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VANDENBERG YOUTH PROGRAMS PARENT HANDBOOK

Telephone: (805) 606-2152 / DSN: 276-2152
16170 Montana St. Vandenberg AFB CA 93437
Youth Programs Director: Ms. Natalie Gruspe
School Age Care Coordinator: Ms. Dana Kasmedo
Training & Curriculum Specialist: Ms. Tamara Raffel
Child and Youth Services Flight Chief: LaKiesha Neal
Youth Program Specialists: Ms. Arielle Powell, Ms. Ally Santos
Youth Sports and Fitness Coordinator: Tishjamella Thompson
Youth Instructional: Ms. Jerranie Almodovar-Rodriguez

Evacuation Sites

Primary- CDC, Alternate- Main Chapel
Both located on Summersill Ave.

AF CYP MISSION

To assist the Department of Defense DoD military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life managing and delivering a system of quality, available and affordable programs and services for eligible children and youth birth through 18 years of age.

PROGRAM ELIGIBILITY

Youth must be 10 years old to participate in Open Recreation unaccompanied and no older than 18 and still in high school. Children ages 5-9 must be accompanied by an adult or sibling/babysitter who is at least 16 years of age or participating in a program specifically for their age group. Only dependent youth of personnel with base privileges are eligible to participate.

GUEST POLICY

Members are permitted to bring up to two guests within the age limitations to the Youth Center. The member is responsible for the conduct of their guest and must always remain with them. Any damages caused by the guest will be the responsibility of the member's sponsor. The same guest is allowed only one visit per month. Liability waiver for guest must be signed by parent or sponsor upon arrival.

HOURS AND DAYS OF OPERATION

School Days Monday-Thursday: 1425-1730
School Days Friday: 1425-2000
Minimum School Days: 1220-1730
Summer Hours Monday-Friday: 1200-1715
Summer Day Camp/No School Days: 1200-1715
Closed weekends, Family Days, and Federal holidays
Front Desk Hours: 7:00 a.m. to 5:00 p.m.

ORIENTATION/PARENT INVOLVEMENT

Upon enrollment all parents will be given a mandatory parent orientation with their youth. This will include a tour by program staff and introduction to key personnel. **Youth Sponsorship** is a key part of our program, so your youth will be introduced to other youth members and orientated about the local area and schools. Vandenberg Youth Center has a pre-teen and teen assigned and trained for sponsorship duties. When you go to PCS please enquire about sponsorship at your next assignment.

IMMUNIZATIONS AND SPECIAL NEEDS

IMMUNIZATION: In accordance with AF Instructions 48-110 IP, Immunization and Chemoprophylaxis for the Prevention of Infectious Diseases, all children and youth enrolled in CYP Programs are required to follow Center for Disease Control and Prevention (CDC)/Advisory Committee on Immunization practices (ACIP) recommended age-appropriate vaccinations and immunizations. These individuals may not attend CYP programs without an approved medical/religious exemption from AF/A1S on file.

All youth must provide a copy of the child/youth's current immunization, to include a current flu shot as part of enrollment and prior to participation. Documentation of immunizations must be uploaded in the child/youth's account on CYPBMS.

An immunization exemption may be granted for medical/religious reasons. Medical exemptions must include a reason from the adult/child/youth's medical physician for the exemption. Exemptions that are allergy-related must include a statement from the adult/child/youth's allergy physician. All request for exemptions must be signed by the MSG/CC and forwarded to AF/A1S for consideration. A list of all current individuals with approved exemptions must be maintained by the program.

SPECIAL NEEDS: The Vandenberg Youth is an inclusive facility. We make every accommodation possible within the constraints of our facility, staffing, and AF policy. Patrons will notify the Youth Programs on the Child Placement Questionnaire of any special needs (e.g., developmental, physical, allergies, and/or asthma) their child may have. Patrons will complete the Parental Permission Request and provided all necessary documentation. The program's medical advisor will review all documentation to determine the child's needs within the program setting. If necessary, an Inclusion Action Team (IAT) may meet to review/discuss the child's enrollment, and any special provisions needed to meet the child's need. If reasonable accommodations can be met, training will be provided to Youth Programs staff members to meet all specific instructions for care. Note: Long term or permanent changes in ratio or group size must be approved by the IAT and coordinated through AFSVA/SVPY.

