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Student Behavioral Health Incentive Program (SBHIP): Resource Map Toolkits and Examples for Consideration

As part of the Student Behavioral Health Incentive Program (SBHIP) Needs Assessment, Managed Care Plans (MCPs) are required to develop resource maps of school-affiliated behavioral health resources that visually represent internal and external behavioral health services and supports to best align resources with student needs. MCPs are required to create two resource maps showing the programs and services offered:

1. At the Local Educational Agencies (LEAs), and
2. In the community within an LEA's district boundaries

Additional information on the requirements for the Needs Assessment and resource maps are available in the SBHIP Overview and Requirements document on the SBHIP website.¹

Within this document, the Department of Health Care Services (DHCS) includes examples and resources to help MCPs develop resource maps for their Needs Assessments. The information available in this document includes:

1. **Resource Map Toolkits** – Background and step by step instruction on how to assemble a resource map
2. **Resource Map Visual Examples** – Example infographics and website menus that provide a snapshot of available behavioral health services

¹Requirements for the Needs Assessment and resource maps can be found on the SBHIP website in the "SBHIP Overview and Requirements" document (<https://www.dhcs.ca.gov/services/Pages/studentbehavioralheathincentiveprogram.aspx>).

3. Resource Map Locator Examples – Example locator maps that individuals can use to find facilities or other behavioral health supports in a specific region

DHCS does not endorse or own any of the examples or resources included in this document. All items are publicly available and are only intended to serve as examples of possible approaches MCPs can use to develop their resource maps.

Resource Map Toolkits

Toolkits, or resource guides, provide background and step-by-step instruction on how to assemble a resource map.

Examples	Description	Link
<p>1. Community and School Resource Mapping</p> <p><i>The Center on Secondary Education for Students with Autism</i></p>	<p>Sample Community Resource Mapping Form and instruction on how to complete it; an example of a completed Community Resource Mapping Form is in Appendix A-4 (page 28 within the document)</p>	<p>https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Community%20and%20Resource%20Mapping%20Manual.pdf?msclid=3300fe4ad0b311ecb72fe71148727c88</p>
<p>2. Resource Mapping and Management to Address Barriers to Learning: An Intervention for Systemic Change</p> <p><i>UCLA Center for Mental Health in Schools</i></p>	<p>Guide on how to use the Enabling Component Framework to map resources</p>	<p>http://www.smhp.psych.ucla.edu/pdfdocs/resourcemaping/resourcemapingandmanagement.pdf?msclid=33019434d0b311ecb9f5974bf0c8b037</p>
<p>3. Resource Mapping in Schools and School Districts: A Resource Guide</p> <p><i>Maryland Center for School Mental Health</i></p>	<p>Guide on the benefits of resource mapping and how to formulate a successful resource map template</p>	<p>https://dm0gz550769cd.cloudfront.net/shape/78/7836bc25375bed7ed2bc906407be674e.pdf</p>

Resource Map Visual Examples

Visual examples include infographics or website menus that are easy to follow and provide a snapshot of services offered. Images of the visual examples listed below are in *Appendix A. Resource Map Visual Examples*

Examples	Description	Link
1. COVID-19 Pandemic Mental Health Resources <i>Napa Valley Community Organizations Active in Disaster</i>	Infographic categorizing available resources as crisis hotlines, support lines, and treatment options	https://www.countyofnapa.org/DocumentCenter/View/17308/COAD-COVID-19-Mental-Health-Resources-ENGLISH-PDF
2. Community-Based Behavioral Health Resources <i>Community Memorial Foundation</i>	Tables displaying community providers and the services they offer	https://cmfdn.org/wp-content/uploads/2017/10/Resource-Guide-Final-5-2017.pdf
3. Hallways to Health School-Based Health Alliance	Infographic showing the different initiatives available through the school-based wellness program	https://www.sbh4all.org/wp-content/uploads/2022/01/H2H-infographic-FINAL.jpg
4. Mental Health and Wellness Page <i>Lodi Unified School District</i>	List of resources on a live webpage	https://www.lodiUSD.net/parents/mental-health-and-wellness?msclkid=1a8cd2c2d0b711ecbe157f0f115d673e
5. Mental Health Resources <i>Harford County Department of Community Services</i>	List of categorized services and agency contact information	https://harfordcountymd.gov/ImageRepository/Document?documentID=11102
6. Mental Health Resources <i>Saratoga County</i>	List of health services and agency contact information	https://www.saratogacountyny.gov/wp/wp-content/uploads/2018/07/Mental-Health-Resource-List-page-001.jpg

