

COUNSELING RESOURCES MATRIX

CATHOLIC CHARITIES, FAMILY SERVICE AGENCY OF THE CENTRAL COAST, PAJARO VALLEY PREVENTION & STUDENT ASSISTANCE, PARENTS CENTER , AND YOUTH SERVICES

REVISED FEBRUARY 2007

Agencies and Program(s)	Types of counseling	Specific population(s) served	Eligibility and/or participation requirements	Time limit for receiving services	Waiting list and typical wait time	Fees or payment options.	Contact Information for Referrals
CATHOLIC CHARITIES							
Extended Complex Bereavement	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Couples	Not applicable.	Services available in Monterey and San Benito counties, supported by the Hospice Foundation of Monterey.	Short-term therapy (6-10 months). Time could be extended based on clinical needs.	Usually no waiting list. Clients in Monterey and San Benito counties given priority.	<input checked="" type="checkbox"/> Sliding scale fee <input checked="" type="checkbox"/> Other (describe) First 6 sessions provided at no cost. Subsequent sessions provided on sliding scale.	Watsonville office: 722-2791 Seaside office: 393-3113 (Confidential message line. Provide phone number and best time to be reached.)
Outpatient Clinical Counseling/Therapy	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Couples	Not applicable.	Must be able to attend appointments at Watsonville or Salinas offices. Appointments are usually once per week for 55 minutes. Payment is expected at time of appointment.	Short-term therapy (6-10 months.)	May be waiting list. Length of wait depends on number of clinicians and ability to match client's and clinician's schedules.	<input checked="" type="checkbox"/> Sliding scale fee starting at \$20 per session	Same as above.
Pre-Marital Counseling	<input checked="" type="checkbox"/> Couples	* Couples interested in exploring their decision and issues involving a marital relationship and commitment. * Minors seeking a marital license who are required to attend pre-marital counseling.	Clients are welcome from all spectrums of spiritual beliefs. This service is delivered by licensed staff only in English and Spanish.	Counseling usually completed in 1-2 sessions (4 hours total).	Not usually a waiting list.	<input checked="" type="checkbox"/> Flat fee <u>\$250.00</u>	Salinas office: (831) 393-3110 x206
Tattoo Removal	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens	Youth and adults (up to age 35) who reside in the Counties of Santa Cruz, Monterey, San Benito and San Luis Obispo. Must desire a change in lifestyle and have tattoos that are gang-related or interfering with ability to obtain a job.	No recreational tattoos. Ink must be black. Medical doctor (MD) makes the decision about whether tattoo meets criteria. Must travel to MD's office on specific date. Participant will be removed from program if there are 3 unexcused absences.	The MD will determine length. Usually takes multiple session to remove a tattoo.	Waiting list. Length of wait may be months. Will be removed from waiting list if unable to be located via phone number provided.	<input checked="" type="checkbox"/> No fees	Salinas office: (831) 393-3113 (Message machine. Leave phone number.)

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FAMILY SERVICE AGENCY OF THE CENTRAL COAST							
First Step	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family	Not Applicable	Clients must be able to pay or children (up to age 21) must have full scope Medi-Cal.	None	Waiting list. Length of wait depends on client availability.	<input checked="" type="checkbox"/> Sliding scale fee <u>\$35/hr (\$25/hr scholarship may be available)</u> <input checked="" type="checkbox"/> MediCal (must go through Mental Health Access Team) <input checked="" type="checkbox"/> Medicare Part B	For sliding scale fee: Santa Cruz: 423-9444 Watsonville: 728-9970 For MediCal Insurance: Santa Cruz: 423-9504 Watsonville: 728-9975
General Counseling	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Couples	Not Applicable	We see all clients except: * Couples involved with domestic violence issues * Substance abusers who are actively using * People in crisis who need more than one hour a week of therapy * People who refuse to be on medication and are not responsive to talk therapy	Limits might be set by the referring agencies.	Depends on client's availability.	<input checked="" type="checkbox"/> Sliding scale fee	Santa Cruz: 423-9444 Watsonville: 728-9970
PEAK Psycho-Educational Testing for Kids	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children	Not Applicable	Clients must be able to pay. Clients paying with MediCal have to be receiving Early and Periodic Screening, Diagnostic and Treatment services and counselor is requesting additional testing.	Time limits based on tests required.	No waiting list.	<input checked="" type="checkbox"/> Healthy Kids Insurance <input checked="" type="checkbox"/> MediCal <input checked="" type="checkbox"/> Private Insurance	423-9444
Renaissance	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens	Not Applicable	Must have Medicare Part B.	No set time limit. Depends on necessity.	Waiting list. Length of wait depends on client availability.	<input checked="" type="checkbox"/> Medicare	Santa Cruz: 423-9444 Watsonville: 728-9970

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PAJARO VALLEY PREVENTION AND STUDENT ASSISTANCE (PVPSA)							
Community Counseling Center	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Couples	Not Applicable	None	None	No waiting list.	<input checked="" type="checkbox"/> MediCal <input checked="" type="checkbox"/> Private Insurance <input checked="" type="checkbox"/> Sliding scale fee	Main Office: 728-6445 for info (bilingual staff are available)
Drug MediCal	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children	Clients with: <input checked="" type="checkbox"/> Substance Abuse Issues	Services are offered at participating middle and high school sites in PVUSD	None	No waiting list.	<input checked="" type="checkbox"/> MediCal	Mary Schindler: 728-6445 x325
School-Based Counseling Programs	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children	<input checked="" type="checkbox"/> Other: PVUSD students	Services are for PVUSD students, through a variety of school site programs: SAP (7-12 grade) Kids Korner (K-6) Primary Intervention Program (PIP) for K-3	None	No waiting list.	<input checked="" type="checkbox"/> No fees	Can refer via each school site, or call 728-6445 for more information
PARENTS CENTER							
Child Welfare	<input checked="" type="checkbox"/> Individual – Adults <input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Group	Clients with: <input checked="" type="checkbox"/> Mental Health Illnesses <input checked="" type="checkbox"/> Substance Abuse Issues <input checked="" type="checkbox"/> Domestic Violence Issues <input checked="" type="checkbox"/> Child Welfare Cases <input checked="" type="checkbox"/> Dual Diagnoses	Must be referred by and have open case with Child Welfare Services.	Counseling is provided until case is closed or goals are met. Maximum time depends upon amount of time court gives client to meet goals (usually less than 18 months)	Sometimes - but clients are referred to other resources due to court requirements.	<input checked="" type="checkbox"/> No fees	426-7322 - all intakes done by receptionist or Associate Director