PROGRAM FEES/REGISTRATION PROCEDURES

Eligible youth may choose to become a Youth Center Member. A current CYPBMS account must be created and completed by the parents to register for the Open Rec Program. Orientation is a mandatory part of registration.

\$180.00 -annual fee, that is good from 12 months from the date of purchase
Payment options are: \$15.00-monthly fee
\$5.00- card replacement fee

Membership benefits entitle the member to a \$15.00 discount on registration fees for Soccer, Basketball, Baseball, and Track, as well as a \$5.00-\$10.00 a month discount on some instructional classes. Throughout the year there will also be opportunities for discounts on various programs, camps, and events. All Youth Center cards are non-transferrable and non-refundable and cannot be prorated. Youth are required to sign in on the Youth iPad and present their membership card upon entry to the program.

PROGRAM POLICIES AND MEMBERSHIP RESPONSIBILITIES

These responsibilities and guidelines are based on common sense and respect for others.

- Smoking on or around the youth center property and facilities is prohibited at all times. The use of illegal drugs or alcohol around the youth center is also strictly prohibited. Please dispose of cigarette butts appropriately.
- The youth center is not responsible for personal belongings
- Always lock your bikes
- Persons damaging youth center property will be held financially responsible
- Youth are not permitted in office areas unless two staff are present
- Obscene or abusive language is not permitted
- Improper demonstration of affection is not permitted
- Cleats, roller blades, skateboards or scooters will not be worn or ridden in the youth center.
- Bathing suits cannot be worn without proper cover up
- Gambling is not allowed
- Food or drink is not allowed in the gym
- Skateboarding is allowed at the skate park only with protective gear

YOUTH PROGRAMS MISCONDUCT POLICIES

Youth may be restricted or suspended by the staff for violation of the youth center policies or rules. The length of suspension, or restriction, will be based upon the seriousness of the offense, the frequency and number of rule violations, and the attitude of the youth toward the rules. The parent or guardian will be notified if their youth is suspended. A call will be made and followed by a letter. All restriction and suspensions will be processed through the Youth Center Director. Youth that have been suspended from school for any reason will not be allowed to attend until their suspension is over.

All staff receive mandatory positive guidance training. Please let us know if you would like a copy of this training. The following are in use in our program as proper guidance techniques.

- Considering possible reasons for behavior
- Listening
- Understanding the youth/teen developmental stage

- Providing opportunities for choices
- Conflict resolution
- Modeling pro social behaviors

BULLYING/SEXUAL HARRASSMENT POLICY

Vandenberg Youth Programs has a zero-tolerance policy regarding bullying and behaviors that meet the criteria for sexual harassment. All Open Rec participants are required to read and sign the policy statement.

COMMUNICATING WITH PARENTS/OPEN DOOR POLICY

We believe in an open-door policy - parents are always invited to visit and participate in activities and events. We encourage families to share their hobbies, talents, cultures and careers with the Open Rec Program. Parent Communication is accomplished through personal interaction, phone calls, emails and One Call texting service. Please notify the Youth Program Director with any concerns.

PARENT ADVISORY BOARD

Parent Advisory Board meetings are held **once a month (Date/Time TBD)** announcement will be posted. Parents are invited to submit agenda items and ideas. The youth center will post the meeting dates in the lobby. Parents are also invited to **volunteer** to help with homework and computers, present as guest speakers, help with landscaping and youth community service projects, all volunteers will be recognized.

REPORTING CHILD ABUSE POLICY

Hiring procedures are in place to insure the hiring of the best qualified people. Staff members and volunteers are mandated reporters and trained on preventing, identifying, and reporting child abuse and neglect and problematic sexual behavior. All suspected abuse must be reported orally and in writing within 24 hours. Personnel suspected of abuse are removed from duty until investigations are completed and a determination is made regarding the individual's suitability to return to work. *Per AFI- 34-1444 12.48.2. Child and Youth Programs forward the AF Form 3424, Child and Youth Reportable Incident, for all accidents and incidents which require medical attention, hospitalization, security forces, or family advocacy.* If reporting to Family Advocacy is applicable, then Child Welfare Services of Santa Barbara County will also be notified. If warranted the Family Advocacy Program will convene a CSMART to review incident and decide future course of action.

