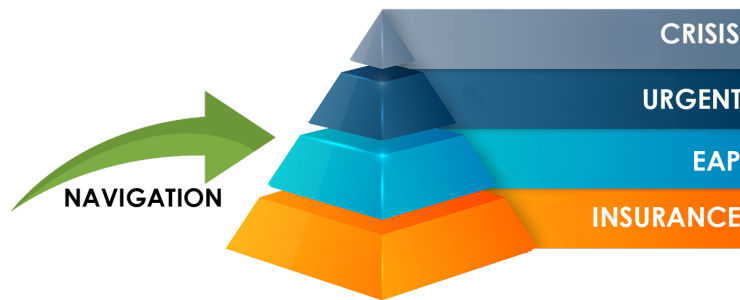


Pacific Elementary School District Employee Behavioral Health Disaster Supports



Different Levels of Support for Staff impacted by the CZU Fires

*Below are varied ways to get help, from the most immediate to the longest lasting; crisis to insurance covered care. Please call a **crisis** line if in immediate need or danger. The **urgent** coverage has been set up by the district to help quickly connect to support for several sessions from one of two agencies. The **EAP** could take a little longer to access depending on the counselor selected, but is designed for 6 sessions and connection to insurance if possible. **Insurance**, if you have it, will last the longest but again can sometimes take longer to access depending on the therapist chosen (for both EAP and insurance, you need to call around after you receive lists). Navigation support can help with all the above.*

CRISIS RESOURCES

In Case of Immediate Emergency- 9-1-1

Santa Cruz County 24-Hour Suicide Crisis Line- 1-877-663-5433 (ONE LIFE)

Santa Cruz County 24-Hour Crisis Line- 1-800-952-2335

Immediate crisis support to assess for hospitalization in a psychiatric crisis.

NAMI Santa Cruz County Help Line- 831-427-8020 x7

For individuals and family members affected by mental illness interested in learning more about local resources and navigating the mental health care system. Leave a message and receive a call back within 24 hours.

National 24-Hour Disaster Distress Helpline- 1-800-985-5990

Free counseling and support to people experiencing emotional distress related to natural or human-caused disasters (COVID-19 included).

Santa Cruz County 24-Hour Domestic Violence Hotline- 1-888-900-4232

Santa Cruz County 24-Hour Child Abuse and Neglect Report Line- 1-877-505-3299

Tip Sheet (English)- <https://bit.ly/2XtVGh5>, Tip Sheet (Spanish)- <https://bit.ly/31il3ng>

Suicide Prevention Services of the Central Coast- <https://fsa-cc.org/suicide-prevention-service/>, 831-459-9373

URGENT BEHAVIORAL HEALTH SERVICES

Encompass Community Services - www.encompasscs.org - Please Call: 831-226-3352

Licensed and Master's level therapists, most in supervisor positions, are available for employees 1-3 sessions to support with stress, trauma, and decision-making, as well as connecting to community resources.

EMPLOYEE ASSISTANCE PROGRAM (EAP)+

Employee Assistance Programs (EAP) - 1-800-999-7222. Offers 6 sessions for each issue presented and will help connect to longer term services if needed. THESE BENEFITS ARE AVAILABLE TO ALL PACIFIC STAFF MEMBERS AND THEIR FAMILIES, regardless of whether you qualify for benefits.

Frontline Workers Counseling Project - <https://fwcp.org> contact@fwcp.org

Free counseling from private practice therapists offering pro-bono services to essential front line workers during COVID-19. SF Bay Area group serving Santa Cruz County; see website for eligibility.

INSURANCE PROVIDED BEHAVIORAL HEALTH SERVICES

Private Insurance (Kaiser, HealthNet, Blue Cross, Etc.) - www.psychologytoday.com

Search local therapist listings with details about their specialities, experience and training. You can filter by zip code, insurance type, specialty areas and other categories.

Or you can call the Behavioral Health Services contact # on the back of your insurance card for an operator to provide 1-3 referrals.

COE NAVIGATION SUPPORT

Want help deciding on, or accessing any of the resources here. Call, email or text me!

Michael Paynter, Director of Student Services mpaynter@santacruzcoe.org 831-251-6425 cell

ADDITIONAL MENTAL HEALTH RESOURCES

Santa Cruz COE Mental Health and Wellness Resources- <https://padlet.com/sccoe/r3rowbr7nz2a>

A compilation of free resources for children, youth, and caregivers (and anyone!) ranging from tip sheets to mindfulness to physical activity.