



S.D.M.F.C.
SAN DIEGO MILITARY
FAMILY COLLABORATIVE

What we do:

- A network of more than 200 military-affiliated service providers, organizations, government agencies & passionate supporters dedicated to improving social, economic, health & employment outcomes for military families throughout San Diego

How we do it:

SDMFC supports its members with

- Resources
- Information
- Educational opportunities on issues that impact local military-connected families

Who we serve:

28 member organizations

- Service providers
- Veteran Service Organizations
- Government agencies

Contact info:

SDMFC Director - Danny Romero

dromero@saysandiego.org

Office: 858-810-8259

www.sdmilitaryfamily.org



/sdmilfam



/sdmilfam



ARMED SERVICES YMCA



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What we do:

- The Armed Services YMCA San Diego provides social, educational, and recreational programs to meet the needs of military service members and their families.

How we do it:

- Clinical Counseling: free & confidential
- Community Events
- Family & Youth Enrichment: provide education & connection
- Wounded, Injured & Ill: supports families at Naval Medical Center

Who we serve:

- Active duty military families, with a focus on E-7 and below

Contact info:

Website: ASYSD.org

Phone: 858-751-5755

Address: 3293 Santo Road, San Diego, CA



Arts for
Learning
San Diego
An Affiliate of Young Audiences
Arts for Learning



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What we do:

- Arts for Learning San Diego engages professional teaching artists to provide high-quality, arts-based educational opportunities in all art forms for students, educators, families and communities; advocating, leading and advancing education through the arts.

How we do it:

- Over 100 professional teaching artists deliver arts education programs through artists-in-residence, workshops, performances, and professional learning opportunities in schools and community venues.

Who we serve:

- Active duty military families living in Lincoln Military Housing
- Schools with high military student populations

Contact info:

Tara Graviss,
Executive Director
Tara@artsforlearningsd.org
619-282-7599 x111
www.artsforlearningsd.org

Courage to Call

A PROGRAM OF
mhs MENTAL
HEALTH
SYSTEMS



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What we do:

- Courage to Call is dedicated to improving mental wellness for Veterans, Active Duty, Reservists, National Guardsmen and their families via outreach, education, a 24/7 helpline, as well as individual short-term, solution focused prevention-oriented plans. The program is led by veterans and their family members.

How we do it:

- Resources
- One on One Support
- 24/7 Peer-line
- Food Distributions
- Clothing Closet

Who we serve:

- Active Duty
- Veterans
- Reservists
- National Guard
- Families

Any branch, all eras, regardless of discharge status.

Contact info:

Jennifer Santis, Community Liaison

jsantis@mhsinc.org

858-636-3608

www.courage2call.org

24/7 peer line: 1-877-698-7838



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What we do:

- Bob Hope Veterans Support Program
- One-on-One
- Customized employment services
- Connections to resources necessary to support a successful transition to the civilian workforce

How we do it:

- In-person with an Employment Specialist
- Discovery process
- Service member/veteran defines “*meaningful employment*”
- Connections, networking & advocacy with employers

Who we serve:

- Active duty within 12 months of transition & post 9-11 veterans, regardless of disability status
- Discharge: Honorable, General & Other-than-Honorable
- Spouses/domestic partners/service-member/veteran unable to work due to a medical condition or disability

Contact info:

John Funk, Director of Operations

John.Funk@essc.org

703-785-2810

www.easterseals.com/southernca



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What we do:

- Fleet & Family Support Center (FFSC) provides a full range of educational and clinical counseling programs and services to active duty and retired military personnel and families.

How we do it:

- FFSC has seven different locations throughout Metro San Diego: NBSD, NBC, NBPL, Bayview, Village of Serra Mesa, Gateway Village and Kearny Mesa. We also offer support on the Family Readiness Express that travels throughout the county. FFSC has Deployed Resiliency Counselors on all of the big deck ships and we go on board ship to offer a variety of programs.

Who we serve:

- Fleet & Family Support Center (FFSC) provides services to Active Duty service members and Retirees and family members as well as Reservists on active duty.

Contact info:

Janet M Paulovich
Director, Fleet & Family Support Center San Diego

Phone: 619-556-9353

Cell: 443-926-6264

Email: Janet.Paulovich@navy.mil

www.navylifesw.com/ffsc

www.facebook.com/FFSCSD



What we do:

- The Positive Parenting Program (Triple P) is an evidence-based program that finds positive solutions to common childhood behavior issues. The approach has shown major success in promoting family harmony, reducing conflict, and setting up kids for success in school.

How we do it:

- Free 3-session seminar series available in English and Spanish. Childcare and healthy snacks provided. We also offer individual sessions for families that prefer one-on-one format.

