

Governing Board

Manny Guardado
Lynnette Jenkins
Damian Loporto
Denise Todman
Mary Jane Wagle

Administration

Margret Woelke
Executive Director

Cesar Lopez
Founder, Executive Director



Administrative Office -PazLo Education Foundation
Downtown Los Angeles
700 Wilshire Blvd., Suite 400
Los Angeles, CA 90017
Phone: (323) 765-7005
matrix4success.org

PARENT/GUARDIAN AND STUDENT NOTIFICATION
How to Initiate Access to Mental Health Services on Campus or in the Community

In accordance with Assembly Bill (AB) 2022, PazLo Education Foundation – Matrix for Success Academy will provide information to parents, guardians, and students on how to access available Pupil Mental Health services in the community. PazLo Education Foundation – Matrix for Success Academy support positive connections with peers, family, school and community by providing a list of resources families can utilize to promote health relationships, self- reflection, and problem-solving skills to optimize school success. Below is a list PazLo Education Foundation – Matrix for Success Academy will use to notify and assist parents to initiate services:

1. [MATRIX for Success Web site - https://matrix4success.org/](https://matrix4success.org/)
2. ParentSquare, Mail Home Notice, Social Media, Parent Take Away
3. Public Posting in Main Office

If further assistance is needed, please contact the following:

- **MATRIX for Success Academy**

Victor Rojas, School Social Worker
Email: vrojas@matrix4success.org
Phone: (323)765-7005

Allcey Castellanos, School Psychologist
Email: acastellanos@matrix4success.org
Phone: (323)765-7005

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NOTIFICACIÓN PARA PADRES/TUTORES Y ESTUDIANTES

Cómo Iniciar el Acceso a Los Servicios de Salud Mental en el Campus o en La Comunidad

De conformidad con el Proyecto de Ley de la Asamblea (AB) 2022, PazLo Education Foundation – Matrix for Success Academy brindará información a los padres, tutores y estudiantes sobre cómo acceder a los servicios de salud mental para estudiantes disponibles en la comunidad. PazLo Education Foundation – Matrix for Success Academy apoya las conexiones positivas con los compañeros, la familia, la escuela y la comunidad al proporcionar una lista de recursos que las familias pueden utilizar para promover relaciones saludables, la autorreflexión y las habilidades de resolución de problemas para optimizar el éxito escolar. A continuación se incluye una lista que PazLo Education Foundation – Matrix for Success Academy utilizará para notificar y ayudar a los padres a iniciar los servicios:

1. Sitio web de MATRIX for Success – <http://matrix4success.org/>
2. ParentSquare, Aviso por Correo a Casa, Redes Sociales, Conclusión de Padres
3. Publicación Pública en la Oficina Principal

Si necesita más ayuda, comuníquese con los siguientes:

MATRIX for Success Academy

Victor Rojas, Trabajador Social eEscolar
Correo Electrónico:
vrojas@matrix4success.org Teléfono:
(323) 765-7005

Allcey Castellanos, School Psychologist
Correo Electrónico:
acastellanos@matrix4success.org
Teléfono: (323) 765-7005

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MENTAL HEALTH SERVICES**URGENT CARE CENTERS**

Exodus Mental Health
Eastside Urgent Care Center
1-323-276-6400
1920 Marengo St.
Los Angeles, CA 90033
<https://www.exodusrecovery.com/l-a-eastside-ucc>

Exodus Mental Health
MLK Urgent Care Center
1-562-295-4617
12021 S. Wilmington Ave., Bldg 10
Los Angeles, CA 90059
<https://www.exodusrecovery.com/urgent-care-center-mlk>

Exodus Mental Health
Westside Urgent Care
1-310-253-9494
11444 W. Washington Blvd., Suite D
Los Angeles, CA 90066
<https://www.exodusrecovery.com/urgent-care-center-ucc-westside>

Exodus Mental Health
Harbor UCLA Urgent Care Center
1-424-405-5888
1000 W. Carson Street, Bldg 2 South Torrance, CA 90509
<https://www.exodusrecovery.com/harbor-ucc>

La Casa Mental Health Urgent Care Center
1-562-790-1860
6060 Paramount Blvd.
Long Beach, CA 90805
<https://www.telecarecorp.com/mental-health-urgent-care-center>

Olive View Community Mental Health Urgent Care Center
1-818-485-0888
14659 Olive View Dr.
Sylmar, CA 91342

