



IRVINE VALLEY
COLLEGE

HEALTH AND
WELLNESS CENTER

Mental Health and Wellness Toolkit:

*Resources for
Student Success*



students.ivc.edu/healthcenter

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Updated April 2022

INTRODUCTION

Before the COVID-19 pandemic, mental health and wellness education and advocacy was on the rise, especially on college campuses. Health Center staff and mental health counselors were seeing an increase in stress and anxiety among college students.

In light of the COVID-19 pandemic, many college students were faced with multiple difficulties leading to a bigger increase in stress and anxiety; not to mention depression, feelings of loneliness and isolation. This circumstance led Health Centers across the country to think outside the box when it came to the mental health needs of students and how to get them the mental health services and resources they needed.

In response to the pandemic, the Irvine Valley College Health and Wellness Center formed a new mission with mental health and wellness as the priority. The Health Center saw a need to expand the resources available to students and how students access those resources.

This toolkit is intended to be used as a resource. This is not a tool that allows you to diagnose or treat a mental health condition or issue. This Toolkit will serve as a living, central document for faculty and staff members to access, should a student need assistance. The purpose of this toolkit is to provide everyone on campus with information regarding mental health services and resources pertaining to education, advocacy and support of mental health. The content was drawn from existing resources the Health Center generally refers to and new resources. In this toolkit, you will find:

- On-campus services and resources pertaining to mental health
- Off-campus mental health services and resources available to students for free or at a low-cost
- Contact information for national hotlines and warmlines regarding mental health and suicide prevention
- Educational activities and student groups on campus that support mental health initiatives and resources.



MENTAL HEALTH & MENTAL HEALTH FIRST AID

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of our life, from childhood to adolescence through adulthood. Many things can lead to a mental health crisis. Our goal is to provide the tools, resources, and interventions to help direct and manage a student who may be experiencing a mental health challenge or crisis.

WHAT IS MENTAL HEALTH FIRST AID?

Mental health first aid is help for a person experiencing a mental health challenge, mental disorder, or mental health crisis. The first aid is given until appropriate professional help is received or the crisis resolves.

MENTAL HEALTH FIRST AIDERS...

- Do not diagnose or treat themselves or others.
- Observe changes in behaviors.
- Offer a nonjudgmental listening ear.
- Respect the privacy of the person.
- Serve as a vital link to early intervention.
- Respect and honor the culture of the person.

ALGEE: The Action Plan

- **ASSESS** for risk of suicide or harm.
- **LISTEN** non-judgmentally.
- **GIVE** re-assurance and information.
- **ENCOURAGE** appropriate professional help.
- **ENCOURAGE** self-help and other support strategies.

STRATEGIES TO MANAGE STRESS & ANXIETY

EMOTIONAL REGULATION SKILLS

Reducing vulnerability to “emotional mind”

PLEASE SKILLS

- Treat physical illness
- Balanced eating
- Avoid mood-altering substances
- Balanced sleep
- Get exercise

