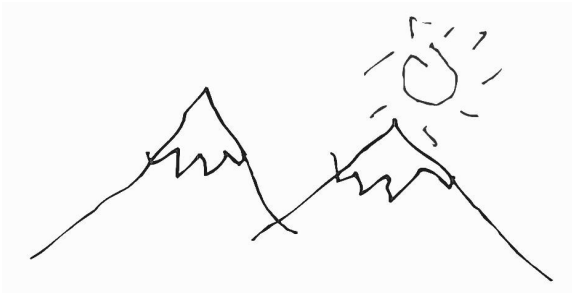


# Family Resource Guide for Alpine County

Markleeville  
Woodfords  
Kirkwood



Funding for printing & production provided by  
The California Department of Education  
Early Care & Support Division & First 5 California

For additional copies contact: 877-694-2129

Revised Nov 2017

# EAST SLOPE

## MARKLEEVILLE-WOODFORDS-KIRKWOOD

### EMERGENCY SERVICES

Fire, Ambulance, Sheriff, California Highway Patrol	<b>Dial 911</b>
Alpine County Sheriff's Dispatch	(530) 694-2231
California Highway Patrol Dispatch	(530) 582-7500
Douglas County Sheriff's Dispatch	(775) 782-5126
El Dorado Sheriff's Dispatch	(530) 626-4911
Amador County Sheriff's Dispatch	(209) 223-1235
Red Cross- Sierra-Delta Chapter	(916) 993-7070
Alpine Co. Office of Emergency Preparedness	(530) 694-1339
Liberty Utilities- Power outages	(844) 245-6868
Frontier Communications	(800) 921-8101

Phone & internet outages & issues.

### 24 HOUR HOTLINES

Child Protective Services -Alpine County	(888) 755-8099
Takes reports and responds to allegations of child abuse & neglect.	
Alpine County Behavioral Health	(800) 318-8212
24 hour crisis- emergency line.	
Live Violence Free	(888) 750-6444
Advocates or peer counselors are available 24 hours a day, 7 days a week to be supportive, to discuss options, or to listen to individual's concerns related to domestic violence.	
Tahoe Youth & Family Services	(800) 870-8937
Crisis line for any children, youth or parents in Alpine County, South Lake Tahoe & Minden/Gardnerville area.	
California Poison Control	(800) 222-1222
Child Abuse Hotline	(800) 422-4453
National Domestic Violence Hotline	(800) 799-7233
National Sexual Assault Hotline	(800) 656-4673
Ca. Youth Crisis Line	(800) 843-5200
Suicide Prevention Network	(775) 783-1510
Suicide Prevention & Lifeline	(800) 273-8255

## HOSPITALS

Barton Memorial Hospital- South Lake Tahoe, CA	(530) 541-3420
Carson Valley Medical Center- Gardnerville, NV	(775) 782-1500
Carson Tahoe Rgnl. Med. Ctr.- Carson City, NV	(775) 445-8000
Renown Medical Center- Reno, NV	(775) 982-4100
St. Mary's Regional Medical Center- Reno, NV	(775) 770-3000
Veteran's Medical Center- Reno, NV	(775) 786-7200

## URGENT CARE

Carson Tahoe Emergent Care- Minden, NV	(775) 445-7800
CVMC Urgent Care- Minden, NV	(775) 782-1610
Tahoe Urgent Care- South Lake Tahoe, CA	(530) 541-3277

## HEALTH CLINICS

Alpine County Health Department	(530) 694-2146
Patients of all ages are welcome and no one is refused care due to the lack of medical insurance coverage. Services include: general medical care, pre-employment exams, DMV physicals, health screening (all ages), vaccinations, lab work, EKG, tobacco cessation, diabetes prevention & care, HIV & STD testing.	
Kirkwood Health Clinic	(209) 258-7236
Douglas County Health Nurse	(775) 782-9038
El Dorado County Health Department	(530) 573-3155
Veteran's Health Clinic- Gardnerville, NV	(775) 782-5265
Toiyabe Indian Health Project- Coleville Clinic	(530) 495-2100
Native American patients may be eligible to enroll in their Purchased & Referred Care Program (formerly Contract Care) If you are a non-native patient, you do not need health insurance to be seen as they provide low-cost, sliding scale healthcare services based on your income level.	

## OTHER HEALTH SERVICES

Breastfeeding Support- Alpine Co. Health Dept. (530) 694-2146

La Leche League (877) 452-5324

Mother-to-mother breastfeeding support.

