

Providing emotional support for children and their families throughout Santa Barbara County who have Medi-Cal.



We treat a variety of symptoms: sadness, nightmares, anxiety, depression, poor concentration, crying spells, fear of social situations, loneliness, or if your child is not behaving with parents/teachers or suddenly isolating from friends and family.

## EMERGENCY SITUATIONS

For immediate health or safety danger, call  
**911**

*For less critical but urgent matters, you may contact:*

**S.A.F.T.Y. (Safe Alternatives for Treating Youth)** If your child is upset enough to threaten to hurt themselves or someone else

24 Hours 1-888-334-2777



SANTA BARBARA COUNTY  
DEPARTMENT OF  
**Behavioral Wellness**  
A System of Care and Recovery

## OTHER IMPORTANT CONTACTS

*When needing support that isn't an immediate crisis, or emergency*

**ACCESS** is a 24 hour 7 days a week information & referral line. You may call for a referral for therapy or an assessment or simply to ask a question.

24 Hours 1-888-868-1649

Department of  
Behavioral  
Wellness  
Santa Barbara  
Child & Family  
Services

## Children's Outpatient Clinic

Mental health services for children who have emotional or mental health problems



(805) 884-1600

429 North San Antonio Rd.  
Santa Barbara, CA 93110

County of Santa Barbara  
Department of Behavioral Wellness

# YOUR CHILD & FAMILY SERVICES CLINIC

Department of Behavioral Wellness Child & Family sites are **Medi-Cal** outpatient clinics for young people with emotional and mental health issues.

Each therapy plan is individualized to meet the needs of your child and your family.

Our county wide locations include Santa Maria, Lompoc, and Santa Barbara.

The Child & Family clinics partner with several community agencies in order to improve the match between your child's individual needs and the most effective treatment.

Some of our partner agencies include:

- CALM (Child Abuse Listening & Mediation)
- FSA (Family Service Agency)
- CASA PACIFICA/Wrap Around Program
- Community Action Commission



## HOW WE WORK FOR YOU -

The focus of our clinic is to increase your child's success. We believe each child or teen has the capacity to improve his or her own situation with the right support.



Our team of medical doctors, psychologists, clinical social workers and marriage family therapists provide services including, but not limited to:

- Psychological Assessments
- Individual, Group & Family Therapy
- Trauma Focused Therapy
- Medication Evaluation & Treatment
- Wraparound Support for the Family
- Intensive Case Management & Support

**Nothing you do for a child is ever wasted.**

*-Garrison Keillor*



**We are here to support your family; both children and parents.**

You can aid in your child's success by:

- Freely expressing your family's needs
- Asking questions
- Being the leader of your child's treatment team