A.C.E. YOUR ANXIETY

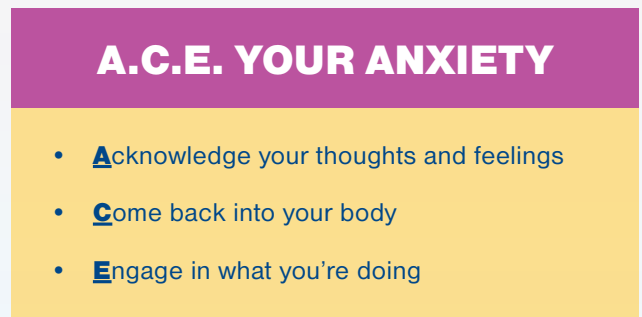
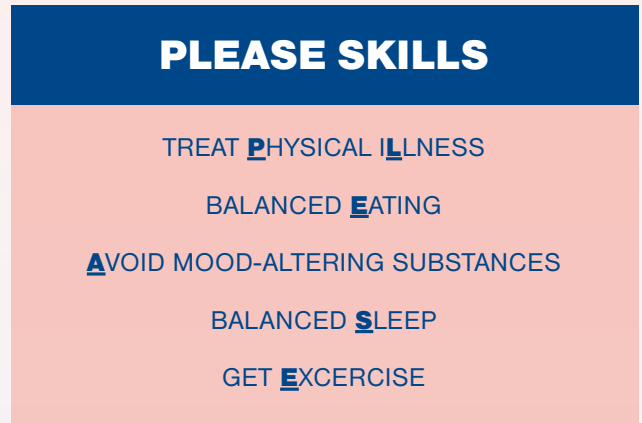
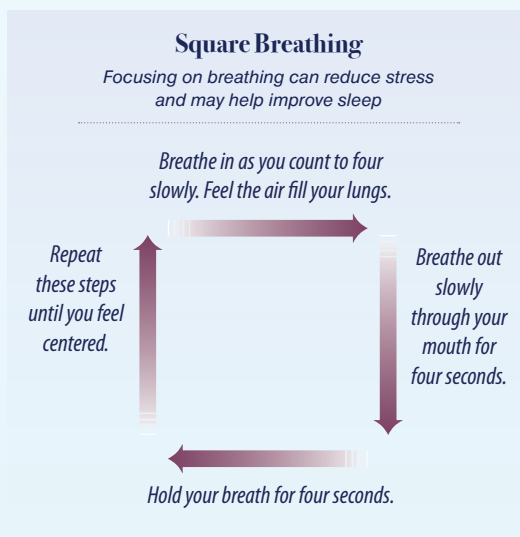
- Acknowledge your thoughts and feelings
- Come back into your body
- Engage in what you're doing

S.T.O.P.

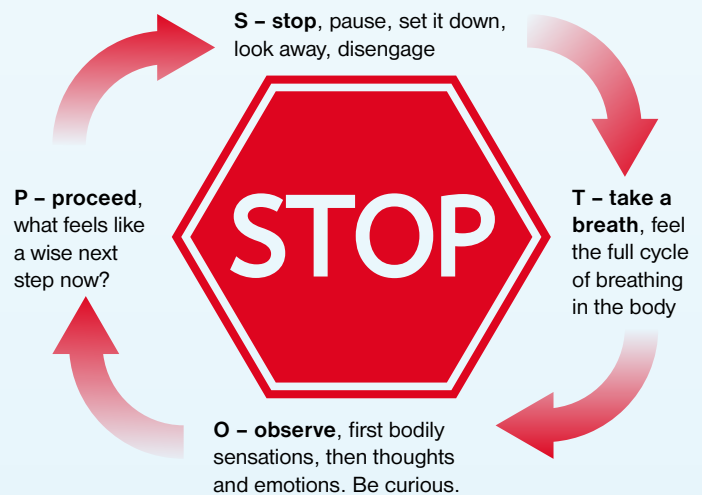
- Stop, pause, disengage
- Take a breath
- Observe bodily sensations first then thoughts and emotions
- Proceed with what feels like a wise next step

4X4X4X4 BREATHING EXERCISE

- Breathe in for 4 seconds
- Hold breath for 4 seconds
- Breathe out for 4 seconds
- Hold breath for 4 seconds



Source: Incredible Therapist, Russ Harris', Practical Acronym for Controlling What you Can



ON-CAMPUS MENTAL HEALTH AND CRISIS RESOURCES

Campus Police: 949-451-5234

Available 24/7/365. In case of emergency or immediate assistance, call Campus Police when you're on campus.

***PRO TIP:** Put this contact in your cell phone and save it for future calls.

Health Center/Mental Health Counseling: 949-451-5221, ivhealthcenter@ivc.edu

M-F • 8-4:30 PM

The Health Center can help with limited medical needs as well as mental health counseling, mental health crises and referrals. students.ivc.edu/healthcenter

Irvine Valley College Veterans Services Center: 949-451-5296, ivcvets@ivc.edu

The Veterans Services Center provides mental health services and resources specifically for veterans. students.ivc.edu/veterans

Active Minds

A nationally recognized non-profit organization that is changing the conversation about mental health. Irvine Valley College now has its own Active Minds Chapter for students to join. Students who may be interested in mental health and suicide prevention education can join Active Minds by emailing activeminds.ivc@gmail.com.



