

PARENT TO PARENT RESOURCE LIST

The following list was compiled by parents and interested individuals to assist families in finding support/resources in the community. While the content is believed to be accurate, RCDMH is not responsible for the quality and availability of the services listed.

ASTERISK (*) indicates Spanish available.

All County clinics provide interpreter services for clients

ADOLESCENT FAMILY LIFE PROGRAMS

Riverside County Health Department*	(951) 358-5192
(Maternal, child and adolescent program & information)	
WIC – Women, Infant Children Program*	(800) 455-4942
(Nutrition, education, supplemental food and referrals)	
Planned Parenthood	(951) 682-8540

ADOPTION ASSISTANCE

Riverside County DPSS Adoptions*	(951) 358-3555
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AIDS/HIV

Riverside CO. HIV/AIDS Hotline*	(800) 243-7275
Riverside Treatment AIDS Project*	(800) 499-2437 or (951) 784-2437
Desert AIDS Project*	(760) 323-2118

ASSISTANCE LEAGUE - RIVERSIDE

(Provides clothing, books to prepare for SAT examinations, and Bear Pals for children who are victims of crime, accident or neglect.)	(951) 687-2404
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CHILDREN AND FAMILY SERVICES*

(County wide childcare referrals)	(800) 442-4927 (951) 826-6065
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CHILDREN'S CENTER OF RIVERSIDE*

(Services for children with disabilities birth through 6 yrs.)	(951) 784-0020
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CHILDREN'S PROTECTIVE SERVICES* (CPS)

Child Abuse Hotline*	(800) 442-4918
Warmline	(800) 303-0001

COMMUNITY CARE LICENSING*

(Monitors residential treatment facilities and foster care homes.)	(951) 782-4200
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DEPT. OF PUBLIC SOCIAL SERVICES (DPSS)*

(Eligibility for AFDC, Medi-Cal, food stamps, homeless and Cal Works)	(951) 358-3400
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DEPT. OF PUBLIC SOCIAL SERVICES* General information

	(951) 358-3000
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DOMESTIC VIOLENCE

24-hour Crisis Line* (County Wide)	(800) 339-7233
24-hour Crisis Line* (Riverside)	(951) 683-0829

DRUG / ALCOHOL PROGRAMS & TESTING

Alanon / Alateen Meeting Location Info. Line *	(800) 356-9996
Alcohol/Drug National Referral Line (24 hours)	(800) 252-6465
Alcoholic's Anonymous (24 hours)	(951) 825-4700
CASP Clearinghouse*	(800) 729-6686
(Provides information regarding drug and alcohol abuse)	
Riverside County Drug & Alcohol Abuse Program*	(951) 955-2105
National Clearing House for Drug & Alcohol Info* (24 hours)	(800) 662-4357
Teen Challenge-"Turning Point" Contact Blayne Radford	(951) 683-4241
(A nine week course for families of a loved one with a drug or alcohol problem. A course is also provided for teens)	
The High Road (DUI, Prop 36, Drug Diversion, testing)	(951) 781-6762
I.H.S. – Inland Health Services* (Testing & Methadone treatment)	(951) 784-8010
24 Hour Detox Referral Line* (Riverside County)	(800) 499-3008

EDUCATIONAL & EMANCIPATION SERVICES

CA. State Dept. of Special Education Division	(800) 926-0648
(Assists parents and individuals in resolving issues at the local level or asking questions regarding special education)	
Community Settlement Association (Riverside Area)	(951) 686-6266
(Free afternoon learning center, youth program & parent classes)	
Connect To Achieve	(951) 826-6242
(Prevention/Intervention to students having difficulty)	
UCR Community Tutorial Program	(951) 827-1012
Independent Living Skills Program*	(951) 358-3673
Teach Us (professional in home tutoring)	(800) 832-2487

EMERGENCY SHELTER

24 - Hour Information and referral to shelters*	(800) 464-1123
24 –Hour Operation Safehouse*	(951) 351-4418
(Shelter program for Riv. Co. teens & family reunification)	

FOOD / CLOTHING / RESOURCES

24 – Hour INFORM Riverside County Volunteer Center*	(800) 464-1123
(Multi listings for food, clothing and other resources)	
Catholic Charities* Moreno Valley	(951) 485-2185
(Includes emergency assistance for food, rent, utility payments, immigration, counseling, citizenship programs, anger management & parenting classes)	Desert (760) 202-1222
Community Settlement	(951) 686-6266
(Provides social services to residents in the east side of Riverside)	
Salvation Army	(951) 784-3571

FOSTER CARE SERVICES

ILP Independent Living Skills Program	(951) 358-3673
(A program to help youth emancipate from the foster care system)	
California Youth Connection (advocacy/leadership for foster youth)	(951) 358-3673
Foster Care Ombudsman	(877) 846- 1602
(Provides information, resolution to complaints/concerns on behalf of foster children and youth)	

