

ADDITIONAL RESOURCES IN FAMILY LAW:

24-HOUR CRISIS LINES:

Police Sheriff Medical emergency		9-1-1
Alcohol and drug abuse hotline	Behavioral Wellness Access Line, Santa Barbara County	1-888-868-1649 (toll free)
Child abuse hotline (if a child is in immediate danger, call 9-1-1)	Child Welfare Services, County of Santa Barbara	1-800-367-0166 (toll free)
	Childhelp National Child Abuse Hotline	1-800-422-4453
Domestic violence emergency shelter	Santa Barbara area	1-805-964-5245 (24/7)
	Lompoc area	1-805-736-0965 (24/7)
	Santa Ynez Valley area	1-805-686-4390 (24/7)
	Santa Maria area	1-805-925-2160 (24/7)
Mental health crisis Emergency psychiatric services	Crisis and Recovery Emergency Services (C.A.R.E.S.), Behavioral Wellness Access Line, County of Santa Barbara	1-888-868-1649 (toll free)
Rape Crisis Center hotline	Santa Barbara area	1-805-564-3696 (24/7)
	Lompoc area	1-805-736-7293 (24/7)
	Santa Maria area	1-805-928-3554 (24/7)
Suicide prevention hotline	Behavioral Wellness Access Line, Santa Barbara County	1-888-868-1649 (toll free)
	California Suicide hotline	1-800-400-1572 (toll free)
	National Suicide Prevention Lifeline	1-800-273-8255 (toll free)
YOUTH: Mobile crisis response	Casa Pacifica's Safe Alternatives for Treating Youth (SAFTY): 20 years and under	1-888-334-2777 (toll free) 8 a.m. – 8 p.m. 365 days/yr.

ALCOHOL/ SUBSTANCE ABUSE / ADDICTIONS HELP:

211 Santa Barbara	Referral to resources for health and human services, including drug/alcohol education, treatment, facilities and detox	2-1-1 https://211santabarbaracounty.org/substance-abuse/ (24 hours/7 days a week)
Al-Anon and Ala-Teen	Help for families and friends of alcoholics	1-805-899-8302 1-888-425-2666

Alcoholics Anonymous	Find the right addiction treatment for you	1-805-962-3332 (South County) 1-805-925-3782 (North County)
Council on Alcoholism and Drug Abuse (non-profit)	Help in dealing with drug or alcohol problems	1-805-963-1433 (Santa Barbara area) 1-805-925-8860 (Santa Maria area)
Fighting Back Santa Maria Valley (FBSMV)	Home drug test kits for children	1-805-346-1774 (North County)
Good Samaritan Shelter	Withdrawal management and recovery treatment programs	1-805-347-3338 x102 (Santa Maria) 1-805-736-0357 x207 (Lompoc)
Narcotics Anonymous	County hotline 24/7	1-805-569-1288
Project Recovery	Treatment program and drug/alcohol testing	1-805-564-6057 (Santa Barbara area)
Recovery Road	Outpatient drug or alcohol treatment	1-805-962-7800 (Santa Barbara area)
Request a Test	Drug / alcohol testing	1-888-732-2348 (toll free)
Santa Barbara Neighborhood Clinics	Treatment for opiate use disorder	1-844-594-0343 (toll free) (South County)
Santa Barbara Behavioral Wellness	Prevention, intervention, screening, referral, outpatient and residential treatment	1-888-868-1649 (24 hours)
Zona Seca	Help regarding drugs, alcohol and domestic abuse	1-805-963-8961

ANGER / VIOLENCE HELP:

Addiction Tree Counseling Services	Court-approved batterer intervention/anger management program	1-805-623-2203 (Santa Maria area)
Anger Management Specialists	Court-approved batterer intervention/anger management program	1-805-242-2502 (County)
Conflict Solutions Center of Santa Barbara County: YOUTH only	Anger management for youth	1-805-963-6765
Domestic Violence Solutions	Support for persons with anger problems in their lives	1-805-964-5245
Resilience Institute	Court-approved batterer intervention/anger management program	1-805-699-5208
Streets 2 Schools	Court-approved batterer intervention/anger management program	1-916-629-3045

