

**John Swett Unified School District
Resources and Referrals**

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Prepared by Suzanne LaVere, District Counselor

This is a list of resources and referrals for you to use or share with students and family members, as appropriate. We cannot make recommendations for these services, but we can share the numbers in a general way when we become aware of an issue that fits with one of these resources.

HEALTH SERVICES

AIDS/STD Hotline	English	800-448-0440
Contra Costa AIDS Line		800-287-0200
County Health Information		800-696-9644
CCC Children's Mental Health		510-374-3261
CCC Regional Medical Center		925-370-5000
First Hope Mental Health Services		925-681-4450
Healthy Start (pre-natal care)		925-370-5495
Planned Parenthood		510-222-5290
Poison Control		800-876-4766
Psychiatric Emergency		925-646-2800

HOTLINES

211 For every Resource in Contra Costa County	211
Bay Area Crisis Nursery	925-685-8052
Bully Hotline (Trevor Project)	866-488-7386
Crisis/Suicide	800-833-2900
Child Abuse	925-646-1680
CCC Access (counseling referrals)	888-678-7277
Domestic Violence (STAND)	888-215-5555
Elder Abuse	877-839-4347
Grief	800-837-1818
Homeless	800-808-6444
Mobile Response Team (medi-cal eligible only)	877-441-1089
National Child Abuse Hotline	800-422-4453
National Runaway Hotline	800-621-4000
Northern California Family Center	925-370-1990
Parent Project (classes)	510-215-3212
Planned Parenthood	925-676-0300
Rape Crisis/Community Violence	800-670-7273
Runaway Hotline	800-718-4357
School Tipline	800-863-7600
STD Hotline	800-227-8922

Talk Line Family Support (24 hr. parental stress help) 415-441-KIDS
Toughlove International 800-333-1069
Youth Crisis Hotline 800-843-5200

ALCOHOL AND DRUG USE/ABUSE

A Chance for Freedom Concord 925-685-7418
English/Spanish; Offers Individual & Group Counseling
Ala-non/Ala-teen 888-425-2666
Alcoholics Anonymous 925-939-4155
Bridge 2000/New Bridges 800-785-2400/510-548-7270
Outpatient treatment for teens; free assessments.
California Smokers Helpline (Smoking Cessation) 800-NOBUTTS
Community Health for Asian Americans Pinole 510-233-7555
Open to all ethnicities. Individual & Group Counseling for adults and teens,
Outpatient alcohol & other drug counseling.
Contra Costa County Access Unit 800-846-1652
Referral services for all detox, outpatient, or residential programs.
Narcotics Anonymous 925-685-4357
Thunder Road 510-653-5040
Residential treatment for youth.
Ujima West 510-215-2280

CHILD ABUSE

Bay Area Crisis Nursery (0-5) 510-685-8052
Dahlstrom House (6-12) 925-685-3695
Children and Family Services (formerly CPS) Central 925-646-1680
East 925-427-8811
West 510-374-3324
Child Abuse Prevention Council 925-798-0546
Information and referral services for prevention, intervention, treatment.
Northern California Family Center 800-718-4357

COUNSELING AGENCIES

A Step Forward 925-685-9670
Specializes in treating child, adolescent and adult sexual abuse victims, their
families and offenders. Group and individual counseling and support.
Asian Pacific Psychological Services 510-233-7555
Culturally/linguistically competent mental health care for families.
Child and Family Guidance Center 925-933-1290
Groups for parents and children dealing w/ learning, behav., family problems.
Contra Costa County Mental Health Services (24 hour) 888-678-7277

Family Stress Center 925-827-0212
 Counseling for families, kids & teens. Education to parents of each age group.

Families Unidas 510-412-5930
 Counseling for Spanish speaking families; also some translation, advocacy, referral and crisis services.

Family Works Community Counseling Center 510-982-0950

JFK Community Counseling Center 925-798-9240
 Counseling & Groups for kids, teens, couples and families.

Northern California Family Center 925-370-1990
 Youth & family therapy; family mediation services; serves youth in crisis.

Stepping Stones Counseling Center 510-307-4162
 Sexual abuse counseling for children and adults.

The Low Fee Referral Network 510-433-9499
 Free referrals to private therapists in Contra Costa County

West Coast Children's Center 510-527-7249
 Mental health services to children (2-18) and their families, inc. gr'parents raising their grandchildren. Multi-lingual services.

Counseling – Private Licensed Therapists

Leslie Cantor, MFT	County Wide	925-788-3621
Victoria Coad, PhD.	Richmond	510-233-1992
David Dao, MFT	Crockett	510-418-2079
Dana Fetz, MFT	Richmond	510-741-0721
John Hamel (Anger Mngmt.)	Concord	925-686-2921
Ernest Isaaks, MFT	Berkeley & Lafayette	510-765-1094
Penny James, MFT	Richmond	510-235-2468
Sarah Liebman, MFT	Berkeley & Crockett	510-559-7822
Carrie McCluer, MFT & Ass.	Crockett	510-787-6960
Howard Pollack, MFT	Richmond	510-658-3937
Arlene Rodini, MFT	Richmond	510-234-5144
Joshua Rose, MFT	County Wide	510-982-0950
Peter Rose, MFT	Richmond	510-587-3234
Agne Sluckaite, MFT	Crockett	510-466-1358
Jan Stribot, MFT	Richmond	415-485-1614
Judy Weatherly, MFT	Richmond	510-466-5557
Keith Weinstein, MFT	Richmond	707-747-9576

GRIEF COUNSELING

Circle of Care 510-531-7551
 Peer support groups for youth & families coping w/ illness & loss.

Contra Costa Crisis Center 800-837-1818
 Free grief counseling for youth & families.

LEGAL ASSISTANCE

Hawkins Center	510-232-6611
Provides legal representation and advocacy to individuals with disabilities, who are applying for Social Security and/or SSI disability benefits.	
Lawyer Referral Service	925-825-5700
Provides referrals to attorneys for all types of legal concerns. Low fee for initial consultation.	
Legal Services for Children	415-863-3762
Free lawyer services for youth who are alone, abandoned, molested or sexually assaulted, accused of/or victims of crime. Multi-lingual.	
Mental Health Consumer Rights & Advocacy	925-646-5788
NAMI (National Alliance for the Mentally Ill)	925-646-5798
Public Defender	510-374-3233
Provides low income adults & youth w/ free legal defense for criminal cases.	

RESOURCES FOR GAY, LESBIAN YOUTH

Center for Human Development	510-234-5359
Provides support to gay, lesbian, questioning youth, as well as HIV/AIDS ed.	
Pacific Center for Human Growth	510-548-8283
Provides education, group & individual counseling to youth identified as gay, lesbian, or questioning.	
The Trevor Project	866-488-7386

TOBACCO CESSATION

American Cancer Society	800-227-2345
American Lung Association	510-893-5474
California Smoker's Helpline	800-nobutts
Kaiser – Martinez	925-372-1000
Kaiser – Richmond	510-307-2210

Online Resources:

Cyberbullying: <http://cyberbully411.org>
<http://stopcyberbullying.org>

YOUR ADDITIONAL RESOURCES