EXODUS URGENT CARE CENTER (UCC) - 24 HOUR PSYCHIATRIC CRISIS CENTER
12021 S. WILMINGTON AVE., 2ND FL.
LOS ANGELES, CA 90059

HOMELESS OUTREACH AND MOBILE ENGAGEMENT (HOME) TEAM
695 S. VERMONT AVE., 9TH FLOOR
LOS ANGELES, CA 90005

LAC + USC MEDICAL CENTER - CRISIS STABILIZATION
1200 N. STATE STREET
LOS ANGELES, CA 90033

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EXODUS URGENT CARE CENTER (UCC) - 24 HOUR PSYCHIATRIC CRISIS CENTER

12021 S. WILMINGTON AVE., 2ND FL.
LOS ANGELES, CA 90059

MENTAL HEALTH HOTLINE 24/7

800-854-7771

For general Mental Health Services Division question,

please contact us directly.

By phone: (916) 322-7445

By e-mail: DHCSMHSD@dhs.ca.gov

The following resources can be found at

<https://www.namiurbanla.org/resources> along with a more extensive list.

National Suicide Prevention Lifeline

Text: 9-8-8

1-800-273-TALK (1-800-273-8255)

1-888-628-9454 (En Español)

1-800-799-4889 (TTY Service for Deaf & Hard of Hearing)

This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress. By calling, you'll be connected to a skilled, trained counselor at a crisis center in your area.

www.suicidepreventionlifeline.org

Crisis Text Line

Text HELLO to 741-741

A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live trained crisis counselor will answer your text. It's been instrumental in helping millions of people especially teens.

www.CrisisTextLine.org

Teen Line

1-800-TLC-TEEN (1-800-852-8336) / 6pm - 10pm PST

Text TEEN to 839863 / 6pm - 9pm PST

A confidential teen-to-teen helpline that uses trained high school volunteers to help teen callers with any kind of problem. Service available in both the USA and Canada.

www.TeenLineOnline.org

Mental Health America of California

1-916-557-1167

Ensures that people of all ages, sexual orientation, gender, ethnicity, etc. who require mental health services and supports are able to live full and productive lives, receive the mental health services and other services that they need, and are not denied any other benefits, services, rights, or opportunities based on their need for mental health services.

<https://www.mhac.org>

ACCESS-LA County Helpline

1-800-854-7771

Department of Mental Health's Emergency & Non-Emergency Helpline, available 24 hours / 7 days a week. Provides linkages to consumers to mental health services in the community & resources to consumers in crisis.

dmh.lacounty.gov

CA Youth Crisis Line

1-800-843-5200 (Text/Talk/Chat)

Available 24 hours a day, 7 days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. It has access to more than 5,500 free or low-cost resources for youth and families across CA.

<https://calyouth.org>

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Didi Hirsch Mental Health Services

1-888-807-7250

Provides mental health and substance abuse services to those in need, regardless of ability to pay. They have 11 sites throughout Southern California.

www.didihirsch.org

Southern California Health & Rehabilitation Programs (SCHARP)

1-310-631-8004

Provides quality mental health, social and rehabilitation services to vulnerable ethnic minority populations in South Los Angeles.

www.scharpca.com

Colors LGBTQ Youth Counseling Center

1-323-953-5130

Provides free LGBTQ-affirmative counseling and healing psychotherapeutic services to youth under 25 and their families in greater Los Angeles area.

www.colorsyouth.org

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

A free and confidential hotline that's available 24 hours a day, 7 days a week. Connects you with a trained support specialist from a sexual assault service provider in your area that can provide you with support, information, advice, resources, referrals, and a ranges of free services. Online chat is also available.

<https://www.rainn.org>

PSYCHIATRIC INPATIENT SERVICES**Kedren Acute Psychiatric Hospital**

1-323-233-0425

4211 S. Avalon Blvd.

Los Angeles, CA 90011

<http://kedren.org>

Augustus F. Hawkins Mental Health Center (Adult & Adolescent)

1-310-668-8151

1720 E. 120th St.

Los Angeles, CA 90059

LAC+USC Medical Center

1-323-409-2800

1200 N. State St.

Los Angeles, CA 90033

Harbor-UCLA Medical Center

1-310-222-2345

1000 W. Carson St.

Torrance, CA 90509

<http://www.harbor-ucla.org>

Exodus Recovery, Inc.