OFF-CAMPUS MENTAL HEALTH RESOURCES, HOTLINES, WARMLINES & HELPLINES:

MENTAL HEALTH/CRISIS/SUICIDE PREVENTION

NATIONAL

- **National Suicide Prevention Lifeline**
1-800-273-TALK (8255) A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. Available 24/7, Press 1 for English, Press 2 for Spanish suicidepreventionlifeline.org
- **National Hopeline Network**
1-800-SUICIDE (784-2344) Provides support with trained counselors through this national hotline to prevent suicide.
- **Each Mind Matters Warm Line**
Text COURAGE to 741741 to connect with a trained Crisis Counselor. FREE, confidential text-based support available 24/7 crisistextline.org

COUNTY

- **OC LINKS**
Behavioral Health Information & Referrals **1-855-OC-LINKS (625-4657)**
- **The OC Warm Line**
Operates 24/7. Provides emotional support, active listening, and referrals. **1-877-910-WARM (9276)**
- **The LA Warm Line**
10pm-6am daily. Accepts calls from all over the region. **1-855-952-WARM (9276)**
- **OC Health Care Agency Behavioral Health Services**
855-625-4657 (Medi-Cal + No Insurance)

LOCAL

- **Didi Hirsch 24-hour Suicide Prevention Crisis Line**
1-877-727-4747
Crisis chat: didihirsch.org/chat (Serves LA/OC)
- **NAMI Warmline OC**
Call or text: **714-991-6412** | Toll Free **877-910-9276** | Available 24/7, 365 days
- **OC Trauma Intervention Programs**
Hotline **949-614-6333**

***PRO TIP:** is a group of specially trained volunteers who provide emotional aid and practical support to victims of traumatic events and their families in the first few hours following a tragedy. Available 24/7, 365.

DOMESTIC VIOLENCE

NATIONAL

- National Domestic Violence Hotline **1-800-799-7233** For victims and survivors who need support. If you are unable to speak safely, log onto thehotline.org or text LOVEIS to 22522.
- National Dating Abuse Helpline **1-866-331-9474**, loveisrespect.org

COUNTY

- OC Adult Mental Health Services
Domestic Violence Hotline: **(800)-799-7233** available 24/7, 365.

LOCAL

- Women's Transitional Living Center: 24-hour hotline **714-992-1931** wtlc.org

SEXUAL ASSAULT

NATIONAL

- **National Sexual Assault Hotline:**
Call 800-656-HOPE (4673) to be connected with a trained staff member from a sexual assault services provider in your area. rainn.org

COUNTY

- **OC Adult Mental Health Services:**
Rape Crisis Hotline: 714-957-2737 24 Hrs.
Sexual Assault Victim Services: 714-834-4317
- **OC Rape Crisis Hotline**
949-831-9110

LGBTQ+

NATIONAL

- The Trevor Project: Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free, confidential suicide hotline for LGBTQ+ youth ages 13-24. Provides crisis intervention and suicide prevention services. thetrevorproject.org
- Trans Lifeline: Call 877-565-8860. A confidential peer support service run by trans people, for trans and questioning callers. Available 24/7. translifeline.org/hotline

VETERANS

NATIONAL

- **Veteran's Crisis Line:**
800-273-8255, Press 1: Connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential tollfree hotline, online chat, or text.
- **VA Combat Call Center:**
1-877-WAR-VETS (927-8387) Confidential call center where combat veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. Available 24/7.

SUBSTANCE ABUSE:

NATIONAL

- Substance Abuse and Mental Health Services Administration (SAMHSA) **800-622-4357**, samhsa.gov

LOCAL

- Alcoholics Anonymous OC (24/7) **714 556-4555** oc-aa.org
- Narcotics Anonymous OC **714-590-2388** orangecountyna.org

DEAF/HARD OF HEARING/SPEECH IMPAIRED:

