

MENTAL and/or BEHAVIORAL HEALTH PROVIDERS/AGENCIES/RESOURCES			
Therapist/ Organization	Address	Contact Info.	Insurance/ Services
24-hour Suicide Prevention Hotline https://suicidepreventionlifeline.org/	N/A	(916) 368-3111 (800) 273-TALK (8255)	- N/A
Children's System of Care (CSC) - Placer County (Mental and Behavioral Health Services) https://www.placer.ca.gov/2052/Childrens-Mental-Health-Services	1000 Sunset Boulevard Suite 140 Rocklin, CA 95765	916-872-6549 or 866-293-1940 530-886-5400	- Behavioral Health Services for Children - Mental Health Services for Children
Placer County Children's 24-hour mental health crisis line	N/A	916-872-6549	- N/A
CSC Community Resources- Placer County https://211connectingpoint.org/placer-county/ https://cde.211connectingpoint.org/	N/A	211 or 1-833-DIAL211	- Additional Community Resources
Care Solace caresolace.com/rcsdfamilies	N/A	Through the School Psychologist/ Counselor	- RCSD's mental health resource, link to outside providers.
Danielle Christy , Licensed Educational Psychologist (LEP) https://inclusivelyminded.com/index.html dchristy@inclusivelyminded.com	Greater Sacramento Area	(530) 574-0968	- Counseling - Consultation - Assessment
Dr. Jennica Jenkins <i>Child and Adolescent Specialist (age 5-18)</i> <i>Providers speak Spanish and Ukrainian</i> Blue Sky Counseling Center https://www.blueskycounselingcenter.com/	8775 Sierra College Blvd. #200 Roseville, CA 95661	(916) 747-3799	- Kids Tri Care - All PPO plans - Mental Health - Optum - Sutter Health
Kids First <i>Evidence-based, Trauma-informed programs and services for children, parents, caregivers and families</i> https://www.kidsfirstnow.org/	124 Main Street Roseville, CA 95678	(916) 774-6802 Email: kidsfirst@kidsfirstnow.org	- A variety of free and low-cost programs
Hearts and Hands Counseling https://www.heartsandhandscounseling.org/	420 Folsom Road Suite C Roseville, CA 95678	(916) 676-3548	- Free or sliding scale programs
Lighthouse Counseling and Family Resource Center <i>Counseling, support groups, educational workshops</i> <i>Providers speak Spanish</i> https://lighthousefrc.org/	427 A Street Suite 400 Lincoln, CA 95648	(916) 645-3300	- A variety of free and low-cost programs
Monarch Center <i>Counseling, Psych. Testing, Parent/Child Inter. Therapy</i> http://www.monarchcenter.net/	8775 Sierra College Blvd. Roseville, CA 95661	(916) 770- 6166	- Private Pay - Some insurance reimbursed

UC Davis EDAPT Clinic https://health.ucdavis.edu/psychiatry/specialties/edapt/edapt_clinic.htm	2230 Stockton Blvd. Sacramento, CA. 95817	(916) 734-3350 edapt@ucdavis.edu	- Recovery based outpatient treatment for those experiencing symptoms like psychosis or paranoia
UC Davis Child Behavioral Health https://health.ucdavis.edu/children/clinical_services/psychiatry/index.html	2248 Stockton Blvd. Sacramento, CA. 95817-1419	(916) 734-3574	- Advanced clinical support to analyze and treat children & young adults exhibiting symptoms of mental health disorders
WellSpace Health https://www.wellspacehealth.org/	5 Medical Plaza Dr #170, Roseville, CA 95661	(916) 313-8433 (916) 737-5555	- Broad range of mental health support
Sutter Art Therapy Bereavement Group https://www.sutterhealth.org/giving/smc/childrens-bereavement-art-group https://www.sutterhealth.org/services/pediatric/child-bereavement-smcs	3001 Lava Ridge Court Suite 320/330 (3rd Floor) Roseville, CA 95661	(916) 787-7174	- Peer support group is for children and teens, ages 4-17 years old, grieving the death of a significant person in the last year. - Art and creative activities are used to facilitate healthy self-expression and grief work. - Facilitated by a therapist with extensive background in childhood grief
Gender Health Center https://www.thegenderhealthcenter.org/index.html	2020 29th Street, Suite 201 Sacramento, CA 95817	(916) 455-2391	- Counseling services
Anxiety Treatment Centers	10419 Old Placerville Road, Suite 258 Sacramento, CA 95827	(916) 366-0647	- Intensive outpatient treatment for Anxiety and OCD

