



# CRPUSD

## COMMUNITY RESOURCES LIST



COTATI-ROHNERT PARK  
UNIFIED SCHOOL DISTRICT

7165 BURTON AVENUE ROHNERT PARK, CA

# Mental Health and Crisis Resources

## Emergency and Crisis Supports

- **988 Suicide & Crisis Lifeline**
  - Services: Offers free, confidential support for mental health struggles, emotional distress, substance use concerns, and more. Available for yourself or a loved one.
  - Phone: 988 (English/Spanish)
  - Chat on website: [988 Lifeline Chat](#)
  - Availability: 24/7
  - Insurance: No insurance needed; free and confidential
- **North Bay 24-Hour Suicide Prevention Hotline**
  - Services: Free, confidential crisis hotline for those experiencing suicidal thoughts or emotional distress. Offers outreach, education, and survivor support services.
  - Phone: (855) 587-6373
  - Phone (Spanish): (888) 628-9454
  - Availability: 24/7
  - Insurance: No insurance needed; free and confidential
- **California Youth Crisis Line**
  - Services: Provides crisis counseling and referrals for youth (12-24) and families, including legal assistance, shelter, and more.
  - Phone/Text: (800) 843-5200
  - Chat on website: [California Youth Crisis Chat](#)
  - Availability: 24/7
  - Insurance: No insurance needed; free and confidential
- **SAFE Team**
  - Services: Provides counseling, transportation, and support for individuals under the influence, in mental health crises, or needing shelter.
  - Phone (Rohnert Park): (707) 584-2612
  - Phone (Cotati/SSU): (707) 792-4611
  - Phone (Petaluma): (707) 781-1234
  - Emergency: 9-1-1
  - Availability: 24/7
  - Insurance: No insurance needed; free service provided by the local agencies
- **National Runaway Hotline**
  - Services: Free, confidential support for runaway and homeless youth, their families, and others in crisis.
  - Phone/Text: 1-800-RUNAWAY (1-800-786-2929)
  - Chat on website: [Runaway Safeline](#)
  - Availability: 24/7
  - Insurance: No insurance needed; free and confidential
- **National Child Abuse Hotline**
  - Services: Provides support and crisis counseling for those affected by child abuse. Also offers guidance for reporting and navigating child welfare.
  - Phone/Text: (800) 422-4453
  - Chat on website: [Childhelp Hotline](#)
  - Availability: 24/7 in 170+ languages
  - Insurance: No insurance needed; free and confidential

- **National Human Trafficking Hotline**
    - Services: Connects trafficking victims and survivors to essential resources and services.
    - Phone: (888) 373-7888
    - Text: 233733
    - Chat on website: [Human Trafficking Hotline](#)
    - Availability: 24/7 in 200+ languages
    - Insurance: No insurance needed; free and confidential.
  - **National Teen Dating Abuse Hotline**
    - Services: Provides confidential support for teens and young adults experiencing dating abuse or seeking information about healthy relationships.
    - Phone: (866) 331-9474
    - Text: LOVEIS to 22522
    - Website: [loveisrespect](#)
    - Video chat (Deaf/HOH): (855) 812-1001 or email [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)
    - Availability: 24/7
    - Insurance: No insurance needed; free and confidential
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## **To Obtain Therapy Referrals from Insurance:**

- **Kaiser**
    - Contact your local mental health clinic to make an appointment for an initial evaluation
    - Phone (Petaluma): (707) 699-6100
    - Phone (Santa Rosa): (707) 571-3778
    - During the evaluation, inform Kaiser you prefer counseling support through an outside provider
    - Kaiser will determine what services are offered including Kaiser group sessions, Kaiser individual therapy, or an authorization number for an outside provider
    - Once you have received the authorization number, contact the Mental Health Eternal Referral Care Navigators at 1-833-392-0064 for assistance in finding a provider
  - **Partnership Medi-Cal**
    - Contact member services for a list of “in network” providers ACCEPTING NEW PATIENTS
    - Phone: (800-541-5555)
  - **Other Insurances**
    - Contact member services for a list of “in network” providers ACCEPTING NEW PATIENTS
    - Ask if your plan covers reimbursement for “out of network” providers, what percent they reimburse, and how to file a reimbursement claim
    - Phone: Contact member services (number on back of your insurance card)
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## In-Person/Online Therapy Resources