Examples	Description	Link
7. MindWise	Multiple mental health infographic templates designed for online or printed flyers	https://learn.mindwise.org/bh-beat
8. Resources for Mental Health <i>University of California, Berkeley</i>	Infographic displaying mental health resources available on UC Berkeley's campus	https://www.dailycal.org/2020/11/20/campus-resources-for-mental-health/

Resource Map Locator Examples

Service locator maps are resource maps that help individuals locate facilities or support in a specific region.

Examples	Description	Link
<p>1. Behavioral Health Resource Map</p> <p><i>Detroit Health Department</i></p>	<p>Interactive map of the city's behavioral health services</p>	<p>https://codtableau.detroitmi.gov/t/DHD/views/BehavioralHealthResourceMap/InteractiveMap?%3AisGuestRedirectFromVizportal=y&%3Aembed=y</p>
<p>2. Behavioral Health Treatment Services Locator</p> <p><i>Substance Abuse and Mental Health Services (SAMHSA)</i></p>	<p>Interactive map showing behavioral health facilities by type (e.g., Substance Use, Mental Health, Health Care Centers, and Buprenorphine Practitioners)</p>	<p>https://findtreatment.samhsa.gov/locator?msclkid=ca50381fd0b211ecae3fdda22d32e5a</p>
<p>3. Behavioral Health Agency Locator</p> <p><i>SAMHSA</i></p>	<p>Text-based map identifying behavioral health and substance use disorder agencies by state</p>	<p>https://findtreatment.samhsa.gov/locator/stateagencies.html?msclkid=ca5065c4d0b211ec841376ef50ab6133#.YpkaUqjMI2x</p>
<p>4. Fair Start Social and Emotional District and Community Resource Map</p> <p><i>Fairport Central School</i></p>	<p>Table listing mental health providers, a description of the services they</p>	<p>https://dm0gz550769cd.cloudfront.net/shape/3b/3b107917642bf99e885f65cd8feac3d6.pdf</p>

Examples	Description	Link
<i>District</i>	offer, and their contact information	
5. Resource Map for Behavioral Health Services <i>Macomb County Michigan Health Department</i>	Interactive map of the county's behavioral health services that allows searches for Support Groups, Community Mental Health providers, and Counseling and Psychological services	https://gis.macombgov.org/portal1/apps/webappviewer/index.html?id=aa181c8e82d0406d84763d4095a162df

Appendix A. Resource Map Visual Examples



COVID-19 Pandemic Mental Health Resources

Napa Valley Community Organizations Active in Disaster

<https://www.countyofnapa.org/DocumentCenter/View/17308/COAD-COVID-19-Mental-Health-Resources-ENGLISH-PDF>

