



# Supporting Students, Family Well-Being & Mental Health Needs During Distant Learning & COVID-19

## RESOURCES

### Resources for Mandated Reporters

#### **The Office of Child Abuse Prevention:**

(916) 651-6960

#### **California Law – California Legislative Information:**

<https://leginfo.legislature.ca.gov/faces/codes.xhtml>

Child Abuse Mandated Reporter Training California

Free online training for mandated child abuse reporters

<http://www.mandatedreporterca.com/training/training.htm>

The National Parent Helpline <https://www.nationalparenthelpline.org/find-support/state-resources/california-resources>

Partnership for Safe Families and Communities of Ventura County [www.partnershipforsafefamilies.org](http://www.partnershipforsafefamilies.org)

**Free Internet from Comcast:** Comcast is offering 60 days of complimentary broadband internet to new customers in low-income households. Information can be found on the Comcast website (<https://corporate.comcast.com/covid-19>)

#### **School Lunch Program During School Closures:**

Ventura County Office of Education <https://www.vcoe.org/meals>

Visit the Office of Child Abuse Prevention's Parent Resources Page (<https://cdss.ca.gov/inforesources/ocap/parent-resources>) for more information on where children can access free meals while schools are closed.

**California Alternate Rates for Energy (CARE) Program:** PG&E is offering California Climate Credits on April bills for both natural gas and electric services. More information can be found on the PG&E website ([https://www.pge.com/en\\_US/residential/rate-plans/rate-plan-options/understanding-rate-plans/help-paying-your-bills.page](https://www.pge.com/en_US/residential/rate-plans/rate-plan-options/understanding-rate-plans/help-paying-your-bills.page))

**Tax Preparation and California Earned Income Tax Credit:** The California Earned Income Tax Credit (CalEITC) is a refundable cash back credit for qualified low-to-moderate income working Californians.

Follow @CalEITC4Me on social media or visit the CalEITC website (<https://www.caleitc4me.org/>) for updates and to see if you qualify.

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### VCBH - Crisis Services

#### Ventura County Crisis Team

1-866-998-2243 (24/7) **All ages** and all communities throughout **Ventura County**

**LA County** residents call PMRT @ 1-818-832-2410 or 1-800-854-8881 after business hours and on weekends/holidays

### Community Supports – Prevention and Early Intervention

[WellnessEveryday.org](http://WellnessEveryday.org)

[SaludSiempreVC.org](http://SaludSiempreVC.org)

But if you feel that way all the time or you want to harm yourself, it's time to talk to someone about it. Call 1-800-273-8255 Or text HEARME to 83963

VCBH - Logrando Bienestar - **Program Administrator Sandra Tovar: 805-973-5220**

VCBH-RISE (Rapid Integrated Support & Engagement) 805-981-4233

### Community Supports – Local Resources

United Parents: 805-384-1555 or [UnitedParents.org](http://UnitedParents.org)

National Alliance on Mental Illness (NAMI) 805.500.NAMI or [namiventura.org](http://namiventura.org)

211 Information and Referral Maintained by Interface Child and Family Service Phone: dial 211 or online. : <https://211ventura.org/>

### Resources/Places of Support

[www.grief.com](http://www.grief.com)

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html>

“Finding Meaning: The Sixth Stage of Grief”; David Kessler

Livingston Memorial <https://www.lmvna.org/grief/>

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### Websites & Additional Resources

American Academy for Child & Adolescent Psychiatry “Facts for Families”: [www.AACAP.org](http://www.AACAP.org)

Insurance coverage: [www.CoveredCA.com](http://www.CoveredCA.com)

Ventura County Behavioral Health: [www.vchca.org](http://www.vchca.org)

Livingston Memorial <https://www.lmvna.org/grief/>

Triple P Parenting: [triplep-parenting.com](http://triplep-parenting.com)

Aunt Bertha – Connecting People & Programs): <https://www.auntbertha.com/>

Ventura County SELPA: [www.vcselpa.org](http://www.vcselpa.org)