NATIONAL

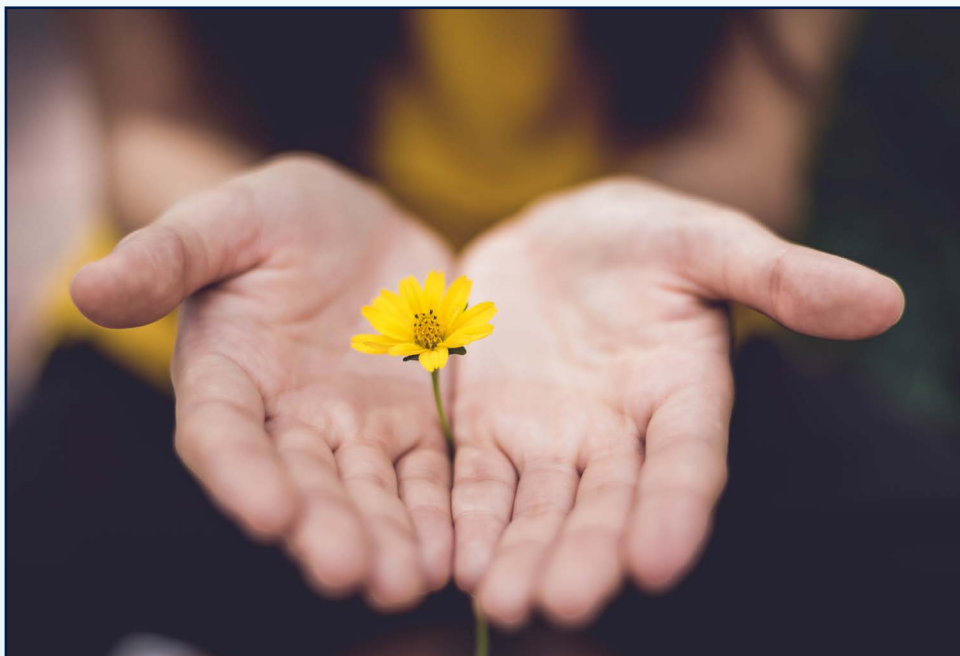
- **National Domestic Violence Hotline:**
Call **800-799-7233** or TTY **800-787-3224**. If you are unable to speak safely, log onto thehotline.org for Live chat or text **LOVEIS** to **22522**.
- **National Suicide Prevention Lifeline:**
For TTY Users, use your preferred relay service or dial 711 then **1-800-273-8255**. Live chat is also available on their website at suicidepreventionlifeline.org
- **Veterans Crisis Line:**
1-800-273-8255, Press 1. TTY National Suicide/Crisis Line for Hearing and Speech Impaired: **800-799-4TTY (4889)** or text **838255**. Live online chat also available at veteranscrisisline.net

COUNTY

- Orange County Adult Mental Health Services:
24/7 crisis line for people with disabilities **1-800-426-4263**

LOCAL

- Orange County Crisis/Suicide Prevention Hotline:
877-7-CRISIS or **877-727-4747** 24/7, 365
Deaf and hard-of-hearing: Text **HEARME** to **839863**



COUNTY OF ORANGE SERVICES:

Orange County Resource Line Phone:

Dial 2-1-1 or visit 211oc.org

2-1-1 is a free and confidential service that helps people across North America find the local resources they need. Available 24 hours a day, seven days a week. 2-1-1 can be accessed by phone or computer. A toll-free call to 2-1-1 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services and community-based programs, including: where to find a community clinic, dental care, immunizations, and prescription assistance, food, homeless shelters, elder and child care, legal services and other resources offered by local nonprofits and government agencies.

By dialing 2-1-1, you are linked to a live, highly-trained, information and referral specialist who will help you navigate through your situation by assessing your needs and then matching you to the most appropriate resources in your community. Assistance is confidential and offered in more than 170 languages.

If dialing 2-1-1 does not work from your phone, you may also dial:

(888) 600-HELP or **888-600-4357** toll free

(949) 646-HELP or **949-646-4357** local

Mental Health Emergency Services

Orange County has a comprehensive array of crisis services that operate 24/7, every day of the year, and are designed to support individuals of all ages who are experiencing, or at risk of experiencing, a behavioral health emergency. These programs range from telephone-based programs through intensive crisis support services provided either in the home, residential setting, crisis stabilization unit, or anywhere in the community. The goal is to 1) provide peer and clinical support – either directly or through linkages to other services – so that the person may continue living safely in the community, when appropriate, or 2) facilitate admission to a psychiatric hospital or crisis stabilization unit when a higher level of care is needed to ensure the health and safety of an individual.

