

# **Resources for Children's Mental Health in Sonoma County**



## Resources for Children's Mental Health in Sonoma County For Provider Use

Resources are listed below by provider type and agency.

Includes social-emotional support, mental health services, support groups, classes, home visitors, warm lines, websites.

Check website for updates: [www.mentalhealthcoalitions.org](http://www.mentalhealthcoalitions.org)

RESOURCE	CONTACT	DESCRIPTION	SPANISH	ELIGIBILITY/COSTS
<b>County of Sonoma</b> <a href="http://www.sonoma-county.org/health/mh/index.htm">www.sonoma-county.org/health/mh/index.htm</a>				
Psychiatric Emergency Services 3322 Chanate Road Santa Rosa	<b>EMERGENCY</b> <b>(707) 576-8181 or</b> <b>1-800-746-8181</b> Business: 565-4970	Staffed 24 hours a day for emergency mental health counseling and referrals. Extended stabilization services up to 24 hours.	N/A	Medi-Cal, Medicare Private insurance Sliding scale fees
Sonoma County Mental Health Access Team	565-6900 Patient must call	The ACCESS team provides referrals to the community, conducts phone intakes, and clinical assessments	Yes	Full scope Medi-Cal only

<b>Community Health Centers</b>				
Alliance Medical Center 1381 University St. Healdsburg	433-5494 x287	Psychiatrist and mental health practitioners on staff.	Yes	Medi-Cal and sliding scale
Alexander Valley Regional Medical Center 6 Tarman Dr. Cloverdale	894-4229	Mental health practitioner on staff.	Yes	Existing client; w/in 60 days pp Sliding scale starts at \$25
Chanate Family Practice Center 3320 Chanate Rd. Santa Rosa	303-3600	Behavioral medicine specialty clinic - psychiatrist and residents.	Yes	Medi-Cal or private insurance Must be a patient of FPC
Family Service Agency 751 Lombardi Court, Suite C Santa Rosa	545-4551 <a href="http://www.familyservice-sonoma.org">www.familyservice-sonoma.org</a>	Provide therapy to children 5 years and up	Yes	No Medi-Cal Sliding scale usually \$25-\$70 Limited \$15 slots w/interns
Occidental Area Health Center 3802 Main Street Occidental	869-2961	Mental health practitioner on staff.	No	Medi-Cal, Medicare, CMSP Private insurance Sliding scale \$32 & up
Petaluma Health Center 1301 Southpoint Blvd. Petaluma	559-7500	Mental health practitioner on staff.	Yes	Medi-Cal Sliding scale down to \$25
Russian River Health Center 3 <sup>rd</sup> and Church St. Guerneville	869-2961	Mental health practitioner on staff.	No	Medi-Cal (for children only), Medi-Care, CMSP, Private insurance, Sliding scale \$32 & up

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RESOURCE	CONTACT	DESCRIPTION	SPANISH	ELIGIBILITY/COSTS
<b>Community Health Centers</b> <i>continued</i>				
Southwest Community Health Center 751 Lombardi Ct. Santa Rosa	547-2222	Mental health practitioner on staff.	Yes	Medi-Cal only Existing client; w/in 60 days pp
Sonoma Valley Community Health Center 430 West Napa St. Sonoma	939-6070	Mental health practitioner on staff.	Yes	Medi-Cal only; w/in 60 days pp
Sonoma County Indian Health 144 Stony Pt Rd. Santa Rosa	521-4545	Mental health practitioner on staff.	Yes	Medi-Cal only No sliding scale Non-Native ok
Santa Rosa Free Clinic 465 A Street Santa Rosa	546-6579	Volunteer run clinic offers, free drop-in, healthcare including psychiatric care.		No cost