Zona Seca	Court-approved batterer intervention/anger management program	1-805-963-8961 (South County)
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INDIVIDUAL / FAMILIES / YOUTH COUNSELING (REDUCED FEE OR SLIDING SCALE) HELP:

<u>Child Abuse Listening Mediation (CALM)</u>	Individual counseling, support groups, parenting classes	1-805-965-2376 (Santa Barbara area) 1-805-741-7460 (Lompoc area) 1-805-614-9160 (Santa Maria area)
Catholic Charities of Santa Barbara County	Counseling for persons in Santa Barbara or Carpinteria only	1-805-965-7045 (Santa Barbara) 1-805-684-8621 (Carpinteria)
Casa Pacifica	Treatment for emotional or behavioral problems in adolescents	1-805-366-4040 (Santa Barbara area) 1-805-319-7502 (Santa Maria area)
Community Counseling and Education Center	Counseling, support groups, workshops and classes	1-805-962-3363
Domestic Violence Solutions of Santa Barbara County	Drop-in consultation, support groups, job and life skills coordination	1-805-964-5245 (Santa Barbara area) 1-805-736-0965 (Lompoc area) 1-805-925-2160 (Santa Maria area) 1-805-686-4390 (Santa Ynez Valley area)
Elements Counseling Group	Counseling for individuals, couples and families; youth empowerment workshops	1-805-349-2255 (North County)
Family Service Agency	Mental health counseling, relationship education, fatherhood education, school-based counseling	1-805-965-1001 (Santa Barbara area) 1-805-735-4376 (Lompoc area) 1-805-928-1707 x 132 (Santa Maria area)
Family Therapy Institute	Counseling for individuals, couples, families, children and group	1-805-882-2400 (Santa Barbara and Santa Ynez Valley areas)
Hope Counseling Center	Counseling from faith-based perspective	1-805-681-7384 (Santa Barbara area)
Hosford Counseling & Psychological Services Clinic at UCSB	Individual, couple, family and group psychological treatment Mind and Behavior Assessment Clinic	1-805-893-8064 mbac@education.ucsb.edu
Hospice of Santa Barbara	Anticipatory grief care management; spiritual care and grief individual and group counseling	1-805-563-8820

Jewish Family Service	Counseling and support services without regard to religion, race, ethnicity or disability	1-805-957-1115
La Casa de la Raza		1-805-965-8581
New Beginnings	Individual, couples, family & group counseling; parenting and life skills education	1-805-963-7777
VNA Health: Hospice	Hospice, palliative and bereavement care; individual, family or group counseling	1-805-965-5555 (Santa Barbara County)
Victim Witness Assistance Program, County of Santa Barbara District Attorney's Office	Crisis intervention counseling related to a crime and court support	1-805-568-2408 (Santa Barbara County)

LEGAL SERVICES / CONFLICT RESOLUTION HELP:

<u>Court Administered Dispute Resolution (CADRe)</u>	Dispute resolution alternatives available in certain court cases	1-805-882-4661 (Santa Barbara County)
Conflict Solutions Center	Mediation: Parent-teen, landlord-tenant, business-related, neighbors; small claims mediation	1-805-963-6765 (Santa Barbara area) 1-805-349-8943 (Santa Maria area)
Department of Child Support Services (DCSS), County of Santa Barbara	Assistance in establishing parentage and establishing, modifying and collecting child support orders	1-866-901-3212 (toll free)
Family Law Facilitator, Santa Barbara County Superior Court	Free legal assistance for self-represented persons in family law	1-805-882-4660 (South County) 1-805-614-6442 (North County)
Family Court Services, Santa Barbara County Superior Court	Free custody/visitation mediation in Santa Barbara County court cases	1-805-882-4667 (South County) 1-805-614-6429 (North County)
Lawyer Referral Service, Santa Barbara County Bar Association	Referral to experienced lawyers	1-805-569-9400
Legal Aid Foundation of Santa Barbara County	Free legal assistance for low income persons in the areas of housing, domestic abuse, elder abuse, immigration	1-805-9653-6754 (Santa Barbara area) 1-805-736-6582 (Lompoc area) 1-805-922-9909 (Santa Maria area)
Legal Resource Center, Legal Aid Foundation of Santa Barbara	Legal assistance for self-represented persons in the completion of documents for various civil matters and infractions	1-805-563-3303 (Santa Barbara and Lompoc areas) 1-805-691-2457 (Santa Maria area)

