730.7575
Website: <http://sbcada.org/contact.aspx>

Super Program-Council on Alcoholism and Drug Abuse (CADA)

Provides a four-session series of meetings for teens and their parents, with the purpose of improving communication and building family relationships. Addresses issues of teen substance use and abuse.

Eligibility: School or parent referral
Language: English, Spanish
Phone Number: 805.730.7575
Website: <http://sbcada.org/contact.aspx>

MENTORSHIP

Big Brothers Big Sisters Program-Family Service Agency of Santa Barbara

Provides a positive role model, friend, and mentor to children. Offers a professionally supported one-to-one mentoring relationship which provides the extra support needed to help the child avoid risky behavior, improve academic achievement, and develop greater self-esteem.

Eligibility: Serves youth ages 6-17, all volunteers must be 18 and over
Language: English, Spanish
Phone Number: 805.965.1001
Website: www.fsacares.org

California Gang Reduction, Intervention and Prevention-Community Action Commission of Santa Barbara County

Focuses on supporting at risk, gang affiliated and/or previously incarcerated youth providing them with options on how to make better choices to live a healthy lifestyle.

- Case Management
- Substance Abuse and violence prevention education
- Educational support (school credit deficient)
- Life and employment skills
- Goal setting

Eligibility: Youth at risk of being on probation or involved in a gang, self-certification, poor academic performance and attendance, reentry, youth with a family history of violence and incarceration, youth living in communities exposed to violence and poverty.
Language: English, Spanish
Phone Number: 805.964.8857
Website: <http://www.cacsb.org/>

Peer Intervention-At Risk Youth-Ystrive for Youth

Empowers youth to have crisis-resilience with their families and create safer, healthier and positively engaged communities. The focus is on fundamental causes of adverse and high risk behaviors in the youth of the community. As a youth-initiated "peer-intervention" organization, the goal is to identify a short-range real-skills project in order to achieve long-term goals and to motivate these youth to take part in existing community resources that promote self-reliance and measurable success through accountability.

Eligibility: Open to all youth ages 11-18
Language: English, Spanish
Phone Number: 805.576.7627
Website: <http://www.ystrive.org/index.html>

Youth Mentoring and Enrichment-Wilderness Youth Project

Provides youth enrichment and promotes meaningful social change through and innovative, nature-based curriculum and mentoring program. Programs seek to return children to the traditions of childhood: outdoor time, child-centered exploration, skill/self-esteem development and connection with the natural world.

Eligibility: Must meet age requirements (3-18 years old)
Language: English, Spanish
Phone Number: 805.964.8096
Website: <http://wyp.org/>

LEADERSHIP

Aviation Career Program & Discovery Days-A Different Point of View

Engages and inspires youth through aviation education and mentorship. Offers professional flight lessons, simulator lessons, aircraft maintenance workshops, communication workshops, leadership and self-awareness training.

Eligibility: Youth ages 14-19
Language: English
Phone Number: 805-698-6784
Website: <http://www.adifferentpointofview.org/>

Leadership Development-St. George Family Youth Center

Through the Leadership and Jr. Leadership Clubs, teens in 8th –12th grade have the opportunity to gain leadership skills and become engaged in the community. Teens are required to commit for a minimum of one academic year and new students are selected every summer. Leadership participants coordinate community events, and also identify and work on various issues or concerns affecting youth and their community.

Eligibility: Youth 8th –12th grade
Language: English
Phone Number: 805.685.9170
Website: http://www.ciymca.org/youthandfamilyservices/html/programs_islavista.html

Youth Education and Leadership-Santa Barbara Family YMCA

Opportunities for teens to contribute to their community through youth development activities, leadership groups, and community service projects. After-school activities including exposure to diverse careers, tutoring and mentoring. Recreational – YMCA offers camping, strength-training sports, and fun recreational events.

Eligibility: 12-18 (as long as in High School)
Language: English, Spanish
Phone Number: 805.687.7727
Website: <http://www.ciymca.org/santabarbara/>

Youth Making Change-Fund for Santa Barbara

The teen-led grant-making program provides young people with the opportunity to engage directly in organized philanthropy. Projects are led by youth that impact young people in Santa Barbara County. Youth create and conduct an entire grant cycle from start to finish and share what they have learned as grant-makers and philanthropists with their communities.