<b>Community Counseling Services</b>				
Ananda Institute 401 South A Street Santa Rosa	544-4451 www.ananda-institute.com	Provides a full range of services for families and individuals including support groups. Addresses behavioral health, eating disorders, family trauma, and chemical dependency concerns.	Yes	No Medi-Cal; Sliding scale
Angela Center 535 Angela Dr. Santa Rosa	528-8578 www.angelacenter.com	Call for information on services.	No	No Medi-Cal; Sliding scale
California Parenting Institute 3650 Standish Ave. Santa Rosa	585-6108 www.calparents.org	Parent consultation and support (in-home available); Parenting classes. Counseling services for children & families.	Yes	Low cost; Sliding scale Donation No insurance
Chrysalis Counseling Services for Women 2345 4 <sup>th</sup> St Santa Rosa	545-1670 x201 www.chrysaliscounseling.org	Professional counseling, including services supporting children and families, therapeutic groups and parent classes.	No	No Medi-Cal Low fee
Circuit Rider Productions 9619 Old Redwood Hwy, Windsor 109 S. Main St., Cloverdale	838-6641 www.crpinc.org	Human Service Programs are dedicated to helping youth at-risk, substance abusers, economically disadvantaged youth and families.	Yes	No fee Private pay applied to counseling services (\$20 per session)
Drug Abuse Alternatives Center (DAAC) 2403 Professional Dr. Santa Rosa	544-3295 www.daacinfo.org	Counseling provided to youth 12-18 with co-occurring alcohol and other drug/mental health problems. Supportive services provided to children of alcoholic and other drug using parents.	Yes	Regular Medi-Cal. Special minor consent Medi-Cal available, which provides eligibility to almost all youth 12-18 regardless of parental income. Sliding scale Private pay

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RESOURCE	CONTACT	DESCRIPTION	SPANISH	ELIGIBILITY/COSTS
<b>Community Counseling Services</b> <i>continued</i>				
Early Learning Institute 484 Rohnert Park Expressway Rohnert Park	591-0170 www.earlylearning institute.com	Provides developmental services, education and support to young children and their families.	Yes	No fee
LifeWorks of Sonoma County 1200 College Avenue Santa Rosa	568-2300 www.lifeworkssc.org	Many programs and services, including counseling, focused on a range of ages.	Yes	Sliding scale Private pay Medi-Cal
Lomi Psychotherapy Clinic 534 B St. Santa Rosa	579-0465 x227 www.lomi.org	Parent and family consultation and counseling. Parenting classes, drop-in support groups.	No	Private Insurance; limited free slots Sliding scale
Parents Place/JFCS 1360 N. Dutton Santa Rosa	571-2084 www.jfcs.org	Parenting coaching and consultation, counseling for children and families, post adoption services.	Yes	Medi-Cal (for children only) Subsidies available Accept insurance
Petaluma People Services Center 1500-A Petaluma Blvd. So. Petaluma	559-7500 www.petaluma people.org	Individual and family counseling and behavioral health services for all ages of children.	Yes	Sliding scale CMSP Medi-Cal
Russian River Counselors 19375 Hwy 116 Monte Rio	865-1200 www.rivershrink. com	Psychological services for children and families.	Yes	Medi-Cal (for children only); Medi-Care, Private insurance Sliding scale
Santa Rosa Junior College Student Health Services	527-4445 (Santa Rosa) 778-3919 (Petaluma) www.santarosa. edu/for_students/ student-services/stu dent-health-services/	Call for information on services.	No	Free. Must be currently enrolled as SRJC student; limited capacity.
Social Advocates for Youth (SAY) 3440 Airway Dr., Ste E Santa Rosa	544-3299 www.socialad vocatesforyouth.org	Call for information on services.	Yes	Full scope Medi-Cal Women under age 25
Sonoma County Adult and Youth Development (SCAYD) P.O. Box 7078 Cotati	793-9030 www.scayd.org	Offers a wide variety of counseling services, focusing on teen, both at their facilities and in schools.	Yes	No fee Sliding scale
Sonoma State University Community Counseling Center	664-4215 www.sonoma.edu/ counselingctr/	General counseling.	No	No fees Students and the general public
West County Community Services 555 S. Main St., Ste. 1 Sebastopol	829-5717 www.westcounty services.org	Individual and family counseling, parent coaching and consultation	Yes	Medi-Cal Private pay Sliding scale

RESOURCE	CONTACT	DESCRIPTION	SPANISH	ELIGIBILITY/COSTS
<b>Kaiser Permanente</b>				
Health Education Centers (lending libraries)	393-4167 or 566-5277	Online resources, patient education materials, books, CD's, videos, DVD's on a variety of mental health and parenting topics.	Yes	Limited to Kaiser members and those receiving clinical care at Kaiser.
Health Education Classes	www.kaisersanta rosa.org 566-5270	Weekly drop-in groups for mothers and their babies, birth to 6 months and 6 months to 1 year.		Limited to Kaiser members and those receiving clinical care at Kaiser.
Psychiatry Department	571-3778	Adult, child and family chemical dependency services offered. Services include: individual, family and group psychotherapy and medication evaluation and treatment.	Yes	Limited to Kaiser members Medi-Cal excluded* Mental health co-pay

\* Kaiser assigned Medi-CAL clients receive medical services only through Kaiser. These clients receive mental health care through the County of Sonoma.