Women, Infants & Children (WIC) (530) 573-3491

Vouchers for healthy food for children under 5 years & pregnant, postpartum & lactating women along with nutrition counseling and breastfeeding support.

Legal Services of Northern California- Health (888) 354-4474

A non-profit that provides education & advocacy to healthcare consumers.

Services are free and there is no income cap for services. They assist

individuals with issues related to Medi-Cal, Medicare, private insurance &

Covered California. If you have questions about your insurance coverage or are having trouble accessing health services please call LSNC-Health.

## LAW ENFORCEMENT

Alpine County Sheriff's Department (530) 694-2231

California Highway Patrol (530) 577-1001

Douglas County Sheriff's Department

Minden Dispatch/Non-emergency (775) 782-5126

Minden Jail (775) 782-9921

Gardnerville Ranchos Substation (775) 265-7091

Stateline Dispatch/Non-emergency (775) 586-7250

Lake Tahoe Jail (775) 586-7265

El Dorado County Sheriff's Department (530) 573-3000

Detention Center (530) 573-3031

Amador County Sheriff's Department (209) 223-6500

Alpine County Probation (530) 694-2192

# LEGAL SERVICES

**Alpine County Child Support Services** (866) 901-3212

The Central Sierra Child Support Agency does not charge for its services. Any custodial or non-custodial party may request that the Central Sierra Child Support Agency aid in collecting the court ordered support. You are eligible regardless of whether or not you are receiving TANF.

**Alpine County Recorder** (530) 694-2283

Get copies of recorded documents & vital statistics such as birth certificates and marriage documents.

**Alpine County Superior Court** (530) 694-2113

The Court provides free legal assistance to eligible consumers representing themselves in civil cases. While we will not represent you, we can help you to process your own case. We don't give legal advice, but we can help fill out forms and translate "legalese" in the following areas: Family Law, Evictions, Dissolution of Marriage, Small Claims Actions, Debt Collection, Parentage Actions, Child Support, Custody, Visitation, Guardianship, Domestic Violence Prevention, other civil matters. Free Legal Aid is provided at the Courthouse in Markleeville on the third Thursday of each month on a first come first serve basis. Phone ins are welcome if you can't make it in person.

**Alpine County Victim/ Witness Assistance** (530) 694-2971

Offers a wide variety of assistance to victims and witnesses of crime. Trained advocates can provide support through the court process and will keep you informed about the status of a criminal case. Advocates may also assist victims with submitting requests for restitution, filing claims for Victims of Crime compensation, and much more.

**Live Violence Free** (530) 694-1853

Provides a vital service to survivors of sexual assault, domestic violence and stalking. If you are a survivor and your legal issue is directly related to the abuse you experienced, the Live Violence Free Legal Program may be able to assist you. Their attorney can represent those regarding issues of protection orders, divorce, custody, immigration, credit, disability, social security & housing. Services also include, legal advice, legal representation, document preparation, safety planning, court accompaniment, legal advocacy & translation services in Tagalog and Spanish.

**California Indian Legal Services** (800) 736-3582

Their mission is to protect and advance Indian rights, foster Indian self-determination, and facilitate tribal nation building. CILS offers representation in cases that involve issues unique to Native Americans.

**Legal Services of Northern California- Health** (888) 354-4474

A non-profit that provides education & advocacy to healthcare consumers. Services are free and there is no income cap for services. They assist individuals with issues related to Medi-Cal, Medicare, private insurance & Covered California. If you have questions about your insurance coverage or are having trouble accessing health services please call LSNC-Health.

**Family Law Facilitator** (530) 573-3066

If you need help with regards to a Family Law issue, such as child custody, visitation, court motions, etc., please contact the Family Law Facilitator. The Department of Child Support Services cannot provide legal advice.

## **SUBSTANCE ABUSE:**

## **PREVENTION & TREATMENT**

**Alpine County Behavioral Health** (530) 694-1816

Comprehensive mental health and substance abuse services are available to all residents of Alpine County regardless of ability to pay. Services include: Outpatient individual and family counseling for mental health issues, outpatient individual substance abuse treatment counseling, outpatient groups for mental health, alcohol and drug issues, inpatient mental health treatment options, psychiatric consultation for medications via tele-health technology, inpatient treatment and/or detoxification for substance use disorders.

**Alcoholics Anonymous- Douglas County, NV** (775) 355-1151

**Alcoholics Anonymous- South Lake Tahoe, CA** (530) 541-1243

**Al Anon** (888) 425-2666

Support for friends and families of problem drinkers. Online and phone meetings available.

