



Santa Cruz North County Resource Guide

APRIL 2018

NAMI Santa Cruz County Help Line

The help line offers nonjudgmental support to individuals and families during times of need as well as guidance on how to get help.

(831)-427-8020 x7

Leave a message and someone will return your call within 24 hours

Mental Health Emergency Services

Santa Cruz County Behavioral Health Access Team

1-(800)-925-2335/24 hours a day

Walk-in crisis services:

M-F/ 8:00 am – 5:00 pm

1400 Emeline Avenue, Bldg. K.

Santa Cruz, CA 95060

Crisis Stabilization Program (CSP) and Psychiatric Health Facility (PHF)

(831)-600-2800/ 24 hours a day

2250 Soquel Avenue, Santa Cruz

Mental Health Liaisons to Law Enforcement

(831)-471-1131

SC Police Department: 7 days/week

SC Sheriff's Office: 6 days/week

Watsonville Police Department: 5 days/
week

Ask for Mental Health Liason

Monarch Services for Domestic Violence

Watsonville Office:

(831)-722-4532

233 East Lake Avenue, Watsonville CA

Santa Cruz Office:

(831)-722-4532

1509 Seabright Avenue, Santa Cruz CA

24-hour Bilingual Crisis Line:

1-(888)-900-4232

Online at www.monarchsc.org

Support Groups

For more information about NAMI

Support groups, visit namiscc.org or call

(831)-824-0406

NAMI Peer Connection Recovery Support Group

For adults living with mental illness

Mondays/ 12:30 pm - 2 pm

MHCAN at 1051 Cayuga St., Santa Cruz

Wednesdays/ 1:00 pm - 2:30 pm

Sash Mill at 303 Potrero, Bldg 42, Suite
103

NAMI Support Group for Family Members of Youth/Young Adults (16-26)

For families and friends of youth living
with mental illness

First and third Thursdays of the month/
6:30 pm- 8:30pm

542 Ocean St., Suite F, Santa Cruz

NAMI Family Support Group

For families and friends of those living with mental illness

Thursdays/ 7:00 pm - 8:30 pm
Live Oak Family Resource Center at
1740 17th Avenue, Santa Cruz

NAMI HOPE Bipolar Disorder and Depression Support Group

A Christian based support group for both families and peers

(831)-336-5740
Second and fourth Tuesdays of the month/
6:30 pm - 8:15 pm
Santa Cruz Bible Church at 440 Frederick St., Santa Cruz
Room 22, 2nd floor of Worship Center

C.H.A.D.D. Attention Deficit/Hyperactivity Disorder Support Group

For parents of children and teens:

Second Wednesdays of the month/
6:30 pm - 8:00 pm
Aptos Fire Station at 6934 Soquel Drive,
Aptos

For more information visit
www.chadd.net/436 or contact Judy Brenis
at jbbrenis@comcast.net

For adults with ADHD:

Fourth Wednesdays of the month/
6:30 pm - 8:00 pm
(same contact/address info as above)

Parents with Hope (affiliate of Al-Anon)

For friends and family of those suffering from substance abuse

(831)-688-1792
Sundays/ 6:30pm - 7:45pm
Inner Light Center at 5630 Soquel Drive,
Soquel

For more information about Twin Lakes Church Support Groups, contact care@tlc.org or (831)-465-3368
Twin Lakes Church is located at 2701 Cabrillo College Drive, Aptos CA

Twin Lakes Church Living Grace

A peer support group for individuals living with mental illness

Mondays/ 7pm in room 8142

Twin Lakes Church Family Grace

Two Christian based support groups for friends and family of those with mental illness

Mondays/ 10:00 am in Room 8112
Mondays/ 7:00 pm in Room 7105

Twin Lakes Church Through Cancer With Care

An opportunity to connect with those who understand what you're going through.

Second and Fourth Sundays of the month/
9:00am - 10:30am
Room 7105

Twin Lakes Church GriefShare

A support group to give help and encouragement after the death of a spouse, family member, or friend. Sessions begin in the Fall and Winter. Contact Twin Lakes Church for more information.

Twin Lakes Church Big Hearts

A support group for caregivers. There is encouragement from scripture, prayer support and exchange of ideas.

