



**BEXAR COUNTY SUICIDE PREVENTION
COALITION**



**ADOLESCENT SELF-HARM RESOURCES
For Bexar County and South Texas**

November 2005

This resource guide is available at www.healthcollaborative.net.

ADOLESCENT SUICIDE INTERVENTION RESOURCES

EMERGENCY INTERVENTIONS

9-1-1 FOR IMMEDIATE EMERGENCY

9-1-1

CRISIS LINE – Center for Health Care Services
Call: 210/223-7233 (SAFE) or 800/316-9241
Line answered 24/7

210/223-7233 (SAFE)
800/316-9241

NATIONAL SUICIDE PREVENTION HOTLINE
Call: 800/SUI-CIDE (784-2433)
Line answered 24/7

800/SUI-CIDE
800/784-2433

INFORMATION AND REFERRAL

2-1-1 Texas, United Way Help Line
Dial 2-1-1
Cell Phones 210/227-4357 (HELP)
Line Answered 24/7

2-1-1
210/227-4357 (HELP)

ACUTE CARE

Laurel Ridge Treatment Center

210/491-9400

Acute Care-children/adolescents
Residential Treatment- children/adolescents ages 4-18
Chemical Dependency Program
Suicide Prevention/Crisis stabilization –children/adolescents
17720 Corporate Woods Drive
San Antonio, TX 78259-3509
www.laurelridge.com

Offers comprehensive 24 hour-a-day treatment and crisis stabilization for child/adolescent in psychiatric and/or chemical dependency crisis. Psychiatric evaluation and developmental history, neurological evaluation, speech and language assessment, medications as prescribed by treating physician. Spanish-speaking services available. 24-hour/ seven days a week free psychiatric assessments.

Affiliate office of **The Jason Foundation**, national teen suicide prevention program presented in schools and parent seminars. Community Assistance Resource Line for information 1.877.778.CARL

Eligibility: Youth ages 4-17 suffering acute/severe psychiatric or behavioral symptoms, including suicide attempt(s), substance abuse, self harm or threat to others.

Methodist Behavioral Medicine

210/575-0500

A member of the Methodist Healthcare System
Acute Inpatient Care – Methodist Specialty & Transplant Hospital
8026 Floyd Curl Drive
San Antonio, TX 78229

Offers specialized diagnostic and short term crisis stabilization for children and adolescents in an inpatient setting. Under the direction of the admitting MD, interdisciplinary treatment, case management, family education and therapy, and intensive discharge planning assist the patient and family in stabilization of symptoms and a smooth transition into the home or community.

Eligibility: Children and Adolescents ages 3 to 17 who have a current plan or intent to harm themselves with an available and lethal means or whose behavior represents an imminent risk of serious harm to themselves or others.

NIX Behavioral Health System

210/579-3800

4330 Vance Jackson
San Antonio TX 78230
www.nixhealth.com

Offers 24/7 assessment and stabilization services for children, adults, and senior adults experiencing psychiatric crisis. Detox services also available for adolescents and adults. Services include assessment, inpatient care, psychiatric evaluation, medication follow-up, and aftercare referrals to continue treatment upon stabilization.

Eligibility: Youth ages 5-17, adults, and senior adults experiencing acute psychiatric symptoms: ie, suicide attempt, suicidal ideation, imminent harm to self or others, and/or psychosis.

Southwest Mental Health Center

210/616-0300

Acute Care - Southwest Mental Health Center
8535 Tom Slick Dr.
San Antonio, TX 78229-3363
www.smhc.org

Offers intensive, 24 hour-a-day treatment designed to stabilize a child in psychiatric crisis, assess and treat their disorder, and prepare child and family for aftercare following discharge. Services include in-patient care, psychiatric evaluation, medication follow-up, and outpatient therapy.

Eligibility: Youth ages 3-17 suffering acute or severe psychiatric symptoms, i.e. suicide attempt, ideation, self-harm or threat to others.

ADOLESCENT COUNSELING AGENCIES**Alamo Children's Advocacy Center**

210/675-9000

7130 West U.S. Hwy 90
San Antonio, TX 78227

Crisis and ongoing counseling are offered to child victims of sexual abuse and their non-offending family members who need help to resolve the trauma.

Avalon Social Services, Inc.

