

## PARENT TO PARENT RESOURCE LIST

### **RCDMH Website <http://rcdmh.org/>**

The following list was compiled by parents and interested individuals to assist families in finding support/resources in the community. While the content is believed to be accurate, RCDMH is not responsible for the quality and availability of the services listed.

ASTERISK (\*) indicates Spanish available.

All County clinics provide interpreter services for clients

### PARENT SUPPORT & TRAINING PROGRAM- Riv. Co. Dept. of Mental Health

Parent Support & Training Program is county-wide and provides support, education, training and resources to parents and primary caregivers who are raising a child with mental health/behavioral challenges. Some services and supports are available to parents/caregivers whether or not their child is receiving services, offered in English and Spanish and free of charge.

(951) 358-5862 or toll free (888) 358-3622

### ADOLESCENT FAMILY LIFE PROGRAMS

Riverside County Health Department\* (951) 358-5192

(Families Planning information)

WIC (Women, Infants & Children) Program\* (800) 455-4942

(Nutrition, education, supplemental food and referrals)

Planned Parenthood (888) 743-7526

### ADOPTION ASSISTANCE PROGRAM

Permanency Program\* (951) 358-3555

Financial Program\* (951) 358-5392

### AIDS / HIV

Riverside Co. HIV/AIDS Hotline\* (800) 243-7275

Desert HIV/AIDS Project\* (760) 323-2118

### ASSISTANCE LEAGUE - RIVERSIDE (951) 682-3445

(Provides clothing & books to prepare for SAT exams, and

Bear Pals for children who are victims of crime, accident or neglect.)

### CHILDREN AND FAMILY SERVICES\* (800) 442-4927

(County wide childcare referrals)

### CAROLYN E. WYLIE CENTER\* (951) 683-5193

(Services for children with disabilities birth through 6 years)

### CHILD PROTECTIVE SERVICES (CPS)\*

Child Abuse Hotline - Riverside County\* (800) 442-4918

Child Abuse Hotline - San Bernardino County\* (909) 384-9233 or (800) 827-8724

Grandparents/Relatives Raising Grandchildren Warmline (800) 303-0001

### COMMUNITY CARE LICENSING\* (951) 782-4200

(Monitors residential treatment facilities and foster care homes.)

### DEPT. OF PUBLIC SOCIAL SERVICES (DPSS)\*

(For AFDC, MediCal, food stamps, homeless and Cal Works)

General Information (951) 358-3000

Eligibility Information (951) 358-3400

### DOMESTIC VIOLENCE

24-hour Crisis Line - Riverside County\* (800) 339-7233

24-hour Crisis Line - Riverside\* (951) 683-0829

Alternatives to Domestic Violence (800) 339-SAFE

Riverside (951) 320-1370

Desert (760) 288-3313

### DRUG / ALCOHOL PROGRAMS & TESTING

Atanon / Alateen Meeting Location Info. Line\* (800) 356-9996

Hotline (After hours) (909) 883-8655

Alcohol / Drug National Referral Line (24 hours) (800) 252-6465

Alcoholic's Anonymous (24 hours) (909) 825-4700

Alcoholic's Anonymous Locator Line (909) 881-3230

Nat'l Clearinghouse for Drug & Alcohol (24 hours)\* (800) 729-6686 or (800) 662-4357

(Provides information regarding drug and alcohol abuse)

Riverside County Drug & Alcohol Abuse Program\* (951) 955-2105

National Clearing House for Drug & Alcohol Info\* (24 hours) (800) 662-4357

Teen Challenge-"Turning Point" Contact Blayne Radford (951) 683-4241

(A nine week course for families of a loved one with a drug or alcohol problem. A course is also provided for teens)

The High Road (DUI, Prop 36, Drug Diversion, testing) (951) 781-6762

Riverside Treatment Center\* (951) 784-8010

(Substance & Alcohol)

24 Hour Detox Referral Line\* (800) 499-3008 or (951) 955-2100

### EDUCATIONAL & EMANCIPATION SERVICES

CA. State Dept. of Special Education Division (800) 926-0648

(Assists parents and individuals in resolving issues at the local level or asking questions regarding special education)

Riverside Department of Rehabilitation\* (951) 782-6650

(Provides services & advocacy resulting in employment, independent living and equality for individuals with disabilities)

Community Settlement Association\* (951) 686-6266

(Free afternoon learning center for K-7<sup>th</sup> grades)

Independent Living Skills Program\* (951) 358-5650

(Ages 18-21)

Professional Tutors of America (800) 832-2487

(Professional in home tutoring)

### EMERGENCY SHELTER

24-Hour Information and referral to shelters\* 2-1-1 or (800) 464-1123

24-Hour Operation SafeHouse\* (951) 351-4418

(Shelter program for Riv. Co. teens & family reunification)

