



VA Defining
HEALTH CARE **EXCELLENCE**
in the 21st Century

DEPARTMENT OF VETERANS AFFAIRS
VA San Diego Healthcare System
3350 La Jolla Village Dr.
San Diego, CA 92161

VA San Diego Healthcare System Resource Guide

VA HEALTHCARE

Basic Eligibility Requirements for VA Healthcare:

- Verified active duty military service
- Separation status of under Honorable or General Under Honorable conditions
- 24 months of continuous service after September 7th, 1980 (min. service requirement of 90-days prior to this date)

The VA encourages all Veterans to apply for healthcare benefits so that enrollment eligibility can be determined on an individual basis, as there are a number of exceptions to the basic requirements.

A Veteran with an Other Than Honorable (OTH) or Bad Conduct Discharge (BCD) along with a verified Service Connected condition may be eligible for VA healthcare strictly to treat that condition OR a request can be made through the Veterans Benefits Administration (VBA) to make an administrative decision about the character of service to determine eligibility (See VBA section below for details).

OEF/OIF/OND: Veterans can receive cost free medical care for any condition related to service in the Iraq/Afghanistan theater for five years after the date of discharge or release.

VA Health Benefits and Enrollment
 VA Medical Center La Jolla
 3350 La Jolla Village Drive, 1st Floor
 San Diego, CA 92161
 858.552.7523

To apply for VA Healthcare Benefits, complete the **VA Form 10-10EZ** "Application for Health Benefits" and submit it to the Health Benefits and Enrollment office or on-line at www.1010ez.med.va.gov

DD-214: To obtain a copy of a service record, complete Standard Form 180 - "Request Pertaining to Military Records" or apply on-line at www.archives.gov/veterans/military-service-records

VETERANS BENEFITS

VA Regional Office – Mission Valley
 8810 Rio San Diego Drive
 San Diego, CA 92108
 800.827.1000

To apply for VA financial benefits, complete **VA Form 21-526** - "Veteran's Application for Compensation and/or Pension" or on-line at www.ebenefits.va.gov

Service Connected Compensation: If a disability is the result of an injury, disability, or an event in military service.

Non-Service Connected Pension Eligibility:

- Age 65 or older OR are permanently and totally disabled,
- Active duty service with at least one day during a period of war,
- 24 months of continuous service after September 7th, 1980 (min. service requirement of 90-days prior to this date), AND
- Income and net worth does not exceed the annual income limit of \$13,855.

GI Bill: To apply for the GI Bill the complete **VA Form 22-1990** – "Application for VA Education Benefits" or on-line at www.gibill.va.gov
 For more information on education and vocational benefits: 888.442.4551

Discharge Upgrade: A review of military discharge may be requested using **DD Form 293** "Application for the Review of Discharge from the Armed Forces of the United States"

VA Healthcare Eligibility Review for OTH/BCD: Request may be submitted by mail using **VA Form 7131** "Exchange of Beneficiary Information and Request for Administrative and Adjudicative Action"

Re-starting Benefits: If existing VA benefits have been stopped due to incarceration, "release papers" must be presented to the VA Regional Office upon release from custody in order to restart your benefits.

VETERANS SERVICE ORGANIZATIONS

Organization	VAMC La Jolla (1 st Floor)	Mission Valley Clinic (1 st Floor)
American Legion	858.642.6452	619.400.5301
Disabled American Veterans	858.642.6454	619.299.6916
Military Order of the Purple Heart	858.642.6455	619.400.5317
Paralyzed Veterans of America	858.642.6456	619.400.5320
Veterans of Foreign Wars	858.642.6457	619.400.5322

***Visit these Organizations for assistance with filing claims for VA benefits or applying for a discharge upgrade

San Diego County Veterans Service Office / 858.694.3222

OTHER BENEFITS

Public Assistance Information Line of San Diego: 866.262.9881 Medicare: 800.772.1213
 Social Security Disability Insurance (SSDI): 800.772.1213 MediCal: 866.262.9881
 Social Security Income (SSI): 800.772.1213 General Relief: 866.262.9881
 State Disability Insurance: 800.480.3287 CalFresh (AKA: Food Stamps / EBT): 866.350.3663

MyBenefitsCalwin.org - To begin applications online for MediCal, General Relief, CalFresh and Low Income Health Program

For assistance with benefits applications:

<p>Social Security Benefit Clinic Neil Good Day Center 299 17th Street San Diego, CA 92101 619.234.3041 Friday / 08:00 – 12:00</p>	<p>Legal Aid Homeless Advocacy Clinic St. Vincent De Paul 1501 Imperial Avenue San Diego, CA 92101 619.233.8500 Mon, Tues, Thurs 9:00 – 12:00 and 13:00 – 16:30</p>	<p>Friend to Friend Program Episcopal Community Services 2144 El Cajon Blvd San Diego, CA 92104 619.955.8217 x17 Call for clinic hours</p>	<p>Disability Help Center 1833 4th Avenue San Diego, CA 92101 619.282.1761 Call to schedule appointment</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Consumer Center for Health Education & Advocacy / 877.734.3258

Helps low-income individuals understand the healthcare system and provides information about how they can get health benefits. Provides consumers with information about their health plans and educates them about their rights, including information on the Affordable Care Act (health care reform) Act and how it effects them.

