



# Adolescent, Parent, Children & Family Resources - COVID-19

**GRANITE**  
WELLNESS CENTERS

Granite Wellness Centers: We're here to help and expanding telehealth and virtual services.	Contact	Description
Adolescent Outpatient	Brittany Nash (530) 273-9541 x228 Eric Smith (530) 273-9541 x215 <a href="http://www.granitewellness.org">www.granitewellness.org</a>	Outpatient services are taking new clients. Telehealth and some onsite services.
Student Assistance Programs (SAP)	Perla Dittmann, Counselor 530-265-6639 <a href="mailto:mdittmann@corr.us">mdittmann@corr.us</a> <a href="http://www.granitewellness.org">www.granitewellness.org</a>	Schools continue to refer students who need help for adolescent outpatient treatment, counseling and student intervention programs. Services now offered via Telehealth & phone.
Children's Program: Resilient Child	Perla Dittmann, <a href="mailto:mdittmann@corr.us">mdittmann@corr.us</a> (530) 265-6639 <a href="http://www.granitewellness.org">www.granitewellness.org</a>	Modeled after Betty Fords' research-proven support program, Granite Wellness Children's Program supports young people ages 7-15 who have been impacted by a parent or family member's substance use. Individualized caregiver consultation via Telehealth & Zoom.
Family Recovery Education Series	Lisa Quinn (530) 798-9009 <a href="mailto:lquinn@corr.us">lquinn@corr.us</a> <a href="http://www.granitewellness.org">www.granitewellness.org</a>	The Family Recovery Education Series is open to anyone interested in learning more about addiction and recovery and healing for the whole family. Individualized consultation through Telehealth, and soon through the Zoom platform.
Website	<a href="http://www.granitewellness.org">www.granitewellness.org</a>	Program information
Social Media - Facebook	<a href="https://www.facebook.com/granitewellnesscenters/">https://www.facebook.com/granitewellnesscenters/</a>	Resources and information
<b>Online Recovery &amp; Self Help Groups</b>		
Young People's Virtual 12 Step Support Group	Desktop: <a href="http://www.bluejeans.com/334656087">www.bluejeans.com/334656087</a> Mobile Device: download "BLUEJEANS" APP, Enter Meeting ID: 334-656-087	Hosted by Pathways Recovery
Class of 2020 High School Support Group	Zoom Meeting: <a href="http://www.zoom.com">www.zoom.com</a> Meeting ID: 4236595845	Hosted by Recovery Happens
Alcoholics Anonymous	<a href="http://www.aa-intergroup.org/directory.php">www.aa-intergroup.org/directory.php</a>	Online 12 Step meetings
Narcotics Anonymous	<a href="http://www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/">www.narcotics.com/narcotics-anonymous/narcotics-anonymous-online-meetings/</a>	Online 12 Step meetings
<b>Mental Health Supports</b>		
GritX	<a href="http://www.gritx.org">www.gritx.org</a>	Mental health support and connections for adolescents and young adults. Grit stories, Catch Your Breath breathing exercises, journaling exercises, online sketchbook tools, and more.
The Mighty	<a href="http://www.themighty.com">www.themighty.com</a>	The Mighty is a safe, supportive community for people facing mental health challenges and the people who care for them.
Cal State Sacramento CSUS	Email <a href="mailto:ccds@csus.edu">ccds@csus.edu</a> with your request.	CSUS AMFTs offering no cost Telehealth Therapy
<b>Nevada County Crisis and Hotlines:</b>		
Nevada County Behavioral Health Emergency Line (24/7)	(530) 265-5811 or (888) 801-1437	24 hour Crisis Line
Spirit Center	<a href="tel:5302741431">(530) 274-1431</a>	Warm line for local peer support (general emotional support, strengths-based and recovery model oriented) 10am-3pm Tuesday through Saturday.
Sierra Community House Helpline-Tahoe/Truckee area.	<a href="tel:8007361060">(800) 736-1060</a>	Provides hunger relief, legal aid, immigration assistance, and family-strengthening programs, direct services to victims of intimate partner/domestic violence, sexual, and child abuse.
Community Beyond Violence Domestic Violence Crisis Line	(530) 272-3467	24-Hour Crisis Line
211 Connecting Point	<a href="https://211connectingpoint.org/">https://211connectingpoint.org/</a>	211 Nevada County is a resource and information hub than connects people with community programs and services through a searchable web page and 24 / 7 local call center.
<b>National Hotlines</b>		
Suicide Hotline	<a href="tel:8002738255">800-273-8255</a>	24-Hour National Suicide Hotline
Trevor Project	866-488-7386 or text START to 678678	24-Hour National Suicide Hotline for LGBTQ
Crisis Hotline	Text CONNECT to 741741	24 Hour National Crisis Line- text anywhere in USA, anytime, about any type of crisis. A live, trained crisis counselor receives the text and lets you know that they are here to listen
California Peer Run MH Warmline Not for suicidality	(855)845-7415	
Prevention and Other Health & Wellness Resources	Contact	Description