1-310-237-0454

9808 Venice Blvd., 3rd Floor

Culver City, CA 90232

<https://www.exodusrecovery.com>

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Southern California Hospital at Culver City
1-310-836-7001
3828 Delmas Terrance
Culver City, CA 90231

Resnick Neuropsychiatric Hospital - UCLA
1-310-825-0511
150 Medical Plaza
Los Angeles, CA 90095
<https://www.uclahealth.org/resnick>

V.A. Greater Los Angeles Health Care System
1-310-478-3711
11301 Wilshire Blvd.
Los Angeles, CA 90073
<https://www.losangeles.va.gov>

OUTPATIENT CLINICS & WELLNESS CENTERS

Augustus F. Hawkins Mental Health Center
1-310-668-4272
1720 E. 120th St.
Los Angeles, CA 90059

Compton Family Mental Health Services
1-310-668-6800
921 E. Compton Blvd.
Compton, CA 90221

West Central Family Mental Health Services
1-323-298-3680
3751 Stocker St,
Los Angeles, CA 90008

Kedren Community Health Center
1-323-233-0425
4211 S. Avalon Blvd.
Los Angeles, CA 90011
<http://kedren.org>

Exodus Recovery, Inc.
1-323-789-6492
8401 S. Vermont Ave.
Los Angeles, CA 90044
<https://www.exodusrecovery.com>

Didi Hirsch Community Mental Health Center
1-310-677-7808
323 N. Prairie Ave.
Inglewood, CA 90301
<http://www.didihirsch.org>

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Harbor-UCLA Medical Center**Adult Outpatient**

1-310-222-3151
1000 W. Carson St.
Torrance, CA 90509
<http://www.harbor-ucla.org>

Resnick Neuropsychiatric Hospital - UCLA (Adult Partial Hospitalization & Intensive Outpatient Program)

1-310-825-7469
300 UCLA Medical Plaza, Suite 2400
Los Angeles, CA 90095
<https://www.uclahealth.org/resnick>

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Re: Accessing Mental
Health Services

Dear Parents and Students,

In our ongoing commitment to the well-being of our school community, we want to ensure that ALL stakeholders have access to vital resources in times of need. It's essential to recognize the challenges that both students and parents may face, particularly in areas such as mental health, harassment and bullying. To provide immediate support, we'd like to share the contact information for dedicated hotlines specializing in suicide prevention and bullying intervention.

Suicide

Suicide Prevention Hotline: 1800-273-8255 Suicide and Crisis Lifeline: 988
National Suicide Prevention Lifeline

- <http://www.suicidepreventionlifeline.org>
- 24 Hour – Local Referrals
- 1-800-273-TALK (8255)
- 1-888-628-9454 (En Espanol)
- 1-800-799-4TTY (4889)
- Texting the word **HOME** to 741741

Bullying

- PACER'S National Bullying Prevention Center
 - <http://www.pacer.org/bullying/>
- Prevent Bullying
 - <http://www.stopbullying.gov/prevention/index.html>
- Bullying Among Children with Disabilities and Special Needs
 - <http://www.stopbullying.gov/atrisk/groups/special-needs/index.html>
- Los Angeles County, Department of Public Health, Injury and Violence Prevention Program (IVPP)
 - www.publichealth.lacounty.gov/IVPP

Teen Mental Health ToolKit

- TINYURL.COM/TEENMENTALHEALTH4PARENTS
- Questions or Concerns
 - Tk12ambassador@ph.lacounty.gov

TEEN MENTAL HEALTH TOOLKIT

FOR PARENTS & GUARDIANS



DID YOU KNOW?