1. **Grow Therapy**
  - Services: Offers virtual therapy and medication management.
  - Website: [Grow Therapy](#)
  - Insurance: Accepts Partnership Medi-Cal, private insurances, and cash payments
  - \*Kaiser clients must follow the steps listed above for instructions/authorization
2. **Child Parent Institute (CPI)**
  - Services: Offers in-person and online therapy for children and families. Provides individual, group, and family therapy.
  - Phone: (707) 585-6109 ext 1100 (English/Spanish)
  - Location: 3650 Standish Ave, Santa Rosa, CA 95407
  - Insurance: Accepts private pay, sliding scale, Victim Assistance, and Carelon (Partnership/Medi-Cal)
  - Website: [calparents.org](#)
3. **Lomi Psychotherapy Clinic**
  - Services: Offers in-person and online therapy for individuals, couples, children, and families.
  - Phone: (707) 579-0465 ext 227
  - Email: [info@lomi.org](mailto:info@lomi.org)
  - Location: 320 10th St, Suite 200, Santa Rosa, CA 95401
  - Insurance: Accepts Medicare, Medi-Cal, Partnership/Carelon, private pay/sliding scale
  - Website: [lomi.org](#)
4. **Sonoma County Counseling**
  - Services: Provides online and in-person therapy for ages 4 and up.
  - Phone: (707) 284-1978
  - Locations:
    - 3434 Mendocino Ave, Suite A, Santa Rosa, CA 95403
    - 8733 Lakewood Dr, Suite 205, Windsor, CA 95492
  - Insurance: Accepts most insurance plans
  - Website: [sonomacountycounseling.com](#)
5. **Humanidad**
  - Services: Offers low-fee, multicultural therapy services for individuals, couples, and families.
  - Email: [client\\_services@humanidadtherapy.org](mailto:client_services@humanidadtherapy.org)
  - Location: 1260 N Dutton Ave, Suite 230, Santa Rosa, CA 95401
  - Insurance: Accepts sliding scale fees
  - Website: [srosahntes.org](#)
6. **Petaluma People Services**
  - Services: Provides counseling for children, adolescents, and families.
  - Phone: (707) 765-8488 ext 400
  - Email: [intake@petalumapeople.org](mailto:intake@petalumapeople.org)
  - Location: 1500 Petaluma Blvd S, Petaluma, CA 94952
  - Insurance: Accepts Partnership Health Plan and private pay with sliding scale
  - Website: [petalumapeople.org/counseling](#)
7. **Mental Health America**
  - Services: Resources, screenings, and tools for mental health support.
  - Website: [mhanational.org](#)
  - Location: Online resource
  - Insurance: Free service

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## Intensive Outpatient Programs

### 1. **Providence Behavioral Outpatient Services**

- Services: Provides intensive outpatient programs, group therapy, and medication management for adults 18 and up.
- Intensive Outpatient Program (IOP)
  - Reduces symptoms and improves your ability to take part in daily activities
  - Three hours a day for up to five days per week
- Partial Hospitalization Program (PHP)
  - Beneficial for those who are leaving inpatient care or need more structure and support
  - Six hours a day for up to five days per week
- Phone: (707) 547-5450
- Location: 405 W College Ave, Suite F, Santa Rosa, CA 95401
- Insurance: Accepts most insurance plans, including Kaiser and Medicare
- Website: [Providence Outpatient Services](#)

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## Substance Abuse and Dual Diagnosis Support

### 1. **Sonoma County Substance Use Disorder Services – Orenda Center**

- Services: Assessment, detox, counseling, and referral for substance use treatment.
- Phone: 707-565-7450
- Location: 3322 Chanate Rd, Santa Rosa, CA 95404
- Insurance: Accepts Medi-Cal and sliding scale fees

### 2. **Drug Abuse Alternatives Center (DAAC)**

- Services: Treatment programs for substance abuse/co-occurring mental health disorders.
- Phone: 707-544-3295
- Location: 2403 Professional Dr, Santa Rosa, CA 95403
- Insurance: Accepts Partnership, Medi-Cal, and private insurance

### 3. **Santa Rosa Treatment Program**

- Services: Detox, outpatient and residential programs for addiction recovery.
- Phone: 707-576-0818
- Location: 625 Steele Ln, Santa Rosa, CA 95403
- Insurance: Accept most major insurances, Kaiser, Medi-Cal, and Medicare

### 4. **Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)**

- Services: Peer support meetings for addiction recovery.
  - Website: [aa.org](#), [na.org](#)
  - Location: Various meeting locations across Sonoma County
  - Insurance: Free service
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## Support Groups and Peer Networks

1. **National Alliance on Mental Illness (NAMI) Sonoma County**
    - Services: Free support groups, educational programs, and advocacy for individuals living with mental illness and their families.
    - Phone: 866-960-6264
    - Location: 182 Farmer's Ln, Suite 202, Santa Rosa, CA 95405
    - Insurance: Free service
  2. **Parents of Mentally Ill Children (PMI)**
    - Services: Support groups for parents and caregivers of children with mental health challenges.
    - Contact: [info@pmi-sonomacounty.org](mailto:info@pmi-sonomacounty.org)
    - Location: Online and rotating in-person meetings across Sonoma County
    - Insurance: Free service
  3. **Sonoma County Grief Support Groups**
    - Services: Support for individuals coping with grief and loss.
    - Contact: Hospice of Santa Rosa, 707-568-1094
    - Location: 439 College Ave, Santa Rosa, CA 95401
    - Insurance: Sliding scale fees available
  4. **Wellness and Advocacy Center**
    - Services: Peer-led support for mental health recovery.
    - Phone: 707-565-1299
    - Location: 2235 Challenger Way, Santa Rosa, CA 95407
    - Insurance: Free service
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## LGBTQIA+ Focused Mental Health Services