Operated by the OC Department of Mental Health Services (Fees may apply)

- **Centralized Assessment Team (CAT): 866-830-6011**
Crisis team will go out to assess emergency situations, including individuals experiencing psychiatric or behavioral health crises. Available 24/7.
- **Evaluation and Treatment Services: 714-834-6900**
Phone assessment. Will deploy CAT team if necessary. Available 24/7.

FREE TO LOW-COST COUNSELING SERVICES/COMMUNITY RESOURCES:

Alliance Psychiatric Group

17601 East 17th Street, #120, Tustin, CA 92780

714-769-6090

M-F 7am-4pm (hours vary) Insurance/Psychiatric Services

Asian Pacific Counseling & Treatment Center

11050 East Artesia Blvd. Suite F, Cerritos CA 90703 (in Los Angeles County)

562-860-8838

apctc.org

BBK Counseling Services

23461 South Pointe Dr. Suite 175, Laguna Hills, CA 92653

949-269-7220

Cost: Sliding scale up to \$95/Insurance: Blue Cross and PPO

M-Th 8am-7pm/Fri. 9am-5pm/Sat. 8am-3pm

California Family Institute

2900 Bristol St. Suite C-208, Costa Mesa, CA 92626

949-381-1510

Cost: Sliding scale/\$40 Appointments M-F 8am-8pm

Therapy in English & Spanish available

Camino Health Center

22481 Aspan St. Suite A, Lake Forest, CA 92639

949-240-2272

Cost: Sliding Scale Medi-Cal/CalOptima/Blue Shield PPO

Center for New Direction

232 W. Main Street. Ste. 101, Tustin, CA 92782

949-460-5320

M-F 9am-5pm

Cost: Kaiser/United/Aetna or \$125/Session

Chapman–Francis Smith Therapy Center

501 W. Palm Ave, Orange, CA 92868

714-997-6746

M-Th 9am-8pm; Fri. 9am-4pm and Sat. 9am-2pm

Cost: Sliding scale/\$15

FACES (Family Assessment, Counseling & Education Services)

1015 E . Chapman Ave., Ste A, Fullerton, CA 92831

Locations in Santa Ana and Laguna Hills

714-447-9024

facescounseling.org

Harbor Psychiatry & Mental Health

Therapy in English/Farsi/Arabic

4261 Teller Ave. Suite 100, Newport Beach, CA, 92660

949-887-7187

M-F 9am-6pm

Info@harbormentalhealth.com

Hurtt Family Health Clinic Tustin

1 Hope Drive, Tustin, CA 92782

714-247-0300

M-F 8am-5pm (services for all ages)

Cost: Sliding scale/Insurances including Medi-Cal/Psychiatric

Serves homeless and underserved families. Full service medical, dental, vision, mental health, chiropractic, and health education.

Laura's House Domestic Violence Resource Center

33 Journey, Aliso Viejo, CA 92656

949-361-3775

Cost: Sliding scale (\$0-30)

Office 9am-5pm/Treatment 9am-7pm/Child Care 4pm-8pm

Logical Behavioral Health

400 MacArthur Blvd. Suite 600, East Tower, Newport Beach, CA 92660

949-648-3704

logicalbehavioralhealth.com

M-Su 7am-6pm Neurological Testing

Cost: Insurance only; serves veterans and LGBTQ+ patients

Long Beach Trauma Recovery Center (LBTRC)

1045 Atlantic Ave. Suite 801, Long Beach, CA 90813

562-985-1356

LBTRC@csulb.edu

M-F 8am-5pm

Mariposa Women's Center

200 E Katella Ave. Orange, CA 92867

714-547-6494

info@mariposacenter.org

Cost: Sliding scale, lowest \$15 and \$30 intake

English or Spanish M 9am-9pm/Tu-Th 9am-8:30pm/F 9am-5pm

NAMI OC

1810 East 17th Street, Santa Ana, CA 92705

714-544-8488

info@namioc.org

M-F 9am-5pm

Counseling, support groups and workshops available.