Who we serve:

- JFS's Positive Parenting Program serves all regions of San Diego County. Priority is given to military families and all services are free of charge.

Contact information:

Jennifer Martin
Parent Educator
(858) 637-3375
Jennifer.m@jfssd.org



Programs offered include:

- Family Workshops for Separated and Divorced Families
- Peak Performance Military Family Groups (offered upon request)
- Counseling services for children

How we do it:

Kids' Turn San Diego offers specially designed programs that change family relationships in positive ways so children are happier and have brighter futures.

Who we serve:

- Children and families experiencing any type of family separation or military transition
- Children between the ages of 5 -17 years old

Contact information:

Cristina Ascencio
Client Services Outreach Specialist
858-521-0027

www.kidsturnsd.org



What we do:

- KPBS serves San Diego and Imperial counties with trusted news and programs that tell the stories of our time.
- Education is a core value – from our children’s programming to our local news coverage.
- KPBS stories that make us think, help us dream, and keep us connected.

How we do it:

KPBS delivers its programs content via multiple outlets, including television, radio, and digital media.

KPBS runs several events and initiatives that engage audiences including:

- GI Film Festival San Diego
- OneBook, One San Diego
- Community Conversations

Who we serve:

- KPBS serves more than one million audience members weekly through it’s TV, radio, online, and digital platforms.
- KPBS is a public service of San Diego State University.
- Our events and initiatives deepen our connection to kids and families, adult learners, and the veteran/military connected community.

Contact information:

Claudine Casillas, Special Events & Communication Mgr.

(619) 594-4266 | ccasillas@kpbs.org

www.kpbs.org |

www.gifilmfestivalsd.org



What we do:

- Marine & Family Programs provides dedicated programs and services to care, strengthen and inform Marines, Sailors and their families.

How we do it:

We provide the following services and programs:

- Behavioral Health
- Family Care
- Marine Corps Family Team Building
- Personal and Professional Development

Who we serve:

- Service Members, Retirees, and their families

Contact information:

- Behavioral Health – Shelly Falconer, 619-725-6241
- Family Care – Natalie Francisco, 619-524-0784
- Marine Corps Family Team Building, Randi Salvati, 619-718-3767
- Personal and Professional Development, Barbara Padilla, 619-524-6780



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What we do:

- Our GOAL is to ensure every military-connected child is college, workforce, and life-ready by working to ensure inclusive, quality educational opportunities for the children affected by mobility, transition, deployments and family separation.

How we do it:

- *Student2Student Programs*
Peer Support Training – grades 1st – 12th
- *Parent Education Initiatives*
Webinars-podcasts-SchoolQuest
- *Professional Development*
Trainings with CEUs – MSTC A
- *MIC3 – MSI – State mandates*
- *Purple Star Campus Program*

Who we serve:

- We serve the *CHILDREN* of those who serve us all.
- We empower *PARENTS* to become their child's best advocate.
- We educate *COMMUNITIES* that are committed to creating an environment where military-connected children thrive.

Contact Information:

JEN GIBBONS
951-972-0611
Community Liaison for SoCal
MILITARYCHILD.ORG
Jennifer.gibbons@militarychild.org



Child Development Centers (CDC)

- Offers full-time day care programs for children ages six weeks to five years, and hourly care on space availability
- 14 CDCs in Metro San Diego which includes a 24/7 Center, Children's Waiting Room, MCAS Miramar and MCRD

Child Development Home (CDH)

- Offers home care for small groups of children, ages 6 weeks to 12 years, in military family housing, & off-base civilian housing
- The CDH Program supported by staff members to provide certification, training and monthly home visits
- CDH program is offered in the Metro San Diego area
 - Metro San Diego CDH Program- 84 Providers

How we do it:

- Direct, quality care and programming
- Outreach to families and schools
- Direct assistance with schools and families
- Resource and referral

Who we serve:

School Age Care (SAC) and Youth

- Offers before and after-school care, day camps, teen programs, youth sports, recreational activities for youth 6-18 years of age, hourly care on space availability, and Youth Sponsorship
- 9 SAC/Youth Programs in Metro San Diego

School Liaison Officer (SLO)

- Offers family and school support with deployment, PCS, homeschool, post-secondary, Partnerships-in-Education, special needs system navigation
- 4 Metro San Diego SLOs

Contact Information:

Janet Hooten
Navy Region Southwest
CYP Program Manager
619-532-4251

<https://www.navylifesw.com>



What we do:

- PsychArmor® Institute provides critical resources to Americans so they can effectively engage with and support military service members, Veterans and their families across our nation.