EMPLOYMENT / VOCATIONAL RESOURCES

<p>VA Wellness and Vocational Enrichment Clinic (WAVE) 4525 Mission Gorge Place San Diego, CA 92120 619.228.8000</p>	<p>PATH Homeless Veterans Reintegration Program (HVRP) 299 17th Street San Diego, CA 92101 619.810.8612</p>	<p>Able Disabled Homeless Veterans Techworks (HVRP) 521 Grape St. San Diego, CA 92101 619.269.9351</p>	
<p>VVSD Job Club 4141 Pacific Highway San Diego, CA 92110 619.393.2080</p>	<p>Second Chance 6145 Imperial Avenue San Diego, Ca 92114 619.234.8888</p>	<p>North County Inland Career Center 1935 E. Valley Parkway Escondido, CA 92027</p>	<p>Vietnam Veterans of San Diego 3762 Mission Avenue Oceanside, CA 92054 760.721.7071</p>

FINANCIAL RESOURCES

<p>Semper Fi fund www.semperfund.org Sondria Saylor 760.519.6984</p>	<p>Operation Home Front www.operationhomefront.net 855.282.0960</p>	<p>American Legion Mary Jay 415.431.2400 Must have Dependent Children in Household</p>
<p>USA Cares www.usacares.org 800.773.0387</p>	<p>Salute Heroes Org www.saluteheroes.org/ 703.921.4605</p>	<p>UnmetNeeds.com (VFW) www.unmetneeds.com 800.839.1899</p>
<p>Folds of Honor Foundation www.foldsofhonor.org 918.274.4700</p>	<p>America's Fund www.americasfund.org 202.412.0611</p>	<p>National Military Family Association www.nmfa.org 703.931.6632</p>

MEDICAL CARE

VA Patient Aligned Care Team (PACT) Clinic – AKA Primary Care Call Center: 07:30 – 15:45 (M – F) / 858.552.7475 or 619.400.5050

La Jolla Clinic 3350 La Jolla Village Drive San Diego, CA 92161 858.552.7475 Social Worker: 858.642.3003	Mission Valley Clinic 8810 Rio San Diego Drive San Diego, CA 92108 619.400.5050 Social Workers: 619.400.5112 619.680.1718	Sorrento Valley Clinic 10455 Sorrento Valley Road San Diego, CA 92121 858.552.7475 Social Worker: 858.354.3719	H-PACT Homeless - Patient Aligned Care Team Clinic for Chronically Homeless Veterans who are not assigned a PCP Social Worker: 858.646.8161
Imperial Valley Clinic 1600 South Imperial Ave, Ste 1 El Centro, CA 92243 760.352.1506 Social Worker: 619.476.6062	Chula Vista Clinic 865 Third Avenue Chula Vista, CA 92910 619.409.1600 Social Worker: 619.476.6062	Escondido Clinic 815 E. Pennsylvania Avenue Escondido, CA 92025 760.466.7020 Social Worker: 858.354.3719	Oceanside Clinic 1300 Rancho del Oro Road Oceanside, CA 92056 760.643.2000 Social Worker: 760.643.4841

***Please call in advance to confirm Social Work availability prior to presenting to the assigned PACT clinic

VA Telecare Advise Nurse: (24/7) / 877.252.4866

VA Pharmacy: 858.552.7450

Pharmacy Refill Line: 858.552.4390

FAMILY HEALTH CENTERS OF SAN DIEGO (NON-VA MEDICAL CARE)