210/685-6767

1731 N. Comal Street
San Antonio, TX 78212

avalonsa@sbcglobal.net

Service Hours: Monday – Sunday 9AM-9PM

Services are available in English and Spanish

Avalon Social Services, Inc. provides counseling and psychological testing services to children and adolescents who have Medicaid (ages 3-20). For counseling, all types of Medicaid are accepted. For psychological testing, THN/PCCM and Traditional Medicaid are accepted. Avalon Social Services, Inc. also has contracts to provide counseling to individuals and families referred by Bexar County Juvenile Probation and by the Texas Department of Family and Protective Services.

Eligibility: Ages 3-20 who have Medicaid.

Baptist Child and Family Services

210/832-5000

Services to At-Risk Youth (STAR) - Baptist Child & Family Service
909 N.E. Loop 410, Suite 800
San Antonio, TX 78209

Offers short-term counseling services and emergency respite care for at risk youth and their families. Universal child abuse prevention services are also available.

Eligibility: Youth in Bexar County ages 0-17 who are truant, runaway, some delinquency problems or family conflict.

Barrio Comprehensive Family Health Care Center, Inc.

210/434-2368

1102 Barclay
San Antonio, TX 78207

www.barriocomp.org

Hours of operation: M, W, F - 8 a.m. to 5 p.m. T, Th – 8 a.m. to 7 p.m.

Clinical social workers and medical staff offer culturally-sensitive services through family and individual counseling, marriage counseling, and support groups. Case management offers assessment, referral and follow-up to appropriate resources. Transportation to and from appointments at Barrio Family Health Center available for registered patients. On-site screening and application services for Medicaid and other public insurance programs.

Center for Health Care Services, The

210/358-5888

Children and Adolescent Services - Center for Health Care Service
1115 W. Martin
San Antonio, TX 78207

Offers day treatment, after school, and counseling program.

Eligibility: Priority given to residents of Bexar County.

Center for Health Care Services, The

210/358-3495

Children's Crisis Services Eligibility and Enrollment
520 N. Medina

San Antonio, TX 78207

Offers services including screening, referral, treatment and counseling.

Eligibility: Priority given to residents of Bexar County.

Child Guidance Center of San Antonio

210/614-7070

2135 Babcock Road

San Antonio, TX 78229

Office Hours: M-F 8:00am - 5:00 pm. Tuesdays 8:00am - 7 pm

Services: CGC offers psychiatric (medication) evaluation and intervention, and individual and/or family counseling. Professionals serving families include Psychiatrists, Psychiatric Residents, Psychologists, Clinical Social Workers, and Licensed Professional Counselors. CGC is a non-profit outpatient mental health agency that has been serving the San Antonio community for 50 years. CGC is affiliated with the University of Texas Health Science Center and provides services to the

Juvenile Justice Academy and two of the largest school districts in San Antonio. Professional staff are trained to treat children and adolescents who have a diverse range of mental health issues.

Fees: CGC accepts Medicaid, CHIP, and private insurance. For low-income families or for families without health insurance, CGC also has a sliding scale fee, which is calculated based on the family's income (can be as low as \$5 per session).

Eligibility: Children and adolescents ages 4 to 17 years with varying types of mental health issues or difficulties.

Communities In Schools of San Antonio (C.I.S.)

Call for Referral for Services

210/520/8440

1616 E. Commerce, Bldg 1

San Antonio, TX 78205

www.cissa.org

Communities In Schools of San Antonio is a school-based, year-round program providing immediately accessible services to young people and their families.

CIS-SA's trained professionals work closely with schools and parents to identify and address barriers that may exist between children and academic success.

Through a holistic, one-on-one case management approach,

CIS-SA is able to reach out to students most at-risk for dropping out of school.

CIS-SA has helped kids to help themselves since 1985.

The website www.cissa.org has a list of schools with C.I.S. services.

Ella Austin Community Center

210/224-2354

Youth and Family Services - Ella Austin Community Center

1023 N. Pine St.

San Antonio, TX 78202

www.ellaaustin.org

eaustin694@aol.com

All services are free and bilingual

Office hours: M-F 9:00-6:00

Enhances the positive growth of youth ages 6-21, promoting positive self-image and strengthening family relationships by providing counseling to families, after school tutoring and computer literacy, school-based support groups and special activities.

Eligibility: Offers services to ages 6-21 and their families.

