

## MENTAL HEALTH

- Changing Options.....760-789-7299  
*\*adults treatment for schizophrenia & other mental disorders.*  
Aurora Behavioral Health.....888-565-4228  
*\*24hr Psych Evaluation & Referral Services*  
County Mental Health.....888-724-7240  
Rady's Children's' Behavior Crisis Ctr.....  
.....760-730-5900  
San Diego Psychiatric Hospital...619-692-8200  
*3853 Rosecrans St 92110*  
Exodus Walk-in Assessment Center .....  
.....760-871-2020  
*1520 South Escondido Blvd 92025*  
MHS Kinesis..... 760-480-2255  
*474 W. Vermont Ave #102 Escondido 92025*  
*Walk-in triage Monday's at 9am.*  
Learning Assistance Center.....760-788-9724  
*\*Counseling Services for children Pre-K - age 22 with Medi-Cal  
or uninsured*

### Psychologist

- Cyrus Nakhshab PhD.....760-789-7080  
Kenneth W. Searcy PhD..... 760-789-6389  
Karen Hawthorne.....#1.....760-765-3578  
**Licensed Clinical Social Workers**  
Peter Michael Baratta .....760-788-1003

### Marriage and Family Therapist

- Karen Loftis.....760-415-3585  
Valerie Lucio.....760-789-2937  
Meagan Searcy.....619-385-0638  
Lindsay Watson.....760 419-1353  
Deb Gernandt.....#2.....760-765-3578

### Domestic Violence & Abuse

- Women's Resource Center.....760-757-3500  
Community Resource Center.....760-633-1111  
Center for Community Solutions .....760-747-6282

### Medi-Cal Behavioral Health

- Beacon (Care 1st).....855-321-2211  
DHCS Substance Use Resource.....800-879-2772  
Community Health Group (CHG)...800-404-3332  
Molina (requires referral)..... 888-665-4621

Access & Crisis Line..1-888-724-7240  
Suicide Prevention.....1-800-273-8255  
Texting Line: text "START" to 741-741  
Veterans: (press 1).....1-800-273-8255  
Veterans Texting Line: ... 838-255  
Trevor Project .....866-488-7386

## EMERGENCY SERVICES

### Crisis Lines

- Info Line..... 211  
Child Abuse Hotline.....1-800-344-6000  
Adult Abuse Hotline.....1-800-510-2020  
Teen Crisis Hotline.....1-800-843-5200  
Psych Emergency Response Team..... 911  
Ramona Sheriff.....760-789-9157

### Shelters

- 2-1-1 .....858-300-1211  
Interfaith .....760-489-6380  
*550 W. Washington Ave. Ste. B*  
Dreams for Change.....619-497-0236  
*(Safe overnight parking for car. Cannot accommodate RV's)*

### Medi-Cal HMO Transportation

- NCHS transportation .....760-736-6791  
Care 1st.....877-433-2178  
Molina.....844-292-2688  
Community Health Group.....800-224-7766

## ADDITIONAL RESOURCES:

## Resource Guide Ramona



Your appointment is on

### Behavioral Health Consultants:

Wendy Tran - (760) 504-1407  
Christy Findeisen - (760) 450-4016

### Behavioral Health Educators:

Daisy Mendez - (760) 519-6660  
Joanna Yanez - (760) 803-1336  
Tawnya Torres - (760) 803-8707

### NCHS - Ramona Health Center

217 E. Earlham, Ramona  
(760) 736-6767

### Smart Care - Administrative Office

1012 Main Street, Suite 101  
(760) 788-9725

Follow us:

vistahillsmartcare.org  
facebook.com/vistahillsmartcare  
instagram.com/vistahillsmartcare



## SUBSTANCE USE & ABUSE

### Teen Recovery

McAllister Institute.....619-442-0277  
Boys inpatient Ramona ...619-442-0277 x1020  
[www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

### Adult Recovery

MHS Recovery Center.....760-741-7708  
200 E. Washington, #100, Escondido, Ca 92025  
McAlister Institute.....619-465-7303  
(Non-Medical Residential Detox)  
1400 N. Johnson Ave. Ste.101 ,El Cajon, 92020  
Green Oak Ranch.....760-727-0251  
1237 Green Oak Rd. Vista, CA 92081

### Homeless Recovery

Alpha Project..... 760-630-9922  
993 Postal Way Vista, CA 92083 - [www.alphaproject.org](http://www.alphaproject.org)