How we do it:

- We produce online training videos — delivered by national subject matter experts on a cutting-edge educational platform. Unlike any other online education provider, we have a support and resource center that provides follow-up coaching to our learners to reinforce the skills and knowledge provided in our courses.

Who we serve/eligibility criteria:

- We serve those who engage with and support military service members, veterans and their families

Contact information:

Partnership & Development Director,
Nicole Shaia
Email: nshaia@psycharmor.org



San Diego County **Suicide Prevention** **Council**

Convened by Community Health Improvement Partners



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What we do:

- The San Diego Suicide Prevention Council is a community-wide collaborative with a mission to prevent suicides and its devastating consequences in San Diego County

How we do it:

- Provide free suicide prevention trainings in the community (i.e. QPR, ASIST)
- Suicide Prevention Action Plan 2018 Update
- Five Subcommittees (Higher Education, Faith Organized Outreach, K-12 Schools Collaborative, Media, Assessment & Evaluation)
- Bring together and form a network of community partners to strategize on suicide prevention efforts

Who we serve:

- Everyone in San Diego County who is interested in preventing suicide in their community

Contact information:

Lora Cayanan

lcayanan@sdchip.org

858-609-7979

www.spcsandiego.org



What we do:

- SAY San Diego works to address the needs of individuals and/or families by working collaboratively to create positive change by enriching youth, empowering individuals and families, and engaging communities.
- SAY San Diego convenes and provides backbone support of SDMFC.

How we do it:

- SAY provides 30+ program & services including:
 - Parenting initiatives (Dads Corps, First 5, First Steps, & playgroups)
 - Health & wellness initiatives (Family Yoga & Community garden, ATOD)
 - Community Collaboratives
 - Before and afterschool programs
 - Mental Health counseling and case management

Who we serve:

- Programs served out of the Healthy Start Military Family Resource Center are open to all military families across San Diego County
- For specific program requirements for all of SAY San Diego's programs visit www.saysandiego.org

Contact information:

Danny Romero

dromero@saysandiego.org

858-810-8259

<https://www.saysandiego.org/>



What we do:

- Assisting young military and transitioning veterans and their families move from financial crisis to self-sufficiency.

How we do it:

- STEP provides financial counseling, grants and other supportive services. Apply on our website: www.stepsocal.org

Who we serve:

- Active duty military E-1 through E-6 and veterans within 18 months of separation with an honorable discharge.

Contact information:

Tracy Owens (LCDR, USN (Ret.)
Phone: (858) 695-6810 Ext. 271
Email: Tracy.owens@stepsocal.org
Website: www.stepsocal.org



The Elizabeth Hospice



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What we do:

- Pediatric and Adult Hospice Care
- Palliative Care
- Grief Support- individual, family, couples, children counseling

How we do it:

Members of the hospice care team may include:

- Physician
- Nurse
- Home health aide
- Social worker
- Chaplain

Who we serve:

- We care for any child or adult with a life limiting illness
- Grief support services are open to all in the community

Contact information:

800-797-2050

www.elizabethhospice.org

The Elizabeth Hospice is a 501(c)(3) nonprofit that provides care to everyone in the community, regardless of their ability to pay.



What we do:

- Connect military families with civilian businesses and assistance.
- Access to special discounted services.
- Local subject matter experts.
- Facilitate volunteerism to connect civilian and military communities .

How we do it:

- Military “client” contacts us through 211 Opt 7, through a vet/transition support org or directly to 844-VET-CONX
- We determine their need (non-urgent, non-critical needs only)
- Connect them to one of our 280 Resource providers

Who we serve:

- Active duty, all branches, and their families
- Veterans, all eras, and families
- Discharge: Honorable, General & Other-than-Honorable

Contact information:

Bill Loeber, Program Manager

Bill@VCCSanDiego.org

619 997 0946

www.VetsCommunityConnections.org



What we do:

- Provide military service members and their spouses transition support through personalized navigation of uniquely best suited resources on the journey to civilian life.

How we do it:

- Assign each VIP (Veteran in Process) with a Resource Specialist who has lived military experience
- Assess VIP's needs/goals for transition
- Refer VIP to best suited resource through SD United or warm handoff to contact from resource organization

Who we serve:

- Plan to live, work or go to school in San Diego, Riverside, Imperial or Orange County
- Active Duty/Spouse - Separating:
 - Be 9 months from discharge
- Active Duty/Reservist/National Guardsman/Spouse – Retiring
 - Up to 2 years from discharge
- Reservist/National Guardsman/Spouse – Separating
 - Be 90 days prior to deployment/activation
 - Be within 1 year of return from deployment/activation

Contact information:

Stacey Odell, MSW, ASW #83811
Programs Director
sodell@zero8hundred.org
858-309-4415
zero8hundred.org