VSBF Installation Family Advocacy	606-8217
DOD Child Abuse and Safety Hotline	1-877-790-1197

NO SMOKING, ILLEGAL DRUGS AND ALCOHOL POLICY

Smoking on or around the Youth Center property/facilities is prohibited at all times. The use of illegal drugs or alcohol around the Youth Center property is also prohibited.
Please dispose of cigarette butts properly

PROGRAM AREAS

The youth have large classrooms/areas and a gymnasium, which contain different curriculum areas. Curriculum is used from 4H and the Boys and Girls Club of America. During all hours of operation self-directed higher level learning opportunity per week per AF core program area. Each of the core program areas is supervised and led by a qualified staff member or specified volunteer.

- Health and Wellness
- The Arts
- STEM (Science, Technology, Engineering and Math) and Education
- Leadership and Service
- Sports and Recreation

RATIO

Staff to youth ratios are maintained within the following guidelines: 15 youth to one paid staff member; one paid staff for each activity with up to 25 youth participants (e.g., one staff member for every 25 youth, two members for 26-50 youth). Adult volunteers may be used to meet the remainder of the required ratio.

BOYS AND GIRLS CLUB OF AMERICA

Formula for Impact model: Young People+ Outcome driven experience=Priority Outcomes (Academic Success: Good Character & Citizenship; Healthy Lifestyles)

➤ **CLUBS OFFERED:**

- Photography
- Keystone
- Torch
- Smart Girls
- Passport to Manhood
- 3-D Printing
- Sports
- Cooking
- Power Hour

REQUIRED AF PROGRAMS

- AF and BGCA Fine Arts program
- AF and BGCA photography program
- Chartered BGCA Keystone Club,
- AF Teen Council
- Chartered Torch Club
- AF and BGCA Military Youth of the Year (MYOY)

4-H PROGRAMMING

Three 4-H programs using official 4-h curriculum are offered with at least one club in the Health and Nutrition area and the opportunity to participate in our National 4H science day. We also have daily fitness activities, youth sponsorship for newly enrolled youth, the Y.E.S (youth employment skills program) and daily Power Hour (homework help focusing on the first hour after school).

Youth are eligible to apply for several youth specialty camps throughout the year, to include AF Aviation camp, Air Force Space Camp, and Teen Leadership camp. Look for announcements typically the first part of the year.

Youth are recognized for their participation, improvements, and achievements in all program areas and for installation and community activities. Notable awards are used to honor outstanding members and reinforce their involvement in programs.

Keystone and Torch Clubs

Torch club is for youth ages 10-12, and Keystone is for youth ages 13-18, but these ages will be adjusted according to the ages our club is currently serving.

Character and Leadership Clubs offered weekly during the school year, both clubs focus on community and club service, leadership development, education and career development, unity and social recreation.

Youth of the Year

A recognition program for youth members ages 14-18. This program celebrates and promotes the youth's service to club and community, academic performance and family values, life goals, poise and public speaking ability. Winners at different levels receive awards and or scholarships. Applications are available at the youth center starting in September and are to be completed with transcripts and letters of recommendation by December.

Congressional Award

Youth programs staff would like to help your child work towards earning the Congressional Award. Please make an appointment to speak with one of our staff to help your child earn this prestigious award. The Congressional Award Program is about challenge. There are six levels of Award – Bronze, Silver, and Gold Certificates and Bronze, Silver, and Gold Medals. The minimum age to register is 13 1/2 and candidates must accomplish their goals by their 24th birthday. To earn the award, youth set goals in four program Areas: Volunteer Public Service, Personal Development, Physical Fitness, and Expedition/Exploration. Candidates select an adult advisor who will help them set challenging but achievable goals and plan activities to reach those goals. For detailed information, please visit <http://www.congressionalaward.org/> and contact one of our program specialists.

Power Hour

Power hour is homework time and space offered daily during the school year. Staff is available to assist with homework, and youth are encouraged to complete their homework during the first hour after children arrive.

INSTRUCTIONAL PROGRAM

The following instructional programs are offered by contractors under Youth Programs.