<b>Therapists that Self-Identify Experience in Children's Mental Health</b>				
Check <a href="http://www.dca.ca/gov/">http://www.dca.ca/gov/</a> to verify license look under: <b>BEHAVIORAL SCIENCES</b> • Limited listing; these listings DO NOT constitute a recommendation				
Refer to RECAMFT (The Redwood Empire Chapter of the California Association of Marriage and Family Therapists) and Redwood Psychological Association for additional practitioners. Also, reference the Human Services web page <a href="http://www.sonoma-county.org">www.sonoma-county.org</a> for the Volunteer Center's Health and Human Services Directory.				
ACT: Adult & Child Therapy Center Dr. Betty Frain MFT* Tawny Martin MFT Gail Gallette Dr. Falvia Patino 55 Maria Drive, Ste. 846 Petaluma	780-9538 www.DrBettyFrain.com; www.becomin.gawiseparent.com; dr.b.frain@sbcglobal.net; tawnymartin LMFT@yahoo.com	Offer a full range of psychotherapeutic services including Hypnosis, EMDR (Desensitization), PCIT (Parent Child Interaction Therapy) individual, family and group therapy.		Sliding scale Insurance Victim assistance
David Anglada-Figueroa, Psy.D. 2455 Bennett Valley Rd., Office C210 Santa Rosa	546-2285 x2	Psychologist provides counseling to kids, teen, couples and families. Offers PCIT (Parent Child Interaction Therapy) in office or home.	Yes	Private pay EAP Victim assistance
Judith Fiermonte, MFT 409 Mendocino Ave., Ste. B Santa Rosa	528-1097	Individual therapy, play therapy, parenting, family therapy, community presentations, attachment work with adoptions. Prefer 0-5 and 5-12.	No	Private pay Victim assistance
Jan Gilman, Ph.D* 718 Spring Street Santa Rosa	525-8881	Psychologist provides therapy for adolescents, adults and families.		Limited to Kaiser members Medi-Cal excluded* Office visit co-pay
Mary Hirsch, MFT, ATR-BC 360 Tesconi Circle, Ste. C Santa Rosa	546-9990	Child, adolescent, and family art therapy to address depression, anxiety, parenting issues, foster-adoption issues, and school-related challenges.	No	Private pay Sliding scale Some insurance

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Melanie Johnson, Ph.D.* 1615 Hill Rd., Ste. 18 Novato	(415) 897-2700	Psychological and neuropsychological services for children and adolescents. Autism assessment.	No	
Deborah Madansky, M.D.* 858 Third Street Santa Rosa	576-1813	Behavioral Pediatrician	No	
Dorothy Mandel, Ph.D. 1144 Sonoma Ave., #117 Santa Rosa	322-3222 cell 526-7720 x322 voice mail	Provides psychological counseling with individuals, families, pregnant and post partum women. Provides behavioral services for families with challenging children, and families with developmentally delayed and autistic children. Has worked extensively with Spanish translators.	No	Private pay Sliding scale Regional Center Victim Assistance
Psych Strategies Offices in Santa Rosa, Sebastopol, Petaluma	776-0945 526-8300 x508	Call for information on services.	No	No Medi-Cal; Accept most insurance Sliding scale down to \$40 w/interns
Jennifer Shannon, MFT	545-4600 jennifer@jennifer shannon.com  www.jennifershan non.com	Provides short-term, problem focused cognitive-behavioral therapy. Specializes anxiety disorders in children and teens, including separation anxiety, obsessive-compulsive disorder, social anxiety, panic disorder and generalized worry. Groups for children and teens suffering from anxiety offered periodically	No	Private pay Affordable group therapy
Mary Susan Sams, Psy.D 320 10th St., Ste. 302 Santa Rosa	623-7334 www.doctorsams. com	Pediatric diagnostic evaluation and psychotherapy services, specializing in anxiety and mood disorders, attention and learning deficits, grief and loss, problems related to medical conditions, including Fetal Alcohol Spectrum Disorder.	No	Private pay Sliding scale Victim assistance
Heather Taylor, MFT	547-0195	Experienced therapist/consultant with young children and families. Strength-based, addressing multiple issues including attachment & adoption.	No	Private pay, insurance, victim witness
Michael Tonjum, Ph.D. 884 Third St., Ste. F7 Santa Rosa	525-8881	Psychologist provides therapy for adolescents, adults and families.	No	Sliding scale

\* Instructor in Child Infant Mental Health Certificate Program offered at Sonoma State University Extended Education.