### FOOD / CLOTHING / RESOURCES

24-Hour INFORM Riverside County Volunteer Center\* 2-1-1 or (800) 464-1123

(Multi-listings for food, clothing and other resources)

Tyler Village (951) 509-2400

Wellness & Recovery for Mature Adults

### FOOD / CLOTHING / RESOURCES (continued)

Catholic Charities\*

Moreno Valley (951) 784-5020

Desert (760) 202-1222

(Includes emergency assistance for food, rent, utility payments, immigration, counseling, citizenship programs, anger management & parenting classes)

Community Settlement Association\* (951) 686-6266

(Provides social services to residents in east region of Riverside)

Salvation Army (951) 784-3571

### FOSTER CARE SERVICES

Independent Living Skills Program (ILP)\* (951) 358-5650

(A program to help youth emancipate from the foster care system)

Workforce RCC (951) 222-8968

(Advocacy / Leadership for foster youth)

Foster Care Ombudsman\* (877) 846-1602

(Provides information, resolution to complaints/concerns on behalf of foster children and youth)

### HEALTH

Communicable Disease Program\* (951) 210-1392

MCAH Family Planning (800) 794-4814

(Teen parenting education, family services)

Eastside Dental Programs\* (951) 213-3460

(Ages 0-18, low cost medical prevention & treatment)

Eastside Health Center\* (951) 213-3450

Arianza Family Health Center (951) 710 - 3970

IHP\* (866) 294-4347

Riverside County Family Care Scheduling Center (800) 639-1115

Riverside Community Health Foundation (951) 788-3471

(Mobile Health Vehicle Program)

Riverside County Regional Medical Center Hospital (951) 486-4000

Morongo Indian Health Care, Inc. (800) 732-8805

Immunization Project\* (888) 246-1215

Juvenile Diabetes Research Foundation\* (800) 223-1138

### HELP / CRISIS INFORMATION

24-Hour Crisis & Suicide Prevention Helpline for Riverside County\* (951) 686-4357

24-Hour National Parent / Youth Crisis Hotline & Runaway Hotline (800) 843-5200

24-Hour Rape Crisis Center - Riverside\* (951) 686-7273

24-Hour Alternative to Domestic Violence\* (951) 683-0829 or (800) 339-7233

24-Hour Psychiatric Emergency Treatment Services (ETS)\* (951) 358-4881

(Provides crisis only evaluations & stabilization services for minors who are experiencing an acute psychiatric emergency)

Riverside Co. Regional Medical Center\* (951) 486-4000

### HOUSING

Fair Housing Council of Riverside\* (800) 655-1812

(Landlord & tenant information)

Housing Authority of Riverside\* (951) 351-0700

(Assistance for low income families in renting an apartment or buying a home)

**INLAND REGIONAL CENTER\*** (909) 890-3000  
(Children/Youth/Adults with developmental disabilities, including mental retardation, autism and epilepsy)

**INLAND REGIONAL CENTER FAMILY RESOURCE LIBRARY\*** (909) 890-4794  
(Valuable information on a variety of topics related to developmental disabilities, parent advocates, a children's play room, videos, audio tapes, user-friendly computer stations and much more) Open to the Public.

**JOBS**

Conservation Corp.\* (800) 952-5627  
(Gain career opportunities for youth ages 18 – 23)

School of Career Education\* (800) 606-4001  
(Offers career preparation training to high school and adult or (951) 826-4723 students who are residents of Riverside County)

**LEGAL SERVICES**

Inland Legal Services\* (951) 368-2555

Public Service Law Corp.\* (951) 682-7968  
(Referrals)

Riverside Co. Bar Association\* (951) 682-7520  
(Lawyer Referral)

**MENTAL HEALTH**

CARES Monday – Friday 8am-5pm (RCDMH)\* (800) 706-7500  
(Helps to locate outpatient mental health services for Children / Adult MediCal beneficiaries in Riverside County)

Parent Support & Training Program (Countywide)\* (951) 358-5862  
(Provides support, education and resources to parents/caregivers)

Riverside Co. Dept. of Mental Health Children's Services Admin.\* (951) 358-4520

Riverside Co. Dept. of Mental Health\*  
Desert (760) 863-8455  
Mid-County (951) 443-2200

CA. Dept. of Mental Health Ombudsman Services\* (800) 896-4042  
(For people receiving MediCal who need help navigating the MH managed care system or need assistance in resolving a problem)

Recovery Innovations\*  
(Assistance for young adults & adults with psychiatric disabilities)

