



Empowering Native Wellness

Indian Health Council, Inc  
50100 Golsh Rd.  
Valley Center, CA 92082

# Resource Guide

Prevention and Early Intervention Services

<p><b>Indian Health Council, Inc.,(IHC)</b> 50100 Golsh Road, Valley Center, CA 92082 <a href="http://www.indianhealth.com">www.indianhealth.com</a> / (760) 749-1410 Behavioral Health Department, Building B (760) 749-1410 Ext. <b>OPTION 4</b> Hours of Operation: Monday-Friday 8:00 AM - 6:30 PM</p> <p><b>Behavioral Health Trans. / QPR Training</b> <b>SAPTA/ZSI Coordinator:</b> Cabrini Loreda-Ext. 5313 <b>TANF-Case Aide:</b> Cheryl Wilson Gray-Ext. 5322 <b>Tribal Opioid Response (TOR)-Coordinator:</b> Luis Ramirez -Ext.5334</p>	<p><b>Amanda Chavez, LMFT, MS, MA Behavioral Health Director- Ext. 5241</b></p> <p>Angie Heredia Ext.5202, Michael Carlish, PhD-Ext. 5371 Dianne Ghosh Ext. 5201,</p> <p><b>Certified Substance Abuse Counselors</b></p> <p>Paul Gonzalez, CADAC II Ext. 5403 Theresa Bader, Ext. 5324</p>
<p><b>Mental Health First Aid (MHFA) call instructor's extension to schedule an 8-hour course to teach the skills to respond to the signs of mental illness.</b></p>	<p>Cheryl McMahan, Director of Health Promotion Services (760) 749-1410 <b>Ext. 5204</b></p>
<p><b>San Diego Access &amp; Crisis Line</b> <b>Phone: (888) 724-7240</b> Hours of Operation:24 hours /7 days a week</p> <p><b>2-1-1San Diego Phone: 2-1-1</b> Hours of Operation:24 hours /7 days a week</p>	<p>The San Diego Access and Crisis Line serves as a suicide prevention/intervention hotline. It provides mental health crisis intervention, information, and referral to mental health services in San Diego County. Calls are FREE and answered by trained professionals. 24/7 stigma-free phone service. 2-1-1 serves the entire population of San Diego County.</p>
<p><b>North County LGBTQ Resource Center</b> <b>Phone:(760) 994-1690</b> <a href="http://www.ncresourcecenter.org">www.ncresourcecenter.org</a> 3220 Mission Avenue Ste.2, Oceanside, CA 92058 Hours of Operation: Monday-Friday: 12:00 PM-8:00 PM Saturday: 12:00 PM-6:00 PM Sunday: Closed</p>	<p>The North County Lesbian, Gay, Bisexual, Transgender, Questioning Resource Center provides a safe place for everyone to meet, provides resources to LGBTQ people of all ages, offers support groups for people of different ages and backgrounds, and advocates for change in the local community.</p>
<p><b>National Alliance on Mental Illness (NAMI)</b> <b>San Diego: Helpline Phone (619) 543-1434</b> Hours of Operation: Monday-Friday 10:00 AM - 6:00 PM North Coastal Helpline: Phone: (760) 722-3754 Hours of Operation: Monday-Friday 10:00 AM- 6:00 PM</p>	<p>County-wide, confidential, family and peer-staffed support phone line for individuals with mental illness and their loved ones. Provides non-crisis phone support, referrals, increases knowledge of mental illness, resources, and related issues.</p>
<p><b>Survivors of Suicide Loss (SOSL)</b> <b>Warm Line: (619) 482-0297 (not a 24/7 crisis hotline)</b></p>	<p>SOSL provides self-help support groups for those who have lost a relative or friend through suicide.</p>
<p><b>988 Suicide &amp; Crisis Lifeline</b> Call or text 988 or chat 988/ 988lifeline.org</p>	<p>A FREE 24-hour hotline available if you or someone you know is in suicidal crisis or emotional distress. <b>Press 1 for a dedicated line for veterans and their families.</b></p>
<p><b>Text HOME to 741741 to reach a Volunteer Crisis Counselor.</b></p>	<p><b>Text 741741, A trained Crisis Counselor will respond.</b></p>
<p><b>Courage to Call 24/7 helpline (877) 698-7838 or dial 2-1-1</b></p>	<p>Courage to Call is a free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty.</p>







Two-Sided Form

Calendar Events are found on the [WWW.INDIANHEALTH.COM](http://WWW.INDIANHEALTH.COM) website  
Events are open to Native Community members and their families.

