Santa Barbara Post-Disaster Resources
Updated: 1/15/18

The impact of the Thomas Fire and Montecito mudslides is will endure for some time and a wide range of information and services will be needed. This handout includes the following: 1) Counseling services immediately available, 2) Educational resources on disaster, trauma, and recovery as well as community preparation, training, and response, 3) low-cost counseling centers for immediate and/or ongoing counseling and support, and 4) local and national crisis numbers and resources.

Available until Wednesday, 1/17/18: New Location TBA

Hospice of Santa Barbara
Currently Offering a Community Gathering Space
Services in English and Spanish
http://www.hospiceofsantabarbara.org/

Hospice of Santa Barbara is collaborating closely with schools, first responders, governmental agencies, and the Red Cross to provide counseling supportive services to families and the community in the wake of the Thomas Fire and Montecito Mudslides. Trained counselors are available at the “Family Assistance Center” set up by Santa Barbara County at the First Presbyterian Church located at 21 E. Constance St. on the corner of State St as well as our home offices at 2050 Alameda Padre Serra. For assistance, please call (805) 563-8820

Educational Resources on Coping with Disaster

Learning about the impact of a disaster on emotional well-being is extremely helpful. Many responses are normal and to be expected. How we manage those responses can help or hinder recovery.

National Association of School Psychologists – Handouts for Teachers, Parents, Professionals

NASP – Care for the Caregiver Resources

NASP - Resources for parents are translated to Spanish and many other languages

Helping Children & Youth


1 Please send corrections to heidi.zetzer@ucsb.edu, Director of the Hosford Counseling & Psychological Services Clinic. This document will be revised as more info becomes available.


Disaster Mental Health

https://www.countyofsb.org/behavioral-wellness/Asset.c/3894
https://www.countyofsb.org/behavioral-wellness/asset.c/4092

PTSD


Resources for Training in Psychological First Aid & Community Disaster Response


Online training, manuals, and guidebooks: a) Psychological First Aid, b) Psychological First Aid for Schools, c) Skills for Psychological Recovery

http://www.nctsn.org/content/promising-practices-disaster-behavioral-health-response-and-recovery

Counseling & Ongoing Support

If you are concerned about your well-being or the welfare of a friend or family member of any age and would like counseling or other emotional wellness services and would like ongoing support, please contact a local mental/emotional/behavioral health provider.

PRO BONO & REDUCED FEES

http://www.sbcpa.org/Disaster-Response
List of pro bono and reduced fee services and educational resources.
LOW COST COUNSELING AGENCIES

Community Counseling Center, Santa Barbara 805-962-3363
923 Olive Street
Sliding Scale
Bilingual: Spanish
www.ccecsb.org

Department of Behavioral Wellness 888-868-1649 (available 24/7)
300 North San Antonio Road
Sliding scale, MediCal
Bilingual: Spanish
https://www.countyofsb.org/behavioral-wellness

Family Service Agency of Santa Barbara 805-965-1001
123 W. Gutierrez Street
Sliding Scale
Bilingual: Spanish
www.fsacares.org

Family Therapy Institute 805-882-2400
111 E Arrellaga St
Santa Barbara, CA
http://ftisb.org/

Hosford Counseling & Psychological Services Clinic 805-893-8064
Location: 1151 Education Building
University of California
http://www.education.ucsb.edu/hosford
Provides individual, couple, and family therapy for people of all ages affected by the recent tragedies in the Santa Barbara community. Counseling and psychotherapy services are offered on a sliding scale.

Hospice of Santa Barbara
2050 Alameda Padre Serra, Suite 100
Santa Barbara, CA 93103
Phone: (805) 563-8820
Fax: (805) 563-8821
http://www.hospiceofsantabarbara.org/

New Beginnings 805-963-7777
324 East Carrillo St., Suite C,
Santa Barbara, CA 93101
Sliding Scale
www.newbeginningscounselingcenter.org

Pacific Pride Foundation 805-963-3636, ext. 103
LGBTQ Programs & Services
608 Anacapa Street, Ste. A
Santa Barbara, CA 93101
Sliding Scale
www.pacificpridefoundation.org
If you are out of the area, and would like to seek mental health services at your location, you may find information on mental/emotional/behavioral health resources by going to the National Institute of Mental Health’s (NIMH) National Institute of Mental Health’s (NIMH) [https://www.nimh.nih.gov/health/find-help/index.shtml#part_150431](https://www.nimh.nih.gov/health/find-help/index.shtml#part_150431) and using additional links to find providers in your area.

**Crisis & Referral Resources**

**FOR ANYONE**

- **Emergency personnel:** 24 hours, 7 days a week: 911
- For people age 21 and over:
  - Santa Barbara County Department of Behavioral Wellness Crisis Response & Service Access Line, 24 hours, 7 days a week: 1-888-868-1649
  - [https://www.countyofsfb.org/behavioral-wellness](https://www.countyofsfb.org/behavioral-wellness)
- For people age 20 and younger:
  - Safe Alternatives for Treatment of Youth (SAFTY): 1-888-334-2777
- For assessment and potential hospitalization:
  - Emergency Psychiatric Services at Santa Barbara Cottage Hospital, 24 hours, 7 days a week: 805-569-8339
- For anyone: National Suicide Prevention Lifeline
  - 1-800-273-8255
  - Special links for young adults and veterans
  - Also resources for people who concerned about others
- For Suicide Prevention/Education
  - The Glendon Association: 805-681-0415
  - [http://www.glendon.org/](http://www.glendon.org/)
- For Psychological First Aid following a traumatic event or death:
  - Santa Barbara Response Network: 805-699-5608
  - [http://www.sbresponsenetwork.org/](http://www.sbresponsenetwork.org/)
- **CRISIS TEXT LINE:** Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Anonymous and confidential. [http://www.crisistextline.org](http://www.crisistextline.org) and [http://www.crisistextline.org/trends/](http://www.crisistextline.org/trends/)
  - Here’s how it works:
    - Text START to 741741 from anywhere in the USA, anytime, about any type of crisis.
    - A live, trained Crisis Counselor receives the text and responds quickly.
    - The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.
    - Also this group analyzes the data gathered from texts to understand when and how crises occur
  - This is an app that can be downloaded to a smart phone. The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

**SERVICES FOR UCSB STUDENTS ONLY**

- **UCSB Counseling & Psychological Services (CAPS) Phone:** 805-893-4411
  - [http://counseling.ucsb.edu/index.asp](http://counseling.ucsb.edu/index.asp)
- **After-hours** CAPS Crisis Line – Call 805-893-4411 and wait on the line to be connected to a crisis counselor