First and third Thursdays in room 7107.
Contact galeolsondesigns@gmail.com for more information

Dual Recovery Anonymous (DRA)

For those wanting to stop using alcohol/
other drugs and a desire to manage an
emotional or psychiatric condition

(831)-768-8132 ext. 306

M, T, Th, F/ 9:30 am

The Avenues Program at 12 Carr St.,
Watsonville

Compassionate Friends

Supporting families after death of a child

www.tcfsantacruz.com

Please contact (831)-332-9893 for
information about support groups

Eating Disorder Recovery Support Group

A supportive environment in which to meet
other people working towards recovery
from their eating disorder, build
relationships, and practice recovery skills.

Sundays/ 1:00 pm - 2:30 pm

603 Mission St., Santa Cruz CA

Please RSVP at

sundayRSVPsc@gmail.com

Or call (831)-600-7103

Mood Matters Peer Support Group

A support group for individuals with mood
disorders.

Mondays/ 6:00 pm - 8:00 pm

MHCAN at 1051 Cayuga St., Santa Cruz
CA

Survivors Healing Center

Groups for survivors of childhood sexual
abuse.

Call (831)-423-7601 to register

104 Walnut Ave., Suite 208, Santa Cruz

Inpatient/Residential Programs

Front Street Housing Support Team

Provide mental health support services and
assistance with locating, leasing, and
maintaining housing.

(831)-466-9307

M-F/ 9:00 am - 5:00 pm

Old Sash Mill at 303 Potrero St., Bldg 42,
Suite 101, Santa Cruz CA

Encompass Supported Housing

Provides stable, permanent, affordable
housing for low-income individuals with
psychiatric disabilities.

(831)-459-0444

Applications are available at 380 Encinal
Street, Suite 200, Santa Cruz CA

Telos

Short term crisis residential program that
serves as a diversion to psychiatric
hospitalization.

(831)-476-4184

3035 Prather Lane, Santa Cruz CA

Coastal Turning Point

Provides counseling, substance use, and/or
mental health recovery services via
inpatient and outpatient programs.

(831)-234-2010

M-F 9:00 am - 9:00 pm

Saturdays: 8:00 am - 5:00 pm

147 South River St, Suite 24A, Santa Cruz

Online at www.coastalturningpoint.com

El Dorado Center

Short term treatment program for individuals who may be stepping down from locked care. Requires a case manager referral.

(831)-479-9494

941 El Dorado Ave, Santa Cruz CA

Second Story Respite House

A two-week, unlocked residence in a home environment for those living with mental health challenges. Must be a county client.

(831)-688-0967

Contact adrian.bernard@encompasscs.org

Opal Cliff Rehabilitation Center

Serves 15 adult clients with the primary emphasis being supporting and empowering residents to gain or reclaim skills that will enable them to enter various independent living situations.

(831)-464-8694

4795 Opal Cliff Drive, Santa Cruz CA

Rose Acres Residential Facility

34 adult board and care beds in the San Lorenzo Valley area for those with mental health challenges, also serving non-ambulatory seniors.

(831)-335-1925

6950 Rose Acres Ln., Felton CA

Front Street Residential Care Facility

47 bed residential care facility serving individuals with mental disabilities.

(831)-427-3387

126 Front Street, Santa Cruz CA

Willowbrook Residential Care 1

34 bed adult residential program that offers mental health support services to adults from 18-59 years of age.

(831)-336-5196

155 Willowbrook Drive, Ben Lomond CA

Wheelock Residential Care

Provides 16 adults (18-59) with residential and mental health services.

(831)-768-0941

102 Wheelock Road, Watsonville CA

7th Avenue Center

A 99-bed certified Mental Health Rehabilitation Center for individuals affected by severe and persistent mental illness, including dual diagnoses.

(831)-476-1700

1171 7th Avenue, Santa Cruz CA

More information online at www.7thavecenter.com

Drake House (Elder care)

49-bed residential care facility for the elderly with enhanced services for people with a combination of mental health issues and/or complex medical problems.

(831)-643-9069

399 Drake Avenue, Monterey CA

Willowbrook Residential Care 2 (E.C.)