**Tahoe Youth & Family Services** (775) 782-4202

Offering individual, family & group counseling for early intervention, prevention, substance abuse evaluations and student assistance programs.

**Tahoe Turning Point- South Lake Tahoe, CA** (530) 541-4594

Non-profit offering substance abuse & addiction counseling, drug & alcohol education and relapse prevention group, drug testing, Batterer's Intervention Program, families & couples counseling and Drinking Driver Programs.

**Smoking Cessation** (530) 694 2146

Help and resources to help you quit smoking. (800) 662-8887

# COUNSELING

Alpine County Behavioral Health (530) 694-1816

Outpatient individual and family counseling for mental health issues.

Outpatient individual substance abuse treatment counseling.

Outpatient groups for mental health, alcohol and drug issues.

Inpatient mental health treatment options.

Psychiatric consultation for medications via telehealth technology.

Inpatient treatment and/or detoxification for substance use disorders.

Community based prevention and early intervention programs.

Live Violence Free (530) 694-1853

FREE Individual Therapy –The ability to heal from a traumatic experience includes the capability to process, learn and grow from the incident. To that end, Live Violence Free offers individual therapy to those who have

experienced domestic violence, sexual assault or child abuse for up to 8 weeks or more. Support Group: Free Confidential support group that deals

with Domestic Violence/Sexual Assault struggles at various stages of life.

Batter’s Intervention counseling/ Anger management counseling: 12 to 52 week courses.

Tahoe Youth & Family Services (775) 782-4202

Offering individual & family counseling, including crisis counseling, focused therapy, family reunification & services for the very young.

Douglas Center for Hope & Healing (775) 450-0329

Support for grieving children, teens and families with support groups and sharing.



**TrustLine**  
California's Background Check for In-Home Child Care

EVERY CHILD DESERVES  
A SAFE AND LOVING  
ENVIRONMENT

TRUSTLINE IS CALIFORNIA'S  
BACKGROUND CHECK FOR IN-HOME  
CHILDCARE PROVIDERS.

TO FIND OUT MORE:  
CALL 1-800-822-8490  
OR VISIT [WWW.TRUSTLINE.ORG](http://WWW.TRUSTLINE.ORG)



# FINANCIAL, FOOD & CLOTHING

## ASSISTANCE

**Alpine County Health & Human Services** (530) 694-2235

Offering a Food Closet, CalFresh- funds to purchase food, CalWORKs-cash aid, among other services for eligible residents.

**Live Violence Free** (530) 694-1853

Offering limited assistance with food, clothing, and diapers. If Live Violence Free is unable to provide those items, appropriate referrals will be provided to other agencies in our community who can meet their client's needs.

**Women, Infants & Children (WIC)** (530) 573-3491

Vouchers for healthy food for children under 5 years & pregnant, postpartum & lactating women along with nutrition counseling & breastfeeding support

**Energy Assistance** (530) 573-3490

This federally funded program helps income eligible households offset the cost of heating and cooling their homes. Eligible homeowners or renters may qualify to have specific payment amounts credited to their electric utility accounts or receive help obtaining firewood, propane, pellets or heating oil. Priority is given to the elderly, disabled and families with children under age 5.

**Liberty Utilities CARE Program** (866) 812-5766

Save 20% every month on your electric bill if income eligible.

Other services: free weatherization, insulation, minor home repairs and refrigerator replacements.

**Tahoe Youth & Family Services** (530) 694-9459

Monthly drop-in day for snacks, help with home work. Also offering sleeping bags, tents & socks to couch surfers or homeless youth and laundry services.

## HOUSING INFORMATION

- Alpine County Health & Human Services (530) 694-2235  
Live Violence Free (530) 694-1853  
Emergency housing for victims of domestic violence.

## JOB SERVICES

- Alpine Career Center (530) 694-2235  
Offers comprehensive career and employer services designed to support job seekers, employers, and entrepreneurs.
- CA Unemployment Insurance (866) 333-4606  
State Disability Insurance  
Disability Insurance (800) 480-3287  
Paid Family Leave (877) 238-4373  
Program to provide short-term benefits to eligible California workers who have a loss of wages when they are unable to work due to a non-work related illness, injury, or pregnancy.
- State Department of Rehabilitation (530) 541-3226  
Assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities.
- CalWORKs (530) 694-2235  
A welfare program that gives cash aid and services to eligible needy California families.

