

Lakeside Union School District
Resource Suggestions for Lakeside Families

Local Community Mental Health Services and Counseling:

- East County Out Patient Counseling/San Diego Center for Children (858) 277-9550
- Wellness Together (877) 412-8031
- San Diego Youth Services East County Behavioral Health Clinic (619) 448-9700
- Crossroads Family Center (619) 275-0822
- Home Start (619) 692-0727 ext. 118
- Southern Indian Health Council (619) 445-1188
- Elizabeth Hospice Center (Grief and Loss) (800) 797-2050
- Family Forces (858) 277-7907
- Rady's Children's Hospital (858) 576-1700
- Rady's Children's Behavioral Urgent Care (858) 966-5484
- NAMI San Diego (National Alliance on Mental Illness) (619) 543-1434
- San Diego Emergency Screening Unit (619) 876-4502
- Fusion Care Group, offices in Santee, Alpine and La Mesa. Offer Telehealth sessions. (619)-448-1216
Insurances taken: TriCare, Optum, United Healthcare, Anthem, Aetna Blue Shield, TriWest, Cigna and MHN.

Local Resource Hotlines:

- San Diego Countywide Access to Resources (housing, bills, etc) 2-1-1
- San Diego Access and Crisis Line (Crisis Mental Health and Suicide Prevention) (888) 724-7240
- HHSA Family Resource Center (CalWORKs, CalFresh, MediCal and General Relief assistance) (866) 262-9881
- East County Transitional Living Center (619) 442-0457
- COX Connect 2 Compete Program- Internet (855) 222-3252

National Resource Hotlines:

- Access Crisis Line (888) 724-7240
- AMHSA's Disaster Distress Line1 or text TalkWithUs to 66746 to connect with a trained crisis counselor (800) 985-5990
- SAMHSA's Disaster Distress Line or text TalkWithUs to 66746 to connect with a trained crisis counselor (800) 985-5990
- Crisis Text Line- Text HOME to 741741 (A crisis worker will text back immediately and continue to talk with you.)
- National Suicide Prevention Lifeline 1-800-273-8255
- The National Domestic Violence Hotline (800) 799-SAFE
- Child Protective Services (800) 344-6000

Local Food Resources:

- Lakeside Christian Help Center-
 - 9931 Channel Rd. Lakeside, CA 92040 (619) 561-3488
 - Monday-Thursday- 10:00am-12:00pm
- Villa Lake Shore Apartments-MAC
 - 12606 Lakeshore Dr., Lakeside, CA 92040 (619) 426-3595
 - 4th Friday of every month- 9:00am-12:00pm and 1:15pm-3:00pm
- Skyline Church Distribution-
 - 9455 Los Coches Rd. Lakeside, CA 92040 (619) 977-9277
 - First Tuesday, every month starting between 12:45 p.m. – 1:00 p.m. until 2:00 p.m.
 - <https://skylinechurch.churchcenter.com/people/forms/341284>
- Food Distribution at Garden Farms Market (every 3rd Tuesday of the month)
- American Red Cross WIC at Lakeside Community Center (800) 500-6411
(Women's, Infants & Children)- (Food and nutrition assistance)
- San Diego Food Bank - Various locations across San Diego County (866) 350-FOOD (3663)
- Feeding San Diego - Various locations across San Diego County (858)-452-3663

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Community Mental Health Services & Counseling:

- San Diego Center for Children- (858) 277-9550
3002 Armstrong St, San Diego, CA 92111
<https://www.centerforchildren.org/>
Insurance: Medi-Cal, underinsured, uninsured.
- San Diego Youth Services East County Behavioral Health Clinic- (619) 448-9700
3255 Wing St, San Diego, CA 92110
<https://sdyouthservices.org/>
Insurance: Medi-Cal, underinsured, uninsured.
- Crossroads Family Center- (619) 275-0822
700 N Johnson Ave P, El Cajon, CA 92020
<http://www.comresearch.org>
Insurance: Medi-Cal, underinsured, uninsured.
- Elizabeth Hospice Center (Grief and Loss)
(800) 797-2050
8989 Rio San Diego Dr Ste 190, San Diego, CA 92108
<https://elizabethhospice.org/>
- Home Start- 619-692-0727 ext. 118
5005 Texas Street, Suite 203
San Diego, CA 92108
- Rady's Children's Hospital
(858) 576-1700
<https://www.rchsd.org/programs-services/behavioral-health-2/programs/>
- Rady's Children's Behavioral Urgent Care
(858) 966-5484
<https://www.rchsd.org/programs-services/behavioral-health-2/programs/behavioral-health-urgent-care/>
- San Diego Emergency Screening Unit
4309 Third Avenue, San Diego, CA 92103
(619) 876-4502
https://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_children/emergency_and_crisis_mental_health_services.html
- NAMI San Diego (National Alliance on Mental Illness)
(619) 543-1434, <https://namisandiego.org/>
- Fusion Care Group, 619-448-1216, offices in Santee, Alpine and La Mesa. Offer Telehealth sessions.

