

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 Baratta760-788-1003

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

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

ADDITIONAL RESOURCES:

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 Project866-488-7386
Safe Helpline.....877-995-5247
Eating Disorder Hotline...800-931-2237
Monday-Friday

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

Domestic Violence & Abuse

- Women's Resource Center.....760-757-3500
Community Resource Center.....760-633-1111
Center for Community Solutions760-747-6282

Shelters

- 2-1-1858-300-1211
Interfaith760-489-6380
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 transportation760-736-6791
Care 1st.....877-433-2178
Molina.....844-292-2688
Community Health Group.....800-224-7766

Resource Guide Ramona



Your appointment is on

Behavioral Health Consultants:

- Wendy Tran - (760) 450-4016
Trang Phan - (760) 834-1338

Behavioral Health Educators:

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

NCHS - Ramona Health Center

220 Rotanzi St. Ramona
(760) 736-6767

Smart Care - Administrative Office

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

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SUBSTANCE USE & ABUSE

Teen Recovery

McAllister Institute.....619-442-0277
Boys inpatient Ramona ...619-442-0277 x1020
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

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

Women & Children Recovery

NC Serenity House..... 760-741-5098
In His Steps760-789-5988

Detox

Pemarro Recovery Center.....760-789-8070
211 San Diego.....858-300-1211

EDUCATION

Ramona Unified School District.760-787-2000
720 9th Street ...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

**Basic, phone service or cell phone for qualifying homes.*
SDG&E800-411-7343
**Utility bill assist. for qualifying low -income fam.*

OTHER

Smoker's Hotline.....800-766-2888
www.californiasmokershelpline.org
800-NO-BUTTS..... 800-662-8887
American Cancer Society.....800-227-2345
www.cancer.org
American Diabetes Assoc.....619-234-9897
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

YMCA Childcare Resource Services

Child Care Referral Line.....800-481-2151
Head Start760-789-2087
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

LGBTQQIP2SA A

The Center www.thecentersd.org ...619-692-2077
**Support services for parents, families and allies.*
TransFamily Support Services.....
www.transfamilyosos.org 858-382-9156
PFLAG www.pflag.com.....888-398-0006
San Diego Youth Services....619-525-9903

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