COVID-19 PANDEMIC MENTAL HEALTH RESOURCES

NAPA COUNTYWIDE

<h3 style="margin: 0;">Mental Health Crisis Hotlines 24/7</h3>	<p>National Suicide Hotline: 1-800-273-8255</p> <p>Crisis Text Line: Text "GO" to 741741 Crisis counselors are available to listen and help with coping skills</p> <p>Trevor Project Hotline: 1-866-488-7386 or Text 678678 Crisis intervention and suicide prevention hotline + text message line for LGBTQ Youth</p> <p>Crisis Stabilization Services / Exodus: 707-253-4711 For anyone age 5+ in immediate crisis, needing evaluation and crisis intervention HHSA South Campus - 2751 Napa Valley Corporate Way, Building B</p>
<h3 style="margin: 0;">Mental Health Support Lines</h3>	<p>Napa County Mental Health Access: 707-259-8151 or 800-648-8650 For mental health assessments and referrals as well as warm line support (Monday through Friday 8am-5pm) for individuals of all ages who are experiencing anxiety, stress, worry, depression, etc. related to COVID-19</p> <p>Aldea Bilingual Family Wellness Support Line: 707-543-1152 8am-8pm, 7 days/week Help for parents and guardians who are dealing with their children's anxiety and worry related to COVID-19</p> <p>Mentis Healthy Minds Healthy Aging: English 707-299-1885 Spanish 707-299-1884. 9am-5pm, Monday-Friday. Help for Older Adults (60+) experiencing heightened anxiety and worry due to COVID-19</p> <p>Postpartum Support International: Bilingual helpline 1-800-944.4773 Text 503-894-9453 for peri or post-natal moms</p>
<h3 style="margin: 0;">Mental Health Treatment Resources</h3>	<p>Mentis Mental Health Services: Call Bilingual Intake: 707-255-0966 ext.132 For all ages available by phone or video mentisnapa.org</p> <p>Aldea Mental Health Services: For youth age 5-21 with mental health needs and Medi-Cal coverage, and persons age 12-30 dealing with psychosis call Bilingual Intake: 707-253-0123. Teens age 14-21 in need of drug & alcohol treatment, regardless of insurance, call 707-255-1855 aldeainc.org</p> <p>OLE Health Behavioral Health Services: Bilingual phone or video services for ages 5 and above. Call 707-254-1770 olehealth.org</p>

Community-Based Behavioral Health Resources

Community Memorial Foundation

https://cmfdn.org/wp-content/uploads/2017/10/Resource-Guide_Final_5_2017.pdf

Mental health and substance abuse disorders affect millions of Americans each year, but there are several local organizations that provide hope and healing.

If you or someone you know is in need of behavioral health services, please contact one of the providers listed here or on the reverse page.

	COOK COUNTY									DUPAGE COUNTY								
	Community Nurse Health Center (FQHC)	Healthcare Alternative Systems (H.A.S.) - Bloedview	The Living Room	NAMI Metro Suburban	Pillars	Rosecrance La Grange	Thrive Counseling Center	Way Back Inn	Youth Outreach Services	DuPage County Health Department Behavioral Health Services	Hamdard Center	Healthcare Alternative Systems (H.A.S.) - Wheaton	Metropolitan Family Services	NAMI DuPage / The Living Room	SamaraCare Counseling	Serenity House Counseling Service	The Community / House	Thresholds DuPage County / Motivent Total Health

Community-Based Behavioral Health Services

Adult Counseling Support Services	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Youth Counseling Support Services	•	•			•	•	•	•	•	•	•	•	•	•	•	•	•	•
Family Counseling Support Services	•	•		•		•	•	•	•	•	•	•	•	•	•	•	•	•
Psychiatric Physician Services	•	•			•	•	•	•	•	•	•	•	•	•	•	•	•	•
Substance Abuse Counseling Support Services	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Drop-In Center			•	•									•					
Crisis Intervention			•	•	•		•	•	•	•	•		•				•	
Bilingual Staff (Spanish)	•	•			•					•	•	•	•		•		•	

Community Nurse Health Center (FQHC)

23 Calendar Avenue, La Grange | 708.352.0081
communitynurse.org

DuPage County Health Department Behavioral Health Services

111 N. County Farm Road, Wheaton | 630.682.7400
dupagehealth.org/mental-health

Hamdard Center

228 E. Lake Street, Addison | 630.835.1430
hamdardcenter.org | Bilingual (Spanish & Arabic)

Rosecrance La Grange

47 6th Ave., Suite L, La Grange | 888.928.5278
rosecrance.org/facilities/chicago

SamaraCare Counseling

1819 Bay Scott Circle, Suite 109, Naperville | 630.357.2456
1121 Warren Avenue, Suite 160, Downers Grove
samaracarecounseling.org

Serenity House Counseling Services

891 S. Rohlwing Road, Addison | 630.620.6616

Hallways to Health

School-Based Health Alliance

<https://www.sbh4all.org/wp-content/uploads/2022/01/H2H-infographic-FINAL.jpg>



Mental Health and Wellness Page

Lodi Unified School District

<https://www.lodiusd.net/parents/mental-health-and-wellness?msclkid=1a8cd2c2d0b711ecbe157f0f115d673e>