Gymnastics, Building 16156- Instructor Ally Pledger- womyn1981@yahoo.com

YOUTH SPORTS AND FITNESS PROGRAM

We offer 4 sports seasons and clinics throughout the year, please contact us for coaching opportunities prior to season.

The season approximate schedule is:

Soccer- Registration July/August

Basketball-Registration November/December

Baseball- Registration February/March

Track- Registration February/March

Various sports camps offered during summer & school out weeks.

RESPONDING TO SICK CHILDREN

A youth who becomes ill while in the Open Rec Program is made comfortable in a location away from other youth (isolation room). The youth's parent/guardian is contacted immediately to pick up youth as soon as possible not to exceed one hour from time of notification. Parents are advised to contact the program with the advice received from the child's medical professional, if a medical visit was deemed necessary. If a child's parent cannot be reached than the emergency contact will be called. If the condition is life threatening emergency personnel will be called.

CONTROLLING DISEASE POLICIES:

- When a diagnosis of a communicable disease is made of one or more children in the center, the exposed children shall be watched for symptoms of the disease and the parents of the exposed children shall be notified of the exposure
- In determining whether a child should be excluded from the Open Rec program, the following guidance has been established in accordance with Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, Third Edition.

REASONS FOR EXCLUSION AND TIME-FRAME FOR READMISSION TO PROGRAM

- If a child is removed from the center due to illness, the child may return when their presence will no longer endanger the health of other children and child feels well enough to participate in activities and outdoor play.
- **Fever, above 100.1° F** (37.8°C) axillary, accompanied by behavior changes or any other signs or symptoms of illness. The child will be excluded from care until fever free, without aid of medication, for 24 hours or until a medical evaluation finds the

child able to be included at the facility. Because young infants, 4 months of age or younger, may have serious illnesses without a significant change in behavior in the early stages of illness, an unexpected temperature, above 100.4° F (37.8°C) axillary, without behavior changes is significant and requires the seeking of medical attention.

- **Diarrhea**, defined by more watery stools, decreased form of stool that is not associated with changes of diet, and increased frequency of passing stool that is not contained by a diaper or the child's ability to use the toilet. Children with diarrhea illness of infectious origin generally may be allowed to return to the program once the diarrhea subsides. Refer to Caring for our Children when diarrhea is caused by Salmonella typhi, E coli, or Shigella infections.
Blood in stools not explained by change in diet, medication, or constipation/hard stool.
- **Vomiting** (two or more incidents in the previous 24 hours) until vomiting resolves or until a medical evaluation determines that the cause of the vomiting is not contagious, and the child is not in danger of dehydration.
- **Persistent abdominal pain** (more than 2 hours) or intermittent pain associated with fever or other signs/symptoms.
- **Mouth sores, with drooling**, unless medical evaluation determines the child is noninfectious.
- **Rash with fever or behavior change**, unless medical evaluation determines these symptoms do not include a communicable disease.
- **Purulent conjunctivitis**, defined as pink or red conjunctiva with white or yellow drainage, until after treatment has been initiated.
- **Head lice**, from end of the day until after first treatment.
Scabies, until after the treatment has been completed
- **Tuberculosis**, until medical evaluation states the child is on appropriate therapy and can attend group care.
- **Impetigo**, until 24 hours after treatment has been initiated.
- **Strep throat** or other streptococcal infection, until 24 hours after initial antibiotic treatment and cessation of fever.
- **Chickenpox**, until all sores have dried and crusted.
- **Pertussis**, until 5 days of appropriate antibiotics.
- **Mumps**, until 9 days after onset of parotid gland swelling.
- **Hepatitis A virus**, until 1 week after the onset of the illness, or as directed by medical evaluation.
- **Measles**, until 4 days after onset of rash.
- **Rubella**, until 6 days after onset of rash.

ADMINISTERING MEDICATION

- Youth Programs personnel will not administer eardrops, nose drops or eye drops.
- Prescription medicine can be administered to children with written daily parental permission. **AF Form 1055** must be completed in its entirety prior to staff administering medication.
- Children with special health problems such as, but not limited to, deafness, blindness, history of convulsions, epilepsy, cerebral palsy, or who are physically or

mentally challenged will be admitted only after completion of a special needs profile by the center director, parents, and with concurrence of the medical advisor.