## TRANSPORTATION

- Alpine County Dial-A-Ride (530) 694-9301  
Low cost public transportation services. Please call for current schedule or to schedule a ride.
- California DMV (800) 777-0133  
California Road Conditions (800) 427-7623  
Alpine County Road Conditions (530) 694-2140  
Nevada Road Conditions (877) 687-6237

# CHILD & FAMILY SERVICES

Choices for Children (530) 694-2129

Help finding child care, paying for child care, or becoming a child care provider. Toy & resource lending library, Infant/Child CPR & First Aid, information and resources on child development, guidance, parenting & nutrition.

First 5 Alpine (530) 694-1149

First 5 Alpine offers health, education and family support resources for families or anyone caring for children birth through five years of age in Alpine County.

Live Violence Free (530) 694-1853

The STEP program is an easy to use 8 week program with chapters that relate to real-life situations and at home activities that help parents apply STEP ideas. The STEP parent handbook includes essential topics such as single parents, stepfamilies, cooperation in the family, schoolwork and homework, drugs, violence and gangs.

Tahoe Youth & Family Services (530) 694-9459

The Mentoring program's focus is to unleash the innate greatness and unlimited potential of youth. Mentoring provides children and their families with connections to community resources, helping them build resiliency and support them in successful peer, adult and family relationships.

Douglas County Family Support Council (775) 782-8692

Family resources & parenting classes available.

Adoption Services (530) 573-3414

The Adoption Services Program is administered by the El Dorado County Department of Human Services.

## CAR SEAT INSTALLATION

Call for an appointment...

California Highway Patrol South Lake Tahoe, CA (530) 577-1001

Douglas County Sheriff's Office (775) 782-9944

AAA- Carson City, NV (775) 888-6419

Ron Wood Family Resource Center (775) 884-2269

## CHILD CARE CENTERS

Alpine Early Learning Center (530) 694-1673  
Licensed care for infants through preschool.

## SCHOOLS

Alpine County Unified School District  
& Office of Education (530) 694-2230  
Diamond Valley School (K-8th) (530) 694-2238  
Douglas High School (9th-12th) (775) 782-5136  
Alpine County Community Day School & (530) 694-2230  
Alpine County Opportunity School (7th-12th)

## RECREATION

Alpine County Library- Markleeville (530) 694-2120  
Alpine County Museum (530) 694-2317  
Alpine Kids (530) 694-2934  
Drug & tobacco free family outings for families who live or work in Alpine County.  
Girls Scouts (530) 694-1427  
Grover's Hot Springs (530) 694-2248  
Kirkwood Mountain Resort (209) 258-6000  
Alpine County Chamber of Commerce (530) 694-2475

# **SPECIAL NEEDS/ DISABILITIES**

- Alta California Regional Center** (530) 542-0442  
Provides services to persons, age three and above, with a developmental disability pursuant to the Lanterman Act. Also provides services to infants and toddlers, between birth and 36 months, who have a need for early intervention services and who meet the eligibility criteria for the California Early Start program.
- Tahoe-Alpine County SELPA** (530) 541-2850  
Provides special education services for children 3-22 years old.
- Alpine County Office of Education** (530) 694-2230  
Provides special education services for children 3-22 years old.
- Warmline Parent Resource Center** (844) 455-9517  
Provides resources, support, training and consultation to families of children with special needs birth to age 26.
- California Children's Services** (530) 694-2146  
A state program which helps children up to 21 years old with certain diseases or health problems receive the health care and services they need.
- In-Home Supportive Services** (530) 694-2235  
The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. Disabled children are also potentially eligible.
- Shriners Hospital for Children** (800) 237-5055  
Providing medical care for children in orthopedics, burn care, spinal cord injury, cleft lip & cleft palate, regardless of the family's ability to pay.
- Disability Rights California** (916) 504-5800  
Advocacy, education, investigation and litigation to advance and protect the rights of Californians with disabilities.
- State Department of Rehabilitation** (530) 541-3226  
Assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities.
- Special Needs for Disasters/Evacuations** (530) 694-2146  
Contact for a form to complete prior to a disaster or evacuation to ensure those special needs are recognized for support during a disaster/evacuation.