How to Support Your Child/Student

- + Apps for Well-Being

- + COVID-19 Supports

- + Crisis and Trauma Resources

- + Grief and Loss Supports

- + Help for Suicide Loss Survivors

- + How to Identify Suicide Warning Signs

- + How to Discuss Current Events with Your Children

- + Violence and Mass Shootings

- + Websites for Well-Being

Lodi USD Support Services

- + Elementary School Counselors

- + Middle School Counselors

- + High School Counselors

Mental Health Resources

Harford County Department of Community Services

<https://harfordcountymd.gov/ImageRepository/Document?documentID=11102>

Mental Health Resources

For mental health services contact your health insurance provider or employee assistance program at your place of employment.

If you are having an emergency, call 911.

PUBLIC MENTAL HEALTH CENTERS

Mobile Crisis Program (Harford County) <i>Crisis intervention & emergency mental health care.</i>	410-638-5248
Office on Mental Health/Core Service Agency <i>Administrator of services for those diagnosed with a mental illness.</i>	410-803-8726
Harford Co. Health Department — Behavioral Health <i>Outpatient mental health & addictions services for recipients of medical assistance, the uninsured, & low income individuals.</i>	410-877-2340
Alliance, Inc. Outpatient Mental Health Services 4 North Ave.—Suite 306, Bel Air, MD	410-420-7292
Case Management Services 15 S. Parke St.—Suite 400, Aberdeen, MD <i>Psychiatric services, including homeless outreach & case management.</i>	410-273-1399
Upper Bay Counseling & Support Services, Inc. 626 Revolution St., Havre de Grace, MD	1-866-539-8744 410-539-8744
<i>Psychiatric services for children & adults, inc. targeted case mgmt. for adults</i>	
Key Point Health Services 126 North Parke St., Aberdeen, MD <i>Outpatient mental health services, residential & psychiatric rehabilitation.</i>	443-625-1600
OIC Counseling Services, Inc. 336 South Main St., Suite 1C, Bel Air, MD <i>Outpatient mental health services.</i>	410-836-0820
Empowering Minds Resource Center 1833A Pulaski Highway, Edgewood, MD <i>PRP, Comm. Outreach, Grp. Coun; Therapy (Ind/Family); Care Coord (minors)</i>	443-484-2306
New Day Wellness & Recovery 16 N Philadelphia Ave. Aberdeen, MD <i>Peer support & activities for adults with mental health diagnosis.</i>	410-273-0400
Youth Crisis Hotline	1-800-422-0009

TRANSPORTATION ASSISTANCE

Medical Assistance Transportation <i>Transportation to medical appointments for Harford Co. Medical Assistance Recipients only. Must reserve 2 business days in advance.</i>	410-638-1671
Harford County Transit (County Bus Service) <i>Call for county routes & special services.</i>	410-612-1621 410-838-2562

VETERANS RESOURCES

Perry Point Medical Center <i>Homeless, medical & mental health services for veterans.</i>	1-800-949-1003 410-642-2411
Army Community Services B. 2503, Aberdeen Proving Ground, MD	410-278-7572
Maryland's Commitment to Veterans <i>Helping Veterans transition into healthy civilian life.</i>	1-877-770-4801
Aberdeen Vet Center Outstation 223 W. Bel Air Avenue Aberdeen, MD	410-272-6771 877-927-8389
Disabled American Veterans (DAV)	1-800-401-0955
Alliance, Inc. <i>Supportive Services for Veteran Families (SSVF)</i>	410-282-6900 x3333
Veterans 24 Hour Hotline	1-800-273-8255

SENIOR CITIZENS

Office on Aging 145 N. Hickory Ave., Bel Air, MD	410-638-3025
Adult Evaluation and Review Services (AERS) 34 N. Philadelphia Blvd. Aberdeen, MD <i>Provides comprehensive evaluations for aged & functionally disabled adults who need long-term care & are at risk for institutionalization.</i>	410-273-5626

HELPFUL TIPS FOR GETTING FASTER ASSISTANCE

1. Have a valid state or military ID, your state issued birth certificate, & social security card. Only carry your ID with you and keep other forms of identification in a secure location.
2. Apply for food, shelter, & financial assistance immediately.
3. Apply for health insurance ASAP. There is no cost insurance for individuals with low or no income.
4. Seek case management or professional help to guide you. County agencies, mental health facilities, & the local health department offer case management to eligible individuals.

