

Members of the Board

June Getz
Lynnette Jenkins
Marla Mattenson
Jody Molodow
Mary Jane Wagle

Administration

Cesar Lopez
Executive Director

Margret Woelke
Executive Director

Susan Huitron
**Human Resources/
Business Operations Manager**

**Administrative Office – APEX Academy**

1309 N. Wilton Place – Room 321
Los Angeles, CA 90028
Phone: (323) 817-6550 Fax: (323) 323-817-6555
<http://www.apexacademy.org>

Matrix for Success Academy – Independent Studies

1010 E. 34th Street
Los Angeles, CA 90011
Phone: (323) 897-5971 <http://matrix4success.org/>

PARENT/GUARDIAN AND STUDENT NOTIFICATION

How to Initiate Access to Mental Health Services on Campus or in the Community

In accordance with Assembly Bill (AB) 2022, PazLo Education Foundation – APEX/MATRIX will provide information to parents, guardian, and students on how to access available Pupil Mental Health services in the community. PazLo Education Foundation – APEX/MATRIX support positive connections with peers, family, school and community by providing a list of resources families can utilize to promote health relationships, self-reflection, and problem-solving skills to optimize school success. Below is a list PazLo Education Foundation – APEX/MATRIX will use to notify and assist parents to initiate services:

1. Apex Academy Web site - <http://apexacademy.org/governance/charter-documents-compliance.html>
2. **MATRIX for Success** Web site - <http://matrix4success.org/governance/charter-documents.html>
3. Mail Home Notice/Parent Take Away
4. Public Posting in Main Office, room 3

If further assistance is needed, please contact the following:

- APEX Academy – Jasmine Mendez, Middle School Counselor, email: jmendez@apexacademyhs.info
Veronica Hernandez, High School Counselor, email: vhernandez@apexacademyhs.info
- MATRIX for Success – Isabel Mendoza, Social Worker email: imendoza@matrix4success.org

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MENTAL HEALTH SERVICES

URGENT CARE CENTERS

**Exodus Mental Health
 Eastside Urgent Care Center**

1-323-276-6400
 1920 Marengo St.
 Los Angeles, CA 90033
<https://www.exodusrecovery.com/l-a-eastside-ucc>

**Exodus Mental Health
 MLK Urgent Care Center**

1-562-295-4617
 12021 S. Wilmington Ave., Bldg 10
 Los Angeles, CA 90059
<https://www.exodusrecovery.com/urgent-care-center-mlk>

**Exodus Mental Health
 Westside Urgent Care**

1-310-253-9494
 11444 W. Washington Blvd., Suite D
 Los Angeles, CA 90066
<https://www.exodusrecovery.com/urgent-care-center-ucc-westside>

**Exodus Mental Health
 Harbor UCLA Urgent Care Center**

1-424-405-5888
 1000 W. Carson Street, Bldg 2 South Torrance, CA 90509
<https://www.exodusrecovery.com/harbor-ucc>

La Casa Mental Health Urgent Care Center

1-562-790-1860
 6060 Paramount Blvd.
 Long Beach, CA 90805
<https://www.telecarecorp.com/mental-health-urgent-care-center>

Olive View Community Mental Health Urgent Care Center

1-818-485-0888
 14659 Olive View Dr.
 Sylmar, CA 91342

EXODUS URGENT CARE CENTER (UCC) - 24 HOUR PSYCHIATRIC CRISIS CENTER

12021 S. WILMINGTON AVE., 2ND FL.
 LOS ANGELES, CA 90059

HOMELESS OUTREACH AND MOBILE ENGAGEMENT (HOME) TEAM

695 S. VERMONT AVE., 9TH FLOOR
 LOS ANGELES, CA 90005

LAC + USC MEDICAL CENTER - CRISIS STABILIZATION

1200 N. STATE STREET
 LOS ANGELES, CA 90033

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MENTAL HEALTH HOTLINE 24/7

800-854-7771

For general Mental Health Services Division question,

please contact us directly.

By phone: (916) 322-7445

By e-mail: DHCSMHSD@dhcs.ca.gov

The following resources can be found at

<https://www.namiurbanla.org/resources> along with a more extensive list.