Norooz Clinic Foundation

202 Fashion Lane, Suite 219, Tustin, CA 92780
949-242-9720

Cost: Sliding scale/\$30-\$65 (based on income) M-F 8am-8pm EMDR (\$75), Testing Services

OC ACCEPT (LGBTQ)

2035 E. Ball Road, Suite 100-C, Anaheim, CA 92843
714-517-6100

ochealthinfo.com/page/oc-accept

OCAPICA Well(ness)essity

12900 Garden Grove Blvd. Suite 214a, Garden Grove, CA 92843
844-530-0240

ocapica.org/mental-health.html

M-F: 9am-5pm; 12 Free Counseling Sessions

OC Be Well

265 S. Anita Drive, Orange, CA 92868
949-749-2500

bewelloc.org

Mental health and substance abuse services.

OCCREW (Orange County Center for Resiliency, Education, Wellness)

44000 W Metropolitan Drive, Suite 403, Orange, CA 92868
714-480-5100

OC_CREW@ochca.com

ochealthinfo.com/bhs/about/pi/early/crew

OC PACT (Program for Assertive Community Treatment)

OC Health Care Agency & Mental Health Services

14140 Beach Blvd., Ste 223, Westminster, CA 92683
714-896-7566

ochealthinfo.com/about-hca/behavioral-health-services/more-bhs/children-youth-behavioral-health-cybh/specialized

OMID Counseling

2101 Business Center Dr., Suite 150, Irvine, CA 92612
949-502-4721

M-F 9am-6pm

Therapy in Arabic/Farsi/Mandarin/Vietnamese/Spanish/English. Free online groups.

Cost: Sliding Scale \$0-\$50 (income based)

Orange County Mental Health

5 Mareblu, Aliso Viejo, CA 92656
949-643-6901

Therapy M-Th 8am-6pm and F 8am-5pm Cost: Sliding scale/lowest \$37 (No Private Insurance. Medi-Cal Only) Psychiatric Services

Santa Ana Clinic for Mental Health

1200 North Main St., Ste. 200, Santa Ana, CA 92701

714-480-6767

Therapy M-TH 8am-6pm & Fri. 8am-5pm

Cost: Sliding scale, lowest \$37 (No Private Insurance. Medi-Cal Only) PSYCHIATRIC Services

Share Our Selves (SOS)

1 Purpose Drive, Lake Forest, CA 92639

949-270-2100

T-Th 8:30am-7pm/F 9am-5pm

Cost: Sliding scale/\$0-\$20 Medi-Cal/Most insurance

PSYCHIATRIC Services

Straight Talk Counseling Center

3785 S Plaza Drive, Santa Ana, CA 92704

714-828-2000

info@straighttalkcounseling.org

Cost: Sliding scale \$25-65 Possible, First four sessions may be \$15/session

South Orange County Family Resource Center

22481 Aspan St, Lake Forest, 92630

949-364-500

M, Tu, F 8:30am-5:30pm W, Th 11:30am-8pm

Cost: Must NOT have insurance. Free Therapy in English and Spanish.

Psychiatric Services.

The Center Orange County (LGBT)

1605 N. Spurgeon Street, Santa Ana 92701

714-953-5428

lgbtcenteroc.org

Turning Point

3181 Hairway Ave., Suite 5206A, Costa Mesa, 92626

714-547-8111

M-F 9am-7pm

Cost: Sliding scale, lowest \$30/Intake session \$50/Groups \$30 flat fee

UC Irvine Health Psychiatry Services

101 The City Dr. S., Building 3, Orange, 92868

714-456-5902

Takes most insurance including CalOptima. Psychiatric Services.