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PARENTS CENTER, CONTINUED							
Medi-Cal for Children Only	<input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Family	Clients with: <input checked="" type="checkbox"/> Mental Health Illnesses (includes substance abuse and domestic violence issues) AND <input checked="" type="checkbox"/> Child Welfare Cases	Must have Medi-Cal and child must meet criteria for program (have a mental health diagnosis). Most of our Medi-Cal funding is used for foster children referred through Santa Cruz County Mental Health. Will serve children not referred by County if they meet criteria.	When the child no longer meets Medi-Cal criteria (or parents no longer have Medi-Cal benefits for child).	No waiting list for children referred by County. Limited openings for children not referred by the county.	<input checked="" type="checkbox"/> Healthy Families Insurance <input checked="" type="checkbox"/> MediCal	Same as above.
Parenting Education and Anger Management Classes	<input checked="" type="checkbox"/> Group	Not Applicable	* Must go through screening prior to attending * New clients accepted as space is available * Child welfare clients given priority	Classes are 10 weeks long	May be waiting list for parenting education classes.	<input checked="" type="checkbox"/> Sliding scale fee	Same as above.
YOUTH SERVICES (SELECTED PROGRAMS)							
Crossroads	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Group	Clients with: <input checked="" type="checkbox"/> Child Welfare Cases	Youth ages 12-17 who are wards of Child Welfare Services.	90 day time limit.	No waiting list.	<input checked="" type="checkbox"/> MediCal	Forbes Ellis: 724-9333
Diversion	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Group	Clients with: <input checked="" type="checkbox"/> Other Issues: Referred by Probation or Police	Any youth ages 12-20 referred by police or Probation	No time limit. Typical length of services is 1-2 months.	Varies	<input checked="" type="checkbox"/> No fees <input checked="" type="checkbox"/> Sliding scale fee	Eileen McCormick: 429-8350 x107
Drug & Alcohol Intervention Services	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Group	Clients with: <input checked="" type="checkbox"/> Substance Abuse Issues	Youth ages 12-17 with substance use issues.	6-month time limit. Typical length of services is 2 months.	No waiting list.	<input checked="" type="checkbox"/> No fees	Carol Pruitt: 429-8350 x120

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YOUTH SERVICES, CONTINUED							
Host Home	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Family	Clients with: <input checked="" type="checkbox"/> Other Issues: Homeless, runaway, at-risk of runaway	* Must be 12-17 years old, homeless, runaway or at-risk of being a runaway. * Must not be dependents or wards of juvenile court (CWS or juvenile probation). * Must be receiving counseling services with Youth Services.	14 days in placement.	No waiting list.	<input checked="" type="checkbox"/> No fees	Eileen McCormick: 429-8350 x107
Pajaritos	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Individual - Children <input checked="" type="checkbox"/> Group	Not Applicable	Education and activity prevention services for youth ages 6-20 in Watsonville area.	No time limit. Typical length of services is 3-6 months.	No waiting list.	<input checked="" type="checkbox"/> No fees	Maria Salcedo: 728-8216
STRANGE	<input checked="" type="checkbox"/> Group	Gay, Lesbian, Bisexual, Transgender, Intersex, Queer and Questioning Youth	Gay, Lesbian, Bisexual, Transgender, Intersex, Queer and Questioning (GLBTIQQ) youth ages 14-23.	No time limit. Typical length of services is 6-12 months.	No waiting list.	<input checked="" type="checkbox"/> No fees	Jasmine Schlafke: 469-1700 x151
Tyler House	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Group	Clients with: <input checked="" type="checkbox"/> Dual Diagnoses	* Youth ages 14-17 with dual diagnosis. * Must be willing to participate for 6 months.	6 months in placement. Aftercare services available.	No waiting list.	<input checked="" type="checkbox"/> MediCal <input checked="" type="checkbox"/> Sliding scale fee	Adriann Jackson: 688-6293
YES-Quetzal	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Group	Clients with: <input checked="" type="checkbox"/> Dual Diagnoses	Dual diagnosed youth ages 12-19 willing to explore drug and alcohol use issues.	No time limit if within age/school qualifications.	No waiting list.	<input checked="" type="checkbox"/> No fees	South County (Quetzal) – Lily Garcia: 688-8856 x109 North County (YES) – Patricia McCausland: 429-8350 x113
Youth Services Counseling	<input checked="" type="checkbox"/> Individual – Teens <input checked="" type="checkbox"/> Family <input checked="" type="checkbox"/> Group	Not Applicable	Any youth or family of youth ages 12-20.	No time limit. Typical length of services is 1-3 months.	Waiting list. Typical wait time is 1-2 weeks.	<input checked="" type="checkbox"/> Healthy Families Insurance <input checked="" type="checkbox"/> Healthy Kids Insurance <input checked="" type="checkbox"/> MediCal <input checked="" type="checkbox"/> Sliding scale fee	Eileen McCormick: 429-8350 x107