National Suicide Prevention Lifeline

Text: 9-8-8

1-800-273-TALK (1-800-273-8255)

1-888-628-9454 (En Español)

1-800-799-4889 (TTY Service for Deaf & Hard of Hearing)

This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress. By calling, you'll be connected to a skilled, trained counselor at a crisis center in your area.

www.suicidepreventionlifeline.org

Crisis Text Line

Text HELLO to 741-741

A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live trained crisis counselor will answer your text. It's been instrumental in helping millions of people especially teens.

www.CrisisTextLine.org

Teen Line

1-800-TLC-TEEN (1-800-852-8336) / 6pm - 10pm PST

Text TEEN to 839863 / 6pm - 9pm PST

A confidential teen-to-teen helpline that uses trained high school volunteers to help teen callers with any kind of problem. Service available in both the USA and Canada.

www.TeenLineOnline.org

Mental Health America of California

1-916-557-1167

Ensures that people of all ages, sexual orientation, gender, ethnicity, etc. who require mental health services and supports are able to live full and productive lives, receive the mental health services and other services that they need, and are not denied any other benefits, services, rights, or opportunities based on their need for mental health services.

<https://www.mhac.org>

ACCESS-LA County Helpline

1-800-854-7771

Department of Mental Health's Emergency & Non-Emergency Helpline, available 24 hours / 7 days a week. Provides linkages to consumers to mental health services in the community & resources to consumers in crisis.

dmh.lacounty.gov

CA Youth Crisis Line

1-800-843-5200 (Text/Talk/Chat)

Available 24 hours a day, 7 days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. It has access to more than 5,500 free or low-cost resources for youth and families across CA.

<https://calyouth.org>

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Didi Hirsch Mental Health Services

1-888-807-7250

Provides mental health and substance abuse services to those in need, regardless of ability to pay. They have 11 sites throughout Southern California.

www.didihirsch.org

Southern California Health & Rehabilitation Programs (SCHARP)

1-310-631-8004

Provides quality mental health, social and rehabilitation services to vulnerable ethnic minority populations in South Los Angeles.

www.scharpca.com

Colors LGBTQ Youth Counseling Center

1-323-953-5130

Provides free LGBTQ-affirmative counseling and healing psychotherapeutic services to youth under 25 and their families in greater Los Angeles area.

www.colorsyouth.org

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

A free and confidential hotline that's available 24 hours a day, 7 days a week. Connects you with a trained support specialist from a sexual assault service provider in your area that can provide you with support, information, advice, resources, referrals, and a ranges of free services. Online chat is also available.

<https://www.rainn.org>

PSYCHIATRIC INPATIENT SERVICES**Kedren Acute Psychiatric Hospital**

1-323-233-0425

4211 S. Avalon Blvd.

Los Angeles, CA 90011

<http://kedren.org>

Augustus F. Hawkins Mental Health Center (Adult & Adolescent)

1-310-668-8151

1720 E. 120th St.

Los Angeles, CA 90059

LAC+USC Medical Center

1-323-409-2800

1200 N. State St.

Los Angeles, CA 90033

Harbor-UCLA Medical Center

1-310-222-2345

1000 W. Carson St.

Torrance, CA 90509

<http://www.harbor-ucla.org>

Exodus Recovery, Inc.

1-310-237-0454

9808 Venice Blvd., 3rd Floor

Culver City, CA 90232

<https://www.exodusrecovery.com>

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Southern California Hospital at Culver City

1-310-836-7001
 3828 Delmas Terrance
 Culver City, CA 90231

Resnick Neuropsychiatric Hospital - UCLA

1-310-825-0511
 150 Medical Plaza
 Los Angeles, CA 90095
<https://www.uclahealth.org/resnick>

V.A. Greater Los Angeles Health Care System

1-310-478-3711
 11301 Wilshire Blvd.
 Los Angeles, CA 90073
<https://www.losangeles.va.gov>

OUTPATIENT CLINICS & WELLNESS CENTERS**Augustus F. Hawkins Mental Health Center**

1-310-668-4272
 1720 E. 120th St.
 Los Angeles, CA 90059

Compton Family Mental Health Services

1-310-668-6800
 921 E. Compton Blvd.
 Compton, CA 90221

West Central Family Mental Health Services

1-323-298-3680
 3751 Stocker St,
 Los Angeles, CA 90008

Kedren Community Health Center

1-323-233-0425
 4211 S. Avalon Blvd.
 Los Angeles, CA 90011
<http://kedren.org>

Exodus Recovery, Inc.

1-323-789-6492
 8401 S. Vermont Ave.
 Los Angeles, CA 90044
<https://www.exodusrecovery.com>

Didi Hirsch Community Mental Health Center

1-310-677-7808
 323 N. Prairie Ave.
 Inglewood, CA 90301
<http://www.didihirsch.org>

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Harbor-UCLA Medical Center**Adult Outpatient**

1-310-222-3151
1000 W. Carson St.
Torrance, CA 90509
<http://www.harbor-ucla.org>

Resnick Neuropsychiatric Hospital - UCLA (Adult Partial Hospitalization & Intensive Outpatient Program)

1-310-825-7469
300 UCLA Medical Plaza, Suite 2400
Los Angeles, CA 90095
<https://www.uclahealth.org/resnick>