



Empowering Native Wellness

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

Resource Guide

Prevention and Early Intervention Services

<p>Indian Health Council, Inc.,(IHC) 50100 Golsh Road, Valley Center, CA 92082 www.indianhealth.com / (760) 749-1410 Behavioral Health Department, Building B (760) 749-1410 Ext. 5249 or 2010 Hours of Operation: Monday-Friday 8:00 AM - 6:30 PM</p> <p>Behavioral Health Trans. / QPR Training SAPTA ZSI Coordinator: Arthur Moen-Ext. 5313 TANF-Case Aide: Cheryl Wilson Gray-Ext. 5322 Tribal Opioid Response (TOR)-Coordinator: Charles Rodriguez-Ext.5334</p>	<p>Amanda Chavez, LMFT, MS, MA Behavioral Health Director- Ext. 5241 Alyssa Martinez, LMFT-Ext. 5381, Michael Carlish, PhD-Ext. 5371 Bridget Anderson, ACSW-Ext. 5267</p> <p>Certified Substance Abuse Counselors , Substance Abuse Coordinator, CADC II, ICADC - Ext. 5335 Paul Gonzalez, CADCII, ICADC-Ext. 5403 , CADCII,ICADC - Ext. 5403</p>
<p>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.</p>	<p>George Pojas, Director of Health Promotion Services (760)749-1410 Ext. 5284</p>
<p>San Diego Access & Crisis Line Phone: (888) 724-7240 Hours of Operation:24 hours /7 days a week</p> <p>2-1-1San Diego Phone: 2-1-1 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>North County LGBTQ Resource Center Phone:(760) 994-1690 www.ncresourcecenter.org 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>National Alliance on Mental Illness (NAMI) San Diego: Helpline Phone (619) 543-1434 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>Survivors of Suicide Loss (SOSL) Warm Line: (619) 482-0297 (not a 24/7 crisis hotline)</p>	<p>SOSL provides self-help support groups for those who have lost a relative or friend through suicide.</p>
<p>988 Suicide & Crisis Lifeline 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. Press 1 for a dedicated line for veterans and their families.</p>
<p>Text HOME to 741741 to reach a Volunteer Crisis Counselor.</p>	<p>Text 741741, A trained Crisis Counselor will respond.</p>
<p>Courage to Call 24/7 helpline (877) 698-7838 or dial 2-1-1</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 website
Events are open to Native Community members and their families.

Funded by County of San Diego, HSA Mental Health Services A/C



Event	Date	Location	Contact (760) 749-1410 Ext.
Tribal Opioid Response Program - TOR	Ongoing	Call for Narcan training, Free Narcan and Fentanyl Test strips	Charles Rodriguez, TOR Coordinator Ext. 5334
Men's Drum Group / Each Participant to bring their own folding chair, hand drum, rattle, drum stick or clacker  Women's Empowerment Circle (Support Group)	Mondays, 5:30 PM - 6:30 PM	Indian Health Council, Inc. - Courtyard outside of Building B 50100 Golsh Road, Valley Center, CA 92082	Paul Gonzalez, CADAC II, ICADC Ext. 5403
Wellbriety Movement (Native 12-step program) Transportation for youth, adult, and elder clients to access Behavioral Health Services	IHC-Wednesdays, 2:00-4:00 PM SY- Thursdays, 2:00-4:00 PM	Contact therapist for more information prior to attending. Indian Health Council, Inc. (IHC) Behavioral Health Dept. 50100 Golsh Rd. Valley Center, Dreamweaver Rm Santa Ysabel (SY) Oak Rm, 110 1/2 School House Canyon Rd.	Alyssa Martinez, Therapist Ext. 5381 DV/SA Advocate Ext. 5329
American Indian Veterans Association Santa Ysabel Wellness Workshop Pala Wellness Workshop	Mondays, 4:00 PM - 5:00 PM	Indian Health Council, Inc. Behavioral Health Dept. 50100 Golsh Road, Valley Center, CA 92082, Building B To Register please call: 760-749-1410 ext. 5403	Paul Gonzalez, CADAC II, ICADC Ext. 5403
Parenting Classes one-on-one Virtual Sessions	Please call for information	Indian Health Council, Inc. Behavioral Health Dept. 50100 Golsh Road, Valley Center, CA 92082, Building B To Register please call: 760-749-1410 ext. 5313	SAPTA, ZSI, Coordinator Ext. 5313
Injury Prevention Activities: Virtual and One-on-One Car Seat & ATV Helmet Classes, Smoke Detector Distribution: While supplies last.	First Friday of each month, 10:00 AM-12:00 PM First Tuesday of the month, 12:00 PM - 2:00 PM Pala- Last Tuesday of Month- 3:00 PM - 5:00 PM	Indian Health Council (IHC) - Multipurpose Room 50100 Golsh Rd, Valley Center, 92082 Santa Ysabel (SY) Oak Rm, Pala Old Tribal Hall	Lisa Sherman, PEI Elder Navigator Ext. 5281 Lisa Sherman, PEI Elder Navigator Ext. 5281
My Two Aunties Tribal Family Services Ext. 5321	Time varies, please call for information and to book a class Schedule your class or assessment today! SAFETY FOR FUTURE GENERATIONS	Indian Health Council, Inc. Tribal Family Services Department 50100 Golsh Road Valley Center, CA 92082, Building B Indian Health Council, Inc. Health Promotion & Marketing 50100 Golsh Road, Valley Center, CA 92082, Building B To Schedule please call: 760-749-1410 ext. 5383	Injury Prevention Coordinator Ext. 5383