

## 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 Outpatient Psychiatry Clinic.....  
.....858-960-5832  
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  
Learning Assistance Center.....760-788-9724  
\*Counseling Services for children Pre-K - age 22 with Medi-Cal  
or uninsured

### Psychologist

- 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 McBride.....619-884-8219  
Lindsay Watson.....760 419-1353  
Deb Gernandt.....#2.....760-765-3578  
Palomar Family Counseling.....858-748-3610  
Candice Ruttner-Duryea.....619-870-1376  
helptherapy.com .....855-449-0159  
PATH .....323-205-7088

### Psychiatry

- KMG Psychiatry.....619-765-2684

### Medi-Cal Behavioral Health

- Beacon (Blue Shield Promise).....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:

- Psych Emergency Response Team..... 911  
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  
Safe Helpline.....877-995-5247  
RAIINN..... 800-656 HOPE (4673)  
Eating Disorder Hotline.....800-931-2237  
Monday-Friday  
Peer Warm Line..... 855-845-7415  
M-F 7am-9pm, Saturday 7am-3pm, Sunday 7am-9pm  
Nami.org .....800-950-NAMI  
Text "nami" to .....741741

### Non-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  
Ramona Sheriff Dispatch.....858-565-5200

#### Domestic Violence & Abuse

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

#### Shelters

- 2-1-1 .....858-300-1211  
Interfaith .....760-489-6380 x276  
550 W. Washington Ave. Ste. B

- Dreams for Change.....619-497-0236  
(Safe overnight parking for car. Cannot accommodate RV's)  
Youth Emergency Services.....619-325-3527

### Medi-Cal HMO Transportation

- Blue Shield Promise.....877-433-2178  
Molina.....844-292-2688  
Community Health Group.....800-224-7766

## Resource Guide Ramona



Your appointment is on

### Behavioral Health Consultants:

Karen Paauwe(760) 803-1336

### Behavioral Health Educators:

Jackie Reyes - (760) 690-7828

Amy Krause (760) 834-1338

### Truecare - 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  
[www.mcalisterinstitute.org](http://www.mcalisterinstitute.org)

MHS Teen Recovery Center....(760) 744-3672

### Adult Recovery

MHS Recovery Center.....760-741-7708  
200 E. Washington, #100, Escondido, Ca 92025

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)

Victory Outreach ..... 760-754-5253

### Women & Children Recovery

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

### Detox

211 San Diego.....858-300-1211  
Adult Detox.....619-442-0277

KIVA Womens Detox .....619-465-7303  
(Non-Medical Residential Detox)

## 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

Health Care Options.....800-430-4263

## AGING & SENIOR SERVICES

Aging & Independent Svcs.....800-510-2020

FACT transportation Svcs.....888-924-3228

*For those 65+*

Ramona Senior Center.....760-789-0440

YANA (you are not alone) Senior Sheriff

Ramona..... 760-789-9157

Julian.....760-765-4780

Poway.....858-513-2800

Santee.....619-956-4000

UPAC-Positive Solutions.....760-736-8373

## 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

SDG&E .....800-411-7343

*\*Utility bill assist. for qualifying low -income fam.*

Campeños Unidos Inc.....619-391-9790

## 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.....760-788-5270  
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 A

The Center [www.thecentersd.org](http://www.thecentersd.org)...619-692-2077

*\*Support services for parents, families and allies.*

TransFamily Support Services.....  
[www.transfamilysos.org](http://www.transfamilysos.org) ..... 858-382-9156

PFLAG [www.pflag.com](http://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 Friday of each month.*

NCHS WIC.....888-477-6333

*\*Assistance for pregnant women & parents w/children under 5 years.*

CalFresh.....877-847-3663

Ramona Senior Center.....760-789-0440

Free Dinner -Grange Hall– Mondays 6pm

215 7th Street, Ramona

Free Breakfast– Grange Hall—8am

Last Saturday of each month.