Grossman, Angie	Roseville, CA	916-945-9806	Accepts Private Pay
Moak, Josina	Roseville, CA	916- 580-5130	Accepts Private Pay

OTHER COMMUNITY AGENCIES/PROVIDERS/ RESOURCES

Agency/Provider/ Website	Address	Contact Info.	Services
CSUS Center for Counseling and Diagnostic Services https://www.csus.edu/center/counseling-diagnostic-services/	CSUS: Eureka Hall, Room 421	(916) 278-6252 Email:ccds@csus.edu	- Provides counseling under the supervision of licensed professionals - Provides psychological testing under the supervision of licensed professionals
Alta Regional Center https://www.altaregional.org/	Roseville: 516 Gibson Dr., Suite 150 Roseville, CA 95678	(916) 437-6900	- Provides services to individuals with developmental delays - Respite care - Links with other service providers
UC Davis MIND Institute https://health.ucdavis.edu/mindinstitute/	2825 50th Street Sacramento, CA 95817	(916) 703-0280 (916) 703-0300	- Collaborative, international research center that provides care for ASD and other neurodevelopmental disabilities
Placer County Office of Education (PCOE) https://www.placercoe.org/PagesPCOE/Home.aspx	360 Nevada Street Auburn, CA 95603 USA	(530) 889-8020	- Can provide subsidized child care services - Provides early learning services - Numerous other services
Warmline Family Resource Center http://www.warmlinefrc.org/	2424 Castro Way, Sacramento, CA 95818	(916) 455-9500 (844) 455-9517	- Assistance to families with special needs students
Dr. Raina Ashutosh, MD Neurologist https://www.mycepn.com/	5800 Stanford Ranch Rd STE 800, Rocklin, CA 95765	(916) 239-7504	- Neurologist who specializes in ADHD and related disorders
Julie Iraninejad, M.Ed. Parenting with Positive Discipline www.power-of-parenting.com	julie@parentingforabetterworld.org https://www.parentingforabetterworld.org/upcoming-courses/	(858) 880-7429	- Parental support to help set up family systems in order to implement new tools to foster social-emotional and life skills in children.
Krsiten Baisden, Ed.S. (RCSD) Parenting with Positive Discipline	www.power-of-parenting.com	N/A	- Parental support to help set up family systems in order to implement new tools to foster social-emotional and life skills in children.
Everyday Parenting: The ABC's https://www.coursera.org/learn/everyday-parenting#instructors	Online	N/A	- Free online parenting course taught by Alan Kazdin, Ph.D., Professor of Psychology and Child Psychiatry at Yale. - Toolkit of behavior-change techniques designed to make a typical day in the home easier.
The Incredible Years Carolyn Indreboe	Online - offered through Kids First	(530) 887- 3536	- Designed to help adults teach strong social skills, emotional regulation, and reduce difficult behaviors.
GiGi's Playhouse https://gigisplayhouse.org/	1701 Santa Clara Dr Suite 170, Roseville, CA 95661	(916) 771-0199	- Providing free therapeutic and educational programs for children with Down Syndrome

SOCIAL GROUPS

Agency/Provider/ Website	Address	Contact Info.	Services
Fly Brave https://www.flybrave.org/	5901 Broadway, Sacramento CA	916 968 5691 flybravefoundation@gmail.com	- Social Groups for Teens - Work Oppotunites for Teens
UC Davis MIND Institute https://health.ucdavis.edu/mindinstitute/clinic/social-skills/index.html	2825 50th Street Sacramento, CA 95817	(916) 703-0280 (916) 703-0300	- Social skills groups for 8-17 year old
Cindy McCullough, M.A., BCBA <i>Get Social! Therapy Clinic</i> www.getsocialtherapy.com	730 Sunrise Ave. Bldg. 200 Suite 271 Roseville, CA 95661	(916) 773-0211	- Kaiser (ABA services) - Social skills group
Additional social recreation groups: https://feat.org/community-programs/social-recreation-programs/			