www.fusioncaregroup.com Insurances taken:
TriCare, Optum, United Healthcare, Anthem, Aetna
Blue Shield, TriWest, Cigna and MHN.

Local Resource Hotlines & Websites:

- San Diego Access and Crisis Line (Crisis Mental Health and Suicide Prevention)
(888) 724-7240, <https://ecassist.org/>
- San Diego Countywide Access to Resources (housing, bills, etc)
Dial 2-1-1, <https://211sandiego.org/>
- HHSA Family Resource Center (CalWORKs, CalFresh, MediCal and General Relief assistance)
(866) 262-9881, www.sandiegocounty.gov
- East County Transitional Living Center
(619) 442-0457, <https://www.ectlc.org/>
- Internet/Connectivity Resources
<https://covid-19.sdcoe.net/Distance-Learning/Connectivity-Resources>

Local Food Resources:

- Lakeside Christian Help Center-
 - 9931 Channel Rd. Lakeside, CA 92040,
(619) 561-3488
 - Monday-Thursday- 10:00am-12:00pm
- Villa Lake Shore Apartments-
 - 12606 Lakeshore Dr., Lakeside, CA 92040,
(619) 426-3595, www.maacproject.org
 - 4th Friday of every month- 9:00am-12:00pm
and 1:15pm-3:00pm
- American Red Cross WIC at Lakeside Community Center- (Women's, Infants & Children)- (Food and nutrition assistance)- (800) 500-6411,
www.redcross.org
- San Diego Food Bank - Various locations across San Diego County- 1(866) 350-FOOD (3663)
<https://sandiegofoodbank.org/>
- Feeding San Diego - Various locations across San Diego County - (858) 452-3663
<https://feedingsandiego.org/>

Homeless Shelters

FOR OTHER HOMELESS SERVICES VISIT WWW.ECASSIST.ORG or 2-1-1

Crisis House (Domestic Violence Shelter only)

Address: 9550 Cuyamaca St Suite 101, Santee, CA 92071

Phone: (619) 444-1194

Website: www.crisishouse.com

Times: 9:00-10:00

INFO: They respond immediately to stop the cycle of domestic violence and homelessness and connect families and individuals to crucial resources that empower them to renew their lives. Rental assistance for unincorporated areas of East County during COVID-19.

- Emergency Shelter Program Referrals including Domestic Violence and Inter-Faith
- New Journey Program - Transitional Housing for Domestic Violence
- Journey Home and Safe Journey - Rapid Re-Housing for Domestic Violence and Veterans
- Housing Prevention
- Other Permanent Housing
- Other Services include: Information & Referrals, Assessment, Case Management, Medical Outreach, Mental Health Outreach, Hygiene Kits.
- No walk-ins appointments only

East County Transitional Living Center

Address: 1527 East Main St., El Cajon 92020

Phone: (619) 442.0457

Website: www.ectlc.org

Times: 8:00-5:00

Faith-based emergency shelter for singles and families with transitional living and social services including transportation to healthcare appointments. The shelter is a 90-day program. The transitional living is a 200 sq./ft. room for a nominal program fee, where a family can reside with beds, bathroom, refrigerator, & TV, all utilities paid, with opportunities to eat breakfast, lunch, & dinner at scheduled meal times. In this way, they are able to bank enough money for deposits, first & last months' rent, and all the other things that come with moving into a new place. Space is limited in this program.

Home Start, Inc.

