

**Mental Health**

Changing Options.....760-789-7299  
\*treatment for adults with schizophrenia & other mental disorders.  
Aurora Behavioral Health....888-565-4228

\*24hr Psych Evaluation & Referral Services

County Mental Health.....888-724-7240  
\*AB2726 assessment and resources

Rady's Children's' Behavior Crisis Ctr...  
.....760-730-5900

San Diego Psychiatric Hospital.....  
3853 Rosecrans St 92110 (619) 692-8200

Exodus Walk-in Assessment Center.....  
1520 South Escondido Blvd 92025  
(760) 796-7760.....(760) 796-7758

MHS Kinesis..... 760-480-2255  
474 W. Vermont Ave #102 Escondido 92025  
Walk-in triage Monday's at 9am.

Vista Hill.....760-788-9724

**Learning Assistance Center**

\*Counseling Services for children Pre-K - age 22

**Psychologist**

Cyrus Nakhshab PhD .....760-789-7080  
Kenneth W. Searcy PhD..... 760-789-6389  
Karen Hawthorne.....760-765-3578 #1

**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.....760-765-3578 #2

**Domestic Violence & Abuse**

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

**EMERGENCY SERVICES**

**Crisis Lines**

Info Line..... 211

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

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  
Julian Sheriff ..... 760-765-4718

**Shelters**

Inclement Weather Shelter  
2-1-1 .....858-300-1211  
Interfaith .....(760) 489-6380  
550 W. Washington Ave. Ste. B

**Additional Resources:**

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**Julian Resource Guide**



**Behavioral Health Consultant:**

**Christy Findeisen, LMFT**  
(760) 504-1407

**Behavioral Health Educators:**

**Joanna Yanez**  
(760) 803-1336

**Julian Medical Clinic**  
2721 Washington St.  
(760) 789-1223

**Julian SmartCare Office**  
2907 Washington St.  
(above Poncho Villa's Mexican  
Restaurant)

**SmartCare Administrative Office**  
1012 Main St, Ste 101  
(760) 788-9725

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## Substance Use & Abuse

### Teen Recovery

McAllister Institute.....619-442-0277  
[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, CA 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. Ramona, CA 92065  
[www.restorationranch.com](http://www.restorationranch.com)

### Women & Children Recovery

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

San Diego County Library.....760-738-2434  
1275 Main Street, . Ramona, CA 92065

### Education/Additional

#### **Julian Union School District**

760-765-0661....1704 Cape Horn

#### **Julian Union High School District**

760-765-0606....1656 CA-78

### Adult School/ ROP

ROP Office.....760-787-4036

### Legal

Legal Aid.....877-534-2524  
Disability Help Center....888-418-8860

## HEALTH/ MEDICAL

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

### Aging and Senior

Aging & Independent Svcs...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  
Center for Compassionate  
Care/Bereavement...760-431-4100 x2101

### Utility Assistance

California Lifeline Program  
English.....866-272-0349  
Spanish.....866-272-0350  
[www.californialifeline.com](http://www.californialifeline.com)  
\*Basic, single line 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

## 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)

### Gay, Lesbian, Bisexual & Transgender

The Center [www.thecentersd.org](http://www.thecentersd.org) .....619-692-2077  
\*Support services for parents, families and friends lesbians and gays

### 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  
626 E Street .....June-Oct.  
215 7th Street..... Nov-May  
Fresh Rescue Produce Distribution  
1619 La Brea Street.....Tues& Fri (1:30-3)  
Bread Distribution.....Wednesday (8am)  
S.O.W.E.D at Calvary Chapel every other Sat.9am