HEALTH

Black Infant Health Program	(951) 358-5455
(Reaching out to African American women to assist in medical services culturally focused parenting classes and support groups)	
Dental Programs*	(951) 276-0668
(0-18, low cost medical prevention & treatment)	
Eastside Health Center* Family Practice	(951) 276-0661
(Appointments or walk-ins accepted, sliding fee scale, Medi-Cal Medicare)	
Healthy Families*	(800) 639-1115
(0-19, free / low cost health, dental, vision and mental health Insurance)	
Healthy Kids Health	(866) 294-4347
(Insurance for children who don't qualify for Medi-Cal or Healthy Families)	
HEALTH in Motion (Mobile Health Vehicle Program)	(951) 788-3471
Riverside County Regional Medical Center Hospital	(951) 486-4000
Indian Health Care, Inc.	(800) 732-8805
Immunization Project*	(888) 246-1215
Juvenile Diabetes*	(800) 223-1138
Riverside Co. Health Service Agency Referral Hotline*	(800) 794-4814

HELP / CRISIS INFORMATION

24- Hour Crisis & Suicide Prevention Helpline for Riverside County*	(951) 686-4357
24-Hour National Youth Crisis Hotline (for youth 17yr. & younger)	(800) 448-4663
24-Hour National Parent / Youth Crisis Hotline & Runaway Hotline	(800) 843-5200
24- Hour Rape Crisis Center* (Riverside)	(951) 686-7273
24-Hour Alternative to Domestic Violence* Local	(951) 683-0829 or (800) 339-7233
24- Hour Riv. Co. Psychiatric Emergency Treatment Services* (ETS)	(951) 358-4881
(Assessment, Crisis & Evaluation Services) (ACES) Desert Area	(760) 863-8595
24-Hour Children's Evaluation Services Unit (CESU)	(951) 358-7380
(To provide crisis only evaluations & stabilization services for minors who are experiencing an acute psychiatric emergency)	
Mid-County After Hours Crisis Intervention Line	(951) 929-1968
(Open to anyone seeking help regarding mental health issues and/or substance abuse.	
Riverside Co. Mental Health Crisis Resolution Teams* Desert	(760) 863-8455
(In the event of a crisis after hours, evenings and weekends)	
Riverside Co. Regional Medical Center	(951) 486-4000

HOUSING

Fair Housing Council of Riverside* (landlord & tenant information)	(800) 655-1812
Housing Authority of Riverside*	(951) 351-0700
(Assistance for low income families in renting an apartment or buying a home)	

INLAND REGIONAL CENTER

(Children/Youth/Adults with developmental disabilities, including mental retardation, autism and epilepsy)	(909) 890-3000
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INLAND REGIONAL CENTER FAMILY RESOURCE LIBRARY* (909) 890-4794
 (Valuable information on a variety of topics related to developmental disabilities, parent advocates, a children's play room, videos, audio tapes, user-friendly computer stations and much more) Open to the Public.

JOBS

Conservation Corp. (800) 952-5627
 (Gain career opportunities for youth ages 18 – 23)
 Riverside County Regional Occupational Program* (ROP) (800) 606-4001
 (Offers career preparation training to high school and adult students who are residents of Riverside County) (951) 788- 5097

LEGAL SERVICES

Inland Legal Services* (951) 368-2555
 Public Service Law Corp.* (Referrals) (951) 682-7968
 Riverside Co. Bar Association* (Lawyer Referral) (951) 682-7520

MENTAL HEALTH

Central Access Team* (CAT) 24-Hours (800) 706-7500
 (Helps to locate outpatient mental health services for children/adult Medi-Cal beneficiaries in Riverside County)
 CA. Dept. of Mental Health Ombudsman Services (800) 896-4042
 (For people receiving Medi-Cal who need help navigating through the mental health managed care or need assistance in resolving a problem)
 Riverside Co. Dept. of Mental Health Children's Services Admin. (951) 358-4520
 Riverside Co. Dept. of Mental Health Family Advocate (951) 849-7058
 (Serves Riv. County family members of children and adults suffering from serious mental illness) (800) 330-4522
 Riverside Co. Mental Health Crisis Resolution Teams* Desert (760) 863-8455
 (In the event of a crisis after hours, evenings and weekends)
 Mental Health Association of Riverside Debie Horton (951) 369-8036
 Mental Health Association of California (916) 557-1167
 Patient's Rights* (800) 350-0519
 (Serves Riv. Co. recipients of Mental Health Services. Provides training & education about mental health law and Patients Rights) (951) 358-4600
 Jefferson Wellness Center* (Riv. Area) (951) 955-8000
 (Services and assistance for young adults and adults with psychiatric disabilities)
 Mental Health Resource Library* (951) 358-6858
 (Free to anyone interested in checking out videos and written material about children and adolescent health, mental health, behavioral challenges, special education/advocacy and more –Luz Negrón)