Six bed residential care facility for the elderly offering residential and mental health support services.

(831)-336-5196

Substance Use Recovery Services

Alto North and South Counseling Center

Offers counseling services for individuals dealing with alcohol or other addictive drugs, and drug court related services.

Watsonville: (831)-728-2266
Santa Cruz: (831)-423-2003

Sober Living Environments

Provide supportive, shared housing for people in recovery.

For men's SLE: (831)-423-3890
For women's SLE: (831)-423-3890

Casa Pacific

A 12 bed residential program in Watsonville for men and women with co-occurring disorders.

(831)-722-2933
321 E. Beach Street, Watsonville CA

Santa Cruz Residential Recovery

A co-ed residential program that serves clients for 30-90 days based on individual needs for recovery from substance use and co-occurring disorders.

(831)-423-3728
Email at recoverysupport@encompasscs.org

Si Se Puede

A bilingual residential program serving Spanish speaking, male clientele for a one to six month period focusing on issues surrounding recovery from substance use and co-occurring disorders.

(831)-761-5422

M-F/ 9:00 am -5:00 pm
161 Miles Lane, Watsonville CA
recoverysupport@encompasscs.org

Sobriety Works

Offers services such as intensive outpatient programs for those working or in school, interventions, assessments, individual sessions, sober living environments, and continuing care.

(831)-476-1747
8030 Soquel Ave, Suite 103 Santa Cruz
Email at sobrietyworks@sobrietyworks.com
Online at www.sobrietyworks.com

Janus

Affordable addiction treatment offering residential as well as outpatient programs

(866)-526-8772
200 7th Avenue, Suite 150, Santa Cruz CA
Email at info@januscc.org

More information online at www.januscc.org

Substance Use Recovery Support Groups

Celebrate Recovery

A biblical and balanced program that helps us overcome our hurts, hang-ups, and habits.

(831)-429-1162
Fridays/ 7:00 pm - 9:00 pm
Santa Cruz Bible Church at 440 Frederick Street, Santa Cruz CA
info@santacruz bible.org

Refuge Recovery

A mindfulness-based addiction recovery community that practices and utilizes Buddhist philosophy as the foundation of the recovery process.

Mondays/ 7:15 pm- 8:15 pm

Fridays/ 7:00 pm - 8:00 pm

Sundays/ 11:00 am - 12:00 pm

Body & Soul Healing Center

santacruzrefugerecovery@gmail.com

Website at www.refugerecovery.org

SMART Recovery

For those who wish to recover from addictive behaviors by changing self-defeating thinking and working towards long-term satisfactions. An alternative to 12-step groups.

Tuesdays/ 8:00 pm - 9:30 pm

Preschool building in Calvary Episcopal Church at 532 Center St., Santa Cruz CA

Contact Ryan Koehler at

(831)-444-5160 or email

ryan.santacruz@gmail.com

Wednesdays/ 6:00 pm - 7:30 pm

Sundays/ 4:00 pm - 5:00 pm

9057 Soquel Drive, Building A Unit G, Aptos CA

Contact Darin Engrassia at

(530)-307-3178 or email

dengrassia@elevaterehab.org

Online meetings and more information at www.smartrecovery.org

Community Involvement

Community Connections

For those living with a psychiatric condition looking for educational opportunities and job skills.

North County: (831)-425-8132

South County: (831)-768-8132

M-F/ 8:30 am - 1:00 pm

303 Harvey West Blvd., Santa Cruz CA

Dblaskovich@ccsantacruz.org

More info at www.scvolunteercenter.org/programs/community-connection/

Mental Health Client Action Network (MHCAN)

Peer-run drop in center for those with mental health and homelessness challenges providing food, clothing, groups, and support.

(831)-469-0462

M, T, Th, F/ 9:00 am - 2:00 pm

1051 Cayuga St., Santa Cruz CA

Events calendar and more information online at www.mhcan.org

Community Bridges

A collection of centers providing a number of resources to the community such as food, parent education, elder care, transportation, child care, etc.

(831)-688-8840

236 Santa Cruz Ave., Aptos CA

www.communitybridges.org

Live Oak Family Resource Center

Offers resources and services such as youth advocacy, tutoring, counseling, foster family support, community case management, parent education, and healthcare access.