Eligibility: Youth ages 13-19
Language: English, Spanish
Phone Number: 805.922.1707
Website: www.fundforsantabarbara.org

RECREATION

Aquatic Programs-Parks and Recreation-City of Santa Barbara

Provides swim instruction, fitness swimming, lifeguarding classes, water safety classes, outrigger canoe paddling, and recreational swim.

Eligibility: Open to all
Language: English
Phone Number: 805.966.6110
Website: <http://www.santabarbaraca.gov/>

Recreation-St. George Family Youth Center

Recreational activities include a range of sports tournaments, ping pong and pool tournaments, dance classes, monthly girls and guy's late-nights, teen lock-ins, field trips, community events and quarterly late-night dances. The youth center

Eligibility: Youth 6th – 12th grade
Language: English
Phone Number: 805.685.9170
Website: http://www.ciymca.org/youthandfamilyservices/html/programs_islavista.html

Special Needs Recreation Services-Parks and Recreation-City of Santa Barbara

Provides a variety of sports and recreation activities for children and adults with special needs. Individuals of all ages and multiple abilities have the opportunity to travel, play, compete and make new friends. Special events, dances, dinners, and bowling. Supports one-on-one services with children in youth activities after school program.

Eligibility: Children and adults with physical and developmental disabilities
Language: English, Spanish
Phone Number: 805.564.5418
Website: <http://www.santabarbaraca.gov/>

Youth and Adult Sports Leagues-Parks and Recreation-City of Santa Barbara

Provides adult leagues for softball, basketball, indoor and beach volleyball and soccer. Also offers after school seasonal sports such as flag football, basketball, soccer, T-ball, and girl's softball at local elementary schools for youth. Organizes beach volleyball and softball tournaments.

Eligibility: Open to all
Language: English, Spanish
Phone Number: 805.564.5422
Website: <http://www.santabarbaraca.gov/>

Youth Recreation Services-Parks and Recreation - City of Santa Barbara

Provides recreation activities and programs for youth including summer camps, winter, and spring break activities, classes, arts, dance, enrichment, tennis, golf, and special events.

Eligibility: Must meet age requirements
Language: English, Spanish
Phone Number: 805.564.5495
Website: <http://www.santabarbaraca.gov/>

Youth Sports Programs-Page Youth Center

Develops youth through a broad range of sports, exercise, community events and youth activities, at a reasonable cost. Also, offers adult fitness programs.

Eligibility: Ages 5-85
Language: English, Spanish
Phone Number: 805.967.8778
Website: <http://www.pageyouthcenter.org/>

SEXUAL & REPRODUCTIVE / HEALTH

SEXUAL & REPRODUCTIVE EDUCATION

California Personal Responsibility Program (Cal-PREP)-Community Action Commission (CAC)

Evidence-based curriculum for youth to develop the knowledge, attitude, and skills to reduce the risk of HIV, STIs, and unplanned pregnancy. Saturday and afternoon classes available.

Eligibility: Youth ages 12-21

Language: English, Spanish

Phone Number: 805.964.8857

Website: www.cacsb.org

Educational Services-Planned Parenthood Santa Barbara, Ventura & San Luis Obispo Co. Inc.

Community presentations, peer outreach programs, youth development services, parent education, and professional training on relationships, sexual and reproductive health, abortion, birth control, body image, general health, sex and sexuality, gender and sexual orientation, pregnancy, STD's and safe sex.

Eligibility: Open to all

Language: English, Spanish

Phone Number: 805.963.2445

Website: www.plannedparenthood.org/ppsbsvlo

HIV/AIDS Education and Prevention-Council on Alcoholism and Drug Abuse (CADA)

Provides HIV/AIDS education and prevention and HIV testing to populations at risk for HIV transmission/infection. Outreach efforts target substance users, their families, and the general community.

Eligibility: All are eligible

Language: English, Spanish

Phone Number: 805.963.1433

Website: <http://sbcada.org/contact.aspx>

In Case You're Curious-Planned Parenthood Santa Barbara, Ventura and San Luis Obispo Co. Inc.