Coalition for Nevada County Youth (CNCY)	srogers@corr.us www.CNCYouth.org	Website featuring youth substance use prevention, health and mental wellness resources for parents, teens and families.
Coalition for Nevada County Youth (CNCY) Facebook Page	<a href="https://www.facebook.com/drugfreenc/">www.facebook.com/drugfreenc/</a>	CNCY Facebook page features with daily posting of resources and information
Nevada County Superintendent of Schools Tobacco Use Prevention Education (TUPE)	<a href="mailto:mmahurin@nevco.org">Marlene Mahurin mmahurin@nevco.org;</a> <a href="https://nevco.org/programs-services/tupe/">https://nevco.org/programs-services/tupe/</a>	The TUPE program aims to reduce youth tobacco and cannabis use by helping students make healthful decisions through educational instruction and activities that build knowledge as well as social skills and youth development assets..
Digital learning for students grades K-12 EVERFI For Families	<a href="https://www.everfi.com/k-12/parent-remote-learning">www.everfi.com/k-12/parent-remote-learning</a>	With school closures and many parents now homeschooling, this is a great resource to help keep children (K-12) engaged in educational activities that stimulate their minds. Topics include prevention, health and mental wellness, Financial Literacy, Character Building, Social Emotional Skills, Goal Setting, Parent modules, and more.
Stanford Tobacco/E-cig Prevention Toolkit	<a href="https://www.med.stanford.edu/tobaccopreventiontoolkit.html">www.med.stanford.edu/tobaccopreventiontoolkit.html</a>	Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine. Addresses health risks of using e-cigarettes/vapes, including JUUL and Puff Bar; the increased risk of severe COVID-19 infection for e-cigarette/vape users; and marketing tactics used by nicotine companies to target youth.
Stanford Cannabis Awareness & Prevention Toolkit	<a href="https://www.med.stanford.edu/cannabispreventiontoolkit.html">www.med.stanford.edu/cannabispreventiontoolkit.html</a>	Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of cannabis/marijuana.
Operation Prevention	<a href="https://app.operationprevention.com/">https://app.operationprevention.com/</a>	Self pace online module for students/teens
Operation Prevention Parent Toolkit	<a href="https://www.operationprevention.com/sites/default/files/PDFs/DEA_OP_ParentToolkit_May20.pdf">https://www.operationprevention.com/sites/default/files/PDFs/DEA_OP_ParentToolkit_May20.pdf</a>	Information on the warning signs of prescription opioid misuse and a guide to prevention and intervention to empowering families.
Nevada County Public Health Department AOD Prevention program	<a href="https://www.mynevadacounty.com/680/Alcohol-Drug-Use-Prevention">https://www.mynevadacounty.com/680/Alcohol-Drug-Use-Prevention</a>	Nevada County Public Health's Alcohol and Other Drug (AOD) Prevention program houses school- and community-based programs aimed at building partnerships for positive and healthy community development to engage individuals as resources in their community.
CYAN	<a href="https://www.cyanonline.org/quit-tobacco">https://www.cyanonline.org/quit-tobacco</a>	Apps and resources to quit vaping and tobacco
Centers for Disease Control (CDC)	<a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>	COVID-19: How to protect yourself and your family
	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html</a>	Tips to keep children healthy while schools are out
	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html</a>	Talking with Children about Coronavirus
<b>Food Resources</b>		
Interfaith Food Ministry	<a href="https://www.interfaithfoodministry.org/">https://www.interfaithfoodministry.org/</a>	IFM is open for drive through food distributon M-W-F 10am-1pm and the 2nd Saturday 10-12pm
CalFresh	<a href="https://www.getcalfresh.org/">https://www.getcalfresh.org/</a>	Get help with providing food for families. Can apply online in 10 minutes.
Nevada County Food Bank	(530) 272-3796 <a href="https://foodbankofnc.org/">https://foodbankofnc.org/</a>	Food for seniors, children, and families in Placer County.
WIC	(530) 265-1454 <a href="https://www.mynevadacounty.com/867/Women-Infants-Children-">https://www.mynevadacounty.com/867/Women-Infants-Children-</a>	Nutrition program for women, children and infants.
211 Connecting Point	<a href="https://211connectingpoint.org/">https://211connectingpoint.org/</a>	211 Nevada County is a resource and information hub than connects people with community programs and services through a searchable web page and 24 / 7 local call center.