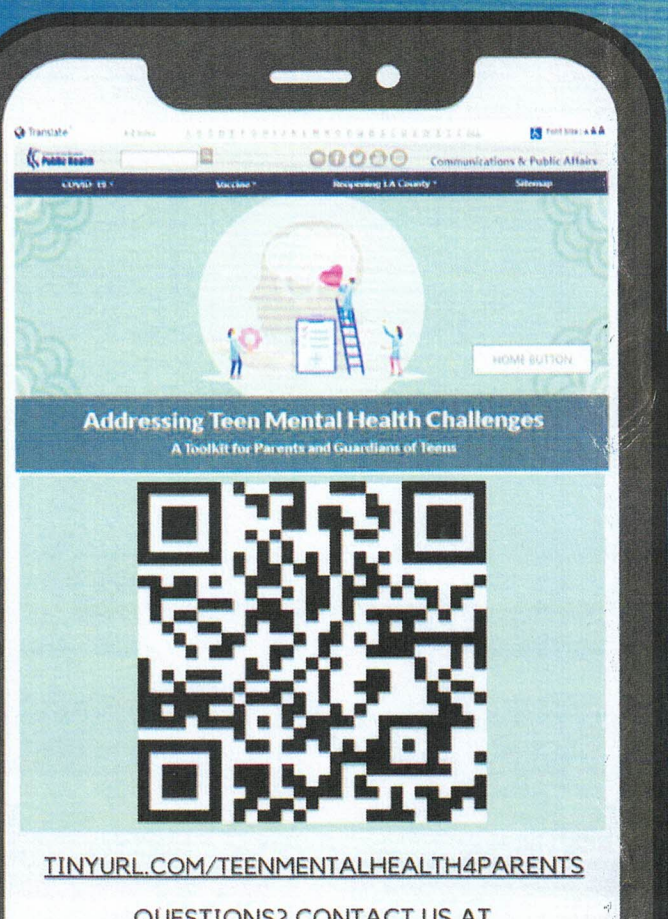
About half of teens in the U.S. had a mental health disorder at some point in their life*. Recognizing teen mental health issues and connecting to early intervention and treatment can be lifesaving.

*U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2021

THE DEPARTMENT OF PUBLIC HEALTH IS HERE TO HELP

- Explore our free guide to the most common teen mental health challenges
- Find local mental health resources
- Stay up to date on issues affecting many teens:

- Social Media Safety
- Alcohol and Drug Use
- Healthy Relationships
- Fentanyl Overdoses
- Gun Violence
- Suicide
- Trauma



[TINYURL.COM/TEENMENTALHEALTH4PARENTS](https://tinyurl.com/teenmentalhealth4parents)

QUESTIONS? CONTACT US AT



COUNTY OF LOS ANGELES
Public Health

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Re: Accessing Mental
Health Services

Estimados Padres y Estudiantes,

En nuestro compromiso continuo con el bienestar de nuestra comunidad escolar, queremos asegurarnos de que todos tengan acceso a recursos vitales en momentos de necesidad. Es fundamental reconocer los desafíos a los que pueden enfrentarse tanto los estudiantes como los padres, especialmente en áreas como la salud mental, acoso escolar. Para brindar apoyo inmediato, nos gustaría compartir la información de contacto de líneas directas especializadas en la prevención del suicidio y la intervención en casos de acoso.

Suicide

Suicide Prevention Hotline: 1800-273-8255 Suicide and Crisis Lifeline: 988
National Suicide Prevention Lifeline

- <http://www.suicidepreventionlifeline.org>
- 24 Hour – Local Referrals
- 1-800-273-TALK (8255)
- 1-888-628-9454 (En Español)
- 1-800-799-4TTY (4889)
- Texting the word **HOME** to 741741

Bullying

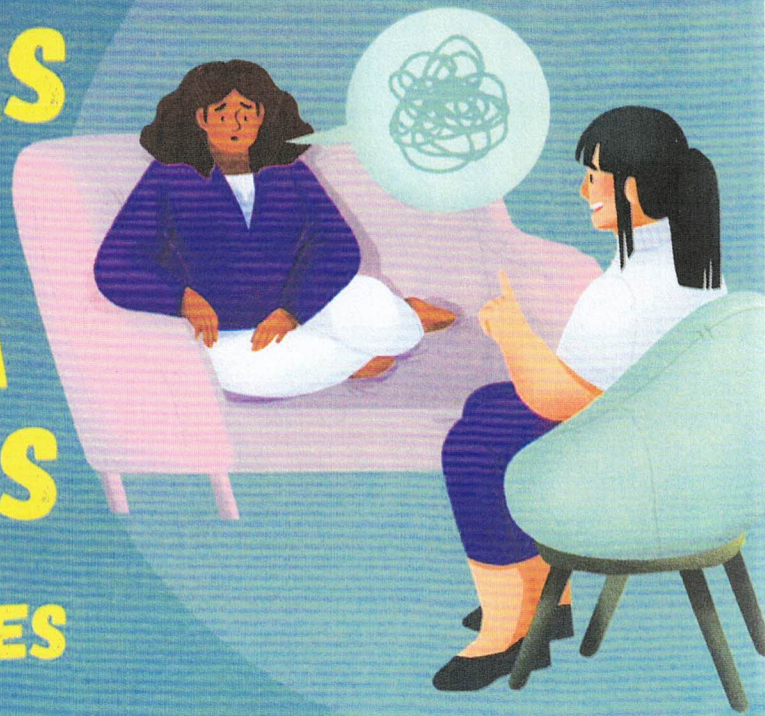
- PACER'S National Bullying Prevention Center
 - <http://www.pacer.org/bullying/>
- Prevent Bullying
 - <http://www.stopbullying.gov/prevention/index.html>
- Bullying Among Children with Disabilities and Special Needs
 - <http://www.stopbullying.gov/atrisk/groups/special-needs/index.html>
- Los Angeles County, Department of Public Health, Injury and Violence Prevention Program (IVPP)
 - www.publichealth.lacounty.gov/IVPP

