

Pocket Guide to Community Resources



Childrens Hospital Los Angeles Division of General Pediatrics

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BREASTFEEDING & NUTRITION

- Women, Infants and Children** 1-888-WIC-BABY
Food and information for pregnant women and children under 5
www.fns.usda.gov/wic
- Drugs in Pregnancy and Breastfeeding**
List of commonly used medications with their safety profile while breastfeeding and in pregnancy, also with great links to journals/resources related to perinatology
www.perinatology.com/exposures/druglist.htm
- Breastfeeding Information and Support** 1-888-BST-MILK
The first number is the WIC help line, the second offers pump rentals, purchase, lactation consultants, and the last website provides on-line education opportunities.
1-800-835-5968
www.breastfeeding.com
www.pumpstation.com
www.bsccenter.org

MENTAL HEALTH & ADHD

FSP (Family Support Program) at CHLA
DMH-eligible families qualify for these services, which include parenting support, school advocacy with IEP, access to community resources, case management, coordination with GPS. Contact GPS social workers, case managers, or psychologists for more info.

LA Free Clinic (323) 653-1990
Short term individual, couples, and family psychotherapy, referrals, crisis intervention.

Children and Adults with ADHD 1-800-233-4050
Provides answers to general questions and locates local chapters

Department Mental Health (DMH) (800) 339-6993
Will refer to local DMH Clinic. Need to ask for Mental Health and provide patient's zip code for local clinic info.

Department Mental Health - CHLA (323)669-2450 x2350
For ADHD diagnostic evaluations and care. If long wait, ask for local DMH clinics in patient's area at above number.

OBESITY

- Special Growth Charts** www.cdc.gov/growthcharts.com
- Kidshape** 1-888-600-6444
Family-based pediatric weight management program, 2 hours weekly for two 4-week series, includes education, behavior modification, fitness and follow-up after completion of program
Fax: 1-310-652-8085
www.kidshape.com
Referral: Children 6 ½ to 14 ½ years of age. Pre-pubertal kids with weight for height greater than or equal to 90%, 10 years or older greater than or equal to 85% BMI.
Insurance: Medi-Cal, Healthy Families, CCS, most insurance.
- Powerplay** 1-323-937-7811
8-week program with 2 hours each Sunday & 4 days of fitness a week, intended for 10-30 pound weight loss, provides one-on-one consultation with specialists, education, behavior modification, fitness components and follow-up
Fax: 1-323-937-7818
www.powerplaymd.com
Referral: Fax referral form, patient will be contacted.
Insurance: Medi-Cal, Blue Cross PPO, SAG, AFTRA, Guardian.
- Boys & Girls Club** 323-221-9111
\$15/year fee to join and \$5 additional dollars to join a team. Call to find a location or team
www.bgca.org
- KidsNFitness** (323)671-1853
12 session fitness and nutrition education program for overweight children ages 8-16 with no physical limitations

ADOLESCENT ISSUES

National Association of Anorexia Nervosa and Associated Disorders 1-847-831-3438
Offers hotline counseling, support groups for sufferers and families, referrals to health care professionals www.anad.org

Plan B Pharmacy 1-888-NOT-2-LATE
www.not-2-late.com
www.ec-help.org/pharmacylocations.asp

Planned Parenthood of Los Angeles 1-800-230-PLAN
1-323-226-0800
www.teenwire.com

Family Pact 1-800-942-1054
Family planning, access to care and treatment for teens <21 years without insurance

American Foundation for Suicide Prevention 1-800-SUICIDE (784-2433)
www.yellowribbon.org
Immediate help available; learn to recognize warning signs, cope with suicidal thoughts, and get information on how to start a chapter in your area

Project Nateen – Adol Medicine (323) 669-5981
Support group for pregnant and parenting teens, case management, info & referral for health education & psychosocial needs.

LA Free Clinic (323) 462-4158
Prenatal, family planning, pregnancy testing.

DEVELOPMENTAL AND PHYSICAL DISABILITIES

Regional Center Lanterman RC 1-213-383-1300
Multidisciplinary services for individuals and families of individuals with developmental delay or at risk for developmental delay. Parents must call to request intake assessment. Physicians can call to provide information, but cannot initiate referral. Eligibility based on diagnosis, not financial factors. Check home zipcode for the appropriate regional center. Once a RC client, they offer advocacy services like parenting and family support classes, IEP advocacy, legal services, and others.

South Central RC 1-213-763-7800

Eastern RC 1-626-299-4700

East Los Angeles RC 1-626-2999-4700

Indications for referral for patients 3 years of age or older:

1. Mental retardation (MR)
2. Cerebral palsy (CP)
3. Epilepsy
4. Autism
5. Conditions related to MR
6. Conditions requiring tx similar to that for MR

Indications for referral for patients younger than 3 years, at risk for developmental delay (Early Start):

1. Prematurity (<32 weeks) +/- VLBW (<1500 gm)
2. CNS infection/abnormality
3. Asphyxia/ventilator requirement in PMH
4. Developmental delay
5. Child of parent with developmental delay

ABUSE, NEGLECT, POISON CONTROL

Audrey Hepburn CARES Team 1-323-660-2450 x4977
DCFS Hotline 1-800-540-4000

Rape, Abuse & Incest National Network 1-800-656-HOPE
www.rainn.org

Domestic Violence Hotline (24 hours) 1-800-978-3600
Poison Control 1-800-876-4766

NEWBORN SCREEN RRESULTS

Harbor UCLA Newborn Screen 1-310-222-3751
Harbor UCLA services newborn screen results for CHLA and the hospitals in our area. There's a form in GPS that needs to be faxed there with parent's consent on it.. Fax: 1-310-320-8740