VCC (Vista Community Clinic): The Gary Center

201 S. Harbor Blvd., La Habra, CA 90631

562-264-6000

vistacommunityclinic.org/locations/vcc-the-gary-center

Western Youth Services

200 W. Santa Ana Blvd., Ste 801, Santa Ana, CA 92701
714-704-5900
M-F 8am-5pm Ages 20 and Younger
Cost: Medi-Cal only (as primary or secondary ins.)
Psychiatric services, therapy and testing

MENTAL HEALTH/COMMUNITY RESOURCES FOR SPECIFIC GROUPS:

LGBTQ+

- **The LGBT Center OC**
11605 N. Spurgeon St., Santa Ana, 92701
714-953-5428
Cost: Sliding Scale
M-W 10am-9pm/Th-Fri. 10am-6pm
- **OC Accept**
4000 W. Metropolitan Dr., Ste 405, Orange, CA 92868
714-645-8000
Cost: Free M-F 8am-5pm English/Spanish/Vietnamese
- **Radiant Health Center**
17982 Sky Park Circle, Suite J, Irvine, CA 92614
949-809-5709
CalOptima accepted M-F 8:30am-5pm
- **UCI Pediatric Youth Gender Diversity Program**
UC Irvine Medical Center
1 Medical Plaza Drive, Irvine, CA 92697
949-824-8600
Additional Location in Orange
- **CHOC Gender, Puberty and Sex Development (under 21)**
CHOC Children's Health Center-Centrum North
Building 1120 W. La Veta Ave., Suite 125, Orange, CA 92868
877-741-0705
- **Shanti OC**
23461 S Pointe Dr. #100, Laguna Hills, CA 92653
949-452-0888
Cost: Private Insurance, Medicare

SUBSTANCE ABUSE TREATMENT AND PREVENTION

- **Phoenix House**
1207 E. Fruit St., Santa Ana, CA 92701
714-953-9373
877-769-9698
Cost: Aetna, Anthem, Blue Cross, Life Synch-Humana
Specializes in treating women, Latinos, and veterans
- **Reflections Recovery Center**
185 E. Paularino Ave., Street C-201, Costa Mesa, CA 92626
714-294-2393
Cost: Aetna, Anthem, Blue Cross. Treats Women, Veterans, and Latinos
- **Cornerstone**
13682 Yorba St., Tustin, CA 92780
714-730-5399
Cost: Sliding Scale and Insurance. Therapy in English and Spanish
- **Shanti Orange County**
23461 South Pointe Dr., Suite 100, Laguna Hills, CA 92653
949-452-0888
Accepts most private insurance/Sliding scale

DOMESTIC VIOLENCE

- **Laura's House Domestic Violence Resource Center**
33 Journey, Aliso Viejo, CA 92656
949-361-3775
Cost: Sliding scale (\$0-\$30)
- **Interval House for Battered Women**
714-891-8121
English/Spanish/Vietnamese
- **Women's Transitional Living Center**
24-hour hotline: 714-992-1931
wtlc.org
- **Human Options**
5540 Trabuco Rd., Ste. 100, Irvine, CA 92620
949-737-5242
Cost: Sliding Scale \$1-\$30 and \$10 registration

- **Casa de la Familia**
877-611-2272
Provides counseling, crisis intervention, support groups, and other programs.
LA & OC Locations:
1650 East 4th St., Santa Ana, CA 92701
508 W Commonwealth Ave., Fullerton, CA 92832
3550 Wilshire Blvd., Ste 670, Los Angeles, CA 90010
- **California Coalition Against Sexual Assault (CALCASA)** calcasa.org
- **National Sexual Violence Resource Center (NSVRC)** nsvrc.org
- **Rape, Abuse and Incest National Network (RAINN)** rainn.org
- **Futures Without Violence: The National Health Resource Center on Domestic Violence**
1-888-792-2873 futureswithoutviolence.org