Riverside (951) 955-8000

Temecula (951) 600-6410

Banning (951) 795-3805

Palm Springs (760) 778-4309

Indio (760) 342-1825

Patient's Rights (RCDMH)\* (951) 358-4600 or (800) 350-0519  
(Serves Riv. Co. recipients of Mental Health Services, provides training & education about MH laws and Patients Rights)

RCDMH Family Advocates\* (951) 358-4987 or (800) 330-4522  
(Serves Riverside County family members of adult children suffering from serious mental illness)

**MENTAL HEALTH (continued)**

Riverside Co. Dept of Mental Health Resource Library\* (951) 358- 5862  
(Free to anyone interested in checking out videos and written material about children and adolescent health, mental health, behavioral challenges, special education/advocacy and more)

Parent-to-Parent Telephone Support Line (RCDMH)\* (951) 358-3622  
(For parents/caregivers who would like to talk with another parent employed by Mental Health, Children Services, who has raised a child / children with emotional/mental and/or behavioral challenges) or (888) 358-3622

Jefferson Transitional Programs (JTP)\*  
Western (951) 686-5484  
Perris (951) 345-1193  
Temecula (951) 600-6373  
(Transitional Age Youth (TAY) provides vocational, sober living support, hope, advocacy, and educational programs for individuals who experience mental illness or individuals with both mental illness and addictions ... We believe in Recovery)

**SUPPORT GROUPS & RESOURCES**

**Need Help or Resources?\*** **JUST DIAL 211**

Cell phones must call (800) 464-1123

24-Hour INFORM Riverside County\* [www.informriverside.org](http://www.informriverside.org) (800) 464-1123  
(Provides information, resources, referrals countywide)

Autism Society of America\* (800) 3-AUTISM / (800) 328-8476  
(Call for local groups in your area or [www.ieautism.org](http://www.ieautism.org) for the resource guide) (951) 220-6922

CHADD (800) 233-4050  
(Children & Adults with Attention-Deficit/Hyperactivity Disorder)

CODIE\*  
(Center on Deafness Inland Empire)  
(CODIE provides the services to Riverside and San Bernardino Counties – not limited to Riverside Area)

Voice (951) 275-5000

TDD: (951)275-0640

VP: (951)801-5674

Dept. of Mental Health, Parent Support & Training Program\* (951) 358-5862  
(888) 358-3622

Community Access Center\* (951) 274-0358  
(Provides services and supports to people with disabilities)

Kinship/ Youth Warm Line\* (800) 303-0001  
(Referrals and information for grandparents as caregivers; ask for resources in your area)

NAMI – National Alliance for the Mentally Ill\* (800) 950-6264

Family to Family Classes

**SUPPORT GROUPS & RESOURCES (continued)**

Educate, Equip & Support *Building Hope* (EES) (951) 358-5862  
(FREE 12-week support & education class for parents & caregivers raising children with behavioral, emotional and mental challenges)

Classes offered County wide  
For Spanish call \* (951) 358-5862

Disabilities Rights of California\* (800) 776-5746  
(Provides a variety of advocacy services of Californians who have developmental or mental disabilities)

Team of Advocates for Special Kids –TASK\* (866) 828-8275  
(Provides education/support to families with special children)

Victim-Witness Assistance\* (951) 955-5450  
(Adult and children services for victim's and/or witness's of crime)

United Advocates for Children & Families of California (UACF) (916) 643-1530  
(UACF is a nonprofit membership organization that advocates for children's mental health services and supports statewide) or (877)275-8223

YWCA (Riverside Area) (951) 687-9922  
(Drug/alcohol program & women's services)

YMCA (Riverside Area) (951) 685-5241  
(Childcare)

YMCA (Desert Area) (760) 341-9622  
(Childcare & Afterschool transportation)

YMCA (Corona Area) (951) 736-9622  
(Childcare, Afterschool program, various youth activities)

**PROBATION DEPARTMENT**

Juvenile Probation Department\* (951) 358-4310

**RUNAWAY SERVICES**

Operation SafeHouse\*  
Riverside (951) 351-4418  
Desert (760) 343-3211  
(Runaway shelter for Riv. Co. teens & family reunification)

National Runaway Safe Line\* (800) 621-4000

**SOCIAL SECURITY ADMINISTRATION\***

(800) 772-1213

**TRANSPORTATION SERVICES**

RTA\* (Serving the Western & Desert Regions) (951) 565-5002

Metro Link\* (800) 371-5465

Sun Line\* (Serving the Desert Area)  
Customer Service (800) 347-8628  
Reservations (866) 311-7433 or (760) 343-4231

Permission is Granted To Reprint This Brochure  
Updated 9/14/2015  
Contact Crystal Stanley @ (951) 358-5862 for updates