



Youth Services and Mental Health Resource Toolkit

(This is not a comprehensive list as I am sure there are other resources in the county that we may have missed. Please feel free to send more information to Patrice Mascolo at pmascolo@ncoinc.org. Thank you!)

Mendocino County Agencies and Programs

- **Mendocino County Youth Project**, <http://mcyp.org/>
Mendocino County Youth Project, also known as MCYP or “The Youth Project” began in 1974 by the Mendocino County Probation Department, supported by community advocates and local educators seeking solutions for youth who were having difficulty at school, in the community or in the home.
 - **Mendo Youth Alliance**, <http://mcyp.org/mendo-youth-alliance/>
 - Crisis call line: 707-463-4357
 - Wellness Counseling
 - Youth Shelter Services
 - School Services
 - Link Up Apparel
 - **Counseling Services**, <http://mcyp.org/counseling-services/>
 - **Transition Age Youth Services**, <http://mcyp.org/transition-age-youth-services/>

- **Redwood Community Services**, <https://redwoodcommunityservices.org/>
Redwood Community Services was born from a vision to have a local, child focused option to serve abused and neglected children so that one day all foster youth would have a place to call home. They help children, youth and adults realize their personal goals and connect to the community around them.
 - **Arbor Youth Resource Center**, <https://redwoodcommunityservices.org/msbes>
This program offers free services and support to help prepare for the challenges of adolescence and independence. Services may include community connections, career planning, education information, workforce preparation and practice, employment resources, life-skills, and mentoring.
 - **Behavioral Health Services**, <https://redwoodcommunityservices.org/mbhs>
 - **Foster Family Agency**, <https://redwoodcommunityservices.org/mffa>
 - **Crisis Response Services**, 855-838-0404, 24/7 call line
<https://redwoodcommunityservices.org/crisis>
 - **Homeless Services**, <https://redwoodcommunityservices.org/homelesservices>
 - **Youth Residential Services**, <https://redwoodcommunityservices.org/strtp>
 - **Family Social Services**, <https://redwoodcommunityservices.org/mfss>

- **Housing Programs**, <https://redwoodcommunityservices.org/mhp>

- **Project Sanctuary**, <https://www.projectsanctuary.org/>
 Project Sanctuary offers a wide array of free services for Mendocino County victims of sexual assault and domestic violence. We can also assist loved ones of victims needing information.
 - Youth Advocacy Program
 - 24/7 Crisis Response
 - Individual Counseling - Scheduled and Walk-In
 - Group Counseling - Adults Molested as Children, Anger Management, and Empowerment
 - Prevention Education - K-12, college, and community settings
 - Temporary Restraining Order Assistance
 - Hospital Accompaniment for Sexual Assault Evidence Exams
 - Emergency, confidential shelter
 - Transitional Housing

- **Mendocino County Office of Education (MCOE)**, <https://www.mcoe.us/>
 MCOE student Programs and Services offer a wide array of services and opportunities for K-12 and adult students.
 - Adult career training programs, offered through the Institute of Career Education, include several health-career certificate programs and a teacher-credentialing program. For students in grades 7-12, MCOE offers an alternative education program that serves at-risk students. In addition, our Child Development and Youth Integrated Services team offers a wide spectrum of services and support to the community, ranging from preschool and afterschool, to the coordination of assistance for foster and homeless youth programs.
 - MCOE works diligently, in coordination with local school districts, to provide high quality services to students with disabilities including occupational and physical therapy, behavioral support and many other areas of assistance to the students of Mendocino County. As an organization we are proud to sponsor numerous countywide student events, each one of them allowing students to demonstrate competence, creativity and an opportunity to pursue their area of interest.
 - The programs listed reach far beyond the classroom and have a profound impact on the youth and adults of our community.

- **Tribal Resources**
 - Sherwood Valley Youth Diversion, Sherwood Show Us Your Skills Video, <https://www.youtube.com/watch?v=GB52FikCEso>
 - Contact the individuals below for information on the annual suicide awareness walk, intertribal campout and various youth activities throughout the year:

- Haley Pulawa, Youth SUD Prevention Program Director
Pinoleville Pomo Nation
6190 N State Street
Ukiah, CA 95482
haleyp@pinoleville-nsn.gov
Office: 707-462-7801
FAX: 707-462-7809
- **LIKE US ON FACEBOOK:** Pinoleville Pomo Nation MSPI,
<https://www.facebook.com/ppnmspi>
- **Consolidated Tribal Health Project,** <https://www.cthp.org/>
CTHP's Behavioral Health Department aims to provide culturally relevant and confidential assessment and screening, counseling, treatment, referrals, as well as support groups for the health and wellbeing of our patients.

Other Programs and Resources

- **LGBTQ**
 - Trevor Project, <https://www.thetrevorproject.org/>
<https://www.thetrevorproject.org/education/model-school-policy/>
- **Suicide Resources**
 - Call Trevor LifeLine, 1-866-488-7386
 - The Jason Foundation, <https://jasonfoundation.com/> click on "Resources."
 - Suicide Prevention Hotline, 1-800-273-8255
 - Kids Help Phone, 1-800-668-6868, kidshelpphone.ca
 - Text HOME to 741-741 to reach a crisis counselor
- **Parenting Tips:**
 - [How to Help Middle Schoolers Gain Self-control](#). Helpful for parents/caregivers/teachers.
 - [Communicating with your Teen - Child Mind Institute](#); has many more articles and resources
- **Depression: Ideas on what to look for and what to do.**
 - [Dealing with Teen Depression - For Teens](#)
 - [Parent's Guide to Teen Depression](#)
 - [Depression in Teens](#)
- **Anxiety:**

- [Anxiety in Teens - How to Help](#)
- [15 Anxiety Worksheets and Workbooks](#) - self-help, therapists, etc.
- **Grief: Activities, Resources and Education for families, teens, therapists**
 - [Grief Resources for Teens - Dougy Center](#)
 - [Grief and Loss - Dougy Center](#) - The whole family
- **Other:**
 - [RAIN - A Four-step Process for Difficult Times](#)
 - [Mindfulness - Meditate with Anxiety](#): This has many tools. It is a long-read, but has many useful tools
 - [Now Matters Now - Cold Water](#) - tool for coping
 - [Solution Focused Therapy](#) - Ideas

 - [GRIT X](#) - an online platform that provides high levels of mental health care, so youth and young adults can thrive, connect, and find resilience and share their own stories, in their own way. The activities help participants get through, get back to, or maintain different emotions.
 - [GRIT X](#) - Self-care Tool-Kit

 - [Helping Students in Crisis - Crisis Lines - CA Education Department](#) - Crisis Lines and Resources
 - [Mental Health Teen Guide](#) - handout with ideas