PUBLIC HEALTH

L.A. Department of Public Health Services www.lapublichealth.org
Lead program, STDs, immunizations, TB reporting guidelines

Health Consumer Center
Information about Medi-Cal, Healthy Families, Emergency Medi-Cal, food stamps, child care, transportation vouchers and public housing

EDUCATION AND PARENTING

LA Child Guidance Clinic

Early Childhood Center

Head Start www.acf.dhhs.gov
Provides comprehensive developmental services for low-income, pre-school children ages 3-5

Literacy Network of Greater LA (213) 237-6643
www.literacynetwork.org
Offers adult basic reading and math, ESL, children's literacy, citizenship, homework assistance, parent education, reading enrichment for youth

Parents Anonymous 1-909-621-6184
Weekly groups to help parents with stress of parenting, anger, and child abuse issues

Local Colleges/ High School
Classes offered as group parenting classes

Los Angeles Libraries 1-800-643-LAPL
www.lapl.org
www.colapublib.org

DEVELOPMENTAL AND PHYSICAL DISABILITIES

Early Head Start (800) 515-BABY
Statewide system of early intervention services for infants and toddlers (0-36 months) with suspected developmental delays or risk factors for such disabilities
www.dds.ca.gov/earlystart

TASK 1-714-533-8275
Parent Training and info center servicing families of children with disabilities. Provides support, legal rights info, phone advocacy, workshops, and referral services.

CHILDCARE

Childcare Listings www.lachildcare.com
For L.A. and Orange counties by area

Connections for Children (310) 452-3202
Resource and referrals www.cfc-ca.org/about/index.html

Crystal Stairs (323) 299-8998
Info on subsidies for childcare and referrals for patients on welfare

DENTAL RESOURCES

For complete listing of referrals, refer to bulletin board in back GPS conference room

WELFARE INFORMATION

Children's Bureau of Southern California 1-323-953-7356
Multi-service child welfare agency providing foster care, parent education, and counseling

HOUSING

United Way (888) 243-5752
Emergency food & shelter. For 24 hotline, call Info Line of Los Angeles at (800) 339-6993.

Tenant Rights 1-800-973-3370
LA County Department of Consumer Affairs

TRANSPORTATION

Access 1-800-827-0829
Transit for disabled individuals who cannot use public transportation. \$1.50-4.00 one-way
1-800-827-1359 TDD
www.asila.org/accessparatransit

Bus Schedules and Information 1-800-COMMUTE
www.mta.net
Door-to-door trip planning system via public transportation
www.scag.ca.gov/transit/

Safety Belt Safe, USA (310) 222-6860
Online car-seat checkup, laws and regulations
1-866-seatcheck
www.carseat.org

H HEALTH INSURANCE

Kaiser Permanente Care for Kids 1-800-255-5053
Provides coverage for low income children <19 not eligible for Medi-Cal, Healthy Families or other insurance. Premiums monthly, co-payments for services, hospital services included.

Medi-Cal 1-888-747-1222
<21 yo, citizen (undocumented will receive emergency Medi-Cal), resident of CA, 100-200% FPL (Federal poverty level) depending on age, no cost to patient.

VSP Vision Service Plan 1-888-290-4964
Free eye exams, glasses and other services as needed. Must be documented and low-income.

AIM - Access for Infants and Mothers 1-213-538-0755
Subsidized health insurance for pregnant women without health insurance throughout pregnancy and 60 days after birth of child. Provides health care for baby up to 2 yo. FPL 200-300%, can have no other insurance unless deductible >\$500, patient pays ~2% of income

CCS - California Children's Services 1-800-288-4584
Treatment and case management services for children <21 with serious medical problems such as chronic illness, genetic disease, physical handicap, major injury due to accident or abuse, congenital defect, NICU-care. For low income families or those who spend 20% of income on health care. Free or share-of-cost.

CHDP - Child Health Disability Prevention Program 1-800-993-2437
Provides preventive health assessments to eligible infants, children, youth <21. Routine care provided at no charge. Hospital services not covered. No inquiries made into immigration status.
www.lapublichealth.org/chdp/index.htm

Healthy Families 1-800-880-5305
Provides health insurance coverage (health, dental, vision) for uninsured children <19 years of low and moderate income families who are not eligible for no-cost Medi-Cal. Premiums always less than \$27/month/ family)
www.healthyfamilies.ca.gov/

LEGAL AID

LA Center for Law & Justice
Free legal aid to help protect civil rights of children and families in the East, NE, and SE LA areas

(323) 980-9300
Fax: 1-323-980-3510
www.laclj.org

Child Support Program

Secures support payments for children of separated parents

www.childsupport.co.la.ca.us/

Legal Aid Foundation of Los Angeles
Housing issues, government benefits, community economic development, employment law, victims of violent crime applications, family law, immigration law, consumer law (including debt management)

1-800-399-4529
www.lafla.org

Protection and Advocacy, Inc
Free legal aid clinic to help protect civil rights of developmentally delayed and mentally ill Californians

1-800-776-5746
www.pai-ca.org
www.nmha.org

IMMIGRATION

Info Line of Los Angeles
Information/referral to community agencies, English & Spanish speaking agents available, very helpful & kind, somewhat cumbersome to get through

1-800-339-6993
1-800-660-4026 TDD

Center for Human Rights and Constitutional Law

Training, technical, and referrals for free legal assistance, direct legal assistance to indigent immigrants and refugees, civil rights cases, shelters for homeless minority youth, transitional living programs

(213) 388-8693