Teen Mental Health ToolKit

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- Questions or Concerns
 - Tk12ambassador@ph.lacounty.gov

HERRAMIENTAS DE SALUD MENTAL PARA ADOLESCENTES

PARA PADRES & TUTORES



SABÍA USTED?

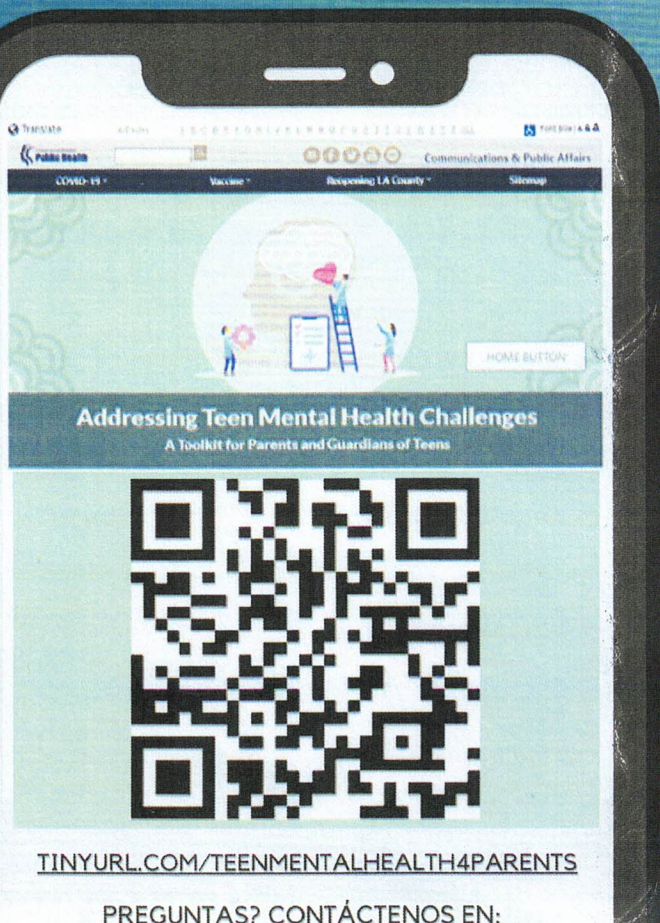
Alrededor de la mitad de los adolescentes de EE.UU. han padecido un trastorno mental en algún momento de su vida*. Reconocer problemas de salud mental en la adolescencia y conectarse con una intervención y tratamiento temprana puede salvar vidas.

*U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2021

EL DEPARTAMENTO DE SALUD PÚBLICA ESTÁ AQUÍ PARA AYUDAR

- Explore nuestra guía gratuita para los desafíos más comunes de la salud mental en los adolescentes
- Encuentre recursos locales para la salud mental
- Manténgase al día en los temas que afectan a muchos adolescentes:

- Seguridad en la red social
- Consumo de droga y alcohol
- Relaciones saludables
- Sobredosis de fentanilo
- Violencia armada
- Suicidio
- Trauma



[TINYURL.COM/TEENMENTALHEALTH4PARENTS](https://tinyurl.com/teenmentalhealth4parents)

PREGUNTAS? CONTÁCTENOS EN:



CONDADO DE LOS ANGELES
Salud Pública