

## Santa Cruz County Schools

### Student & Family Behavioral Health Disaster Supports

#### BEHAVIORAL HEALTH SERVICES

**County Children's Behavioral Health (Medi-Cal)-** <http://www.santacruzhealth.org/>, 1-800-952-2335  
English and Spanish. *The county is offering in-person services at shelter locations, can help people navigate to a MediCal provider countywide and/or give referral information for insurance providers.*

**Encompass Community Services-** [www.encompasscs.org](http://www.encompasscs.org), Youth Services Intake: 831-429-8350  
English and Spanish. *Offering 1-3 FREE crisis response counseling sessions for all youth and families in Santa Cruz County impacted by the local fires. Can help navigate permanent counseling and/or transition to MediCal if qualified. Primarily offering virtual sessions with limited in-person capability in outside locations in both north & south county.*

**Family Service Agency-** <https://fsa-cc.org/about-us/our-partners/> Main Line: 831-423-9444  
English and Spanish. *Will take school referrals and offers MediCal and sliding scale fees. See weblink for K-12 referral form. Offering virtual services at this time. Primarily focused on north and mid-county.*

**Pajaro Valley Prevention and Student Assistance (PVPSA)-** <https://www.pvpsa.org/>, 831-728-6445  
English and Spanish. *Will take referrals from PVUSD, help navigate long-term assistance if needed, and/or serve clients directly. Offering virtual assistance and limited in-person sessions.*

**Parents Center-** 530 Soquel Ave., Santa Cruz, CA 95062. Main Line: 831-426-7322  
English and Spanish. *Offers family and individual therapy to MediCal clients currently, and primarily serving people via in-person sessions in north & south county.*

**Frontline Workers Counseling Project -** <https://fwcp.org> [contact@fwcp.org](mailto:contact@fwcp.org)  
*Free counseling from private practice therapists offering pro-bono services to essential front line workers during COVID-19. SF Bay Area group serving Santa Cruz County; see website for eligibility.*

#### HEALTH CARE PROVIDERS WITH BEHAVIORAL HEALTH SERVICES

**Santa Cruz Community Health Centers (MediCal) -** [www.schealthcenters.org](http://www.schealthcenters.org), 831-427-3500  
Provides affordable and comprehensive medical and behavioral health services in English and Spanish regardless of ability to pay. Located in Santa Cruz and Live Oak.

**Salud Para La Gente (MediCal) -** [www.splg.org](http://www.splg.org), 831-728-0222  
Provides affordable and comprehensive medical and behavioral health services in English and Spanish, regardless of ability to pay. Located in Watsonville.

**Other Private Insurance** (Kaiser, HealthNet, Blue Cross, Etc.) - [www.psychologytoday.com](http://www.psychologytoday.com)  
Search local therapist listings that accept specific private insurance, or call the contact # on your card.

**Employee Assistance Programs (EAP) -** Some families can also ask their employer about counseling available through an Employee Assistance Program (EAP); Please ask your HR Dept for contact info.

## ADDITIONAL MENTAL HEALTH RESOURCES

**NAMI SCC Family Support Groups-** <https://www.namisc.org/nami-family-support-groups.html>

Free, drop-in friendly virtual support groups every month for parents of youth with mental health concerns. English and Spanish groups offered.

**Santa Cruz County Office of Education Mental Health and Wellness Resources-**

<https://padlet.com/sccoe/r3rowbr7nz2a>

A compilation of free resources for children, youth, and caregivers (and anyone!) ranging from tip sheets to mindfulness to physical activity.

## SCHOOL DISTRICT INFORMATION AND CONTACTS

*Many school districts have internal staff ready and available to speak to students and families in need of mental health support. Please call or email the folks listed below to access your district's resources and/or to be assisted accessing one of the above agencies, an insurance panel or your Employee Assistance Plan (EAP), should you have one.*

**Bonny Doon Union Elementary-** <http://bduesd.org/>, 831-427-2300

Mike Heffner, *Superintendent* - [mheffner@bduesd.org](mailto:mheffner@bduesd.org) 831-227-1222 (cell)

**Happy Valley Union Elementary-** <http://www.hvesd.com/>, 831-429-1456

Michelle McKinny, *Superintendent* - [mmckinny@hvesd.com](mailto:mmckinny@hvesd.com)