VETERANS

- **VA Military Sexual Trauma**
mentalhealth.va.gov/msthome.asp
- **VA Long Beach Healthcare System:**
longbeach.va.gov/services/Mental_Health.asp
Outpatient Psychiatry Clinic – 562-826-8000, ext. 15603
Urgent Mental Health Clinic – 562-826-8000, ext. 12304
Substance Abuse Treatment Program – 562-826-8000, ext. 15610
Women’s Mental Health – 562-826-8000, ext. 14820
PTSD Clinic – 562-826-8000, ext. 15308
Pathways Recovery Center – 562-826-8000, ext. 15602
- **OC4VETS**
orange.networkofcare.org/mh/services/agency.aspx?pid=OC4Vets_2_348_0
Assisting military veterans and their families to become aware of and to access needed community and behavioral health services.
714-480-6476
- **Strong Families, Strong Children (SFSC)**
ocstrongfamilies.org/pages/about-strong-families-strong-children
SFSC’s mission is to improve the health and well-being of veterans, military families and children throughout Orange County by engaging the community, building resiliency, and creating safer, more stable home environments.
714-953-4455 ext. 661
- **U.S. Veterans/Outside the Wire**
Dr. Miatta Snetter, Psy.D
Director of Clinical Services, OTW OC
Patriotic Hall
1816 Figueroa St., 4th Fl, Los Angeles, CA 90015
310-981-8649
Msnetter@usvetsinc.org

MORE COMMUNITY RESOURCES:

Orange County Health Care Agency Behavioral Health:

Wraparound Programs for Transitional Age Youth (TAY)

STAY Process (Supporting Transitional Age Youth)

1401 N Tustin Ave #225, Santa Ana, CA 92705 | 714-221-6400

STAY Process focuses on transitional age youth (TAY), ages 16 through 25 years, who are seriously emotional disturbed (SED) or severely mentally ill (SMI) frequently complicated by substance abuse, who might benefit from increased integration into the community.

Community Service Programs, Inc. YOW (Youthful Offender Wraparound)

1231 E Dyer Rd., Ste 135, Santa Ana, CA 92705 | 949-250-0488

YOW provides culturally competent, in-home and community based intensive mental health rehabilitation and case management services to youthful offenders who have serious emotional disturbances (SED) or severe mental illness (SMI).

Community Services Programs, Inc. Collaborative Courts Collaborative

Courts Full Service Partnership (CCFSP)

1221 E Dyer Rd., Ste 200, Santa Ana, CA 92705 | 714-492-1011

Provides culturally competent in-home and community-based intensive mental health rehabilitation and case management services for consumers, dependents and/or wards ages 0-25, who have serious emotional disturbances (SED) or severe mental illness (SMI), and/or truancy and substance abuse issues.

For more information regarding Orange County Health Care Agency TAY programs, contact James P. Harte, PhD at jharte@ochca.com

ochealthinfo.com/about-hca/behavioral-health-services/more-bhs/children-youth-behavioral-health-cybh/full-service

Crittenton's Stepping Stones Program for TAY

801 E Champan Ave #203, Fullerton, CA 92831 | 714-680-9000

Serving former foster youth with no family support systems (21-24 years of age). Crittenton also works with pregnant/parenting young mothers, young fathers, and former crossover youth that were system-involved (foster care and/or juvenile justice). For more information, email info@crittentonsocal.org crittentonsocal.org/about-us



South Coast Community Services

Serves transitional age youth ages 16-25. This is a six-bed residential program for transitional age youth (TAY) who have experienced a mental health crisis but do not meet the criteria for in-patient hospitalization. The program provides assistance with stabilization and linkage to longer term supports. 877-527-7227 or 714-966-5338

Mental Health Outpatient Clinic

2124 Main Street, Suite 165 Huntington Beach, CA 92648
sccs4kids.org

Orange County Social Services Agency:

Youth Services – Independent Living Programs (ILP) for youth ages 16-25

Orangewood Children’s Foundation

Partners with Orange County Children and Family Services Transitional Planning Services Program (TPSP). They support youth in achieving self-sufficiency and stability upon leaving the child dependency system. Goals related to education, housing, medical/health, permanent connections, employment and community resources.

Contact TPSP staff at 714-704-8000. Ask for TPSP Officer-of-the-Day.

EDUCATION & SELF-CARE

- Each Mind Matters: For mental health resources, visit eachmindmatters.org
- Suicide is Preventable: For information on suicide prevention resources, visit suicideispreventable.org
- The Jed Foundation: For emotional health and suicide prevention resources, visit: jedfoundation.org or mentalhealthishealth.us
- Dr. Weir 4-7-8 Breathing Technique [youtube.com/watch?v=gz4G31LGyog](https://www.youtube.com/watch?v=gz4G31LGyog)