HEALTH GUIDELINES FOR HAND WASHING

- Personnel, youth, and volunteers wash their hands upon arrival, before and after eating, or handling food, after toileting, after handling bodily fluids (e.g., mucus, blood, vomit), after outside play, and before and after handling animals. Staff wash their hands before and after administering medication and after handling garbage or cleaning. Signs are posted near hand washing sinks reminding staff and youth of hand washing procedures. Proper hand washing procedures are followed:
 - Wash with liquid soap and running water for at least 20 seconds
 - Use disposable towels, to dry hands and turn off water.

ACCIDENT REPORTS/MEDICAL EMERGENCIES POLICY

It is our policy to complete an accident report when a child is injured at our facility. If the injury is severe, 911 will be called. If needed, trained staff will administer First Aid/CPR and child will be transported by ambulance to the nearest medical facility. Parents will be notified as soon as possible.

DISCIPLINE/GUIDANCE

All staff receive mandatory annual positive guidance and appropriate touch training. Please let us know if you would like a copy of this training.

The following are in use in our program as appropriate guidance techniques.

- Considering possible reasons for behavior
- Listening
- Understanding development
- Providing opportunities for choices
- Establishing limits and rules
- Anticipating and preventing challenging behaviors
- Indirect guidance
- Reinforcement
- Redirection
- Intentional environments
- Logical and Natural consequences
- Conflict resolution
- Providing language to identify expressions of emotions
- Modeling pro social behaviors
- Be in control without being over controlling
- Restraint (a last resort when children are endangering themselves or others, and when child has been unresponsive to all other guidance techniques, the intent is to keep the child safe and to assist with calming behaviors.)

SUSPENSION FROM SCHOOL

When a child has been suspended from school, are NOT eligible to receive care at the program until their suspension has been completed. Alternate arrangements must be made. During suspension, parents are still responsible for weekly payment.

STAFF REQUIREMENTS

All staff are trained in the following:

- 1) Emergency procedures - fire evacuation (monthly drills), caring for an injured child, First Aid, CPR, etc.
- 2) Protection of children's health and safety - sanitation procedures, recognition of hazards, accountability, etc.
- 3) Child abuse - recognizing, reporting, preventing, etc.
- 4) Developmentally appropriate practices – activities, adult-to-child interactions, learning environment, etc.

HIGH RISK ACTIVITIES POLICY

High risk activities such as swimming, woodworking, cooking, and field trips will have a lower staff to child ratio. Staff are trained on specific guidelines and ratios for each activity.

TRANSPORTING CHILDREN/FIELD TRIPS POLICY

Parents will be given written notice of upcoming field trips. Vans with seatbelts will be used for fieldtrips. Staff members who drive on field trips are required to have a current drivers' license and a yearly driving records check.

EMERGENCY PROCEDURES/PLANS

FIRE PREVENTION AND EVACUATION

Fire drills are conducted monthly. In the event the Youth Center needs to evacuate, the children will first be taken to the CDC, an alternate evacuation point will be the Main chapel across from the CDC.

ACTIVE SHOOTER PROCEDURES

Evacuate the area if possible

Lockdown and alert all building occupants to lockdown

Move away from all windows

Remain quiet. Turn off all radios, TV's, lights, & electronics

Use phone services sparingly, so communications remain open for emergency responders

Do not allow personnel or parents to enter/exit the building during lockdown procedures until the 'ALL CLEAR' is announced. **NOTE:** Movement within the facility is permitted.

EMERGENCY CLOSURE

Facility closure is determined by the Youth Programs Director in cooperation with Public Health, Emergency Services, etc. Parents will be notified of facility closure as soon as possible.

NATURAL DISASTER POLICY

Staff and children are trained on safety procedures in the event of a fire or an earthquake.

Procedures for earthquake safety and fire evacuation plans are posted in the activity rooms.

INEBRIATED PARENTS POLICY

Staff is not allowed to release children to parents who are inebriated. Security Forces will be called if help is needed. Please make other plans for the pickup of your children if necessary.

PROTECTION FROM TOXIC MATERIALS

The center has been tested for Radon, Asbestos, and Lead Based Paint. Any new work requires safety statements on these three items. The center follows Hazmat and MSDS procedures for chemicals, cleaning supplies, etc.