RESOURCE	CONTACT	DESCRIPTION	SPANISH	ELIGIBILITY/COSTS
<b>Consultation Resources</b>				
The Consultation Project (Child Care)	ELI 591-0170 www.earlylearninginstitute.com	Provides consultation to child care providers who request services for particular children who exhibit behavioral or social-emotional concerns.	Yes	No cost

RESOURCE	WEB ADDRESS	DESCRIPTION
<b>Websites and Toll-Free Lines for Consumers</b> Information for parents and caregivers about how to choose a mental health provider.		
Columbus Family Information Network	<a href="http://www.c-fin.org/files/chomhprf.pdf">www.c-fin.org/files/chomhprf.pdf</a>	Information on how to select a therapist.
Network of Care for Behavioral Health	<a href="http://www.sonoma.networkofcare.org/mh/home/index.cfm">www.sonoma.networkofcare.org/mh/home/index.cfm</a>	Provides information and links to services.
NYU Child Study Center	<a href="http://www.aboutourkids.org/families/seeking_professional_help/choosing_mental_health_professional">www.aboutourkids.org/families/seeking_professional_help/choosing_mental_health_professional</a>	Information on how to select a therapist.
Sonoma County Mental Health Coalition	<a href="http://www.mentalhealthcoalitions.org">www.mentalhealthcoalitions.org</a>	Information on local mental health resources, from an integrated health perspective.
World Health Organization Guide to Mental and Neurological Health in Primary Care	<a href="http://www.mentalneurologicalprimarycare.org/index.asp">www.mentalneurologicalprimarycare.org/index.asp</a>	Information on how to select a therapist.

# Public and Community-Based Programs and Services for Social-Emotional Needs of Children

*This matrix does not include private practitioners;  
please refer to the "Provider Referral Guide to Mental Health Services for Children in Sonoma County" for a listing of private practice therapists and services.*

Services Provided	for children 0-18 years		
<b>Screenings: developmental delays</b>	ELI, Head Start/Early Head Start, NBRC, St. Joseph MHC		
<b>Screenings: social-emotional</b>	DAAC, ELI, Head Start/Early Head Start, Lifeworks, NBRC, PPSC, RRC, SAY, St. Joseph MHC, WCCS		
<b>Assessment: social-emotional</b>	CHC*, CRP, DAAC, JFCS, Head Start/Early Head Start, Lifeworks, PPSC, R-C, RRC, SAY, Sonoma County Mental Health, St. Joseph MHC		
	0-5 yrs. (or primary caregivers)	6-12 yrs. (or primary caregivers)	13-18 yrs. (or primary caregivers)
<b>Parenting classes</b>	CHC*, CPI, DAAC, JFCS, Lifeworks, R-C, RRC, Roseland, SELPA, SAY (Hldsbg), WCCS	DAAC, CHC*, CPI, JFCS, Lifeworks, PPSC, SCAYD, R-C, RRC, WCCS	CHC*, CPI, CRP, DAAC, JFCS, Lifeworks, PPSC, R-C, RRC, SCAYD, WCCS
<b>Social-emotional focused class</b>	CHC*, CPI, DAAC, JFCS, Lifeworks, Roseland	CPI, DAAC, Lifeworks, PPSC	CPI, CRP, DAAC, Lifeworks, PPSC
<b>Home Visits—that include social-emotional screen</b>	FF Home Visiting, Head Start/Early Head Start, Lifeworks, NBRC, R-C, SAY (Healdsburg), SCAYD, SELPA, WCCS	Lifeworks, R-C, SCAYD, WCCS	CRP, Lifeworks, R-C, SAY, WCCS
<b>Individual counseling/therapy</b>	CCSW, CHC*, CPI, DAAC, JFCS, Head Start/Early Head Start, Lomi, NBRC, PPSC, R-C, RRC, SCAYD, SELPA, SAY (Healdsburg), WCCS	CCSW, CHC*, CPI, CRP, DAAC, JFCS, FSA, Lifeworks, Lomi, PPSC, R-C, RRC, SCAYD, WCCS	CCSW, CHC*, CPI, CRP, DAAC, FSA, JFCS, Lomi, Lifeworks, PPSC, R-C, RRC, SAY, SCAYD, WCCS
<b>Behavioral therapy</b>	An, CHC*, DAAC, JFCS, Head Start/Early Head Start, Lifeworks, Lomi, NBRC	An, CHC*, DAAC, JFCS, Lifeworks, Lomi	An, CHC*, DAAC, JFCS, Lifeworks, Lomi
<b>Art, play, drama, or music therapy</b>	CPI, DAAC, JFCS, Lomi, PPSC, R-C, SCAYD, SELPA, RRC	CPI, DAAC, JFCS, Lomi, PPSC, SCAYD, R-C, RRC	DAAC, Lomi, SCAYD, R-C, RRC
<b>Movement, rhythm therapy</b>		Lifeworks	Lifeworks
<b>Family counseling/therapy</b>	An, CCSW, CHC*, DAAC, JFCS, Lomi, PPSC, R-C, RRC, SAY (Hldsbg), SCAYD, SELPA, NBRC, WCCS	An, CCSW, CHC*, CRP, DAAC, JFCS, Lifeworks, Lomi, NBRC, PPSC, R-C, RRC, SCAYD, WCCS	An, DAAC, CCSW, CHC*, CRP, JFCS, Lifeworks, Lomi, NBRC, PPSC, R-C, RRC, SAY, SCAYD, WCCS
<b>Group counseling/therapy</b>	A Special Place, DAAC, WCCS	DAAC, Lifeworks, PPSC, WCCS	DAAC, Lifeworks, PPSC, SAY, WCCS
<b>Group classes (open to all)</b>	A Special Place, An, DAAC, JFCS, CHC*, CPI, Lifeworks, NBRC, SAY (Healdsburg)	An, CHC*, CPI, DAAC, JFCS, Lifeworks, SCAYD, WCCS	An, CHC*, CPI, CRP, DAAC, JFCS, Lifeworks, SAY, SCAYD, WCCS
<b>Group classes (court mandated)</b>	An, CPI, DAAC, Lifeworks	An, CPI, DAAC, Lifeworks	An, CPI, CRP, DAAC, Lifeworks, PPSC, SAY, SCAYD
<b>Occupational therapy (building skills for motion/ activities used daily), and Physical therapy</b>	NBRC, SELPA		
<b>Speech therapy</b>	NBRC, SELPA		
<b>Medication prescription and management</b>	CHC*, DAAC, RRC	CHC*, DAAC, RRC	CHC*, DAAC, RRC
<b>Community and professional presentations and trainings</b>	CPI, DAAC, JFCS, Head Start/Early Head Start, Lifeworks, Lomi, NBRC, R-C, RRC, SELPA	CPI, DAAC, JFCS, Lifeworks, Lomi, R-C, SCAYD	CPI, CRP, DAAC, JFCS, Lifeworks, Lomi, R-C, SAY, SCAYD

