

Wellness Resources
Mendocino County
November 2017

Ukiah Unified School District



Area	Resource Summary
American Heart Association	<p>American Heart Association Website: www.heart.org</p> <p>The Wellness Guide includes walking path icons healthy eating, information on exercise programs, managing stress, alcohol consumption. The website also offers regular email newsletter and updates.</p>
Substance Use Disorders Treatment Programs	<p>Substance Use Disorders Treatment Program 1120 South Dora Street Ukiah, CA 95482 (707) 472-2637 </p> <p>Substance Use Disorders Treatment (SUDT), assists participants, who have substance use disorders, to create and maintain a healthy, balanced lifestyle, free of alcohol and other drug abuse. In order to assist participants to make positive changes in their lives.</p> <p>Website: https://www.co.mendocino.ca.us/hhsa/adult/aod.htm</p> <p>New Beginnings Classes</p> <p>This campus meets the educational standards, while also offering individualized programs for each Juvenile Probation referred student. Services include individual counseling, group therapy, and alcohol and other drug treatment.</p> <p>Other Intervention Programs for Youth</p> <p>Alcohol and Other Drug Programs (AODP) facilitates several school-based prevention, intervention and counseling programs that enhances youths' internal strengths and resiliency while addressing patterns of substance abuse.</p> <p>Prevention and education groups, individual and group counseling, and a variety of clean and sober health activities, along with community service projects are among the offerings of these services.</p>
Cancer Services	<p>Breast Cancer Fund 1388 Sutter Street, Suite 400 San Francisco, CA 94109-5400 (866) 760-8223 </p> <p>Website: http://www.breastcancerfund.org/reduce-your-risk/tips/</p> <p>he mission of the Breast Cancer Fund is to identify and eliminate the environmental causes of breast cancer and create partnerships with like-minded companies that strive to protect our health and the health of our environment. Check out the the tips and take preventive measures to protect your family from cancer.</p> <p>Cancer Resource Center of Mendocino County 45040 Calpella St, Ukiah, CA (707) 467-3828 Website: http://crcmendocino.org. The Cancer Resource Center's Patient Navigation program provides cancer patients, cancer survivors, and the circle of family and friends who support them the information and support they need to understand and manage diagnostic and treatment options, surmount financial and logistic hurdles, and maintain their family and professional life while undergoing treatment. The Center also offers a lending library, support groups, nutritional counseling, and many other services to cancer patients and their families.</p>



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Crisis Line	California Coalition for Youth 1-800-843-5200 Website: http://www.youthcrisisline.org/contact.html Offers support, encouragement, and referrals to youth needing assistance or in crisis situations. The California Youth Crisis Line connects an average of 12,000 callers with vital resources annually.
Eldercare Services	Aging and Elder Support Resources and information to assist older adults: http://www.co.mendocino.ca.us/hhsa/adult/adult.htm Resources for the Sandwich Generation (adults caring for elderly parents) <i>Information from the California Department of Insurance</i> Plan Ahead for Insurance Needs After Age 50: http://www.insureuonline.org/insureu_getready_turning50.htm Five Tough Questions to Ask: http://www.insureuonline.org/event_turning50_five_questions.pdf 10 Smart Insurance Things To Do As You Turn 50: http://www.insureuonline.org/event_turning50_take_action.pdf
Flu Vaccinations	Mendocino Department of Public Health (MDPH) Free Flu Vaccinations: For times and locations: http://www.co.mendocino.ca.us/hhsa/publichealth.htm
Local Hospitals	Ukiah Valley Medical Center https://www.adventisthealth.org/ukiah-valley/pages/default.aspx UVMC offers free classes on various topics including nutrition, smoking cessation and behavior modification.
Mental Health	Behavioral Health & Recovery Services Cares for the people of Mendocino County whose lives are affected by mental illness 24/7 Crisis Hotline: http://www.co.mendocino.ca.us/hhsa/mentalhealth.htm . Access Centers located throughout Mendocino County: (800) 559-5906
Smoking Cessation	California's Smokers' Health Line 1-800-NO-BUTTS (800) 662-8887 The California Smokers' Helpline is a telephone program that can help you quit smoking. Helpline services are funded by the California Department of Public Health and by First 5 California.
Stress Management	Student's Guide to Managing Stress Web-based resource to assist students in managing stress http://www.bestcolleges.com/resources/balancing-stress/
Wellness Resources	Healthy Mendocino: http://www.healthymendocino.org The website provides an abundance of information on health, housing, nutrition and wellness services throughout Mendocino County Avenues to Wellness: http://www.avenuestowellness.org . Organization committed to providing and promoting innovative and accessible wellness programs, activities, resources, and education which encourage healthy eating, exercise, and other life affirming behaviors while nurturing the body, mind and spirit.