Beach Area FHC 3705 Mission Blvd San Diego, CA 92109 619.515.2444	Chase Ave FHC 111 W. Chase Ave El Cajon, CA 92020 619.515.2499	Chula Vista FHC 251 Landis Avenue Chula Vista, CA 91910 619.515.2500	City Heights FHC 5454 El Cajon Blvd San Diego, CA 92115 619.515.2400	Diamond FHC 4725 Market Street San Diego, CA 92102 619.515.2560	Downtown FHC 1250 6th Avenue San Diego, CA 92101 619.515.2430
Elm Street FHC 140 Elm Street San Diego, CA 92101 619.515.2520	FHC at City College 1550 Broadway Suite 2 San Diego, CA 92101 619.515.2525	FHC at Commercial 2325 Commercial Suite 1400 San Diego, CA 92113 619.515.2422	Grossmont FHC 8788 Jamacha Rd Spring Valley, CA 92911 619.515.2555	Hillcrest FHC 4094 4th Avenue San Diego, CA 92103 619.515.2545	Ibarra FHC 4874 Polk Avenue San Diego, CA 92105 619.515.2426
Lemon Grove FHC 7592 Broadway Lemon Grove, CA 91945 619.515.2550	Logan Heights FHC 1809 National Ave San Diego, CA 92113 619.515.2300	North Park FHC 3544 30 th Street San Diego, CA 92104 619.515.2424	Oak Park FHC 5160 Federal Blvd San Diego, CA 92105 619.515.2454	Rice FHC 352 L Street Chula Vista, CA 91911 619.515.2325	Sherman Heights FHC 2391 Island Avenue San Diego, CA 92102 619.515.2435

VISION

VA Optometry: 858.552.8585 x7180 - Provides services to Veterans who have 10% Service Connection or greater.

Lens Crafters Gift of Sight Program: 1-877-7-LENSCRAFTERS (1-877-753-6727)

NON-VA DENTAL CARE

Children's Dental Health Center 1270 24 th Street San Diego, CA 92102 619.234.9131	Comprehensive Health Center 3177 Oceanside Blvd San Diego, CA 92113 619.398.1534	Grossmont FHC 8788 Jamacha Road Spring Valley, CA 91977 619.515.2330	La Maestra Community Health Center 183 South First Street El Cajon, CA 92019 619.328.1335	La Maestra Community Health Center 7967 Broadway Avenue Lemon Grove, CA 92019 619.741.7423	La Maestra Community Health Center 4305 University Ave San Diego, CA 92105 619.285.8135
Logan Heights Family Health Center 1809 National Ave San Diego, CA 92113 619.515.2394	Neighborhood Healthcare 425 N. Date St, Ste 129 Escondido, CA 92025 760.520.8330	Neighborhood Healthcare – Lakeside 10039 Vine Street Lakeside, CA 92040 619.390.9135	North Park Dental Clinic 3544 30 th Street San Diego, CA 92104 619.515.2434	North County Health 2201 Mission Avenue, Suite 103 Oceanside, CA 92054 760.400.0277	North County Health 217 Earlham Street Ramona, CA 92065 760.789.1223
North County Health Services 150 Valpreda Road San Marcos, CA 92069 760.736.6794	Operation Samahan Health Clinic 10737 Camino Ruiz, # 235 San Diego, CA 92126 858.578.4220	San Diego American Indian Health Center 2630 First Avenue, San Diego, CA 92103 619.234.2158	Southern Indian Health Council 4058 Willows Road Alpine, CA 91901 619.445.1188	Southern Indian Health Council 36350 Church Road Campo, CA 91906 619.445.1188 x2	Vista Community Clinic 1000 Vale Terrace Vista, CA 92084 760.631.5000 x1289

***Call individual clinics to find out about fee scales and services offered

MENTAL HEALTH

*****Call 9-1-1 for Psychiatric Emergencies*****

Courage to Call – Veterans Hotline / 877.698.7838 - 24/7 helpline with links to community resources throughout San Diego

Veterans Crisis Hotline / 800.273.8255 (Press 1) - 24/7 confidential support for Veterans in crisis and families and friends

Access and Crisis Line / 888.724.7240 - 24/7 crisis and information line, referrals to community mental health clinic

WarmLine / 619.295.1055 or 800.930.9276 - 15:30 to 23:00, 7 days a week, peer to peer support line

VA Mental Health Access Clinic / 858.642.3391

Initial assessments are conducted to determine what services are needed and referrals for follow-up treatment are made to specialty mental health clinics. Walk-in hours are Monday through Friday from 0800-1430 at the VA Medical Center in La Jolla (2nd Floor, North Wing).

VET CENTERS

Readjustment Counseling for Combat Veterans & treatment for Military Sexual Trauma

<p style="text-align: center;">San Diego Vet Center 2790 Truxton Road, Suite 130 San Diego, CA 92106 858.642.1500</p>	<p style="text-align: center;">San Marcos Vet Center One Civic Center Drive, Suite 140 San Marcos, CA 92069 760.744.6914</p>	<p style="text-align: center;">Chula Vista Vet Center 180 Otay Lakes Road, Suite 108 Bonita, CA 91902-2439 877-618-6534 Or 877-927-8387</p>
------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------

Aspire Center / 855.297.8397- Intensive residential treatment program for Post-Traumatic Stress Disorder and Traumatic Brain Injury.