Excel . . . Rise Above the Rest

210/532-6934

Skills Training/Counseling

907 W. Theo (Youth Center)

San Antonio, TX 78225

Offers services for youth and families that are experiencing difficulties and behavior problems at home and/or at school.

Serves youth that appear to have a mental health diagnosis and/or exhibit serious emotional, behavioral or mental disorders such as depression, hyperactivity, etc.

Eligibility: Must have a behavior problem. For children 4-17 years of age.

Family Service Association of San Antonio, Inc.

210/299-2400

702 San Pedro

San Antonio, TX 78212

210-299-4498 fax

www.family-service.org

Family Service Association has been building strong healthy families in San Antonio for more than 100 years. 14 programs will help more than 40,000 children, seniors and families this year. Services include: parenting education, counseling, a teen - led gang alternative, child care resource and referral, substance abuse and dropout prevention programs, senior services, programs for children of estranged or divorcing parents, school readiness and more. Family Service offers specialized counseling for children and youth that is short term and problem focused. The agency provides treatment for abuse, depression and self-esteem issues, which left untreated place youth at-risk for suicide. Individual and family counseling is provided at all 6 Family Service offices located around the San Antonio metropolitan area. To schedule an appointment to receive services please call: 210-200-2400.

- Family Violence Prevention Services, Inc.** 210/225-2234
 Community-Based Counseling Program
 307 Dwyer
 San Antonio, TX 78204
 Offers specialized counseling for individuals related to family violence, substance abuse, youth, and grief and mourning.
 Eligibility: Must have history of past/present violence. Sliding scale fee.
- Family Violence Prevention Services, Inc.** 210/930-3669
 Substance Abuse Intervention Program
 7911 Broadway
 San Antonio, TX 78209
 Targets youth at risk of substance abuse, family violence and/or homelessness. Project components include group, individual and family counseling assessments, referrals and follow-ups.
 Eligibility: Youth 10-17 years of age who are court mandated or self-referred.
- JOVEN** 210/924-0330
 102 W. White
 San Antonio, TX 78214
www.jovensa.org
joven@satx.rr.com
 All services are free and bilingual
 Office hours: M-F 8:30-5:30. Extended hours during the school year.
 JOVEN is a local community based organization that has a diverse array of social services, designed to meet the needs of children and families in Bexar County, including afterschool and summer programs and individual and family counseling. JOVEN specializes in youth with juvenile justice contact, youth with gang affiliation, and substance abuse. JOVEN currently provides social services to children in more than 60 schools in 8 school districts in Bexar County.
 Eligibility: Ages 4-17 who live below poverty level; risk factors.
- Jewish Family and Children's Service of San Antonio** 210/302-6920
 12500 N.W. Military Hwy., Suite 250
 San Antonio TX 78231
 Provides counseling to children, teen, adults, and seniors, offering individual, couples, family, and group treatment. Accepts insurance, including Medicare, Medicaid, and CHIP, and see clients on an income-based sliding fee scale. Qualified clients are also seen at no charge through the Victims of Crimes Program.
- Methodist Healthcare** 210/575-0507
 The Center for Counseling and Wellness - Methodist Healthcare
 8109 Fredericksburg Rd., 2nd Floor
 San Antonio, TX 78229
 A faith based ministry providing individual, marriage, and family psychotherapy. The Center is staffed by state licensed counselors who are especially attuned to problems associated with medical conditions, depression, acute stress disorders, grief and relational issues arising from family living.
 Eligibility: Adolescence and older
- Presa Community Service Center** 210/532-5295
 3721 S. Presa
 San Antonio, TX 78210
www.presa.org
presa_ssmith@yahoo.com
 Hours of operation: M-F from 8 a.m. to 6 p.m.
 Addresses the needs of families in crisis. Offers services that address the prevention of child abuse, family violence and effective parenting that enhances family functioning. Youth programs include counseling, tutoring, tae kwon do, recreational activities, field trips, year round after school program from 3-6 p.m. and an 11-week summer break youth program. Social development for youth stresses prevention of delinquency and substance abuse, while promoting educational opportunities and providing adult-supervised recreational activities.
- San Antonio Rape Crisis Center** 210-349-RAPE
 5835 Callaghan Road, Ste. 260
 San Antonio, Texas
 Services: Rape Crisis Center for Children and Adults. Provides services to victims of sexual assault and their loved ones.

