

## MDUSD Family Resources

MDUSD maintains a large number of resources for our parents on our district webpage on a variety of department pages. Links to some of these resources can be found here:

[Student Services Page](#)

[Counselor Page](#) / [Alternate](#)

[Special Education Page](#)

[Food and Nutrition](#)

[English Learner Services](#)

### **Campus Safety Hot Line** (Telephone # 925-709-4847)

Campus safety is a concern for students, parents/guardians, and staff. A Campus Safety Hot Line is available for students and parents/guardians to leave a confidential, taped message about anything occurring at school that is causing students to feel unsafe. The district is very interested in resolving issues of conflict, especially possession of weapons. Students are encouraged to tell an adult on campus about such activities. If students are fearful of retaliation, the Hot Line is available as an alternative to personally reporting a campus safety concern.

## CRISIS RESOURCES

**A Safe Place: Northern California Family Center**      <http://www.ncfc.us/>

Connection to emergency shelter, crisis counseling, transportation, medical treatment, family mediation, and referrals.

2244 Pacheco Blvd  
Martinez, CA 94553

1621 North Broadway  
Walnut Creek, CA

Phone: (925) 370-199

*Process/Fees:* Fees based on sliding scale and start at \$25 an hour. Accepts Contra Costa Health Plan coverage. Counseling appointments are available both days and evenings. Call for an appointment. Services available in Spanish.

### **Contra Costa Crisis/Suicide Hotline**

<http://www.crisis-center.org>

24-hour crisis line. Services include suicide prevention, crisis counseling, youth violence prevention and referrals.

Grief Hotline: 1-800-837-1818

Homeless Hotline: 1-800-808-6444

*Process/Fees:* Calls answered 24 hours a day. Services are free. Interpretation service (140 languages).

### **Hospice of the East Bay: FOOTSTEPS**

<http://www.hospicecc.org/>

A support and counseling program for grieving children and their adult caregivers.

470 Buskirk Ave  
Pleasant Hill, CA 94523

Phone: (925) 887-5678

*Process/Fees:* Call for current schedule. Must register in advance and be accompanied by a parent or guardian. Suggested donation for 6-week program is \$100, but no one is ever turned away because they cannot pay.

### **STAND! Against Domestic Violence**

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

Crisis line offers support, information, and referrals about support groups, individual counseling, legal advocates, restraining order clinics, shelter, support groups and transitional housing. Also provides services for anger management.

Phone: (888) 215-5555 or (925) 603-5752

*Process/Fees:* Can call for in-person appointment (confidential meeting location will be determined). All services are free except One-on-one counseling- based on sliding scale

## COUNSELING RESOURCES

### **Bay Area Psychotherapy Services/Oak Creek Counseling Center**

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<http://www.b-a-p-s.org>

Issues addressed include depression, anxiety, drug and alcohol recovery, family conflict, grief, physical and sexual abuse, and divorce.

*Phone:* (888) 649-9320 or (510) 649-9320

*Processes/Fees:* Therapy sessions are available between 8:00 AM and 9:00 PM weekdays and Saturdays. Offers a sliding scale fee of \$30 - \$95 for a 50 minute session. Your fee is based on your financial situation and income. You and your therapist will work out a fee that meets your needs.

### **Bay Area Psychotherapy Training Institute (BAPTI)** <http://www.bapti.org/>

Individual, couple, child, adolescent and family counseling; parent education; drug and alcohol evaluation and education.

3468 Mt. Diablo Boulevard Suite B201  
Lafayette, California 94549

*Phone:* (925) 284-2298

*Process/Fees:* Offers a sliding scale fee based on the client's ability to pay with a maximum fee of \$80.00 per session. Also accepts Victims of Crime payments and MediCal payment for Contra Costa County.

### **Child and Family Guidance Center**

Individual, couple and family counseling. Assessment of children with learning, behavioral and family problems. Psychotherapy for children. Free screening.

43 Quail Court Suite 203  
Walnut Creek, CA 94596

Phone: (925) 933-1290

Process/Fees: Sliding scale fees based on income (\$50-\$90 per session). Accepts most insurance plans. Hours: Monday-Thursday: 10-8; Friday 8-5.

**Circle of Care** <http://www.ebac.org/programs/circle/index.asp>

Assists children and families coping with a life-threatening illness, loss, bereavement, or trauma through support groups, crisis intervention services, and home-based counseling and support services.

2540 Charleston Street  
Oakland, CA 94602

Phone: (510) 531-7551 x195

Process/Fees: Moderate fees are set on a sliding scale. No one is turned away because of inability to pay. Free or donation-based. Guardian needs to call to set up in-take meeting.

**JFK University** [http://www.jfku.edu/counseling.../locations/pleasant\\_hill/](http://www.jfku.edu/counseling.../locations/pleasant_hill/)

Adults, children, couples and families can receive counseling for a wide variety of issues.

380 Civic Drive, Ste 200  
Pleasant Hill, CA 94523

Phone: (925)798-9240

Process/Fees: Appointments are available weekdays or evenings. The centers are unable to accommodate walk-ins. Must call and make an appointment. Fees are on an affordable, sliding-scale (\$15-\$90); third-party payments cannot be accepted.