ADDITIONAL BEHAVIORAL THERAPY COMPANIES

Provider	Address	Contact Info.	Services
Autism Spectrum Therapies https://autismtherapies.com/locations/northerncalifornia/	2150 River Plaza Dr Suite 410, Sacramento, CA 95833	(866) 727-8274	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Aspire Behavioral Therapy and Consulting https://aspire-behavior-consulting.com/	5530 Birdcage St Suite 210, Citrus Heights, CA 95610	(916) 436- 4383	- Treatment provided directly to the student for a limited number of behavioral targets including: functional skills and interfering behaviors. - Provides services for children, adolescents, and adults impacted with varying disabilities, not only individuals impacted by Autism Spectrum Disorder.
Behavior Frontiers https://www.behaviorfrontiers.com/sacramento-ca/	3336 Bradshaw Road, Suite 140 Sacramento, CA 95827	(916) 632-1330	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Center for Autism and Related Disorders (CARD) https://www.centerforautism.com/	6030 W Oaks Blvd #170, Rocklin, CA 95765, USA	(916) 824-3220	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Center for Social Dynamics https://csdautismservices.com/contact/	8801 Folsom Blvd. Ste. 265 Sacramento, CA 95826	(916) 382-4447	- Applied Behavior Analysis Therapy & Summer Camp - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian

Golden State Autism Centers https://www.gsautismcenters.com/	2035 Hurley Way, Suite 290, Sacramento, CA 95825	916-713-7893 INFO@GSAUTISMCENTERS.COM	- Applied Behavior Analysis Therapy & Summer Camp - Accessed via <u>medical insurance</u> or ALTA Regional referral by parent/guardian
Kadiant https://kadiant.com/rocklin-ca/	6560 Lonetree Blvd STE 100 Rocklin, CA 95765	1 (866) 523-4268 info@kadiant.com	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Learning Solutions http://learningsolutionskids.com/	114 N Sunrise Ave., Suite A-3, Roseville, CA 95661	(916) 442-2396	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Maxim Healthcare https://www.maximhealthcare.com/home-healthcare/behavioral-care/abaautism	151 N Sunrise Ave, Roseville, CA 95661, Suite 905	916.771.7444	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Trumpet (formerly Therapeutic Pathways) https://www.tpathways.org/	4196 Douglas Blvd. Suite 100 Granite Bay, CA 95746	(916) 489-1376	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian
Applied Family Solutions http://www.appliedfamilysolutions.com/	120 Ascot Dr Suite D., Roseville, CA 95765	(916) 787-1100	- Applied Behavior Analysis Therapy (in-home or clinic) - Accessed via <u>medical insurance</u> or through ALTA Regional referral by parent/guardian