BASE CHILD SUPERVISION POLICY

The Base Child Supervision Policy is posted in the Lobby of the Youth Center. This policy states ages that a child on Vandenberg AFB can be left alone, babysit, etc.

CLOSED CIRCUIT VIDEO MONITORING

All children and youth are subject to closed circuit video monitoring and recording as part of their participation/enrollment in Child & Youth Programs (CYP).

INTERNET SAFETY POLICY

During our program day your child may have access to the internet on the iPads and program computers. The program is protected by parental control software and your child is also made aware of safe internet use. Open Rec members must sign an online safety contract.

CYB-MFLC PROGRAM

We have a valuable program available to support children, families, and staff. It is the MFLC (Military Family Life Consultant) Program and we have a Child and Youth Behavioral MFLC representative in our programs during the school year and full time during the summer camp program. MFLC provide support while on-site to staff and children with a variety of issues, MFLC are available for conversation and interaction with the children and staff. The MFLC representative is required to be in the line of sight of a staff member or parent for safety and security purposes. MFLC are also available at no cost to families to provide support and assistance at a meeting location of mutual agreement, other than the family home, to assist with a variety of issues such as communication, behavior, deployment, divorce and much more. Please contact them at 805-423-3261 to arrange a time to meet or speak about your issues or concerns. There is also an adult MFLC representative available through the Military & Family Readiness Center to provide support and assistance to individuals and couples and MFRC can be reached at 805-400-0238.

TERMINATION

Patrons must notify the Youth Programs personnel in writing a minimum of two weeks prior to any other selected date to arrange termination of this agreement. In the event that written notice is not received, the patron will be charged for the time during the mandatory two-week notification period.

PARTICIPATION

The program does not allow participation by minors without consent from a parent or legal guardian.

DISCLAIMER

The Vandenberg SFB Youth Programs does not allow any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make such preference, limitation or discrimination.

COMMUNITY SERVICES LIST

Below is a partial list of community services for Vandenberg AFB and the surrounding community. Please see the lobby for a fully inclusive list in the red binder.

EMERGENCIES

- 9-1-1
 - For Ambulance, Fire, Police, call 9-1-1 (from land line or cell phone)
 - Vandenberg AF Base Command Post Emergency – 606-9961
- 21st Medical Group- is a clinic not an emergency room
Building #13850, Corner of Nebraska Ave and South Dakota Av, Vandenberg AF Base 93437, www.vandenberg.af.mil
- Medical Appointments - 606-CARE

MENTAL HEALTH CLINIC

Building 13850, Corner of Nebraska Ave and South Dakota Ave, Vandenberg AF Base, 93437, www.vandenberg.af.mil,

Hours: 0730 – 1630

Phone Number: 606-821

- **Suicide Prevention Hotline** – 1-800-SUICIDE, OPEN 24 HOURS A DAY, 7 DAYS A WEEK
- **Santa Barbara County Suicide Prevention Hotline** – 1-800-400-1572

FAMILY ADVOCACY PROGRAM

Family Advocacy is located at building 13850, corner of Nebraska Ave and South Dakota Ave, Vandenberg AFB, CA. 93437, www.vandenberg.af.mil, 606-5338.

Hours: 0730 – 1630

MILITARY & FAMILY READINESS CENTER

Located at 706 Washington Ave, building 10122, www.vandenberg.af.mil, 606-0039

Hours: 0730 – 1630

Services offered include:

EDUCATION CENTER

Building number 14001, www.vandenberg.af.mil

Hours: 0730-1630

Phone: 605-5900

LEGAL OFFICE

Located at building number 747 Nebraska Ave, C-104, Call for appointments: 606-6200

30 SERVICES SQUADRON ACTIVITIES

- Human Resources Office - 606-8906
- Lodging - 606-1844
- Fitness Center - 606-3832
- Pacific Coast Club - 734-4375
- Bowling Center - 734-1310
- Library - 606-6414
- Auto Hobby Shop - 606-6014
- Tickets & Tours (ITT) - 606 -7976
- Outdoor Recreation - 606-5908
- Equipment Rental – 606-5908
- Aquatic Center - 606-3581
- Child Development Center - 606-1555
- Family Child Care Programs - 606-1555
- Youth/School Age Care program - 606-2152
- Veterinary Clinic - 606-3019
- Fam Camp - 606-8579