**John Muir Behavioral Health Center**

[http://www.johnmuirhealth.com/index.php/jmmdhs\\_pavilion.html](http://www.johnmuirhealth.com/index.php/jmmdhs_pavilion.html)

Provides psychiatric evaluation, inpatient and partial hospitalization services and in and out-patient psychiatric treatment for adolescents.

2740 Grant Street  
Concord, CA 94520

Phone: (925) 674-4100 or (800) 680-6555

Process/Fees: Treatment programs are covered by most insurance plans. See website for list of insurance companies and fees. Call for free assessment.

## SUBSTANCE ABUSE RESOURCES

**Alanon and Alateen** <http://www.al-anon.alateen.org/>

Group meetings for teens whose lives have been affected by the alcoholism of a relative.

Phone: (925) 932-6770/1-888-425-2666 (live person)

Process/ Fees: Services are free. Call for meeting times and locations.

### **Alcohol and Drug Abuse Council of Contra Costa County**

Alcohol and drug education classes for youth.

Phone: (925) 932-8100

Process/Fees: Services are free, except for some classes.

**Alcoholics Anonymous** <http://www.alcoholics-anonymous.org>

A fellowship of people who share experiences, strengths, and hope that they will solve their common problem and help others recover from alcoholism.

Phone: (925) 939-4155

Process/Fees: Services are free. Call for meeting times and locations.

### **Contra Costa County Access Unit**

Gateway to all substance abuse services in Contra Costa County. Refer persons over the phone to detox, outpatient, or residential programs.

Phone:(800) 846-1652

Process/Fees: Services are free. Call between 8:30 a.m. and 5 p.m.

### **Kaiser Hospital: Alcohol and Drug Addiction Program**

Group treatment for drug and alcohol problems. Family counseling is also available.

Phone: (925) 295-4145

Process/Fees: Call for intake appointment. Kaiser members only.

### **Narcotics Anonymous**

<http://www.norcalna.org/>

12-step program of recovery from drug addiction. Meetings throughout Northern California. Some Spanish services available.

Phone: Concord: (925) 685-4357 OR Hotline: (510) 444-4673

Process/Fees: Visit website or call for meeting times and locations.

## **WEBSITES FOR TEENS**

[www.selfesteem.org](http://www.selfesteem.org) This site provides information about the importance of self-esteem, how to build it, and why you need it in your life. It provides inspirational stories as well as uplifting words to help you raise your self-esteem and live a happy life.

[www.bodypositive.com](http://www.bodypositive.com) BodyPositive looks at ways to feel good in the body you have, and reminds you that your body hears everything you think.

[www.kidshealth.org](http://www.kidshealth.org) KidsHealth is the largest and most visited site on the Web providing doctor-approved health information about children from before birth through adolescence. It has information on every subject you can possibly imagine dealing with emotional, mental, and physical health.

<https://www.thetrevorproject.org/get-help-now/> Call (866) 488 -7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth

[www.depressedteens.com](http://www.depressedteens.com) An educational site dedicated to helping teenagers and their parents and educators understand the signs and symptoms of teenage depression. It provides resources for those ready to reach out and get the help they need.

[www.teengrowth.com](http://www.teengrowth.com) TeenGrowth is a website thousands of teens continue to turn to for health information. Board-certified physicians give the scoop on puberty, family, friends, drugs, sex, and emotions.

[www.gottaquit.com](http://www.gottaquit.com) This site gives accurate information about the physical and social effects of smoking as well as tips on how to quit the habit.

[www.forreal.org](http://www.forreal.org) A site designed for teens looking to find out what the real deal is behind marijuana. ForReal provides a safe space for young people to ask questions and get answers about marijuana use.

[www.teen-anon.com](http://www.teen-anon.com) Teen-Anon is a behavioral and spiritual program for teens ages 12 to 19 that is supervised by caring, experienced, recovering adults. It is based on a 12-step program that has worked better than anything else for millions to overcome alcohol addiction. This site provides information about alcohol addiction and how to get help.

[www.something-fisy.com](http://www.something-fisy.com) A site whose goal is to continuously educate the world on eating disorders and to encourage every sufferer to wards recovery. This site has tons of information about eating disorders, including stories from real girls and women, as well as a chat room.

[www.eatingdisorderinfo.org](http://www.eatingdisorderinfo.org) Run by The Alliance for Eating Disorders Awareness, this site allows children and young adults the opportunity to learn about eating disorders and the positive effects of a healthy body image, as well as give information about the warning signs, dangers, and consequences of anorexia, bulimia, and other related disorders.

## HOTLINES FOR TEENS

Girls and Boys Town National Hotline

800-448-3000

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| National Youth Crisis "Hopeline"                        | 800-442-4673 |
| American Foundation for Suicide Prevention              | 888-333-2377 |
| National STD Hotline                                    | 800-227-8922 |
| Addiction Care Options Hotline                          | 888-243-3869 |
| Rape, Abuse, Incest National Network (RAINN)            | 800-656-4673 |
| National Association of Anorexia & Associated Disorders | 847-831-3438 |