

Beyond the Basics: Resources for clients

Rebecca Soliday, LMFT

I. Helplines & resource centers

Sacramento County

A. WEAVE

- Current or past IPV only (no family violence); also serves as Sacramento County's main "rape crisis" center (see below)
- Live chat on website: <https://www.weaveinc.org/>
- 24/7 helpline: **IPV, sexual assault, and sex trafficking**
(916) 920-2952

B. My Sister's House:

- Population focus is API (Asian & Pacific Islander), but will serve all.
- People experiencing IPV/DV, sexual assault, or human trafficking
- Information on IPV/DV, SA, and HT on their website (in multiple languages): <http://www.my-sisters-house.org/>
- 24/7 Help line: **IPV, DV, sexual assault, & sex trafficking**
- (916) 428-3271

C. The International Rescue Committee

- "Foreign-born" people who have experienced **sex trafficking**, or anyone who has experienced **labor trafficking** (including US citizens)
- Serving thirty counties in Northern California: [The IRC HOPE Program](#)
- Referral line is office hours only M-F 8am-5pm (916) 482-0120

D. [Man Alive Sacramento](#) / No 2 Violence

- People who have enacted violence or abuse in their relationships (**all genders**)
- 52-week paid program (no free services)

E. [Mental Health First Sacramento](#). Crisis line that's an alternative to 911

- Friday through Sunday, 7:00pm to 7:00am
- Call/text: (916) 670-4062

Beyond the Basics: Resources for clients

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Mental Health Crisis resources in Sacramento County:

- **Lower level crisis: Mental health respite**
 - [Hope Cooperative](#): Clients can stay for 23 hours
 - (916) 737-7483
 - [Turning Point](#) Clients can stay for 23 hours
 - (916) 287-4860
- **Childcare respite (emergency childcare)**
 - [Sacramento Children's Home Crisis Nursery Program](#) Two locations in Sacramento. Serves Sacramento County.
- **Pet respite (support for people experiencing DV and their pets)**
 - [Relief - Domestic Violence and Pets - RedRover](#)
- **Higher level crisis: [Mental Health Urgent Care](#)**
 - Phone: (916) 520-2460
 - Address: 2130 Stockton Blvd, #300, Sacramento, CA 95817
 - Monday – Friday open 8am – Midnight last walk-in at 10:00pm
 - Saturday /Sunday & Holidays: open 8am – 8pm
(last walk-in at 6:00pm)

El Dorado County

F. Center for Violence-Free Relationships

- El Dorado County = El Dorado Hills, Cameron Park, Shingle Springs, Placerville, Camino, and up to South Lake Tahoe
- Services for people have experienced domestic violence or sexual assault (NOT trafficking)
- 24/7 crisis lines: **IPV/DV, sexual assault (NOT trafficking)**

Beyond the Basics: Resources for clients

Rebecca Soliday, LMFT

(530) 626-1131 AND (916) 939-6616

Nevada County

G. Community Beyond Violence (CBV)

- Western Nevada County: Grass Valley, Nevada City, Penn Valley
- 24/7 crisis line: **IPV/DV, sexual assault, & sex trafficking**
(530) 272-3467

H. Sierra Community House

- Eastern Nevada County: North Lake Tahoe and Truckee
- 24/7 crisis line: **IPV/DV, sexual assault, & sex trafficking**
(800) 736-1060

Placer County

I. Stand Up Placer

- Placer County encompasses Roseville, Rocklin, Lincoln, Auburn, Colfax, and South Lake Tahoe
- 24/7 crisis line: **IPV/DV, sexual assault, & sex trafficking**
(800) 575-5352

San Joaquin County

J. Women's Center Youth and Family Services

- San Joaquin County = Stockton, Tracy, Lodi, Manteca
- Despite the name they serve people of all genders
- **Crisis - Domestic Violence: (209) 465-4878**
- **Crisis - Sexual Assault: (209) 465-4997**
- **Crisis - Human Trafficking: (209) 948-1911**

Yolo County

K. Empower Yolo

- Yolo County = Davis, West Sacramento, Woodland, etc
- Services: people experiencing partner or family violence, stalking,

Beyond the Basics: Resources for clients

Rebecca Soliday, LMFT

sexual assault, or human trafficking

- 24/7 crisis lines : IPV/DV, sexual assault, & sex trafficking
(530) 662-1133 AND (916) 371-1907

Also provide services for people who have enacted violence or abuse via Alternatives to Violence Program