# WASHOE TRIBAL SERVICES

Washoe Tribe of NV and CA	(775) 265-8600
Administrative Offices	
Woodfords Community Council	(530) 694-2170
Washoe Tribal Health Clinic	(775) 265-8622
Washoe Tribal Healing Center	(775) 265-8622
Washoe Tribal Social Services	(775) 265-8622
Domestic Violence Program	(775) 265-8698
Washoe Tribal Police	(877) 663-1275
Administration	(775) 265-7540
Dispatch	(775) 783-7233
Washoe Tribal Probation	(775) 265-7885
Washoe Tribal TANF- Hung A Lel Ti	(530) 694-2555
Washoe Housing Authority	(775) 265-2410
Washoe Job Development/Job Coach	(775) 782-6320
Woodfords Indian Education Center	(530) 694-2964
Serving students from Hung-A-Lel-Ti with academic supports including tutoring, library and computer lab services.	
Cultural Resource Depart./Language Classes	(775) 782-0013
Woodfords Gymnasium	(530) 694-1090
Washoe Head Start- Dresslerville	(775) 265-2629
California Indian Legal Services	(800) 736-3582

Their mission is to protect and advance Indian rights, foster Indian self-determination, and facilitate tribal nation building. CILS offers representation in cases that involve issues unique to Native Americans.

# VOLUNTEER FIRE STATIONS

Woodfords Fire Station 91	(530) 694-2922
Markleeville Fire Station 92	(530) 694-2223
Kirkwood Fire Station 93	(209) 258-4444 ext. 3
Alpine County Search & Rescue	(530) 694-2231

# SELECTED ELECTED OFFICIALS

Alpine County Board of Supervisors	(530) 694-2281
Alpine County Board of Education	(530) 694-2230

## WHAT MAKES YOUR FAMILY STRONG?

Research shows if your family has these **5 PROTECTIVE FACTORS** you are more likely to weather the storms and stay strong.

**PARENTAL RESILIENCE** Exercise flexibility and inner strength to help you bounce back from challenges. Resilience makes your family strong.

**SOCIAL CONNECTIONS** Connecting with friends builds a support system and makes your family strong.

**KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT** Being a parent is part natural & part learned. Parent education makes your family strong.

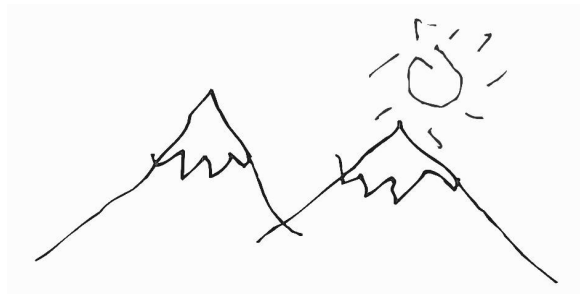
**CONCRETE SUPPORTS IN TIMES OF NEED** Ask for help. Meeting your needs through community support & resources makes your family strong.

**SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN** Give your child words to express how they feel. Teaching your child to effectively communicate & interact builds positive relationships and makes your family strong.

*Strengthening Families: A Protective Factors Framework*

# Family Resource Guide for Alpine County

Bear Valley



[choices4children.org](http://choices4children.org)



[first5alpine.com](http://first5alpine.com)



# WEST SLOPE- BEAR VALLEY

## EMERGENCY SERVICES

Fire, Ambulance, Sheriff, California Highway Patrol **Dial 911**

Alpine County Sheriff's Dispatch	(209) 753-2321
Calaveras County Sheriff's Dispatch	(209) 754-6500
California Highway Patrol Dispatch	(209) 943-8600
Red Cross- Sierra-Delta Chapter	(916) 993-7070
Alpine Co. Office of Emergency Preparedness	(530) 694-1339
PG&E- power outages	(800) 743-5002
AT&T- phone outages/issues	(877) 288-2020
AT&T Internet outages/issues	(877) 722-3755

## 24 HOUR HOTLINES

Child Protective Services- Alpine County	(888) 775-8099
Takes reports and responds to allegations of child abuse & neglect.	
Alpine County Behavioral Health	(800) 318-8212
24 hour crisis- emergency line.	
California Poison Control	(800) 222-1222
Live Violence Free	(888) 750-6444
Advocates or peer counselors are available 24 hours a day, 7 days a week to be supportive, to discuss options, or to listen to individual's concerns related to domestic violence.	
Tahoe Youth & Family Services	(800) 870-8937
Crisis line for any children, youth or parents in Alpine County, South Lake Tahoe & Minden/Gardnerville area.	
Calaveras Crisis Women's Center	(209) 736-4011
Child Abuse Hotline	(800) 422-4453
National Domestic Violence Hotline	(800) 799-7233
National Sexual Assault Hotline	(800) 656-4673
California Youth Crisis Line	(800) 843-5200
Suicide Prevention and Lifeline	(800) 273-8255

## HOSPITALS

Mark Twain St. Joseph's Hospital- San Andreas (209) 754-3521  
Sonora Regional Medical Center- Sonora (209) 532-5000

## URGENT CARE

Angels Camp Prompt Care (209) 736-9130

## HEALTH CLINICS

Bear Valley Health Clinic (209) 753-2365

Patients of all ages are welcome and no one is refused care due to the lack of medical insurance coverage. Services include: general medical care, pre-employment exams, DMV physicals, health screening (all ages), vaccinations, lab work, EKG, tobacco cessation, diabetes prevention care.