(831)-476-7284

M-Th/ 9:00 am - 5:00 pm

CLOSED for lunch 12:00 pm - 1:00 pm

Fridays/ 9:00 am - 12:00 pm

1740 17th Ave., Santa Cruz CA

Online at www.communitybridges.org/locr

Central Coast Center for Independent Living

CCIL is a bilingual center that promotes the independence of people with disabilities. Offers help with access to services, improving skills, and answering questions concerning disability rights, counseling, housing, employment, healthcare, and personal assistance.

Central Office Monterey County

(831)-757-2968

318 Cayuga St., Suite 208, Salinas CA

Santa Cruz County Office

(831)-462-8720

1350 41st Ave., Suite 101, Capitola CA

Online at www.ccil.org

Life Skills Support Services

Designed for those who want to enhance a variety of independent living skills, working collaboratively with individuals to identify and achieve both short and long-term life skills goals.

Contact Front St. Inc. team for more information (831)-421-1130

Nueva Vista Community Resources

Resource center offering programs like application assistance, community advocacy, parent education, food and nutrition services, and after school homework club.

Main Office:

(831)-423-5747

M-F/ 9:00 am - 5:30 pm

CLOSED for lunch 1:00 pm - 2:00 pm

711 East Cliff Dr., Santa Cruz CA

Youth Services:

(831)-426-2322

M-F/ 9:00 am - 5:30 pm

CLOSED for lunch 1:00 pm - 2:00 pm

133 Leibrandt Ave., Santa Cruz CA

Miscellaneous

Anger Management

A 12 week evidence based curriculum that has been designed to help participants increase personal awareness and reduce stress.

Santa Cruz: (831)-423-2003

Watsonville: (831)-728-2223

Family Service Agency of the Central Coast

A private, non-profit agency offering affordable counseling and supportive services for people of all ages, designed to maintain and strengthen family and community life.

(831)-423-9444

104 Walnut Avenue, Suite 208, Santa Cruz CA

Online at www.fsa-cc.org

Advocacy, Inc.

A non-profit corporation that provides rights protection and advocacy services for both mental health clients and the elderly.

(831)-429-1913 or

(831)-636-1638

5274 Scotts Valley Drive, Scotts Valley CA

Paget Center

A 12 bed short-term (up to 90 days) emergency housing program for homeless veterans.

(831)-475-5591

831 Paget Ave., Santa Cruz CA

Women, Infants, and Children (WIC)

A safe place for low to moderate income families to receive a sense of hope, comfort, and security, allowing women, infants, and children to thrive. Program also available in Spanish.

Santa Cruz:

(831)-426-3911

M-Th/ 8:00 am - 6:00 pm

1105 Water St., Santa Cruz CA

Watsonville:

(831)-722-7121

M-F/ 8:00 am - 6:00 pm

18 West Lake Ave., Suite A., Watsonville CA

Felton:

(831)-426-3911

Second and fourth Wednesdays and Thursdays/ 9:00 am - 5:00 pm

More information online at

www.communitybridges.org/wic

Senior Network Services

Providing senior citizens and persons with disabilities with information, guidance and assistance in coordinating existing resources to promote independence and highest quality of life.

Santa Cruz: (831)-462-1433

1777-A Capitola Rd., Santa Cruz CA

Watsonville: (831)-728-1751

114 E. Fifth St

Email at snshicap@cruzio.com

Transportation Program

Rides for seniors or persons with disabilities who cannot drive and have no ready access to alternative transportation.

Santa Cruz: (831)-427-3435

Watsonville: (831)-722-6708

San Lorenzo/Scotts Valley: (831)-336-9387

Special Parents Information Network

Offers support to parents of children with special needs of any type. Services include consultations, resources, workshops, and support groups.

For more information:

(831)-722-2800

info@spinsc.org

Online at www.spinsc.org

For information about mentor program, support groups, or Yahoo! group, contact Nancy at (831)-423-7713

nwinans@spinsc.org

Friends Outside

Providing support to those incarcerated, post-release consumers, and their families.