BASE COMMUNITY SUPPORT PROGRAMS

- Base Chaplains: 606-5773
- Life Skills Support Center: 606-8217
- Military One Source: www.militaryonesource.com, (User ID: military; PW: OneSource) 1-800-342-9647
- Air Force Suicide Prevention website: <http://afspp.afms.mil>
- Santa Maria 24 Hour Suicide Helpline: (805) 925-1100 or (805)928-5818
- Alcohol and Drug Abuse Prevention Treatment Program: 606-8217
- Airman Against Drunk Driving: 606-2233
- Alcoholics Anonymous: (805) 925-3782
- Airman & Family Readiness Center: 606-0039
- Family Advocacy: 606-5338
- Domestic Violence Solutions: (805)925-2160
- Department of Social Services: (805) 346-7135
- Sexual Assault Response Coordinator: 606-SARC/606-7272
- North County Rape Crisis Center and Child Protection Center: Lompoc – (805) 736-7273
Santa Maria (805) 928-3554
- Airman's Attic: 606-5484
- Area Defense Council: 606-3637
- Legal Aid Foundation: (805) 922-9909
- Health and Wellness Center: 606-2221

SANTA BARBARA COUNTY INFORMATION & REFERRAL (no Federal endorsement implied)

- 2-1-1 Santa Barbara County 2-1-1 is the national abbreviated dialing code for free access to health and human services information and referrals, www.211sbcounty.org or dial 1-800-400-1572.
- 9-1-1 Emergency Services and for non-emergency services (805) 606-3911.
- Child Care Connections (800) 543-7793. Provides childcare referrals, childcare consultations and training for the community on early childhood issues, www.rnnetwork.org, (415) 882-0234, California Resource and Referral Network.

BASIC LIVING NECESSITIES

- **Food Bank of Santa Barbara County** – Provides information on how to receive food, www.foodbanksbc.org, (805) 937-3422.
- **WIC (Women, Infants and Children) Program**, (800) EIC-WORKS, www.fns.usda.gov/wic Lompoc, (805) 737-6470.

CRISIS CENTERS

- **American Red Cross** – Emergency & rehabilitation assistance for disaster victims, www.sbredcross.org, Lompoc Ca. (805) 736-5110, Santa Maria (805) 928-0778.
- **Mental Health Systems** – Provides mental health, drug and alcohol abuse rehabilitation services, (805) 925-8911, www.mhsinc.org
- **Teen Line** – 1-800-852-8336
- **California Youth Crisis Line** – 1-800-843-5200

DISABILITIES & SPECIAL NEEDS

- **Community Partnership for Child Development** – provides free, comprehensive early child education programs. Child & family services include health and dental screenings, family support and education, www.volunteersbc.org
- **California Child Services** – Provides testing for early intervention for high-risk infants, medical care to children who are at risk for or who have serious, chronic and disabling physical or diseases www.sbcphd.org/cms/ccs.html

EMPLOYMENT

- **Work Force Resource** – The Resource Room Career Lab provides job seekers with internet access, resume building tools, workshops, self-directed assessment tools and more www.workforce.com (805) 614-1550.

INDIVIDUAL AND FAMILY COUNSELING

- Crisis Line Immediate Assistant 1-888-868-1649.
- Santa Barbara County Health Services 1-800-896-4042

LEGAL ASSISTANCE

- **Child Support Services** – Full-service child support enforcement service, www.countyofsb.org/dcss.index.asp, Lompoc, CA, (805) 739-9102, Santa Maria, (805) 934-6295

RECREATION

- Santa Maria Parks and Recreation, www.cisanta-maria.ca.us, (805) 925 -0951, ext. 1 or 260
- Lompoc YMCA, www.ciymca.org/lompoc.index.html

YOUTH AND ADOLESCENTS

- Lompoc 4-H Club, www.lompocvalley4h.tripod.com, (805)588-9669
- Boy Scouts of Lompoc, <http://www.locbsa.org>, (805) 735-3235
- Girl Scouts of California Central Coast, www.girlscoutscoc.org, 1-800-624-4757