**Live Oak-** <http://www.losd.ca/>, 831-475-6333

Shar Ames, *Director of Student Services* - [sames@losd.ca](mailto:sames@losd.ca)

**Mountain Elementary-** <http://www.mountained.org/>, 831-475-6812

Diane Morgenstern, *Superintendent* - [dmorgenstern@mountained.org](mailto:dmorgenstern@mountained.org)

**Pacific Elementary-** <http://www.pacificesd.org/>, 831-425-7002

Eric Gross, *Superintendent* - [egross@pacificesd.org](mailto:egross@pacificesd.org) 831-206-1678 (cell)

**Pajaro Valley Unified-** <http://www.pvUSD.net/>, 831-786-2390

Rick Ito, *Director of Student Services* - [rick\\_ito@pvUSD.net](mailto:rick_ito@pvUSD.net)

**San Lorenzo Valley Unified-** <http://www.slvUSD.org/>, 831-336-9672

Jen Lahey, *Director of Student Services* - [jlahey@slvUSD.org](mailto:jlahey@slvUSD.org)

**Santa Cruz City Schools-** <http://sccs.net/>, 831-429-3410 x215

Gail Atlansky, *Director of Student Services* - [gailatlansky@sccs.net](mailto:gailatlansky@sccs.net)

**Santa Cruz County Office of Education**

**Alternative Education** - <https://santacruzcoe.org/>

Michael Paynter, *Director of Student Services* - [mpaynter@santacruzcoe.org](mailto:mpaynter@santacruzcoe.org) 831-466-5728

**Pacific Collegiate School** - <https://www.pacificcollegiate.com>

Carrie Moyer - *School Psychologist* - [carrie.moyer@psced.org](mailto:carrie.moyer@psced.org) 831-479-7785

**Scotts Valley Unified-** <http://scottsvally-ca.schoolloop.com/>, 831-438-1820

Steve Hoy, *Director of Student Services* - [shoy@scottsvallyUSD.org](mailto:shoy@scottsvallyUSD.org)

**Soquel Union Elementary-** <https://www.suesd.org/> 831-464-5631

Eric Olsen, *Director of Student Services* - [eolsen@suesd.org](mailto:eolsen@suesd.org)

## CRISIS RESOURCES

**In Case of Immediate Emergency- 9-1-1**

**CodeRed-** <https://public.coderedweb.com/CNE/en-US/218A80E36F49>

Sign up to be notified in the event of emergency situations or critical community alerts. Examples include: evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports.

**Santa Cruz County 24-Hour Suicide Crisis Line-** 1-877-663-5433 (ONE LIFE)

**Santa Cruz County 24-Hour Crisis Line-** 1-800-952-2335

Immediate crisis support to assess for hospitalization in a psychiatric crisis.

**NAMI Santa Cruz County Help Line-** 831-427-8020 x7

For individuals and family members affected by mental illness interested in learning more about local resources and navigating the mental health care system. Leave a message and receive a call back within 24 hours.

**National 24-Hour Disaster Distress Helpline-** 1-800-985-5990

Free counseling and support to people experiencing emotional distress related to natural or human-caused disasters (COVID-19 included).

**Santa Cruz County 24-Hour Domestic Violence Hotline-** 1-888-900-4232

**Santa Cruz County 24-Hour Child Abuse and Neglect Report Line-** 1-877-505-3299

Tip Sheet (English)- <https://bit.ly/2XtVGh5>, Tip Sheet (Spanish)- <https://bit.ly/31il3ng>

**Suicide Prevention Services of the Central Coast-** <https://fsc-cc.org/suicide-prevention-service/>,  
831-459-9373

## COMPREHENSIVE RESOURCE DIRECTORIES

**2-1-1 Santa Cruz County-** <https://www.211santacruzcounty.org/>

**Santa Cruz County Office of Education Student Support Services Resource Directory-**  
<http://www.sccstudentresources.org/>

**Santa Cruz Public Library Community Information Database-**  
<https://www.santacruzpl.org/cid/>

## FIRE INFORMATION & RESOURCES

**County of Santa Cruz:** CZU August Lightening Complex Fires Information and Resources -  
<http://www.co.santa-cruz.ca.us/FireResources.aspx>

**Santa Cruz County Office of Education:** Fire Updates and Resources - [www.santacruzcoe.org/wildfires](http://www.santacruzcoe.org/wildfires)