AT-HOME RESOURCES & TOOLS

Type	Websites	Books/Apps/ Tools
General /Multiple	Child Mind Institute https://childmind.org/ https://childmind.org/resources/	- <i>The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety (BOOK)</i>, by Harold S. Koplewicz, MD, President of the Child Mind Institute - Information and resources for parents regarding and number of mental and behavioral health disorders
General/Multiple	https://gozen.com/allprograms/	- Variety of Programs for Parents and Children - Online Modules Focused Social Emotional Learning - Anxiety/Stress Relief Program - Resiliency Program - OCD Relief Program - Mindfulness Program - Negative Thoughts Program - Panic Attacks Program - Procrastination Program - Compassion Structured Journal: https://gostrengthsftp.s3.amazonaws.com/Printables/GoZen_SelfcompassionJournal.pdf
Mindfulness	https://mindfulnessforteens.com/ https://www.mindful.org/mindfulness-for-kids/ RCSD Calming Website: https://sites.google.com/rcsdk8.org/rcsdvirtualcalmingroom/?pli=1&authuser=1	- <i>Calm app</i>: Meditation and relaxation (FREE w/ KAISER INSURANCE) - <i>Headspace app</i>: Meditation and sleep - <i>Stop Breathe and Think Kids app</i>: Emotional regulation - <i>DreamyKid Meditation app</i>: Meditation and guided visualization for kids - <i>Smiling Mind app</i>: Mindfulness for kids and parents
Sleep Hygiene	https://www.sleepfoundation.org https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html	- <i>Headspace</i>: Meditation and sleep - <i>Calm</i>: Relaxation and Sleep (FREE w/ KAISER INSURANCE)
Anxiety & Depression	https://adaa.org/ RCSD Calming Website: https://sites.google.com/rcsdk8.org/rcsdvirtualcalmingroom/?pli=1&authuser=1 https://www.spacetreatment.net/  Why Are So Many Kids Anxious and How Can Parents Hel...	- <i>Superpowered: Transform Anxiety into Courage, Confidence, & Resilience (BOOK)</i>, by Renee Jain - <i>Good Inside: A Guide, Focusing on Resilience (BOOK)</i>, by Dr. Becky Kennedy, PhD - <i>Good Anxiety: Harnessing the Power of the Most Misunderstood Emotion (BOOK)</i>, by Dr. Wendy Suzuki, PhD - <i>Breaking Free of Child Anxiety and OCD</i> by Dr. Eli Lebowitz , PhD - <i>The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety (BOOK)</i>, by Harold S. Koplewicz, MD, President of the Child Mind Institute - <i>Calm</i>: Meditation and relaxation (FREE w/ KAISER INSURANCE) - <i>ThreeGoodThings</i>: Happiness journal - <i>Choiceworks calendar</i>: Calendar tool - <i>Meditations for Kids</i>: Calming kid-friendly exercises

		- <i>Super Stretch Yoga HD</i>: Kid-friendly yoga
ADHD	https://chadd.org/ http://www.russellbarkley.org/ UC Davis Mind Institute- ADHD Webpage	- <i>12 principles for Raising a Child with ADHD (BOOK)</i>, by Dr. Russell Barkley, Professor of Psychiatry and Neurology at University of Massachusetts - <i>Taking Charge of ADHD, Revised Edition, Guide for Parents (BOOK)</i>, by Dr. Russell Barkley, Professor of Psychiatry and Neurology at University of Mass. - <i>Getting Ahead of ADHD (BOOK)</i>, by Joel Nigg, Ph.D. - <i>The Survival Guide for Kids with ADHD (BOOK)</i>, by John Taylor, Ph.D. - <i>Moment</i>: Screen Time Tracker - <i>iHomework2</i>: Homework tracker - <i>BearInMind</i>: To-do list and tracker - <i>Visual Timer</i>: A simple visual timer - <i>Bear Focus Timer (BFT)</i>: Simple timer - <i>Go Noodle</i>: Movement breaks and dancing
ASD	https://health.ucdavis.edu/mindinstitute/ https://www.autism-society.org/ https://www.cdc.gov/ncbddd/autism/links.html https://www.aap.org/en-us/Documents/cocwd_autism_resource_nce.pdf	- <i>Go Noodle</i>: Movement breaks and dancing - <i>Time Timer</i>: A simple visual timer - <i>Daniel Tiger's Grr-ific Emotions</i>: Emotional identification - <i>Touch and Learn Emotions</i>: Emotional Identification - <i>Proloquo2Go</i>: Communication building - <i>Kid in Story Book Maker</i>: Personalized social skill stories
Other	Healthychildren.org Take Five to Calm down: https://www.youtube.com/watch?v=8lM8pgMgjEs Cosmic Kids Yoga: https://www.youtube.com/user/CosmicKidsYoga Childmind.org https://www.coursera.org/learn/everyday-parenting	- <i>Media Use</i>: A planning tool for digital media use @ (healthychildren.org) - <i>The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety (BOOK)</i>, by Harold S. Koplewicz, MD, President of the Child Mind Institute - <i>Moment</i>: Screen Time Tracker - <i>Super Stretch Yoga HD</i>: Kid-friendly yoga - <i>Mandala Memory</i>: Fun mandala matching games