Address: 333 E. Main St., El Cajon 92020

Phone: (619) 430-0032

Website: www.housing@home-start.org

- First access point for housing resources- Tuesday 8am-4:30pm and Thursday 8am-4:30pm.
- Prevention and Homeless Services including rental or mortgage assistance, utility assistance, and Emergency Aid Program (HEAP) referred by 2-1-1.
- Housing Our Youth (HOY)- Specialized assistance to Transitional Aged Youth (TAY) who are at-risk or experiencing homelessness. Housing, peer support, care coordination, service navigation, transportation, job and employment assistance, education and more.
- Youth System Navigation- Outreach and In-reach for youth 18-24 providing diversion, prevention, and other resources to obtain stability and self-sufficiency.
- Homeless Street Outreach- Outreach throughout East County to connect with resources and basic need services such as food and hygiene. Part of the Homeless Outreach Team (HOT) with El Cajon Police, Lemon Grove Sheriff, and Santee Sheriff Departments.
- Host Homes- Temporary placement with community members for individuals 18-24 y/o. Availability dependent on the host.

- Coordinated Entry System (CES), Rapid Housing (RRH), Youth Homelessness Demonstration Program (YHDP)

EMERGENCY SHELTERS

East Region Shelter Resources are limited. All individuals who need housing should first call Crisis House or 2-1-1 for a shelter or emergency housing referral. The majority of the San Diego County emergency sheltering options are in the Central/Downtown San Diego area. Hotel vouchers and rental assistance are also available throughout the year but individuals need to have a referral from 2-1-1.

From late December to mid-May the East Region Interfaith Shelter Network assists with placement of individuals who are homeless in temporary interfaith shelters. For a referral to the Interfaith Shelter Network individuals must call either Crisis House (619-444-1194) or Volunteers of America (619-447-2428). Families, couples and singles are all eligible but must not have any active alcohol/drug or mental health problems.

2-1-1 Information & Resources

Phone: 2-1-1

Website: <http://211sandiego.org/>

INFO: They provide a free, 24 hour, confidential phone service in 200+ languages and a searchable online database. We work closely with our County and other local resources to connect you, your family, and other residents to community-wide service organizations that focus on health, food, housing, disaster, veterans, and other specialized needs.

- Housing resources
- Emergency shelters
- Affordable and supportive housing options
- Rental assistance programs
- Tenant and landlord mediation programs
- Utility assistance and housing-related information
- Early Childhood Development Shelter
- Homeless Services Financial & Tax Assistance
- Transportation
- Other Services include: Information & Referrals, Assessment, Healthcare Information, CalFresh Program, Over 6,000 local resources.

San Diego Rescue Mission

(619) 687-3720

www.sdrescue.org

Domestic Violence Shelters

*See Domestic Violence/Emergency Shelters Tabs

San Diego Youth Services- Teen Shelters & Resources

24-Hour Crisis Services

(866) 752-2327

(619) 325-3527

INFO: The Youth Emergency Shelter, formally known as Storefront, is San Diego's only emergency shelter program for homeless, runaway, and "street" youth. Youth can access the shelter with or without referral and will be assured a safe place to stay until their lives have been stabilized with the help of professional and caring staff and volunteers.

Night Shelter

The Youth Emergency Night Shelter is a 20-bed emergency shelter--the only one in San Diego specifically designed for homeless and runaway youth. The goal of the Youth Emergency Shelter is to stabilize the lives of vulnerable youth.

- Staff provide initial crisis assessment and intervention including provision of food, clothing, safe shelter and medical care referral.
- Case management, drug and sexual exploitation education, and family mediation and counseling work to reunite youth with their family if it is safe and appropriate.
- Special arts programming funded by Photocharity encourages expression through music, dance, painting and other media.
- Referral to longer-term residential programs or transitional living programs when reunification is not possible.

Day Drop-In Center

- This program provides street kids with a safe place with supervision and support between 8:00 am and 6:00 pm.
- Comprehensive Youth Emergency Shelter services are available daily and include food, clothing, showers, laundry facilities, education, recreation, independent living skills and job training, counseling, and case management.
- Computer access encourages skill development and provides access to job searches and other resources.
- The Independent Living Skills curriculum incorporates the empowering qualities of the Community Youth Development approach to preparing youth for successful independence and healthy engagement in the community.

General Homeless Shelter Directory- Website for the U.S.

<http://www.homelessshelterdirectory.org/>

This is a general website of homeless shelters across America. Click on the state that you are located in, and enter the city name or zip code. A list of shelters, along with their requirements, will assist you in your search. These can also be accessed on 2-1-1.