Calaveras County Health Clinic (209) 754-6460

Veteran's Health Clinic- Sonora (209) 588-2600

Available Health Care Services: General Internal Medicine, Mental Health Clinic, Smoking Cessation, Substance Abuse, Social Work Service, Wellness Clinic. No walk-ins. Please call for an appointment.

## OTHER HEALTH SERVICES

Breastfeeding Support- Alpine Co. Health Dept. (209) 753-2365

La Leche League (877) 452-5324

Mother-to-mother breastfeeding support.

Women, Infants & Children (WIC) (530) 573-3491

Vouchers for healthy food for children under 5 years & pregnant, postpartum & lactating women along with nutrition counseling and breastfeeding support.

Legal Services of Northern California- Health (888) 354-4474

A non-profit that provides education & advocacy to healthcare consumers. Services are free and there is no income cap for services. They assist individuals with issues related to Medi-Cal, Medicare, private insurance & Covered California. If you have questions about your insurance coverage or are having trouble accessing health services please call LSNC-Health.

# LAW ENFORCEMENT

Alpine Co. Sheriff's Department	(209) 753-2321
Calaveras County Sheriff's Dept.	(209) 754-6500
Calaveras County Animal Control	(209) 754-6509
California Highway Patrol	(209) 754-3541
Alpine County Probation	(530) 694-2192

# LEGAL SERVICES

Alpine County Child Support Services	(866) 901-3212
--------------------------------------	----------------

The Central Sierra Child Support Agency does not charge for its services.

Any custodial or non-custodial party may request that the Central Sierra Child Support Agency aid in collecting the court ordered support. You are eligible regardless of whether or not you are receiving TANF.

Alpine County Recorder	(530) 694-2283
------------------------	----------------

Get copies of recorded documents & vital statistics, such as birth certificates and marriage certificates.

Alpine County Clerks Office	(530) 694-2281
-----------------------------	----------------

Apply for passports, marriage licenses, register to vote, file power of attorney statements.

Alpine County Superior Court	(530) 694-2113
------------------------------	----------------

The Court provides free legal assistance to eligible consumers representing themselves in civil cases. While we will not represent you, we can help you to process your own case. We don't give legal advice, but we can help fill out forms and translate "legalese" in the following areas: Family Law, Evictions, Dissolution of Marriage, Small Claims Actions, Debt Collection, Parentage Actions, Child Support, Custody, Visitation, Guardianship, Domestic Violence Prevention, other civil matters. Free Legal Aid is provided at the Courthouse in Markleeville on the third Thursday of each month on a first come first serve basis. Phone-ins are welcome if you can't make it in person.

Alpine County Victim/Witness Assistance	(530) 694-2971
---	----------------

Offers a wide variety of assistance to victims and witnesses of crime. Trained advocates can provide support through the court process and will keep you informed about the status of a criminal case. Advocates may also assist victims with submitting requests for restitution, filing claims for Victims of Crime compensation, and much more.

## LEGAL SERVICES CONTINUED

- Live Violence Free** (530) 694-1853  
Provides a vital service to survivors of sexual assault, domestic violence and stalking. If you are a survivor and your legal issue is directly related to the abuse you experienced, the Live Violence Free Legal Program may be able to assist you. Their attorney can represent those regarding issues of protection orders, divorce, custody, immigration, credit, disability, social security & housing. Services also include, legal advice, legal representation, document preparation, safety planning, court accompaniment, legal advocacy & translation services in Tagalog and Spanish.
- Legal Services of Northern California- Health** (888) 354-4474  
A non-profit that provides education & advocacy to healthcare consumers. Services are free and there is no income cap for services. They assist individuals with issues related to Medi-Cal, Medicare, private insurance & Covered California. If you have questions about your insurance coverage or are having trouble accessing health services please call LSNC-Health.
- Family Law Facilitator** (530) 573-3066  
If you need help with regards to a Family Law issue, such as child custody, visitation, court motions, etc., please contact the Family Law Facilitator. The Department of Child Support Services cannot provide legal advice.