Answers questions confidentially through text within 24 hours about sexual health, relationships and provides information on health centers nearby. To initiate service please text: PPSM to 57890.

Language: English

Phone Number: Text: PPSB to 57890

Website: www.plannedparenthood.org/ppsbsvlo

EXPECTANT & PARENTING TEENS

INDIVIDUAL & FAMILY SUPPORT

Maternal Child & Adolescent Health Program-Santa Barbara County Public Health Department

Education for new mothers, newborn care, and breastfeeding; screening and assessment related to health and safety; assistance with linking to services in the community. Offers home visiting and case management services by experienced RNs/Public Health Nurses to promote the health of mothers and children.

Eligibility: Serves children and women of child bearing age who are low-income and at high risk for adverse outcomes, such as: no health insurance, teen parents, medical conditions, problems after pregnancy, child's developmental delays, exposure to tobacco, alcohol, drugs, family violence, depression or other conditions that interfere with health.

Language: English, Spanish

Phone Number: 805.819.1154

Website: www.sbcphd.org

SAFELY SURRENDERED BABY LAW

Safely Surrendered Baby Program-Santa Barbara County Department of Social Services (DSS)

A parent or person with lawful custody can safely surrender a baby confidentially and without fear of prosecution within 72 hours of birth. The SSB law requires the baby be taken to a public or private hospital or fire station. At the time of surrender, a bracelet is placed on the baby for identification purposes and a matching bracelet is provided to the parent or lawful guardian. A parent or person with lawful custody has up to 14 days from the time of surrender to reclaim their baby. The baby will be placed in a foster or pre-adoptive home. Safe Surrender sites can be found through a search of "Hospitals" or "Fire Stations". This does not cause any danger, is confidential, and without fear of prosecution.

Eligibility: Santa Barbara County residents who are the parents or lawful guardians of a new born baby within the past 72 hours.

Language: English, Spanish

Phone Number: 877.222.9723

Website: www.sbcfire.com/safely-surrendered-baby-program/

FOSTER YOUTH

TRANSITIONAL SUPPORT

Intense Therapeutic Foster Care-The Family Care Network, Inc.

Foster family specialized training in caring for a child or youth with emotional and/or behavioral challenges, coupled with intense clinical services, such as in-home support; individual and family counseling; and substantial foster family support

Eligibility: Must be a ward of the court

Language: English, Spanish

Phone Number: 805.349.9600

Website: www.fcni.org

Transitional Age Youth Services-The Family Care Network, Inc.

Housing and support services to current and former foster youth transitioning from care to adult independence. Services include Transitional Housing Placement (THPP) for youth ages 16-18, Transitional Housing Plus (THP+) for youth ages 18-24, Transitional Housing Plus Foster Care (THP=-FC) for youth ages 18-21, Independence Living Program Assistance for Youth (ILP ages 14-21).

Eligibility: Youth ages 14-21 currently or previously a ward of the court through Child Welfare or Probation Services.

Language: English, Spanish

Phone Number: 805.349.9600

Website: www.fcni.org

EDUCATION & FINANCIAL SUPPORT

Chafee Grant for Foster Youth-California Student Aid

Grants up to \$5,000 a year for career and technical training or college. Money does not need to be paid back. Grant can be used to help pay for child care, transportation, rent while attending college.

Eligibility: Current or former foster youth who was a dependent or ward of the court, living in foster care, between the ages of 16 and 18. Not have reached your 22nd birthday as of July 1st of the award year.

Language: English

Phone Number: 888.224.7268

Website: www.chafee.csac.ca.gov

ADVOCACY

Court Appointed Special Advocates (CASA)

Screened and trained volunteers to serve as personal advocates for court dependent children at the discretion of the juvenile court judge or commissioner. Volunteers may be appointed to a child who has been held up in the system beyond the legal time limit, who has changed foster homes a number of times, or any other situation where the judge requires more information. Volunteers gather information about the child by interviewing all involved and by spending time with the child, then reporting directly to the judge. Volunteers stay with one child or set of siblings until the case is completely resolved and the child is no longer court-dependent.