FAMILY & INDIVIDUAL SUPPORT SERVICES

Department of Social Services (DSS) 2 S. Bond St., 3rd Floor, Bel Air, MD <i>Family services and protective services.</i>	410-836-4700
Office of Child Support Enforcement 101 S. Main St., Suite 205, Bel Air, MD	1-800-332-6347
Birthright — Pregnancy Aid Center 38 E. Gordon St., Bel Air, MD	1-800-550-4900 410-838-0443
Alpha's Glory Crisis Pregnancy Center 219 W. Bel Air Ave., Ste. 2, Aberdeen, MD	410-272-4711
Boys & Girls Club of Harford County 100 E. Bel Air Avenue Aberdeen, MD 21001 <i>At various locations, provides youth development services.</i>	410-272-8233
The Success Project, Inc. 101 Stansbury Ct., Havre de Grace, MD 21078 <i>Provides comprehensive self-sufficiency services inc. life coaching, group trn.</i>	410-939-2097

SUBSTANCE ABUSE

Harford Co. Health Department — Behavioral Health 120 Hays St., 3rd Floor, Bel Air, MD <i>DUI/DWI screening, treatment planning, relapse prevention, group & individual therapy, suboxone, & other outpatient services.</i>	410-877-2340
Harford Co. Health Department — Tobacco Cessation 1321 Woodbridge Station Way, Edgewood, MD <i>Offers tobacco cessation class, counseling, and products.</i>	410-612-1779
Ashley Outpatient Treatment Center 520 Upper Chesapeake Dr. Suite 304, Bel Air, MD <i>Detoxification, intensive outpatient treatment, individual & group therapies, & medication assisted treatment available.</i>	443-760-3456
Addiction Recovery Services in Aberdeen 24 W. Bel Air Ave, P.O. Box 910, Aberdeen MD <i>A comprehensive program offering detoxification, intensive outpatient treatment, medication assisted treatment & DUI/DWI education.</i>	410-272-0230
Joppa Health Services 623-A Pulaski Highway, Joppa, MD <i>An outpatient substance abuse program offering assessment, methadone detox & maintenance, buprenorphine, & support groups.</i>	410-539-5809
MATT, Inc. 1361 Brass Mill Rd., Belcamp, MD <i>Outpatient substance abuse program offering assessment, methadone detox/maintenance, buprenorphine, alcohol treatment & support groups</i>	877-556-3809 410-273-9700
Serenity Health, LLC 780 W. Bel Air Ave., Aberdeen, MD <i>A comprehensive program offering detoxification, intensive outpatient treatment, medication assisted treatment & DUI/DWI education.</i>	410-273-1030
Overcomers — Harford County Christian Jail Ministry 1413 Overlook Way, Bel Air, MD 21014 <i>A Christian recovery program. Mondays & Wednesdays at 7:30 p.m.</i>	443-643-8447
Alcoholics Anonymous <i>12-step self-help groups for alcoholics. Call for meeting locations.</i>	410-272-4150
Narcotics Anonymous <i>12-step self-help groups for narcotic addicts. Call for locations.</i>	1-800-317-3222
Addiction Connections Resource (ACR)	443-417-7810
Harford County Department of Community Services	410-638-3389
Harford County Office of Drug Control Policy	410-638-3333

LEGAL ASSISTANCE

Harford County Bar Foundation Legal Referral Service <i>Referrals for pro bono legal services. Appointments only.</i>	410-836-0123
Harford County Community Mediation Program 319 S. Main Street, Bel Air, MD <i>Dispute resolution services for citizens of Harford County.</i>	410-638-4807
Legal Aid Bureau 103 S. Hickory Ave., Bel Air, MD <i>Legal services for low income individuals & families.</i>	800-444-9529 410-636-8202
Maryland Division of Parole and Probation 2 S. Bond St., Bel Air, MD 31 W Bel Air Ave, Aberdeen MD	410-836-4650 410-297-2200
Public Defenders Office 2 S. Bond St., Suite 203, Bel Air, MD <i>Legal representation in criminal cases. Apply at least 10 days prior to trial.</i>	1-877-430-5167 410-836-4880