NON-VA COMMUNITY MENTAL HEALTH CLINICS

<p style="text-align: center;">Jane Westin Center 1568 Sixth Avenue San Diego, CA 92101 619.235.2600</p>	<p style="text-align: center;">North Central Mental Health Center 1250 Morena Blvd, 1st Floor San Diego, CA 92110 619.692.8750</p>	<p style="text-align: center;">CRF Douglas Young Center 10717 Camino Ruiz, Suite 207 San Diego, CA 92126 858.695.2211</p>
<p style="text-align: center;">Gifford Clinic 140 Arbor Drive San Diego, CA 92103 619.543.6250</p>	<p style="text-align: center;">Project Enable 286 Euclid Avenue, Suite 102 San Diego, CA 92114 619.266.2111</p>	<p style="text-align: center;">East County Mental Health Center 1000 Broadway, Suite 210 El Cajon, VA 92021 619.401.5500</p>
<p style="text-align: center;">South Bay Guidance Center 835 3rd Ave, Suite C Chula Vista, CA 91911 619.427.4661</p>	<p style="text-align: center;">Maria Sardinas Center 1465 30th Street, Suite K San Diego, CA 92154 619.428.1000</p>	<p style="text-align: center;">Heartland Center 1060 Estes Street El Cajon, CA 92020 619.440.5500</p>
<p style="text-align: center;">Kinesis North 474 W. Vermont Ave, Suite 101 Escondido, CA 92025 760.480.2255</p>	<p style="text-align: center;">North Inland Mental Health Clinic 125 W. Mission Ave, Suite 103 Escondido, CA 92025 760.747.3424</p>	<p style="text-align: center;">Mental Health Systems Vista 550 W. Vista Way, Suite 407 Vista, CA 92083 760.758.1092</p>
<p style="text-align: center;">North Costal Mental Health Center 1701 Mission Ave, Suite A Oceanside, CA 92054 760.967.4475</p>	<p style="text-align: center;">Exodus Recovery, Inc. 660 E. Grand Avenue Escondido, CA 92025 760.796.7760</p>	<p style="text-align: center;">Imperial County Behavioral Health 220 Main Street Brawley, CA 92227 760.351.2820</p>

SUBSTANCE ABUSE TREATMENT

VA Substance Abuse Recovery and Rehabilitation Treatment Program (SARRTP) 858.552.7560

Intakes can be started on a walk-in basis Monday through Friday from 0800 – 1430 at the VA Medical Center in La Jolla (2nd Floor, North Wing) or by appointment. Upon completion of the evaluation process, treatment recommendations are made that may include:

Levels of treatment offered:

- Inpatient Treatment: 28-day program at the VA Medical Center in La Jolla (2nd Floor, West Wing)
- Outpatient Services: Groups/Individual counseling offered at the Medical Center or Community Based Outpatient Clinics
- Recovery Home Placement: 75-day recovery home stay funded by VA contract in conjunction with outpatient services

County of San Diego Alcohol and Drug Services Information and Referral line / 619.692.5727

Alcoholics Anonymous (AA) / San Diego Central: 619.265.8762 / North County 760.758.2514

Narcotics Anonymous (NA) / 800.479.0062

Sober Living Association / 800.799.2084 - call for a list of active sober living homes in San Diego

VA CONTRACT RECOVERY HOMES

Program	Address	Phone	Interview Times	Structure / Length of Stay	Other Information
Amigos Sobrios	741 11 th Ave San Diego, CA 92101	619.232.7754	Call for interview	Medium 4-6 Months	Spanish-speaking 15-day restriction Men only
Crossroads	3594 Fourth Ave San Diego, CA 92103	619.296.1151	13:00 Tuesdays	Medium 4-6 Months	Up to 30-day restriction Women only
Fellowship Center	737 E. Grand Ave Escondido, CA 92025	760.745.8478 888.533.9555	11:30 Mon, Wed, Fri	Med/High 4+ Months	14-day restriction 2-4 week restriction Men only
Freedom Ranch	P.O. Box 157 Campo, CA 91906	619.478.5696	VA ADTP Staff will coordinate	High 3-4 Months	60-Day restriction Men only
Heartland House	5855 Streamview Dr San Diego, CA 92105	619.287.5460	09:00 – 11:00 Monday – Friday	Low 3-4 Months	3-5 day restriction Men only
Pathfinders	2980 Cedar Street San Diego, CA 92102	619.239.7370	09:00 – 11:00 Monday – Friday	Medium 9 Months	3-5 day restriction Men only
Stepping Stones	3767 Central Street San Diego, CA 92105	619.278-0777	9:45 Tuesday	High 4+ Months	15-day restriction Gay / Co-ed
Tradition One	4104 Delta Street San Diego, CA 92113	619.264.0141	08:00 – 11:30 Mon, Wed, Thurs	Medium 6+ Months	Up to 30-day restriction
Veterans Village of San Diego (VVSD)	4141 Pacific Highway San Diego, CA 92110	619.497.0142	08:00 – 11:00 Monday – Friday	High 1+ Year	30-day restriction Co-ed
VOA - Renaissance	2300 East 7 th Ave National City, CA 91950	619.791.2730	Call for intake appointment	Med/High 4-6 Months	Up to 30-day restriction Co-ed
The Way Back	2516 A Street San Diego, CA 92102	619.235.0592	09:00 – 11:00 Tues and Wed	Low 3-4 Months	3-day restriction Men only