Santa Cruz: (831)-427-5078
1740 17th Avenue, Santa Cruz CA

Watsonville: (831)-722-2127
349 Main St., Watsonville CA

Email at
friendsoutside@scvolunteercenter.org

Online at <https://scvolunteercenter.org>

MOST Team

Provides wrap-around mental health services including psychiatry, psychotherapy and employment skill development with additional supports specific to criminal justice system involvement such as probation, court discharge planning and disposition, and liaison relations with law enforcement and jail correctional staff.

(831)-454-7541

Gemma Transitional Housing Program

A structured, long term residential program for previously incarcerated women, focused on the successful integration of early recovery and reentry practices.

(831)-706-6560
recoverysupport@encompasscs.org

Online at [www.encompasscs.org/
community-recovery-services/gemma](http://www.encompasscs.org/community-recovery-services/gemma)

The Lotus Collaborative Eating Disorder Recovery Center

A holistic health and recovery center specializing in eating, weight, exercises, and nutrition concerns. Offers partial hospitalization services, intensive outpatient services, support groups, family therapy, nutritional counseling, and transitional living. Serving clients of all genders ages 14 and up.

(831)-600-7103
603 Mission St., Santa Cruz CA

More information online at
www.thelotuscollaborative.com

Whole Person Care

A Santa Cruz County program designed to improve the health and well-being of individuals with complex needs by providing case management services, a care team, same day appointments, and assistance with transportation.

(831)-454-5099
Email at
wholepersoncare@santacruzcounty.us

More information online at
www.santacruzhealth.org/wholepersoncare

Basic Support

Santa Cruz County Mental Health Services

Call to determine if you are eligible for county mental health services.

(831)-454-4170
M-F/ 8:00 am - 5:00 pm
1400 Emeline Ave., Building K, Santa Cruz

Police Departments

Non-Emergency Santa Cruz:
(831)-420-5800
Non-Emergency Capitola:
(831)-475-4242

Santa Cruz County Housing Authority

Assisting low-income, disabled, and elderly persons with affording housing.

(831)-454-9455
2391 Mission St., Santa Cruz CA
Email at housing@hacosantacruz.org

Human Services Department of Santa Cruz Website

An easy to use website which helps to quickly direct you to Medi-Cal, home care, employment, food assistance, childcare, and other applications for low-income services.

www.santacruzhumanservices.org

Employment and Benefits Customer Service Centers

In-person assistance and application for General Assistance, CalFRESH, CalWORKs, Medi-Cal, and Welfare-to-Work employment.

Santa Cruz:
M-F/ 8:00 am - 5:00 pm
(831)-454-4165
TTY for Hearing Impaired (831)-454-4763
1020 Emeline Ave., Building B., Santa Cruz CA

Watsonville:
M-F/ 8:00 am - 5:00 pm
(831)-763-8500
TTY for Hearing Impaired (831)-454-4763
18 W. Beach St., Watsonville CA

Workforce Santa Cruz County

No cost services for businesses, employees, and job seekers. Offers career counseling, occupational training, on-the-job-training, job search workshops, self-service computers for job search, and access to EDD Unemployment Insurance phone lines.

Santa Cruz:
M-F/ 8:00 am - 4:30 pm
(831)-423-8611
Goodwill Main Offices at 350 Encinal St., Santa Cruz CA
Watsonville:
M-F 8:30 am - 4:30 pm
(831)-763-8933
Goodwill Workforce Offices at 18 W. Beach St., Watsonville CA

Social Security Administration Office

Providing services such as disability insurance, supplemental security income, and Medicare.

M, T, Th, F/ 9:00 am - 4:00 pm
Wednesdays/ 9:00 am- 12:00 pm
(800)-593-8523
169 Walnut Ave., Santa Cruz CA

Online services and more information at www.ssa.gov

Transition Age Youth/Youth Services

Santa Cruz County Child and Adolescent Behavioral Health Services

Provides services for residents younger than 18. Call same number for transition age youth services, ages 18-25.

1-800-952-2334
1400 Emeline Ave., Santa Cruz CA

California Youth Crisis Line

A statewide, toll free, 24 hour confidential phone line available to young people between the ages of 12-24, and concerned friends and family members. Provides crisis intervention counseling on issues including family problems, sexual assault, eating disorders, teen pregnancy, substance abuse, suicide, and more.

