

trauma resources

CONTINUING CARE SERVICES

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

REPORTING

Adult Protective Services (Adult Abuse Hotline) 800-339-4661
Outside of the state of California 800-677-1116
www.sdcounty.ca.gov/hhsa/programs/ais
Child Protective Services (Child Abuse Hotline) 858-560-2191
..... 800-344-6000

Intimate Partner Violence/Domestic Violence (Police & Sherriff Departments):
Alpine Sherriff's Department 619-659-2600
Carlsbad Police Department 760-931-2197
Chula Vista Police Department 619-691-5151
Coronado Police Department 619-522-7350
Del Mar/Encinitas/Solana Beach Sheriff's Department 760-966-3500
El Cajon Police Department 619-579-3311
El Centro Police Department 760-352-2111
Escondido Police Department 760-839-4722
Imperial Beach Sheriff's Department 619-498-2400
La Mesa Police Department 619-667-1400
Lemon Grove Sheriff's Department 619-337-2000
National City Police Department 619-336-4411
Oceanside Police Department 760-435-4900
Pine Valley Sheriff's Department 619-938-8400
Poway Sheriff's Department 858-513-2800
Rancho Bernardo Police Department 858-521-5200
San Diego Police Department 619-531-2000
San Marcos Sheriff's Department 760-510-5200
Santee Sheriff's Department 619-956-4000
Vista Sheriff's Department 760-940-4551

EMERGENCY AND 24-HOUR HOTLINE NUMBERS

2-1-1 San Diego ……..……..…… 211
Outside San Diego County …… 800-227-0997
Center for Community Solutions …….. 888-385-4657
Crisis Center for Domestic Violence, Sexual Assault & Elder Abuse SD County
Crisis Text Line (Text from anywhere in the U.S. with a trained crisis counselor) 741741
www.crisistextline.org/
Kaiser Permanente Behavioral Health Care Member Help Line ……800-900-3277
Lesbian, Gay, Bisexual, and Transgender (LGBT) National Hotline ……..888-843-4564
National Suicide Prevention Lifeline ……(800-273-TALK)……800-273-8255
National Domestic Violence Hotline ……(800-799-SAFE)……800-799-7233
National Sexual Assault Hotline ……..(800-656-HOPE)…...800-656-4673
San Diego ACCESS and Crisis Line ……...888-724-7240
Veterans Crisis Line ……..Press "1" for Veterans (800-273-TALK)…… 800-273-8255

COMMUNITY RESOURCES

Chadwick Center, Rady Children's Hospital
Central San Diego …… (fax 858-966-8148) ……. 858-966-5803
North County …… (fax 760-967-1465) ……... (option 3) 760-967-7082
South County …… (fax 619-420-5531) ……. 619-420-5611
The Trauma Counseling Program is committed to treating the after-effects of a child's traumatic experience. The program also works to support the recovery of family members and to improve their ability to support the child. Interventions include individual, group, and family therapy. The staff's expertise is in treating childhood traumatic events including neglect; physical and sexual abuse; sexual assault; domestic, school, and community violence; and natural disasters. Treatment for the psychological aspects of medical trauma and chronic pain is also available.

Community Resource Center (Carol's House) …….. 760-753-1156
www.crcncc.org
Community Resource Center works to end hunger, homelessness and domestic violence in North County San Diego. CRC's programs include a domestic violence emergency shelter, hotline and prevention/education outreach, a Therapeutic Children's Center, professional counseling, legal advocacy, food and nutrition distribution center, homelessness prevention and rental and housing assistance. All of CRC's programs are designed to assist participants to successfully navigate their paths of safety, stability & self-sufficiency.

Family Justice Center (Domestic Violence Information) ……. 619-533-6000
www.sandiego.gov/sandiegofamilyjusticecenter ……..…..866-933-4673
The San Diego Family Justice Center, part of the Office of the City Attorney, is dedicated to transitioning victims of domestic violence, sexual assault and sex trafficking into survivors. The SDFJC is a team of professionals including therapists, nurses, attorneys, prosecutors, advocates, immigration attorneys, police, and other social service providers. Services are free of charge.