1. **Positive Images**
    - Services: Counseling, peer support groups, and resources for LGBTQ+ youth and young adults.
    - Phone: 707-568-5830
    - Location: 200 Montgomery Dr, Suite C, Santa Rosa, CA 95404
    - Insurance: Free and sliding scale fees available
  2. **LGBTQI Connection**
    - Services: Mental health services and community support for LGBTQ+ individuals of all ages.
    - Phone: 707-579-4327
    - Location: 714 Mendocino Ave, Santa Rosa, CA 95401
    - Insurance: Free service
  3. **The Trevor Project**
    - Services: Crisis intervention and support for LGBTQ+ youth.
    - Phone: 1-866-488-7386
    - Location: Nationwide resource
    - Insurance: Free service
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## Parenting Resources

1. **Child Parent Institute (CPI)**
    - Services: Parenting workshops, counseling services, and support for families.
    - Phone: 707-585-6108
    - Location: 3650 Standish Ave, Santa Rosa, CA 95407
    - Insurance: Sliding scale fees based on income
  2. **First 5 Sonoma County**
    - Services: Resources, support programs, and referrals for families with children aged 0-5.
    - Phone: 707-522-2020
    - Location: 490 Mendocino Ave, Suite 202, Santa Rosa, CA 95401
    - Insurance: Free service
  3. **Parents Place at JFCS**
    - Services: Parenting classes, counseling, and child development consultations.
    - Phone: 707-303-1500
    - Location: 1360 N Dutton Ave, Suite C, Santa Rosa, CA 95401
    - Insurance: Sliding scale fees available
  4. **North Bay Regional Center**
    - Services: Support and services for families of children with developmental disabilities.
    - Phone: 707-569-2000
    - Location: 2351 Mendocino Ave, Santa Rosa, CA 95403
    - Insurance: Free service
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## Grief Support Services

1. **Hospice of Santa Rosa**
    - Services: Grief support groups, counseling, and bereavement resources.
    - Phone: 707-568-1094
    - Location: 439 College Ave, Santa Rosa, CA 95401
    - Insurance: Sliding scale fees available
  2. **Grief Recovery Center of Sonoma County**
    - Services: Individual and group support for those dealing with loss.
    - Phone: 707-591-7580
    - Location: 750 Mendocino Ave, Santa Rosa, CA 95401
    - Insurance: Sliding scale fees based on income
  3. **Petaluma Hospice Grief Counseling**
    - Services: Counseling and workshops for grief and bereavement support.
    - Phone: 707-778-6242
    - Location: 416 Payran St, Petaluma, CA 94952
    - Insurance: Accepts Medi-Cal and sliding scale fees
  4. **Children's Grief Program at JFCS**
    - Services: Support groups and counseling for children and families coping with grief.
    - Phone: 707-303-1500
    - Location: 1360 N Dutton Ave, Suite C, Santa Rosa, CA 95401
    - Insurance: Sliding scale fees available.
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## Housing Resources

1. **Community Action Partnership of Sonoma County**
    - Services: Emergency housing assistance, rent support, and housing stabilization programs.
    - Phone: 707-544-6911
    - Location: 141 Stony Cir, Suite 210, Santa Rosa, CA 95401
    - Insurance: Free service
  2. **Catholic Charities Homeless Services**
    - Services: Homeless shelters, transitional housing, and supportive services.
    - Phone: 707-308-4795
    - Location: 987 Airway Ct, Santa Rosa, CA 95403
    - Insurance: Free service
  3. **Redwood Gospel Mission**
    - Services: Emergency shelter, addiction recovery housing, and transitional housing for men and women.
    - Phone: 707-542-4817
    - Location: 101 6th St, Santa Rosa, CA 95401
    - Insurance: Free service
  4. **Burbank Housing**
    - Services: Affordable housing development and rental assistance programs.
    - Phone: 707-526-9782
    - Location: 790 Sonoma Ave, Santa Rosa, CA 95404
    - Insurance: Free service
  5. **Sonoma County Housing Authority**
    - Services: Section 8 housing vouchers and low-income housing programs.
    - Phone: 707-565-1848
    - Location: 1440 Guerneville Rd, Santa Rosa, CA 95403
    - Insurance: Free service
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