1-800-843-5200

Encompass Youth Services (ages 3-20)

Offering counseling, mental health outpatient services, groups, and after school programs.

Santa Cruz: (831)-429-8350

Watsonville: (831)-688-8856

Walnut Avenue Women's/Family Center

Offers support groups, workshops, and education for youth and families.

(831)-426-3062

303 Walnut Avenue, Santa Cruz

www.wafwc.org

Pajaro Valley Prevention and Student Assistance (Pajaro Valley School District)

Offers counseling, workshops, and education for youth and families. Must have school referral.

(831)728-6445

www.pvpsa.org

LGBTQ+ Youth Meet-ups (ages 12-18)

Weekly meet-ups for queer, trans, and allied youth.

Fridays/ 3:30 pm - 6:00 pm

First Christian Church at 15 Madison St.,
Watsonville CA

Saturdays/ 1:00 pm - 3:30 pm

Diversity Center at 1117 Soquel Ave, SC

Gender Expansive Youth Group (ages 12-18)

Saturdays/ 4:00 pm- 5:30 pm

Diversity Center at 1117 Soquel Ave, SC

Queer Youth Task Force of Santa Cruz County

Resources for queer youth, parents, teachers, and community programs.

(831)-425-4004

Email at info@QYTF.org

Online at www.qytf.org

Tyler House

Dual-diagnosis residential treatment program focusing on substance abuse treatment for teens. Provides daily counseling and structured activities.

(831)-688-6293 x117

2716 Freedom Boulevard, Watsonville

Homelessness Support Services

Resetar Residential Hotel

A permanent supportive housing site, meant for individuals and families that have multiple housing barriers including previous homelessness, physical disabilities, mental health disabilities, educational disparities and drug and alcohol histories.

(831)-722-3322

Monday- Friday 9:00 am - 4:00 pm

15 West Lake, Watsonville CA

Homeless Garden Project

Provides job training, transitional employment, and support services to people who are experiencing homelessness.

(831)-426-3609

M-F/ 9:00 am - 5:00 pm

30 West Cliff Dr., Santa Cruz CA

Homeless Persons' Health Project

A full service primary health center serving the needs of the homeless and low-income populations.

Clinic Hours

CLOSED from 12:00 pm - 1:00 daily

Mondays/ 8:00 am - 5:00 pm

Tuesdays/ 1:00 pm - 5:00 pm

Wednesdays/ 8:00 am - 5:00 pm

Thursdays/ 1:00 pm - 5:00 pm

Friday/ 8:00 am - 3:00 pm

(831)-454-2080 or Toll Free

(866-731-4747)

115A Coral St., Santa Cruz

Santa Cruz Homeless Services Center

Provides programs for the homeless including residential services, permanent supportive housing programs, and employment assistance.

(831)-428-6020

115B Coral St., Santa Cruz CA

Mental Health Client Action Network (MHCAN)

Peer-run drop in center for those with mental health and homelessness challenges providing food, clothing, groups, and support.

(831)-469-0462

M, T, Th, F 9:00 am - 2:00 pm

1051 Cayuga St., Santa Cruz CA

Events calendar and more information online at www.mhcan.org

River Street Shelter

A 32 bed emergency shelter for homeless adult men and women. Breakfast and dinner are provided.

(831)-459-6644

115C Coral St., Santa Cruz CA

Rebele Family Shelter

Provides up to 6 months of temporary housing for families in need. Services offer three meals per day, children's play areas, counseling, health care and job assistance.

(831)-458-6020

115B Coral St., Santa Cruz CA

Salvation Army Emergency Shelter

Santa Cruz:

(831)-426-8365

721 Laurel St., Santa Cruz CA

Email at

harold.laubachjr@usw.salvationarmy.org

Watsonville:

(831)-724-0948

214 Union St., Watsonville CA

Pajaro Valley Shelter Services

(831)-728-5649

115 Brennan St., Watsonville CA

Pajaro Rescue Mission

Offers shelter for 35 homeless men, meals twice a day, and daily showers.

(831)-724-9576

111 Railroad Ave., Watsonville