San Diego Youth Services, Counseling Cove ……(option 1)...619-525-9903
Counseling Cove offers individual therapy to unfunded and Medi-Cal (Kaiser Medi-Cal included) individuals ages 12-20 years old. They use trauma evidenced based modalities such as EMDR and Trauma-Focused CBT.

COMMUNITY RESOURCES (cont.)

Sexual Assault Response Team of San Diego County (SART)

SART is a victim-sensitive program designed to provide a team approach to responding to sexual assaults in our community. The team consists of a specially trained nurse examiner to provide an evidentiary examination and medical support, a law enforcement officer to conduct an investigation and provide emergency assistance, and a victim advocate who is there to provide emotional support, referrals, and information to the victim.

If you need guidance and assistance, please call one of the resource numbers below:

Center for Community Solutions (CCS) Rape Crisis Hotline 888-385-4657
Women's Resource Center (WRC) 760-757-3500
Rape Abuse Incest National Network (RAINN) .....(800-656-HOPE) 800-656-4673
Dept. of Defense Sexual Assault Prevention & Response (SAPR) Helpline .. 877-995-5247
Indian Health Council .....(x5357 or x5326) 760-749-1410
Southern Indian Health Council, Inc 619-445-1188
Strong Hearted Native Women's Coalition 760-644-4781
District Attorney Victim Assistance Program 619-531-4041
Child Protective Services 858-560-2191

Trauma Counseling

Catholic Charities 619-231-2828
Chadwick Center 858-966-5803
County Mental Health 619-692-8200
Family Health Centers of San Diego
- Beach area 619-515-2444
- City Heights 619-515-2400
- Grossmont/SV 619-515-2555
- Logan Heights 619-515-2355
- North Park 619-515-2424

Family Justice Center 866-933-4673
Heartland El Cajon 619-440-5133
Jane Westin Wellness Recovery Center 619-235-2600
Kaiser Outpatient Psychiatry 877-496-0450
Victims of Domestic Violence, Center for Community Solutions 858-272-5777
YWCA 619-234-3164

Trauma Intervention Programs (TIP) of San Diego, Inc.

tipnational.org

Also known as TIP, this non-profit volunteer-based program was developed to provide support and assistance to those traumatically affected in emergency situations. When a trauma occurs, partnering agencies such as law enforcement, fire, and hospital personnel request a TIP volunteer to be with survivors to provide much needed emotional and practical support immediately following the crisis. TIP San Diego is an affiliate of TIP National.

Victim Advocates 619-531-4041

www.sdcda.org/helping/victims/victim-services.html

Program services are provided free of charge, and there is no legal citizenship requirement to receive assistance. The San Diego District Attorney's office has assigned skilled Advocates to many Victim Assistance Centers located at eight centers throughout San Diego county.

COMMUNITY RESOURCES (cont.)

SD District Attorney Downtown, Hall of Justice …….. 619-531-4041
East County …….. 619-441-4538
Juvenile …….. 858-694-4254
South Bay …….. 619-498-5650
North County …… 760-806-4079
San Diego Police Department …… 619-531-2772
Family Justice Center ……. 619-533-6001
San Diego Sheriff's Office …….. 858-565-5200

Victims of Crime……... 800-777-9229
https://victims.ca.gov/victims/howtoapply.aspx

Victims of violent crimes may receive reimbursement for eligible losses from the Victim Compensation Board. The Board is primarily funded by restitution fines that convicted offenders are ordered to pay by the court. In San Diego, claims are administered by the Joint Powers Unit. The application for the Crime Victim Compensation can be found on their website.

Women's Resource Center …….. 760-757-3500
https://www.wrcsd.org/

Women's Resource Center provides supportive services, counseling, shelter and education to North San Diego County men, women, and children involved in or threatened by domestic violence or sexual assault.

Wounded Warriors Project ……. (888-WWP-ALUM) ……888-997-2586
https://www.woundedwarriorproject.org/programs/wwp-resource-center
https://www.woundedwarriorproject.org/programs/peer-support

For corrections to this handout, please call (858) 614-0533