SOCIAL SECURITY

Social Security Administration 3435-A Box Hill Cooperative Center Dr., Abingdon, MD <i>Apply for social security benefits & social security cards in person.</i>	1-800-772-1213
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Mental Health Resources

Saratoga County

<https://www.saratogacountyny.gov/wp/wp-content/uploads/2018/07/Mental-Health-Resource-List-page-001.jpg>

 <p>AMERICAN FOUNDATION FOR Suicide Prevention</p> <p>Information on Survivors of Suicide Loss Support Groups and other survivor resources.</p> <p>518-791-1544</p>	 <p>We Four Winds HOSPITALS</p> <p>Provides inpatient and outpatient mental health treatment services for children, adolescents and adults.</p> <p>518-584-3600</p>	 <p>Saratoga County Mental Health Center</p> <p>Providing a wide range of mental hygiene services for children, families, and adults.</p> <p>518-584-9030</p>
 <p>NAMI National Alliance on Mental Illness Alliance of local mutual support, advocacy, self-help groups and individual members at large.</p> <p>518-306-6073 or Helpline: 1-800-950-3228</p>	<p>Adirondack Samaritan Counseling Center518-747-2994 Alliance for Positive Health518-434-4686 Broken Hearts.....518-885-8995 Capital Counseling518-462-6531 Captain Youth and Family Services518-371-1185 Captain Youth and Family: Youth Shelter518-369-9928 Crisis Text LineTEXT 741741 Domestic Violence & Sexual Assault Hotline.....518-584-8188 ECS Psychological Services518-580-0520 x101 Friendship House Day Treatment Program518-885-4521 Healing Springs Recovery Center518-306-3048 NEDA (National Eating Disorders Association)1-800-931-2237 National Child Abuse Hotline1-800-4-A-CHILD National Runaway Hotline1-800-621-4000 New Choices Recovery Center.....518- 346-4436 North Country Mobile Crisis Services518-292-5499 NYS Child Abuse Hotline1-800-342-3720 NYS Coalition Against Domestic Violence1-800-942-6906 NYS Coalition Against Sexual Assault518-482-4222 NYS Office of Mental Health1-800-597-8481 RAINN (Rape, Abuse & Incest National Network)1-800-656-4673 Salvation Army518-584-1640 Samaritan Counseling Center518-374-3514 Saratoga Behavioral Health 518-871-1258 Saratoga Center for the Family518-587-8008</p>	
<p>NATIONAL SUICIDE PREVENTION LIFELINE™ I-800-273-TALK www.suicidepreventionlifeline.org</p> <p>Free, confidential support.</p>  <p>Mental Health Association In New York State</p> <p>Promotes mental health, recovery, empowerment and public awareness.</p> <p>518-434-0439 x13</p>		

MindWise

<https://learn.mindwise.org/bh-beat>

Get a check-up from the neck up!

Get a screening for your behavioral health, just like you get a regular check up for your physical health.

Take a free, online behavioral health screening to learn more.

Now's the time to talk about anxiety.

Take a free, online behavioral health screening at the link below:

- EXCESSIVE WORRY
- SENSE OF UNEASE
- DIFFICULTY SLEEPING
- RESTLESSNESS
- FATIGUE
- TROUBLE CONCENTRATING
- IRRITABLE
- AGITATED
- TENSE OR
- AS SENSE OF DOOM

Resources for Mental Health

University of California, Berkeley

<https://www.dailycal.org/2020/11/20/campus-resources-for-mental-health/>

RESOURCES FOR MENTAL HEALTH

UC BERKELEY COUNSELING AND PSYCHOLOGICAL SERVICES

ONLINE MENTAL HEALTH SCREENING

LET'S TALK

BERKELEY MENTAL HEALTH MOBILE CRISIS TEAM

YOU MEAN MORE

NADA LAMIE | STAFF SOURCES: UHS.BERKELEY.EDU, YMM.BERKELEY.EDU, CITY OF BERKELEY MOBILE CRISIS TEAM