

MENTAL HEALTH

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

Exodus Walk-in Assessment Center
.....760-871-2020
1520 South Escondido Blvd 92025

Aurora Behavioral Health.....888-565-4228
*24hr Psych Evaluation & Referral Services

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

Mobile Crisis Response Team888-724-7240
provide in-person support to anyone, anywhere, experiencing a mental health, drug, or alcohol-related crisis.

Rady's Children's'760-730-5900
Behavioral Health Urgent Care serves youth ages 5-21 struggling with concerns that pose an imminent risk to their safety, the safety of others or significantly impair their daily lives.

Learning Assistance Center.....760-788-9724
*Counseling Services for children Pre-K - age 22 with Medi-Cal or uninsured

Changing Options.....760-789-7299
*adults treatment for schizophrenia & other mental disorders.

Psychologist

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

Licensed Clinical Social Worker

Peter Michael Baratta760-788-1003

Psychiatrist

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

Marriage and Family Therapist

Karen Loftis.....760-415-3585

Valerie Lucio.....760-789-2937

Meagan McBride.....760-906-8146

Lindsay Watson.....760 419-1353

Deb Gernandt.....#2.....760-765-3578

Palomar Family Counseling.....858-748-3610

PATH323-205-7088

helptherapy.com.....855-449-0159

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

Medi-Cal HMO Transportation

NCHS transportation.....760-736-6791

Blue Shield Promise.....877-433-2178

Molina.....844-292-2688

Community Health Group.....800-224-7766

Suicide Prevention9-8-8

Psych Emergency Response Team..... 911

Access & Crisis Line.....1-888-724-7240

Suicide Prevention.....1-800-273-8255

Texting Line: text "START" to741-741

Veterans: (press 1).....1-800-273-8255

Veterans Texting Line: 838-255

Trevor Project866-488-7386

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

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 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)

Youth Emergency Services.....619-325-3527



Resource Guide - Ramona

Your appointment is on

Behavioral Health Care Managers

MEGAN KOSTIUK, AMFT

(619) 851-0883

EMILY WHIGHAM, AMFT

(760) 803-1336

ANUSH PETROSYAN, ACSW

(619) 876-3964

Behavioral Health Educators

AMY KRAUSE

(760) 834-1338

JACKIE REYES (BI-LINGUAL)

(760) 690-7828

SUD Counselor

LISA ROPER-STILTZ, SUDCCII

(760) 703-0513

TrueCare - Ramona Clinic

220 Rotanzi St. Ramona

(760) 736-6767

SmartCare - Administrative Office

1012 Main Street, Suite 101

Ph: (760) 350-9725

Fax: (760) 788-9754

Follow us: vistahillsmartcare.org

facebook.com/vistahillsmartcare

instagram.com/vistahillsmartcare



SUBSTANCE USE & ABUSE

Teen Recovery

McAllister Institute.....619-442-0277
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

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

211 San Diego.....858-300-1211
Pemarro Recovery Center.....760-789-8070
Adult Detox.....619-442-0277
KIVA Womens Detox619-465-7303
(Non-Medical Residential Detox)

EDUCATION

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

SDG&E800-411-7343
**Utility bill assist. for qualifying low -income fam.*
Campesinos Unidos Inc.....619-391-9790

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.transfamilysos.org..... 858-382-9156
PFLAG www.pflag.com.....888-398-0006
San Diego Youth Services....619-525-9903

FOOD ASSISTANCE

First Congregational Church.....
404 8th StreetSecond Friday at 12:30pm
Ramona Food & Clothes Closet...760-789-4458
**Emergency Food Boxes & Seniors Food for a Week*
Mobile Pantry 3rd Friday of each month.
TrueCare 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.