## SUBSTANCE ABUSE:

### PREVENTION & TREATMENT

- Alpine County Behavioral Health** (209) 753-2831  
Outpatient groups for mental health, alcohol and drug issues.  
Inpatient treatment and/or detoxification for substance use disorders.
- Alcoholics Anonymous- Calaveras County** (800) 851-1304
- Al Anon** (888) 425-2666  
Support for friends and families of problem drinkers. Online and phone meetings available.
- Tahoe Youth & Family Services** (775) 782-4202  
Offering individual, family & group counseling for early intervention, prevention, substance abuse evaluations and student assistance programs.
- Smoking Cessation** (209) 753-2365  
Help and resources to help you quit smoking. (800) 662-8887

# COUNSELING

## BV Behavioral Health Satellite Clinic

(209) 753-2831

Comprehensive mental health and substance abuse services are available to all residents of Alpine County regardless of ability to pay. Services include: Outpatient individual and family counseling for mental health issues, outpatient individual substance abuse treatment counseling, outpatient groups for mental health, alcohol and drug issues, inpatient mental health treatment options, psychiatric consultation for medications via tele-health technology, inpatient treatment and/or detoxification for substance use disorders.

## Tahoe Youth & Family Services

(775) 782-4202

Offering individual & family counseling, including crisis counseling, focused therapy, family reunification & services for the very young.

## Live Violence Free

(530) 694-1853

FREE Individual Therapy- The ability to heal from a traumatic experience includes the capability to process, learn and grow from the incident. To that end, Live Violence Free offers individual therapy to those who have experienced domestic violence, sexual assault or child abuse for up to 8 weeks or more. Support Group: Free Confidential support group that deals with Domestic Violence/Sexual Assault struggles at various stages of life. Batter's Intervention counseling/Anger management counseling: 12 to 52 week courses.



**TrustLine**  
California's Background Check for In-Home Child Care

EVERY CHILD DESERVES  
A SAFE AND LOVING  
ENVIRONMENT

TRUSTLINE IS CALIFORNIA'S  
BACKGROUND CHECK FOR IN-HOME  
CHILDCARE PROVIDERS.

TO FIND OUT MORE:  
CALL 1-800-822-8490  
OR VISIT [WWW.TRUSTLINE.ORG](http://WWW.TRUSTLINE.ORG)

## FINANCIAL, FOOD & CLOTHING ASSISTANCE

Alpine County Health & Human Services (530) 694-2235  
Offering a Food Closet, CalFresh- funds to purchase food, CalWORKs-  
cash aid, among other services for eligible residents.

Live Violence Free (530) 694-1853  
Offering limited assistance with food, clothing, and diapers. If Live  
Violence Free is unable to provide those items, appropriate referrals will be  
provided to other agencies in our community who can meet their clients  
needs.

Women, Infants & Children (WIC) (530) 573-3491  
Vouchers for healthy food for children under 5 years & pregnant,  
postpartum & lactating women along with nutrition counseling &  
breastfeeding support.

Energy Assistance (530) 573-3490  
This federally funded program helps income eligible households offset the  
cost of heating and cooling their homes. Eligible homeowners or renters  
may qualify to have specific payment amounts credited to their electric  
utility accounts or receive help obtaining firewood, propane, pellets or  
heating oil. Priority is given to the elderly, disabled and families with  
children under age 5.

PG&E Energy Savings Assistance Program (530) 573-3490  
Save 20% every month on your electric bill if income eligible.  
Other services: free weatherization, insulation, minor home repairs and  
refrigerator replacements.

## HOUSING INFORMATION

Alpine County Health & Human Services (530) 694-2235

Live Violence Free (530) 694-1853

Emergency housing for victims of domestic violence.

## JOB SERVICES

- Alpine Career Center (530) 694-2235  
Offers comprehensive career and employer services designed to support job seekers, employers, and entrepreneurs.
- CA Unemployment Insurance (866) 333-4606
- State Disability Insurance  
Disability Insurance (800) 480-3287  
Paid Family Leave (877) 238-4373  
Program to provide short-term benefits to eligible California workers who have a loss of wages when they are unable to work due to a non-work related illness, injury, or pregnancy.
- State Department of Rehabilitation (530) 541-3226  
Assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities.
- CalWORKs (530) 694-2235  
A welfare program that gives cash aid and services to eligible needy California families.

## TRANSPORTATION

- California DMV (800) 777-0133
- California Road Conditions (800) 427-7623
- Alpine County Road Conditions (530) 694-2140
- Parking Snow Phone (209) 753-6155

# CHILD & FAMILY SERVICES

Choices for Children (877) 694-2129

Help finding child care, paying for child care, or becoming a child care provider. Toy & resource lending library, Infant/Child CPR & First Aid, information and resources on child development, guidance, parenting & nutrition.

