



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	730-352-2111
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	760-940-4557

<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) 858-966-4011
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	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	760-685-4736
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	858-966-4011
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	619-440-2133
Hillcrest Counseling Center	619-686-3603
Jane Westin Wellness Recovery Center	619-235-2600
Jewish Family Services	877-537-1818
Kaiser Outpatient Psychiatry	877-496-0450
San Diego Military Counseling Project	619-280-3586
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 858-694-4595
South Bay 619-691-4539
North County 760-806-4079
San Diego Police Department 619-531-2263
Family Justice Center 619-533-6001
San Diego Sheriff's Office 858-974-2419

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