DETOX SERVICES

McAlister Institute (Call for location) 619.465.7303	Volunteers of America 101 16th Street San Diego, CA 92101 619.232.9343
-------------------------------------------------------------------	----------------------------------------------------------------------------------------

HOUSING RESOURCES

National Call Center for Homeless Veterans
877.424.3838

VA Healthcare for Homeless Veterans
855.235.2413

San Diego Info Line
2-1-1

HOMELESS SHELTERS

Organization	Location	Phone	Accommodations
Bread of Life Shelter	1919 Apple Street Oceanside, CA 92054	760.722.0800	Men and Women
Brother Benno's Center	3260 Production Ave Oceanside, CA 92054	760.439.1244	Men, women, and children
Catholic Charities La Posada de Guadalupe	2478 Impala Drive Carlsbad, CA 90101	760.929.2322	Men only
Center for Community Solutions	106 S. Grape Street Escondido, CA 92025	760.747.6282	Women and Families (DV)
Good Samaritan	902 Sea Gaze (1 st) Oceanside, CA 92054	760.722.3476	Men Only
Haven House at Interfaith Community Services	550 West Washington Ave Escondido, CA 92025	760.489.6380 x267	Men and Women
North County Lifeline	200 Michigan Street, Ste A Vista, CA 92084	760.726.4900	Men and Women
Operation Hope	123 West Orange Vista, CA 92085	760.724.0015	Single women
Rachel's Women's Center	759 8 th Avenue San Diego, CA 92101	619.236.9074	Women only No children
San Diego Rescue Mission Nueva Vida Haven	120 Elm Street San Diego, CA 92101	619.819.1844 619.687.3720	Single Men Women and children
The Salvation Army	824 Seventh Ave San Diego, CA 92101	619.231.6000 x2451	Men Only
South Bay Community Services	430 F Street Chula Vista, CA 91910	619.426.2350	Couples Families with children
Solutions for Change	722 California Street Vista, CA 92083	760.941.6545	Families with Children
St. Vincent De Paul Village / Father Joe's Villages	1501 Imperial Ave San Diego, CA 92101	619.233.8500 x1355	Individuals present to the Neil Good /San Diego Day Center (299 17 th Street) M-F Families present to the JCK (@ 1501 Imperial Ave) lobby at M-F

***Call 2-1-1 for current shelter bed availability

Single Room Occupancy (SRO) hotels: Typically single room units with a bed, small refrigerator and microwave. These units can be affordable because they offer lower rents and usually do not require security deposits or first and last month's rent. Find current SROs by calling 2-1-1 or on-line at sdhc.org

Board & Care Facilities: Typically shared bedroom arrangements where meals, laundry, and cleaning services are included. Find current Board and Care facilities by calling 619.542.1434 or 2-1-1.

Section 8 Rental Assistance Program: Provides rent subsidies to lower-income and special needs households. For the application and waiting list information recording call 619.578.7305. Online application: www.sdhc.org Note: The waiting list for Section 8 rental assistance is very long so it is important to remember to update your contact information as it changes.

Safe Parking Program – Dreams for Change / 619.497.0236 – Safe, overnight parking. Please call for location. Check in time nightly between 18:00 – 19:30. Housing resources provided.

Safe Haven / 619.238.8300 - A "low-demand/harm reduction" treatment model to enable stabilization of mental health and substance abuse concerns.

Recuperative Care / 760-739-9358 - Housing and support services for Veterans in need of short-term medical and/or mental health stabilization and intensive case management prior to moving into appropriate transitional and/or permanent housing.

SUPPORTIVE SERVICES FOR VETERANS FAMILIES (SSVF)

SSVF is a housing assistance program that promotes housing stability among very low-income Veterans and their families in San Diego County. SSVF provides eligible Veteran families (including single Veterans) with outreach, case management, and assistance in obtaining VA and other public benefits. Please contact each individual program for eligibility requirements.

Veterans Community Services (VCS)	800-974-9909
Veterans Village of San Diego (VVSD)	619-961-2165
PATH	619-810-8653
Interfaith Community Services (ICS)	760-529-9979 ext.214
St Vincent De Paul Village (SVdP)	619-233-8500 x 1120
Volunteers of America (VOA)	619-481-3571
Crisis House	619-444-1194 ext. 304

UTILITY ASSISTANCE

Campeños Unidos, Inc. / 800.371.3771 x 323 and x 324

MAAC / For bill assistance over \$20 call 619.409.1697. For shut off notice call 619.409.7584.

