



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	619-531-2000
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 & Elder Abuse SD County</i>	
Crisis Text Line (Text from anywhere in the U.S. with a trained crisis counselor)	741741
<i>www.crisistextline.org/</i>	
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
<i>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.</i>	
Community Resource Center (Carol’s House) 760-753-1156	
<i>www.crcncc.org</i>	
<i>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.</i>	
Family Justice Center (Domestic Violence Information) 619-533-6000	
<i>www.sandiego.gov/sandiegofamilyjusticecenter 866-933-4673</i>	
<i>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.</i>	
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
- La Jolla Band of Luiseno Indians Avellaka Program 760-742-8628
- 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 619-515-2385
 - 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.

COMMUNITY RESOURCES (cont.)

- Victim Advocates 619-531-4041
www.sdcdca.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.
- 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

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