First 5 Alpine (530) 694-1149

First 5 Alpine offers health, education and family support resources for families or anyone caring for children birth through five years of age in Alpine County.

Live Violence Free (530) 694-1853

The STEP program is easy to use 8 week program with chapters that relate to real-life situations and at home activities that help parents apply STEP ideas. The STEP parent handbook includes essential topics such as single parents, stepfamilies, cooperation in the family, schoolwork and homework, drugs, violence and gangs.

Tahoe Youth & Family Services (530) 694-9459

The Mentoring program's focus is to unleash the innate greatness and unlimited potential of youth. Mentoring provides children and their families with connections to community resources, helping them build resiliency and support them in successful peer, adult and family relationships.

Alpine County Health & Human Services-Foster Home Support

(530) 694-2235

Adoption Services

(530) 573-3414

The Adoption Services Program is administered by the El Dorado County Department of Human Services.

## CAR SEAT INSTALLATION

Call for an appointment....

Tuolumne Co. Health Dept. -Sonora

(209) 533-7464

California Highway Patrol -Jamestown

(209) 984-3944

AAA- Sonora

(209) 526-2558



## RECREATION

Alpine County Library- Bear Valley	(209) 753-6219
Bear Valley Summer Day Camp	(209) 890-8040
Busy Bears Playschool	(209) 753-2348
Bear Valley Mountain	(209) 753-2301
Alpine County Chamber of Commerce	(530) 694-2475

## SCHOOLS

Alpine County Unified School District & Office of Education	(530) 694-2230
Hazel Fischer Elementary (K-5)	(209) 795-8030
Avery Middle School (6-8)	(209) 795-8520
Bret Harte High School (9-12)	(209) 736-2507

# SPECIAL NEEDS/ DISABILITIES

- Alta California Regional Center** (530) 542-0442  
Provide services to persons, age three and above, with a developmental disability pursuant to the Lanterman Act. Also provides services to infants and toddlers, between birth and 36 months, who have a need for early intervention services and who meet the eligibility criteria for the California Early Start program.
- Tahoe-Alpine County SELPA** (530) 541-2850  
Provides special education services for children 3-22 years old.
- Alpine County Office of Education** (530) 694-2230  
Provides special education services for children 3-22 years old.
- Warmline Parent Resource Center** (844) 455-9517  
Provides resources, support, training and consultation to families of children with special needs birth to age 26.
- California Children's Services** (530) 694-2146  
A state program which helps children up to 21 years old with certain diseases or health problems receive the health care and services they need.
- Shriners Hospital for Children** (800) 237-5055  
Providing medical care for children in orthopedics, burn care, spinal cord injury, cleft lip & cleft palate, regardless of the family's ability to pay.
- In-Home Supportive Services** (530) 694-2235  
The IHSS Program will help pay for services provided to you so that you can remain safely in your own home. Disabled children are also potentially eligible.
- Disability Rights California** (916) 504-5800  
Advocacy, education, investigation and litigation to advance and protect the rights of Californians with disabilities.
- State Department of Rehabilitation** (530) 541-3226  
Assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities.
- Special Needs for Disasters/Evacuations** (530) 694-2146  
Contact for a form to complete prior to a disaster or evacuation to ensure those special needs are recognized for support during a disaster/evacuation.

# VOLUNTEER FIRE DEPARTMENTS

Bear Valley Fire Department

(209) 753-2232

Bear Valley Search & Rescue

(209) 753-2321

# SELECTED ELECTED OFFICIALS

Alpine County Board of Supervisors

(530) 694-2281

Alpine County Board of Education

(530) 694-2230

## WHAT MAKES YOUR FAMILY STRONG?

Research shows if your family has these **5 PROTECTIVE FACTORS** you are more likely to weather the storms and stay strong.

**PARENTAL RESILIENCE** Exercise flexibility and inner strength to help you bounce back from challenges. Resilience makes your family strong.

**SOCIAL CONNECTIONS** Connecting with friends builds a support system and makes your family strong.

**KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT** Being a parent is part natural & part learned. Parent education makes your family strong.

**CONCRETE SUPPORTS IN TIMES OF NEED** Ask for help. Meeting your needs through community support & resources makes your family strong.

**SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN** Give your child words to express how they feel. Teaching your child to effectively communicate & interact builds positive relationships and makes your family strong.

*Strengthening Families: A Protective Factors Framework*