### Male Recovery

The Fellowship Center..... 760-745-8478  
737 E. Grand Ave. Escondido, CA 92025  
Restoration Ranch.....760-787-9432  
940 Montecito Rd. - [www.restorationranch.com](http://www.restorationranch.com)

### Women & Children Recovery

NC Serenity House..... 760-741-5098  
In His Steps .....760-789-5988

### Detox

Pemarro Recovery Center.....760-789-8070

## EDUCATION

Ramona Unified School District.760-787-2000  
720 9th Street ...[www.ramonausd.net](http://www.ramonausd.net)  
ROP Office.....760-787-4036

## LEGAL

Legal Aid.....877-534-2524  
Disability Help Center.....888-418-8860  
Social Security/SSDI.....800-772-1213

## HOUSING

### Low income apartments

Montecito Village Apart..... 760-789-6666  
Pepper Tree Apartments.....760-789-5110  
Countryside Apartments.....760-789-6093

## HEALTH/ MEDICAL

Medical Info Line.....800-880-5305

## AGING & SENIOR SERVICES

Aging & Independent Svcs/IHSS referral line  
.....800-510-2020  
FACT transportation Svcs.....888-924-3228  
*For those 65+*  
Ramona Senior Center.....760-789-0440  
*\* Activities throughout the day for seniors.*

## HOSPICE & BEREAVEMENT

Elizabeth Hospice.....760-737-2050  
Scripps Hospice.....858-748-3030  
Hospice Support Group.....760-737-2050  
Grief Share Support Group.....760-805-5722  
Hospice of the North Coast.....760-431-4100  
Ctr for Compassionate Care/Bereavement.....  
.....x2101.....760-431-4100

## UTILITY ASSISTANCE

California Lifeline Program  
English.....866-272-0349  
Spanish.....866-272-0350  
[www.californialifeline.com](http://www.californialifeline.com)

*\*Basic, phone service or cell phone for qualifying homes.*  
SDG&E .....800-411-7343  
*\*Utility bill assist. for qualifying low -income fam.*

## OTHER

Smoker's Hotline.....800-766-2888  
[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)  
800-NO-BUTTS..... 800-662-8887  
American Cancer Society.....800-227-2345  
[www.cancer.org](http://www.cancer.org)  
American Diabetes Assoc.....619-234-9897  
[www.diabetes.org](http://www.diabetes.org)  
Immunizations (CDC).....800-232-4636  
San Diego County Library.....760-788-2434  
1275 Main Street, . Ramona, CA 92065

## YOUTH SERVICES

### After School & Recreation

Boys & Girls Club.....760-789-7564  
622 E. St. Ramona, CA 92065 [www.bgca.org](http://www.bgca.org)

### YMCA Childcare Resource Services

Child Care Referral Line.....800-481-2151  
Head Start .....760-789-2087  
Nuevo Head Start.....760-789-1093  
*Preschool for children ages 2-5*

## FAMILY PLANNING

Ramona Pregnancy Care Clinic...760-789-7059  
1530 Main St. Suite 6 Ramona, CA 92065  
Planned Parenthood.....888-743-7526  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

## LGBTQQIP2SA

The Center [www.thecentersd.org](http://www.thecentersd.org) .....619-692-2077  
*\*Support services for parents, families and friends Lof LGBT*  
TransFamily Support Services.....  
.....858-382-9156  
[www.transfamilysos.org](http://www.transfamilysos.org)

## FOOD & CLOTHING ASSISTANCE

Ramona Food & Clothes Closet...760-789-4458  
*\*Emergency Food Boxes & Seniors Food for a Week*  
*Mobile Pantry 3rd Thurs of each month.*  
NCHS WIC.....888-477-6333  
*\*Assistance for pregnant women & parents w/children under 5 years.*

Food Stamps (SNAP).....760-738-2438  
Ramona Senior Center.....760-789-0440  
Free Dinner -Grange Hall– Mondays 6pm  
215 7th Street, Ramona

Fresh Rescue Produce Distribution  
1619 La Brea Street.....Tues & Fri (1:30-3)

EFAP Emergency Food.....  
3rd Wednesday after 1st Tuesday/month (8am)  
1619 La Brea, Ramona

S.O.W.E.D.....  
.....Calvary Chapel every other Saturday 9am