South Side Family Counseling Center

210/533-1112

1151 Mission Rd.
San Antonio, TX 78210

Provides counseling to children, teen, adults, and seniors, offering individual, couples, family, and group treatment. Accepts insurance, including Medicare, Medicaid, and CHIP, and see clients on an income-based sliding fee scale. Qualified clients are also seen at no charge through the Victims of Crimes Program.

Southwest Mental Health Center

210/616-0300

Outpatient Therapy - Southwest Mental Health Center
8535 Tom Slick Dr.
San Antonio, TX 78229

Outpatient Therapy (OT) is available for the majority of people who are able to resolve their mental health problems without hospitalization. The program provides a range of services including diagnostic assessments; individual treatment planning; recommendations and referrals; and counseling for academic, behavioral and emotional problems.

Eligibility: Children, adolescents, adults, couples and family counseling is available.

St. Peter - St. Joseph Children's Home

210/531-8518

St. PJ's Counseling Center
919 Mission Rd.
San Antonio, TX 78210

Provide individual, group and family therapy to children, adolescents and adults. Also provides psychiatric services, supervised visitation, psychological services, and pre and post adoption services.

Eligibility: All are welcome.

St. Philip's College-Substance Abuse Prevention Program

210/531-3242

Community Family Service
1801 Martin Luther King Drive
San Antonio, TX 78203-2098
Sliding scale fee

Serves as a counseling resource center and support system for St. Philip's College as well as for members of the community. Individual, marriage/couple, and family therapy are provided in a safe, confidential, and non-judgmental environment.

Eligibility: Open to the community.

Students in Christ Youth Center, Inc.

210/566-6450

Lazarus Juvenile Offender Counseling Program
2930 E. Bitters Rd.
San Antonio, TX 78217

Offers non-residential confidential psychotherapeutic counseling program with large and small groups. Utilizes three treatment modalities: reality, psycho-cybernetics and transactional analysis therapy approaches/techniques. Offers incentives as part of the program.

Eligibility: For children 5-17 years of age. Must provide own transportation. No psychiatric history.

Texas Department of State Health Services

State-wide contact number

1-888-963-7111

<http://www.dshs.state.tx.us/mhservices>

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| ATASCOSA COUNTY | Camino Real Community MHMR Center Crisis Phone: 800-543-5750 Main Phone: 210-357-0300 |
| BANDERA COUNTY | Hill Country Community MHMR Center Crisis Phone: 800-833-5155 Main Phone: 830-792-3300 Website: www.hillcountry.org |
| BEXAR COUNTY | Center For Health Care Services Crisis Phone: 210-223-7233 (SAFE) 800-316-9241 Main Phone: 210-731-1300 Website: www.center-for-healthcare.org |

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| COMAL COUNTY | Hill Country Community MHMR Center Crisis Phone: 800-833-5155 Main Phone: 830-792-3300 Website: www.hillcountry.org |
| FRIO COUNTY | Camino Real Community MHMR Center Crisis Phone: 800-543-5750 Main Phone: 210-357-0300 |
| GILLESPIE COUNTY | Hill Country Community MHMR Center Crisis Phone: 800-833-5155 Main Phone: 830-792-3300 Website: www.hillcountry.org |
| GUADALUPE COUNTY | Bluebonnet Trails Community MHMR Center Crisis Phone: 800-841-1255 Main Phone: 512-255-1720 Website: www.bluebonnetmhmr.org |
| KARNES COUNTY | Camino Real Community MHMR Center Crisis Phone: 800-543-5750 Main Phone: 210-357-0300 |
| KENDALL COUNTY | Hill Country Community MHMR Center Crisis Phone: 800-833-5155 Main Phone: 830-792-3300 Website: www.hillcountry.org |
| KERR COUNTY | Hill Country Community MHMR Center Crisis Phone: 800-833-5155 Main Phone: 830-792-3300 Website: www.hillcountry.org |
| MEDINA COUNTY | Hill Country Community MHMR Center Crisis Phone: 800-833-5155 Main Phone: 830-792-3300 Website: www.hillcountry.org |
| WILSON COUNTY | Camino Real Community MHMR Center Crisis Phone: 800-543-5750 Main Phone: 210-357-0300 |