MENTAL HEALTH CONTINUED

Parent-to-Parent Telephone Support Line (RCDMH) (951) 358-3622
 (For parents who would like to talk with another parent employed by the dept. who has raised a child with emotional/mental and/or behavioral challenges) **(888) 358-3622**
 24-Hour Children's Evaluation Services Unit (CESU) (951) 358-7380
 (To provide crisis only evaluations & stabilization services for minors who are experiencing an acute psychiatric emergency)
 Mid-County After Hours Crisis Intervention Line open to anyone seeking help regarding mental health issues/substance abuse. (951) 929-1968

SUPPORT GROUPS & RESOURCES

Need Help or Resources? JUST DIAL 211
Cell phones must call (800) 464-1123
 24-Hour INFORM Riverside County* www.informriverside.org (800) 464-1123
 (Provides information/resources/referrals for all of Riv. Co.)
 Autism Society of America* (Call for local groups in your area) 800) 3-AUTISM
 Riverside Inland Autism Support Group (800) 322-2772
 CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder) (800) 233-4050
 Coffee Club Parent to Parent Support Lorie Lacey Payne (951) 487-2674
 (Support/Information for parents of special needs children/Mid Co.) Funded by FIRST 5 and provided by RCDMH
 Corona Community Outreach Information/Referral Services* (951) 736-2210
 Court Appointed Special Advocates – CASA (951) 358-4382
 (Advocates for abused, neglected or abandoned children in the Juvenile Dependency Court)
 Community Access Center (951) 274--0358
 (provides services and supports to people with disabilities)
 Families Supporting Families Support Group (RCDMH) (951) 358-4305
 (For parents/caregivers of children entering or returning from residential placement)
 Families' Anonymous* (800) 736-9805
 (12-step program for concerned persons affected by someone with drug, alcohol, or related behavioral / emotional problems)
 Grandparent Program of Riverside "Warmline" (800) 303-0001
 (Referrals and information for grandparents as caregivers)
 Grandparents As Parents (GAP) Pam Wright (951) 845-3816
 H.O.P.E.* (HelpOurPeople Excel) – Moreno Valley (951) 653-4745
 (A support group for all families who have children with special needs. Childcare and refreshments provided) Spanish (951) 323-7879
 Kinship Support Services Program – Mid County – Doris Adams (951) 672-9673
 NAMI - National Alliance for the Mentally Ill* (800) 950-NAMI
 (Information, support, education classes and more)
 Riverside Alliance for the Mentally Ill* (951) 369-1913
 Temecula Alliance for the Mentally Ill* (951) 676-8365
 Mt. San Jacinto Alliance for the Mentally Ill* (951) 765-1850
 Coachella Alliance for the Mentally Ill* (760) 342-1898

SUPPORT GROUPS & RESOURCES CONTINUED

"Open Doors" Community Support Group Riv. & Corona (RCDMH) (951) 358-3622
 (A support group for parents/caregivers who are raising children with emotional/behavioral challenges) (888) 358-3622
 (EES) Educate, Equip & Support: *Building Hope* Program (951) 358-3622
 (A support and education 12-week class for parents free of charge) (888) 358-3622
 Parent/Caregiver Support Group-Rebekah Holkesvig Desert Region (760) 770-2222
 (For parents/caregivers of children with special needs)
 Protection Advocacy, Inc. (PAI)* (800) 776-5746
 (PAI provides a variety of advocacy services of Californians who have developmental or mental disabilities)
 Team of Advocates for Special Kids (TASK) (909) 890-1597
 (Provides education/support to families with special children)
 Tourette's Syndrome Association of Southern CA (866) 478-1935
 Victim-Witness Assistance* (951) 955-5450
 (Adult and children services for victim's and/or witness's of crime)
 United Advocates for Children of California (UACC) (916) 643-1530
 (UACC is a nonprofit membership organization that advocates for children's mental health services and supports statewide) (800) 643-1530

PROBATION DEPARTMENT

Juvenile Probation Dept. (951) 358-4310
RUNAWAY SERVICES
 Operation Safehouse (951) 351-4418
 (Runaway shelter for Riv. Co. teens & family reunification) (800) 561-6944
 Child Quest International* (800) 248-8020
 (Assists families with abductions & runaways)
 National Runaway Switchboard* (800) 621-4000

SOCIAL SECURITY ADMINISTRATION*

(800) 772-1213
TRANSPORTATION SERVICES
 RTD* (Serving the Western Region) (800) 800-7821
 Metro Link* (800) 371-5465
 RTD* (Serving the Desert Area) (800) 800-7821
 Sun Link* (Serving the Desert Area) (760) 343-3456
 YWCA- (Riverside Area) (951) 687-9922
 YMCA- (Riverside Area) (951) 689-9622
 YMCA- (Desert Area) (760) 779-9761
 YMCA- (Corona Area) (951) 736-6759

Permission Is Granted To Reprint This Brochure
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 Contact (951) 358-4520 for Updated Brochure