If you have concerns, there is help.

If you have concerns that your child appears to have difficulty relating to you or others; does not meet developmental milestones; or if your child does not demonstrate age-appropriate behavior, you may:

- Talk with your health care provider and/or request a referral for assessment or
- Discuss your concerns with your child’s care provider or another early education provider.

Or if your child is already in school:

- Talk with your child’s teacher or other school personnel, or you may
- Request a Student Success Team (SST) meeting to discuss possible assessments, or
- Contact the special education department in your school district.

TRUST YOUR INSTINCTS

CONTACT ONE OF THE AGENCIES LISTED IN THIS BROCHURE

REMEMBER THERE IS HELP AND YOU ARE NOT ALONE

Resources for Children

ALPHA RESOURCE CENTER
A Family Resource Center providing lifespan supports and services to individuals with special needs and their family members.
www.alphasb.org
Toll Free 1 (877) 414-2775
North County (805) 347-2775
South County (805) 683-2145

CALIFORNIA CHILDREN SERVICES (CCS)
Provides occupational & physical therapy and other medical services for those children who qualify.
www.sbcphd.org/cms
CCS (805) 681-5360

SANTA BARBARA COUNTY EDUCATION OFFICE (SBCEO)
Provides educational programs for individuals with severe physical and learning disabilities.
www.sbceo.org
(805) 964 4711 ext. 5410
North County (805) 922-0334

SPECIAL EDUCATION LOCAL PLAN AREA (SELP)
Provides coordination to explore program options for students with disabilities whose needs cannot be met through modification of the regular education program.
www.sbselpa.org
(805) 683-1424

TRI-COUNTIES REGIONAL CENTER (TCRC)
An agency where persons with developmental disabilities of all ages and their families can go for help in obtaining services.
www.tri-counties.org
North County (800) 266-9071
South County (800) 322-6994

RESOURCES FOR CHILDREN in Santa Barbara County

Resources are available to help families and providers who have questions about their child’s development. Sometimes trying to navigate and understand systems can be confusing and overwhelming.

This brochure has been developed to help parents and providers take the first steps in accessing local supports and resources for children who may have special needs.

Toll Free 1 (877) 414-6227
www.alphasb.org
If you have concerns about your child’s development, do not hesitate to talk with your health care provider or call Tri-Counties Regional Center. Your child may be eligible for Prevention, Resource and Referral or early intervention services through California’s PRRS or Early Start Programs.

Many children who enter Early Start graduate at age three without needing any more assistance or services. Early Intervention works!

Contact your local Prevention, Resource and Referral & Early Start Programs by calling Tri-Counties Regional Center.

Santa Maria: 1 (800) 266-9071
Santa Barbara: 1 (800) 322-6994

Ask to speak with an Early Start Coordinator.

Remember, the sooner the better!

Children Birth to 3 Years

Children 3 to 5 Years

Children who are school age are usually identified because of behavior or academic problems such as the following:

- not doing well in school even with accommodations
- not completing and not turning in homework
- learning and behavior challenges
- not reading by second grade
- signs of anxiety and/or depression
- inattentiveness or behavior changes

Contact your local school district or the Santa Barbara County Education Office (SBCEO) if your child:

- is having difficulty at home or in child care and if you are concerned your child is not developing as other children the same age; or
- if your child has limited understanding and use of language, does not play well with other children, or is overly aggressive; hurts self or others frequently; or
- falls a lot or is clumsy, or has poor motor coordination.

Talk with your child’s doctor and discuss your concerns with your child’s care provider or preschool teacher. Ask for resources for having your child assessed. You may be directed to your local school district for services.

SBCEO North County: (805) 922-0334
SBCEO South County: (805) 964-4711

Children 5 Years & Older

Children who are school age are usually identified because of behavior or academic problems such as the following:

- not doing well in school even with accommodations
- not completing and not turning in homework
- learning and behavior challenges
- not reading by second grade
- signs of anxiety and/or depression
- inattentiveness or behavior changes

Communication is key with school personnel. Talk with your child’s teacher and ask for a referral to the Student Success Team (SST). You may request a SST meeting or an assessment in writing and this will start a timeline as well as documentation of your concerns. You may also contact your special education department in your school district. Your child may be eligible for accommodations in general education or special support.

In addition, talk with your child’s physician to rule out any health considerations.

This brochure was collaboratively developed for families and providers in Santa Barbara County. For more information call Alpha at:

North County: (805) 347-2775
South County: (805) 683-2145
Toll Free: 1 (877) 414-6227
www.alphasb.org

A Note to Providers

There are resources and support available to providers who may have concerns about a child’s development, but are unsure how to discuss concerns with the child’s family. While referrals to agencies must have parental consent, we can provide you with materials and strategies for talking with family members. Call us, we can help.

(877) 414-6227

Helpful Hints

Keep notes on when you called, who you spoke with, and what you were advised. If you or your child are going to receive services, ask for a timeline on what is expected to happen next and when. If you are told someone will call you back, find out when. If you don’t hear back when you expect to, call back and ask for the person you spoke with previously.