



# 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
<a href="http://www.sdcounty.ca.gov/hhsa/programs/ais">www.sdcounty.ca.gov/hhsa/programs/ais</a>	
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

<http://continuingcare-sandiego.kp.org>



## **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
<i>Crisis Center for Domestic Violence, Sexual Assault &amp; Elder Abuse SD County</i>	
Crisis Text Line (Text from anywhere in the U.S. with a trained crisis counselor) <a href="http://www.crisistextline.org/">www.crisistextline.org/</a>	741741
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
<a href="http://www.crcncc.org">www.crcncc.org</a>	

*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
<a href="http://www.sandiego.gov/sandiegofamilyjusticecenter">www.sandiego.gov/sandiegofamilyjusticecenter</a> .....	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
<i>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.</i>	

**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 or additions to this handout, please call (619) 641-4456*