SDGE Energy Saving Programs / 800.411.SDGE (7343)

Family Electric Rate Assistance (FERA) / www.cpuc.ca.gov/PUC/energy/Low+Income/fera.htm

Neighbor-to-Neighbor Fund & Low-Income Home Energy Assistance Program / call 2-1-1

RESOURCES FOR SENIORS

Veterans Homes "provide the state's aged or disabled veterans with rehabilitative, residential, and medical care and services in a home-like environment at the California Veterans Homes."

Veterans Home of California, Barstow	800.746.0606
Veterans Home of California, Chula Vista	888.857.2146
Veterans Home of California, Yountville	800.400.8387
Veterans Home of California, Lancaster	661.477.5829
Veterans Home of California, Ventura	805.765.5601
Veterans Home of California, West Los Angeles	424.832.8202

Senior Community Center - Transitional Housing Program / 619.487.0709 - Connects homeless seniors with case managers to provide access to housing, meals and counseling. "Housing First" model for Seniors 60+ years old. Walk-in assessments available Tuesday afternoons from 1:00pm to 3:30pm at 1525 4th Avenue, San Diego, CA 92101.

Senior Community Centers / 619.235.6572 and www.servingseniors.org - for seniors 60+

Meals on Wheels / 800.573.6467 and www.meals-on-wheels.org - for seniors 60+

HOUSING RESOURCES FOR THOSE WITH MEGAN'S LAW/JESSICA LAW BARRIERS

Motel 6 2353 Pacific Coast Highway San Diego, CA 92101 619-232-8931	Vagabond Inn Mission Valley 625 Hotel Circle South San Diego, CA 92108 619-297-2271	Travelodge Hotel 1201 Hotel Circle South San Diego, CA 619-297-2271	St. Francis Motel 1368 East Main St. El Cajon, CA 92021 619-444-8147
Classic Inn 643 E. San Ysidro Blvd San Ysidro, CA 92173 619-428-2800	Sweetwater Inn 2435 Sweetwater Road National City, CA 619-470-8877	Flamingo Hotel 4625 Border Village Road San Ysidro, CA 92173 619-428-2218	Relaxed Inn Suites 1220 West Main St. El Cajon, CA 92020 619-442-2576
Etheridge Center 405 63 rd Street San Diego, CA 92114 619.231.6361 \$500 deposit / \$650 rent	Adonai-Jireh Sober Living 760.295.3898 Rent is sliding scale but starts at \$600 & goes up to \$800 per/mo		

Healthcare for Homeless Veterans

OUTREACH CLINIC SCHEDULE

Outreach includes referrals for healthcare, mental health, substance abuse, housing, employment and other resources.

MONDAY

VAMC La Jolla (2 North)
7:30 AM – 3:00 PM
Last appointment @2PM

Location information:

VAMC La Jolla (2 North)

3350 La Jolla Village Drive
San Diego, CA 92161
Check-in at ADTP window
No Appointments Walk-ins only

TUESDAY

VAMC La Jolla (2 North)
7:30 AM – 3:00 PM
Last appointment @2PM

VA Oceanside Clinic

1300 Rancho del Oro
Oceanside, CA 92056
For information call:
760.643.4698

St. Vincent De Paul

1501 Imperial Avenue
San Diego, CA 92101
For information call:
619.233.8500

WEDNESDAY

VAMC La Jolla (2 North)
7:30 AM – 3:00 PM
Last appointment @2PM

Neil Good/San Diego Day Center

Every Friday 9 AM to 12 PM
H-PACT 2nd and 4th Fridays
299 17th Ave.
San Diego, CA 92101
For information call:
619.234.3041

PATH/Family Health Center (H-PACT ONLY)

1st and 3rd Fridays
8 AM to 12 PM
1250 6th Ave., Suite 100
San Diego, CA 92101

St. Vincent De Paul
9:00 AM – 11:00 AM

THURSDAY

VAMC La Jolla (2 North)
7:30 AM – 3:00 PM
Last appointment @2PM

VA Oceanside Clinic
8:00 AM – 11:30 AM

*Clinic hours subject to change/cancellation due to staff unavailability. Thank you for your understanding.

