

Santa Barbara Post-Disaster Resources

Updated: 1/17/18¹

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) Support and recovery services, 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.

Recovery Assistance & Support

Thomas Fire and Storm Event Local Recovery and Assistance Center: On Wednesday, January 17, the County will open a Local Recovery and Assistance Center to serve as a centralized, single point location for essential resources and services to help community members recover and rebuild. The Local Recovery and Assistance Center will initially be open January 17 to February 3, 2018 at Calvary Chapel Santa Barbara, 1 N Calle Cesar Chavez, Santa Barbara, 93103 during the following hours of 11 a.m. 6:30 p.m., Monday – Friday, and 10 a.m. – 2 p.m. Saturday. The center will be closed on Sunday.

Representatives from various local, state and federal agencies will provide counseling support, resource and housing assistance, information to aid in rebuilding, permitting, hazardous materials clean-up, loss of business or employment, basic health and human services, and other topics.

The Family Assistance Center, located at 21 E. Constance Avenue, Santa Barbara, will continue to serve community members through Wednesday, January 17, when the Local Recovery and Assistance Center opens. For questions about the interactive map or Local Recovery and Assistance Center, please call the January Storm Public Information Line at (833) 688-5551 or send text message to (805) 699-0165.

For more additional information go to: <https://www.countyofsb.org/asset.c/3724>

Hospice of Santa Barbara

Community gathering space

All community members welcome.

Professional counselors will be present to talk about your experience regarding our community natural disaster.

Consultation on HSB short and long-term counseling services.

Address: 2050 Alameda Padre Serra, Ste 100, Santa Barbara, CA 93103

Friday 1/12/18 - Friday 1/19/18

Hours: 9 a.m. - 5 p.m.

Phone: 805.563.8820

Hospice of Santa Barbara

Espacio de encuentro para la comunidad

Todos los miembros de la comunidad son bienvenidos.

Consejeros profesionales para hablar sobre su experiencia con nuestro desastre natural.

Consulta para HSB servicios de consejería.

Dirección: 2050 Alameda Padre Serra, Ste 100, Santa Barbara, CA 93103

Viernes 1/12/18 - Viernes 1/19/18

Horas: 9 a.m. - 5 p.m.

Teléfono: 805.563.8820

¹Send corrections and updates to Hosford Clinic Director, heidi.zetzer@ucsb.edu

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
<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis>

NASP – Care for the Caregiver Resources

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/care-for-caregivers-tips-for-families-and-educators>

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

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/translated-safety-and-crisis-resources>

Helping Children & Youth

<http://www.cnn.com/2017/09/01/health/disasters-children-recover-trauma-partner/index.html>

<http://www.apa.org/helpcenter/talking-to-children.aspx>

<http://www.apa.org/helpcenter/flood-distress.aspx>

http://www.nctsn.org/sites/default/files/assets/pdfs/Coping_with_Unconfirmed_Death.pdf

English: <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/index.shtml>

En Español: <https://www.nimh.nih.gov/health/publications/espanol/ayudando-a-ninos-y-adolescentes-a-superar-la-violencia-y-los-desastres-padres/index.shtml>

English: https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-rescue-workers/nih-15-3520_148989.pdf

En Español: <https://www.nimh.nih.gov/health/publications/espanol/adolescentes-a-superar-la-violencia-y-otras-experiencias-traumaticas-socorristas/index.shtml>

English: https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-community-members/nih-15-3519_150143.pdf

En Español: <https://www.nimh.nih.gov/health/publications/espanol/ayudando-a-ninos-y-adolescentes-a-superar-la-violencia-y-los-desastres-los-miembros-de-la-comunidad/index.shtml>

Disaster Mental Health

<http://www.apa.org/research/action/disaster.aspx>

<http://www.apa.org/helpcenter/disaster-articles.aspx>

<https://www.countyofsb.org/behavioral-wellness/Asset.c/3894>

<https://www.countyofsb.org/behavioral-wellness/asset.c/4092>

<http://www.nctsn.org/trauma-types/natural-disasters/fires/wildfires#tabset-tab-5>

<http://www.nctsn.org/trauma-types/natural-disasters/floods#tabset-tab-5>

PTSD

<https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/index.shtml>

Resources for Training in Psychological First Aid & Community Disaster Response

http://www.scra27.org/files/2114/0605/7122/SCRA_Disaster_Recovery_Manual.pdf

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>

For professionals delivering services: Guidelines in Spanish:

http://www.who.int/mental_health/emergencies/iasc_guidelines_spanish.pdf

Videos & Podcasts

En Español: APA Video on Coping with Natural Disasters

<https://www.youtube.com/watch?v=aKZBo-h0Bzo>

How to Talk to Children about Trauma and Crisis: Suzanne Grimmesey, Santa Barbara Department of Behavioral Wellness

https://www.youtube.com/watch?v=m3_dVCVTJ4A

Drs. Diana Hill and Debbie Sorenson Podcast called *Psychologists Off the Clock*, talk about posttraumatic growth. Dr. Hill is a Santa Barbara psychologist.

<https://www.offtheclockpsych.com/podcast/post-traumatic-growth>

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
923 Olive Street
Sliding Scale
Bilingual: Spanish
www.ccecsb.org

805-962-3363

Department of Behavioral Wellness
300 North San Antonio Road
Sliding scale, MediCal
Bilingual: Spanish
<https://www.countyofsb.org/behavioral-wellness>

888-868-1649 (available 24/7)

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

805-965-1001

Family Therapy Institute
111 E Arrellaga St
Santa Barbara, CA
<http://ftisb.org/>

805-882-2400 ext. 115

Hosford Counseling & Psychological Services Clinic
Location: 1151 Education Building
University of California
<http://www.education.ucsb.edu/hosford>

805-893-8064

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
Services in English and Spanish
<http://www.hospiceofsantabarbara.org/>

805-563-8820

New Beginnings Counseling Center
324 East Carrillo St., Suite C,
Santa Barbara, CA 93101
Sliding Scale Starting at \$13
www.newbeginningscounselingcenter.org

805-963-7777

Pacific Pride Foundation
LGBTQ Programs & Services
608 Anacapa Street, Ste. A
Santa Barbara, CA 93101
Sliding Scale
www.pacificpridefoundation.org

805-963-3636, ext. 103

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 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.countyofsb.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
 - Chat: <http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>
 - 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/>
- For Psychological First Aid following a traumatic event or death:
 - Santa Barbara Response Network: 805-699-5608
 - <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> and <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
- **VIRTUAL HOPE BOX:** <http://t2health.dcoe.mil/apps/virtual-hope-box>
 - 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>
- **After-hours CAPS Crisis Line** – Call 805-893-4411 and wait on the line to be connected to a crisis counselor