Funded by County of San Diego, HHSA Mental Health Services ACT



Event	Date	Location	Contact (760) 749-1410 Ext. .
Tribal Opioid Response Program - TOR	Ongoing	Call for Narcan training, <b>Free Narcan and Fentanyl Test strips</b>	Luis Ramirez, TOR Coordinator <b>Ext. 5334</b>
Sweats CO-Ed	3rd Monday	Call for more information	Paul Gonzalez CADAC II, <b>Ext. 5403</b>
<b>Men's Drum Group</b> / Each Participant to bring their own folding chair, hand drum, rattle, drum stick or clacker	Mondays, 5:30 PM - 6:30 PM	Indian Health Council, Inc. - <b>Courtyard outside of Building B</b> 50100 Golsh Road, Valley Center, CA 92082	Paul Gonzalez, CADAC II, <b>Ext. 5403</b>
<b>Women's Empowerment Circle</b> (Support Group)  	<b>IHC-Wednesdays, 1:00-4:00 PM SY- Thursdays, 1:00-4:00 PM</b>	<b>Contact therapist for more information prior to attending.</b> Indian Health Council, Inc.(IHC) Tribal Family Serv. 50100 Golsh Rd. Valley Center, Dreamweaver Rm Santa Ysabel (SY) Oak Rm, 110 1/2 School House Canyon Rd.	DV/SA Advocate, <b>Ext. 5326</b>
<b>Wellbriety Movement</b> (Native 12-step program)	Mondays, 4:00 PM - 5:00 PM	Indian Health Council, Inc. Behavioral Health Dept. 50100 Golsh Road, Valley Center, CA 92082, Building B <b>To Register please call: 760-749-1410 ext. 5403</b>	Paul Gonzalez, CADAC II <b>Ext. 5403</b>
Transportation for youth, adult, and elder clients to access Behavioral Health Services	<b>Please call for information</b>	Indian Health Council, Inc. Behavioral Health Dept. 50100 Golsh Road, Valley Center, CA 92082, Building B <b>To Register please call: 760-749-1410 Option 4</b>	Behavioral Health Front Desk <b>Option 4</b>
<b>Breastfeeding Support Group</b>	<b>Monthly</b>	Indian Health Council (IHC) Multi-Purpose Room	Cori Biggs <b>Ext. 5353</b>
American Indian Veterans Association 	<b>First Friday of each month,</b> 10:00 AM-12:00 PM	Indian Health Council (IHC) - <b>Multipurpose Room</b> 50100 Golsh Rd, Valley Center, 92082	Sonia Eagleton , PEI Elder Navigator <b>Ext. 5281</b>
Santa Ysabel Wellness Workshop Pala Wellness Workshop	<b>First Tuesday of the month, 12:00 PM - 2:00 PM</b> Pala- Last Tuesday of Month- 3:00 PM - 5:00 PM	Santa Ysabel (SY) Oak Rm, Pala Housing Resource Center	George Pojas , PEI Health Educator <b>Ext. 5284</b> Ethan Carr, PEI Health Educator <b>Ext. 5325</b>
<b>Parenting Classes one-on-one</b> <b>Virtual Sessions</b>	Time varies, please call for information and to book a class	Indian Health Council, Inc. Tribal Family Services Department 50100 Golsh Road Valley Center, CA 92082, Building B	Tribal Family Services <b>Ext. 5321</b>
<b>Injury Prevention Activities: One-on-One Car Seat, Bike &amp; ATV Helmet Classes, Smoke Detector</b> <b>Distribution: While supplies last.</b> 	Schedule your class or assessment today!  <b>SAFETY FOR FUTURE GENERATIONS</b>	Indian Health Council, Inc. Health Promotion & Marketing 50100 Golsh Road, Valley Center, CA 92082, Building B <b>To Schedule please call: 760-749-1410 ext. 5383</b>	Shonna Parker, Injury Prevention Coordinator <b>Ext. 5383</b>