**Walk ins are welcomed at all clinics.

FRIDAY

VAMC La Jolla (2 North)
7:30 AM – 3:00 PM
Last appointment @2PM

Neil Good/San Diego Day Center
9:00 AM – 12:00 PM

HCHV Program Office Location
VA Counseling Center
7410 Mission Valley Road,
San Diego, CA 92108
1.855.235.2413

Revised: 1/15/16

Program	Location	Food	Clothing	Laundry	Showers	Mail	Drop-In Center
Brother Benno's Center 760.439.1244	3260 Production Avenue Oceanside, CA 92054	X	X		X		X
God's Extended Hand 619.234.3251	469 16th Street San Diego, CA 92101	X	X				
Journey Food and Clothing Bank 619.464.4544	8363 Center Drive La Mesa, CA 91942	X	X				
Emergency Services, Claremont 858.274.2273	4167 Rappahannock Ave San Diego, CA 92117	X	X				
Emergency Services – Ramona 760.789.4458	733 Main Street Ramona, CA 92065	X	X				
Emergency Services – Joyce Snyder 858.272.0163	1675 Garnet Avenue San Diego, CA 92109	X	X				
Emergency Services – Salvation Army 619.473.0165	Call for location	X	X				
Fallbrook Community Project 760.728.7608	1042 S. Mission Fallbrook, CA 92028	X	X				
Family Services Centre City 619.699.2216	730 F Street San Diego 92101	X	X				
Imperial Beach United Methodist Church 619.424.5181	455 Palm Avenue Imperial Beach, CA 91932	X	X		X		
Interfaith Community Services - N. Central 760.489.6380	550 W. Washington St Escondido, CA 92025	X		X	X	X	
Interfaith Community Services - N. Costal 760.721.2117	4700 North River Road Oceanside, CA 92054	X	X			X	
Helping Hands Outreach Ministries 619.937.0197	309 Prescott Avenue El Cajon, CA 92020	X	X				
Helping Hands – St. Peter's Episcopal Church 858.755.1616	334 14 th Street Del Mar, CA 92104	X	X				
Mid-City Christian Fellowship 619.944.1911	4100 Fairmont Avenue San Diego, CA 92105	X	X				
North County Costal Service Center 760.721.2117	1905 Apple Street, Ste 5 Oceanside, CA 92054	X	X				
San Diego Day Center 619.230.7390	299 17 th Street San Diego, CA 92101			X	X	X	X
Presbyterian Crisis Center 619.232.2753	2459 Market Street San Diego, CA 92101		X				
Project Hand Emergency Assistance 619.425.4061	580 Hilltop Drive Chula Vista, CA 91910	X	X				
Rachel's Women's Center 619.696.0873	759 8 th Avenue San Diego, CA 92101	X	X	X	X		X
San Diego Food Bank 866.350.3663	Call for neighborhood distribution programs	X					
Sister Delores Social Outreach 619.427.7637	278 Alvarado Street Chula Vista, CA 91910	X	X				
So Others May Eat, Inc 858.414.8281	Call for Locations	X	X				

VA GRANT AND PER DIEM TRANSITIONAL HOUSING PROGRAMS

Placement for up to two years if needed.

All characters of discharge accepted except Dishonorable.

Please contact the programs directly to inquire about eligibility criteria and intake procedures.

<p>Interfaith Community Services - Merle's Place 550 W. Washington Avenue, Suite B Escondido, CA 92025 760.489.6380</p>	<p>Transitional housing program 44 beds / Men only No income requirement Sober Living requirement for admission</p>
<p>Interfaith Community Services - Aster Street Apartments 550 W. Washington Avenue Escondido, CA 92025 760.489.6380</p>	<p>Transitional housing program 28 beds / Men only No income requirement Sober Living requirement for admission</p>
<p>Interfaith Community Services - Oceanside Apartments 1617 Mission Avenue Oceanside, CA 92058 760.529.9979</p>	<p>Transitional housing program 72 beds / Men & women accepted No income requirement Sober Living requirement for admission</p>
<p>St. Vincent De Paul 1501 Imperial Avenue San Diego, CA 92101 619.233.8500 x0</p>	<p>Transitional housing program 60 beds / Men, women & families accepted Referral is made by presenting to the lobby of the JKC building (at 15th and Imperial) at 0800 Monday – Friday.</p>
<p>Veterans Village of San Diego - Veterans Rehab Center 4141 Pacific Highway San Diego, CA 92110 619.393.2041</p>	<p>Substance abuse rehabilitation facility 165 beds / Men & Women accepted</p>
<p>Veterans Village of San Diego – *Veterans On Point / **In Step 2077 Kurtz Street San Diego, CA 92110 619.393.2039</p>	<p>*Veterans On Point - substance abuse recovery maintenance program **Veterans In Step - program is for those with no substance abuse history 62 beds / Men & women accepted Residents must be working towards employment</p>
<p>Veterans Village of San Diego - Founders Program 866 24th Street San Diego, CA 92102 619.393.2036</p>	<p>Substance abuse recovery maintenance program 14 beds / Men & women accepted Minimum 90-day sobriety requirement prior to admission</p>
<p>Veterans Village of San Diego - Welcome Home Family Program 286 Euclid Ave, Suite 209 San Diego, CA 92114 619.264.7401</p>	<p>Substance abuse recovery maintenance program 6 beds (apartments) / Families with children accepted Minimum 90-day sobriety requirement prior to admission</p>
<p>Volunteers of America Hawley Road Facility 9980 Hawley Road El Cajon, CA 92021 619.561.9808</p>	<p>Transitional housing program for chronically homeless Veterans with substance use disorders, chronic mental illness, or dual diagnosis 20 beds / Men only Minimum 60-day sobriety requirement prior to admission</p>