Eligibility: Court-dependent children. The advocate must be at least 21 years old, one year commitment is required, attend 30 hour training in order to volunteer as a CASA.

Language: English, Spanish

Phone Number: 805.845.8371

Website: www.sbcasa.org

*Requires referral

Conflict Resolution/Anger Management-Conflict Solutions Center

Conflict resolution and anger management workshops for youth who have had contact with Law Enforcement or are currently on formal or informal probation.

Eligibility: Youth who have had contact with Law Enforcement or currently on formal or informal probation.
Language: English, Spanish
Phone Number: 805.963.6765
Website: www.cscsb.org

***Los Compadres /Las Comadres-Community Action Commission (CAC)**

Mentors youth on probation by providing them with options on how to make better choices to live a healthy lifestyle. Services include case management, substance abuse and violence prevention education, educational support (school credit deficient), life and employment skills, goal setting, understanding the consequences and rewards of choices, communication, and positive relationships.

Eligibility: Probation referred only
Language: English, Spanish
Phone Number: 805.964.8857
Website: www.cacsb.org

Restorative Justice-Conflict Solutions Center

Opportunity for 1st and 2nd time juvenile offenders to meet with the victim for resolution and healing.

Eligibility: 1st and 2nd time juvenile offenders
Language: English, Spanish
Phone Number: 805.963.6765
Website: www.cscsb.org

Teen Court-Council on Alcoholism and Drug Abuse (CADA)

Provides an opportunity for youth offenders to take responsibility for their actions while avoiding a juvenile record. Mandatory components of a teen court sentence include jury duty, community service, educational classes, and counseling.

Eligibility: Youth ages 10-18
Language: English, Spanish
Phone Number: 805.963.1433
Website: www.cadasb.org

LEGAL SERVICES

Restorative Justice-Santa Barbara Teen Legal Clinic

Works with the County of Santa Barbara to integrate a rehabilitative program for juveniles. Restorative Justice program seeks to understand and address the circumstances which contributed to the crime in order to prevent recidivism (going back to previous behavior) once the offender is released.

Eligibility: Must be 18 years old and younger
Language: English, Spanish
Phone Number: 805.962.3344
Website: <http://sbteenlegal.org/SBHome/>

Street Law-Santa Barbara Teen Legal Clinic

Provides courses to teens about legal issues.

Eligibility: Must be 18 years old and younger
Language: English
Phone Number: 805.962.3344
Website: <http://sbteenlegal.org/SBHome/>

Teen Legal Clinic-Santa Barbara Teen Legal Clinic

Free legal services to teens on various legal issues: civil rights, guardianship, immigration, education law, suspension, truancy issues, emancipation, health care, pregnant and parenting minors, special education matters, expulsion, and children living away from parents. Service located in Santa Barbara city but available for Santa Barbara County residents.

Eligibility: 18 years and younger
Language: English, Spanish
Phone Number: 805.962.3344
Website: www.sbteenlegal.org

JUVENILE DETENTION

Juvenile Hall-Santa Barbara County Probation Department

24 hour secure facility for observation, treatment, and detention of minors who have committed law violations.

Eligibility: Minors who have committed law violations
Language: English, Spanish, other languages by arrangement
Phone Number: 805.882.3700
Website: www.countyofsb.org

Juvenile Probation Service-Santa Barbara County Probation Department

Provides juvenile probation investigation and supervision services for the court. Offers services to victims of crime, and provides treatment opportunities to offenders and their families through collaborative partnerships within the community.

Eligibility: Up to 18 years old; minors who have committed violations of the law.
Language: English, Spanish
Phone Number: 805.882.3700
Website: www.countyofsb.org

***Los Prietos Boys Camp/Academy-Santa Barbara County Probation Department**

Early intervention, minimum security correctional/treatment program for non-violent delinquent boys who are 602 WIC wards of the Juvenile Court. Educational, counseling, vocational and recreational program objectives strive for redirection of youth toward successful reintegration into the family and community.

Eligibility: Juvenile Court mandated under 18 years of age
Language: English, Spanish
Phone Number: 805.692.1750
Website: www.countyofsb.org/probation



South Coast Task Force on Youth Safety
*c/o Community Action Commission of
Santa Barbara County*



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