**Please note, many of these programs have eligibility criteria, refer to listing and call for more specific information.**

*\*must be a registered patient of the community health clinic that offers the service*

An—Ananda Institute, 544-4451  
A Special Place Preschool, 523-2337  
CCSW—Chrysalis Counseling Center for Women, 545-1670 x201  
CPI—California Parenting Institute, 585-6108  
CRP—Circuit Rider Productions, Inc., 838-6641  
DAAC—Drug Abuse Alternatives Center, 544-3295  
ELI—Early Learning Institute, 591-0170  
FF Home Visiting—Families First Home Visiting, 565-4507

FSA—Family Service Agency, 545-4551  
JFCS—Jewish Family Children's Service, Parent's Place, 571-2084  
Head Start & Early Head Start—a program of Community Action Partnership, 544-6911  
LifeWorks—LifeWorks of Sonoma County, 568-2300  
Lomi—Lomi Psychotherapy Clinic, 570-0465 x227  
NBRC—North Bay Regional Center, 569-2000  
RRC—Russian River Counselors, 865-1200  
PPSC—Petaluma People Services Center, 559-7500

R-C—River to Coast Children's Services, 869-3613  
SAY—Social Advocates for Youth, 544-3299  
SAY Healdsburg—Social Advocates for Youth, services for 0-5 years, 431-7658  
SCAYD—Sonoma County Adult and Youth Development, 793-9030  
SCOE, SELPA—Sonoma County Office of Education, Special Education Preschool Program, 524-2746  
SCMH—Sonoma County Mental Health, Youth and Family Services, 565-4810

WCCS—West County Community Services, 829-5717  
**\*Community Health Centers (CHC):**  
Chanate Family Practice and Chanate Family Practice Center Residency Program, 303-3600  
Petaluma Health Center, 559-7500  
Roseland Children's Health Center, 578-2005  
Southwest Community Health Center, 547-2222  
St. Joseph Mobile Health Clinic (MHC) 524-2477  
West County Health Centers, 869-2849 Guerneville, 874-2444 Occidental