



# Community Behavior Resources

*A listing of community resources available for families with young children experiencing challenging behaviors follows. Each program has its own eligibility criteria. Please be aware that program specifics and contact numbers are always changing.*

## General Information

- **OC Links – 855-OC-LINKS (855-625-4657)** OCHCA, Behavioral Health Services  
This is an information and referral service; licensed clinicians assess the child's/family's needs and determine which Behavioral Health Services program best suits their needs; makes a warm hand-off for family. Serves all of Orange County, all ages, all languages.

## Family-Focused Programs

- **Connect the Tots** OCHCA, Behavioral Health Services  
Referrals to this program come through the School Readiness Collaborative. Serves families with children from birth to age 8 who are at-risk of mental illness and/or school failure due to social-emotional problems. Staff consists of therapists and nurse, providing assessments, individual therapy and case management services. Serves all of Orange County.
- **Infant/Toddler Home Visitation – 714-955-6516** Child Abuse Prevention Center  
Provides a free 3-6 month program for children ages 18 months – 5 years. Focus is to educate parents utilizing Keys to Interactive Parenting Scale (KIPS) in Infant program and Positive Parenting Program (Triple P) with Toddlers. Serves North County (Irvine/Costa Mesa and north).
- **Project Focus – 714-636-6286** OCAPICA (O.C. Asian and Pacific Islander Community Alliance)  
Full wrap-around program including counseling, housing assistance, employment support, mentorship for families with children 0-15, and youth 16-25. Services available in Vietnamese, Korean, Tagalog, Samoan, Cambodian, Chinese, Japanese, Hmong and other Asian/Pacific Islander languages.
- **School Readiness Collaborative**
  - **Early Years Emotional Wellness Program** 800-917-6940
  - **School Readiness** 855-955-5092Both programs serve families with children from birth to age 8 throughout O.C. Provides no cost, in-home assessments; screening of children; individualized family plan case management services; and medical home establishment. The program serves families for 2-12 weeks, depending upon need. Families needing more intense services are referred to Connect the Tots. Services available in Spanish, Vietnamese, Farsi, Arabic, Korean, Khmer, and Thai.

## Parenting Classes

- **Behavior Management/Social Skills Workshops – 714-796-5223** Regional Center of OC  
Free 5-part series provided in English, Spanish, and Vietnamese; 5<sup>th</sup> session addresses toilet training.
- **Child Behavior Pathways – 949-267-0227**  
\$150 registration fee, which will cover 2 adults per family (same price for a single parent). Scholarships for families who may be experiencing financial hardship are available and MediCal families can register for \$25. A family will never be turned away due to inability to pay.
  - **COPEing with Toddler Behavior (CWTB)** is a 9-week series for parents of children ages 0-3 who wish to learn about nurturing a healthy and positive relationship with their infant/toddler. Parents learn positive parenting techniques to foster healthy attachment and strong emotional development. Classes are currently offered in English only.
  - **Community Parent Education (COPE)** is a 9-week series for parents of children ages 3-5, helping them effectively manage challenging behaviors and improve overall family functioning. By

introducing various approaches to typical behaviors, parents set up their child's success in school and adult lives. Classes are offered in English and Spanish.

- **Parent - Child Premium Service** combines the benefits of the COPE parent education series with a social-educational component for children ages 3-6. The weekly program provides parents with the opportunity to learn effective tools for improving challenging behaviors while their child attends a play-based social skills class. The fee is \$500 per family, which covers 2 adults and 1 child for the 9-week series. Scholarships are not currently available for this service.
- **Children's Support Parenting Program – 714-480-4678** OCHCA, Behavioral Health Services  
Provides parenting education classes to the community at no cost. Two differing curricula focus upon strengthening families by educating parents, adolescents, and children. 12 week course. Program is offered at community sites throughout Orange County; offered in English and Spanish and child care is provided.
  - **Parent Project** focuses on challenging teenagers.
  - **Strengthening Families** focuses on children age 7-17.
- **Helping the Behaviorally Challenging Child (HBCC) – 714-695-1057**  
Multi-session course training parents and educators to utilize the Collaborative Problem Solving (CPS) method; beneficial for verbal children/youth/young adults. Provided in English and Spanish. Cost is \$150, or \$250 for two. Some partial scholarships available.
- **Olive Crest – 714-543-5437**  
Provides parenting education classes which include courses on how to better your relationship with children. Classes are at no cost to Orange County residents with children age 6 to 18 years old.
- **Parent-to-Parent – 855-955-5900** Child Abuse Prevention Center  
Free 10-week course for parents whose children are birth – 12 years of age. Free child care at some sites.

### Parent Training

- **PCIT (Parent-Child Interaction Therapy) – 714-953-4455** Child Guidance Center (CGC)  
Child and parent are observed behind a one-way mirror, the parent is coached through an earpiece how to handle challenging behaviors. For ages 2-10. Provided in English and Spanish. Funded by Medi-Cal or CGC funding, if family qualifies.
- **Introduction to Parenting Techniques – 949-824-2343** UCI – Child Development School  
8-week series on understanding positive behavioral strategies; for children ages 6 – 12 years; involves parents and children; \$115/session = \$920 (limited scholarships for students enrolled at school); English only.

### Community Programs

- **Start Well: Mental Health Consultation for Early Care & Education – 714-559-1264**  
Supports children experiencing difficulties in Early Childhood programs and child care settings by providing training to early childhood professionals and parents.
- **Head Start** – Comfort Connection can provide specific flyers; primarily for 4 year-old
- **Learning Links** – Comfort Connection has O.C. roster and individual program flyers, 0-5 year-olds
- **Readiness on the Road – 714-786-8896**  
Reorganizing sites in Garden Grove; 2.5–5 years old; \$35 for 12 weeks
- **State Preschool** – contact local school districts (18 out of 24 O.C. districts participate), for 3.9+ year-olds

### Referrals for Counseling Services

- **Comfort Connection FRC – 714-558-5400** - Has numerous agency flyers for low-cost or sliding scale counseling
- **Community Counseling and Supportive Services – 714-645-8000**  
Free counseling provided in Orange and Mission Viejo; language capabilities include Spanish, Vietnamese, Korean and Arabic.
- **FaCT FRCs** – counseling for families with no insurance resources
- **Help Me Grow – 866-476-9025**
- **OC Links – 855-OC-LINKS (855-625-4657)**
- **Resources for Children, [www.rcocdd.com/frc/ccfrc/resources/](http://www.rcocdd.com/frc/ccfrc/resources/)** - Counseling