Long Term Care Ombudsman Services of Santa Barbara County	Investigates and mediates complaints in nursing homes	1-805-967-0499
Probate Facilitator, Santa Barbara County Superior Court	Free legal assistance for self-represented persons in seeking conservatorship or guardianship of the person: NORTH COUNTY ONLY	1-805-614-6622 (North County only)
Rental Housing Mediation Program, City of Santa Barbara	Mediation of rental housing disputes in the following areas: City of Santa Barbara, City of Goleta, and City of Carpinteria	1-805-564-5420
Santa Barbara County District Attorney Consumer Mediation Program	Voluntary mediation of telemarketing, consumer/business, auto repair, home improvement and financial service complaints	1-805-568-2300 (Santa Barbara area) 1-805-346-7540 (Santa Maria area)
UCSB / Community Housing Office	Mediation service for rental complaints by UCSB faculty, staff and students	1-805-893-4371

PARENTING CLASSES and INFORMATION:

Allan Hancock College	Non-credit community education for parents	1-805-922-6966 (North County)
Care Net of Santa Maria	Free parenting classes	(805) 928-9285 https://www.carenetsm.com/free-services
Co-Parenting Essentials (COPE)	Court-approved co-parenting classes	1-805-714-6200 (Santa Barbara County) www.coparentingessentials.com
Families Change	Age appropriate information for kids, teens and parents regarding family break up	https://www.familieschange.ca.gov/
Family Service Agency	Fatherhood education: Helps strengthen relationships with children and the other parent	1-805-965-1001
Fighting Back Santa Maria Valley (FBSMV)	Nurturing skills for families program	1-805-346-1774 (Santa Maria area)
Parenting After Separation	Free online course that helps parents to make informed decisions, putting their children's needs first	https://pas.familieschange.ca.gov/
PEACE class, Santa Barbara County Superior Court	Free 2-hour online class that is required in family law court cases with minor children	1-805-882-4626

School of Extended Learning, Santa Barbara City College	Parenting classes for parents of pre-kindergarten children	1-805-898-8137 (South County)
Council on Alcoholism and Drug Abuse (CADA)	Parenting classes and helpline to guide adolescents; support groups	1-805-456-1234 (helpline) 1-805-564-6057 Nurturing Parents classes 1-805-730-7575 General info.

EMERGENCY HELP:

Catholic Charities of Santa Barbara County	Emergency assistance for food, finances for rent and utilities, diapers, transportation, case management	1-805-965-7045 (Santa Barbara) 1-805-684-8621 (Carpinteria) 1-805-736-6226 (Lompoc) 1-805-922-2059 (Santa Maria)
City of Santa Barbara	"Basic Needs: Where Can I Get...?"	https://www.santabarbaraca.gov/civicx/filebank/blobdload.aspx?BlobID=33957
County of Santa Barbara, Community Services	Housing resources	https://countyofsb.org/housing/resources.sbc
Good Samaritan Shelter	Shelter for individuals and families without a home	1-805-736-0357 x207 (Santa Maria) 1-805-735-4390 (Lompoc)
People Helping People	Provides for the basic needs for people living in the Santa Ynez Valley, Los Alamos and related areas	1-805-686-0295 (Santa Ynez Valley and Los Alamos areas)
Santa Barbara Salvation Army	Residential programs for individuals without a home/ withdrawal management and treatment programs	1-805-962-6281 (Santa Barbara) 1-805-452-8073 (Santa Ynez Valley) 1-805-588-6571 (Lompoc) 1-805-349-2421 (Santa Maria)
Transition House	3 stages of supportive housing; family-centered supportive services	1-805-966-9668