- [Alternatives to Violence](#) via Empower Yolo

All other counties

L. Master list of providers for DV in California (many also provide services for SA and HT, but not all)

- <https://www.cpedv.org/domestic-violence-organizations-california>

Statewide and national helplines *avail. 24/7 unless otherwise noted*

M. Human trafficking

- CAST LA (Coalition to Abolish Slavery, Los Angeles)
 - 1 (888) 539-2373
- National Human Trafficking Hotline
 - 1 (888) 373-7888
 - Textline: 233733

N. Intimate Partner Violence (national)

- Love Is Respect text line
 - Text “loveis” to 1 (866) 331-9474
- The Hotline
 - 1 (800) 799-7233
 - Also has a TTY number (see [website](#))
- The Network / La Red (for LGBTQ+ and kink communities)
 - 617-742-4911

O. Sexual Assault

Beyond the Basics: Resources for clients

Rebecca Soliday, LMFT

- California DeafSAFE
 - <https://www.norcalcenter.org/deafsafe/>
 - (916) 349-7500
 - (916) 993-3048 VP
 - (916) 550-9355 P3
- RAINN (national)
 - 1 (800) 656-4673

II. Supporting resilience: community-specific resources

A. Sacramento county (ppl from other counties may join also):

- [Safe Black Space](#): In person meetups and other resources
- [Gender Health Center](#): Online and in-person support groups; healthcare services, hair removal, and more!
- [Lavender Library](#): Drop-in events; library of books on LGBTQ+ history
- [Sacramento LGBT Center](#): including Q spot drop-in space for youth. Support groups, and housing and other assistance
- [Sol Collective](#): Open to all, focuses on supporting Latine and Indigenous community members with many free events.
- [SNAHC](#), a local FQHC provider, offers *Healing Ways* and other resources to support Indigenous people

B. Other areas, by county:

- El Dorado County: [New Morning Queer Youth Advocacy](#)
- Nevada: [Nevada County Pride](#)
- Placer: [Placer LGBTQ Center](#)
- San Joaquin: [SJ Pride Center](#)

Beyond the Basics: Resources for clients

Rebecca Soliday, LMFT

- Yolo: [Elevate Queer Yolo](#)
- Yuba, Sutter, Colusa: [Tri County Diversity](#)

III. Safety planning resources

A. General safety planning

- Love is Respect: multiple steps (see tabs) [Safety Planning](#)
- [National Network to End Domestic Violence "Safety Net" page](#)
- The Hotline: [Safety planning](#)

B. LGBTQ2s+ safety planning

- FORGE Forward [Safety Planning tool](#) for LGBTQ2s+ clients

IV. Handouts for clients

A. Healthy, unhealthy, and abusive relationships

- [Relationship Spectrum](#) (via the Hotline)

B. Types of abuse

- [Abuse Defined](#) (via the Hotline)

C. Power and control wheel

- [Gender neutral power and control wheel](#)
- [Gay, Lesbian, Bisexual and Trans Power and Control Wheel](#)

V. Organizations & other resources for clients

A. [Family Justice Center](#) (Sacramento County)

- For child and elder abuse, domestic violence, sexual assault, and human trafficking
- Legal and other assistance

B. California Victim's Compensation Board (CalVCB)

- [CalVCB website](#)
- Clients can apply here to get reimbursed for expenses related to the crime in question (e.g. moving or security expenses, medical expenses)

Beyond the Basics: Resources for clients

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- Clients can also apply for mental health funding ahead of time. If approved by the board, the client will receive a pre-set number of sessions that CALVCB will pay out to a provider that accepts CALVCB. Confusingly, the pre-approved funding is still referred to as “reimbursement” in the application
- Clients may need assistance completing paperwork
- Clients may request a letter of support from a medical professional or mental health care provider when applying, in lieu of a police report

C. Educational resources on IPV/DV

- [The Hotline](#)
- [Love Is Respect](#)
- [The Network/La Red](#)
 - Survivor led. Focuses specifically on LGBTQ2s+ communities as well as polyamorous and kink communities

D. Educational resources for sexual assault

- This podcast interview with Chantel Miller
 - [Emily and Chanel](#) (transcript link [here](#))
- [Chantel Miller Know My Name](#)
- [RAINN](#)

E. Educational resources related to sex and labor trafficking:

- Polaris Project
 - <https://polarisproject.org/>
- National Human Trafficking Hotline
 - [Resource Library](#)
 - [Training & Technical Assistance center \(NHTTAC\)](#)
 - [Runaway and Homeless Youth Training and Technical Assistance center \(RHYTTAC\)](#)