LEGAL RESOURCES

Thomas Jefferson School of Law – Veterans Self-Help Clinic / 619.961.4369 – Legal assistance for low to moderate income Veterans. Clinic hours 1800 – 2000 every third Wednesday of the month. Appointments required.

Legal Aid Society / 877.534.2524 – Free or low cost legal assistance for consumer and criminal matters, family disputes, welfare and health benefits, immigration and poverty law issues.

San Diego Volunteer Lawyer Program / 619. 235.5656 – Serves the homeless, abused children, domestic violence victims, elder abuse victims, Veterans, immigrants and HIV/AIDS sufferers. Located at 625 Broadway, Suite 295, San Diego, CA 92101.

Center for Community Solutions / (858) 272-1574 - Offers legal assistance with the following: restraining orders, family law, and general legal counsel/referral. Located at 4508 Mission Bay Drive, San Diego, CA 92109.

University of San Diego (USD) Legal Clinic / 619.260.7470 – Provides free legal assistance to low-income residents of San Diego County regarding issues such as civil cases, entrepreneurship, immigration, income tax, landlord/tenant matters, small claims, and special education.

University of San Diego (USD) Veterans Legal Clinic / 619.260.7470 or 619.260.7425 - Represents Veterans in disputes with predatory lenders and for-profit educational institutions over the use of GI Bill funds and related loans. Assists with appealing denied benefits and discharge upgrades.

Family Justice Center / 619.533.6043 – Provides legal, medical, and social services to victims of domestic violence. Located at 1122 Broadway, Suite 200, San Diego, CA 92101.

Senior Citizens Legal Services / 858.565.1392 – Provides counseling and advice sessions for legal issues for seniors ages 60 and older.

Lawyer Referral and Information Service (San Diego County Bar Association) / 800.464.1529 or 619.231.8585 – Provides assistance finding an attorney specific to the legal needs.

Clean Slate Clinic / 619.940.7577 – Expungement assistance.

San Diego Dads Corps / 619.283.9624 x260 – Free legal clinics for fathers.

Military Assistance Project / www.militaryassistanceproject.org – Bankruptcy assistance.

Department of Child Support Services Veteran Liaison / Bryanna Fornerod - 760.740.5624

PUBLIC DEFENDERS' OFFICES

Downtown Office 450 B Street, Suite 900 San Diego, CA 92101 619.338.4700	North County Office 400 South Melrose Vista, CA 92081 760. 945.4000	South Bay Office 765 Third Avenue, Chula Vista, CA 91910 619.498.2001	East County Office 250 East Main Street El Cajon, CA 92020 619.579.3316
------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------

PENAL CODE 1170.9 (If interested in alternative sentencing contact your attorney for further direction.)

1170.9 (a) "In the case of any person convicted of a criminal offense who could otherwise be sentenced to county jail or state prison and who alleges that he or she committed the offense as a result of sexual trauma, traumatic brain injury, post-traumatic stress disorder, substance abuse, or mental health problems stemming from service in the United States military, the court shall, prior to sentencing, make a determination as to whether the defendant was, or currently is, a member of the United States military and whether the defendant may be suffering from sexual trauma, traumatic brain injury, post-traumatic stress disorder, substance abuse, or mental health problems as a result of that service. The court may request, through existing resources, an assessment to aid in that determination..."

VETERANS TREATMENT COURT (VTC): Contact defense counsel to request VTC. All referrals are generated by the sentencing judge.

VETERANS JUSTICE OUTREACH PROGRAM

Veterans Justice Outreach Program
 VA San Diego Healthcare System
 San Diego Counseling Center
 7410 Mission Valley Road
 San Diego, CA 92108

Dan Forsberg / 619.497.8917
 Marti Rarick / 619.497.8953
 Angela Simoneau / 619.497.8906
 Joy Villavicencio / 619.497.8905

***Please note that the VA cannot accept collect calls.

HEALTH CARE FOR RE-ENTRY VETERANS

George Kennedy
 Re-entry Specialist for Northern CA Prisons
 795 Willow Road, Bldg 347/180D
 Menlo Park, CA 94025
 650.493.5000 x23163

Susann Adams
 Re-entry Specialist for Southern CA Prisons
 5901 East 7th Street
 Long Beach, CA 90822
 562.826.8000