



VA San Diego Healthcare System Resource Guide

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VA SAN DIEGO HEALTHCARE SYSTEM

Veterans Healthcare Administration: 858.552.8585 / www.sandiego.va.gov

Basic Eligibility Requirements for VA Healthcare:

- 24 months of continuous active duty service after 9/7/1980 (minimum service requirement of one day prior to this date), AND
- Separation status of under Honorable or General Under Honorable conditions

VA Health Benefits and Enrollment: 877-222-VETS (8387) / www.va.gov/health-care/how-to-apply

My HealtheVet: www.myhealth.va.gov/mhv-portal-web/home

Manage healthcare online (pharmacy, appointments, message providers, electronic health record)

VA 24/7 Nurse Hotline: 877.252.4866

VA Pharmacy Refill Line: 858.552.4390 / www.va.gov/health-care/refill-track-prescriptions

VA Center for Women Veterans: 858.642.3676 / www.va.gov/womenvet

Veterans Benefits Administration: 800.827.1000 / benefits.va.gov/benefits

San Diego Regional Office: 619.400.5495 / PCTC.vbasdc@va.gov / v2.waitwhile.com/book/veteransaffairs3/service

Offers virtual appointments with a VBA Representative to assist with benefit claims and awards

- **Service Connected Compensation:** Monthly, tax-free payment to Veterans who got sick, injured, or had conditions worsened while serving in the military.
- **Non-Service Connected Pension:** Benefit paid to wartime-era, VA Healthcare-eligible, Veterans with limited income who are no longer able to work.

DD-214: www.archives.gov/veterans/military-service-records

Discharge Upgrade: www.va.gov/discharge-upgrade-instructions

GI Bill: 888.442.4551 / www.gibill.va.gov

Veteran Readiness and Education (formerly Voc Rehab): www.benefits.va.gov/vocrehab

Veteran Rapid Retraining Assistance Program: Assistance for Veterans who have lost jobs due to COVID-19
www.va.gov/education/other-va-education-benefits/veteran-rapid-retraining-assistance

Veterans Service Organizations: www.benefits.va.gov/SanDiego/veterans-services-orgs

Assist with applying for VA benefits or discharge upgrades

Incarceration and VA Benefits: www.benefits.va.gov/benefits/factsheets/misc/incarcerated

COVID-19 INFORMATION

Centers for Disease Control and Prevention (CDC): www.cdc.gov

California COVID-19 Response: covid19.ca.gov

County of San Diego: www.sandiegocounty.gov/coronavirus

Imperial County: www.icphd.org/health-information-and-resources/healthy-facts/covid-19

COMMUNITY ASSISTANCE / CRISIS LINKAGES

2-1-1 San Diego: www.211sandiego.org

Access and Crisis Line: 888.724.7240 / up2sd.org/hotline

Crisis Text Line: Text HOME to 741-741 / www.crisistextline.org

Courage to Call – Veterans Hotline: 877.698.7838 / www.courage2call.org

24/7 helpline with links to community resources throughout San Diego

Imperial County Veterans Service Office: 442.265.3200 / www.cacvso.org/imperial-county-office

San Diego County Veteran Service Office: 858.694.3222 / www.cacvso.org/san-diego-county-office

- **Escondido Military and Veterans Affairs Resource Center:** 760.740.5572
- **National City Military and Veterans Affairs Resource Center:** 619.731.7745
- **Oceanside Military and Veterans Affairs Resource Center:** 760.643.2049

Veterans Association of North County: 760.722.1510 / www.vanc.me

Vets Community Connections: 844.838.2669 / www.vetscommunityconnections.org

Connects veterans, service members, and families to local resources in San Diego

Aging and Independence Services & Adult Protective Services: 800.510.2020

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html>

Children Welfare Services & Child Abuse Hotline: 800.344.6000

www.sandiegocounty.gov/hhsa/programs/cs/child_welfare_services/index

Domestic Violence Hotline: 800.799.SAFE (7233) / www.thehotline.org / text LOVEIS to 22522

Sure Helpline Crisis Center/Sexual Assault Crisis Center: 760.352.7878 / www.surehelplinecrisiscenter.com

VA Interpersonal Violence Program: 619.788.0955 / www.socialwork.va.gov/IPV/Index

MEDICAL CARE

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

- **Chula Vista Clinic:** 353 H Street / 619.409.1600 / Social Worker: 619.476.6062
- **Escondido Clinic:** 815 E. Pennsylvania Avenue / 760.466.7020 / Social Worker: 858.354.3719
- **Imperial Valley Clinic:** 1115 South 4th Street / 760.352.1506 / Social Worker: 760.352.1506
- **La Jolla Clinic:** 3350 La Jolla Village Drive / 858.552.7475 / Social Worker: 858.642.3003
- **Mission Valley Clinic:** 8810 Rio San Diego Drive / 619.400.5050 / Social Worker: 619.400.5112
- **Oceanside Clinic:** 1300 Rancho del Oro Road / 760.643.2000 / Social Worker: 760.643.4841
- **Sorrento Valley Clinic:** 10455 Sorrento Valley Road / 858.552.7475 / Social Worker: 858.354.3719
- **Homeless - Patient Aligned Care Team (H-PACT):** Social Worker: 858.646.8161

VA Telecare Advise Nurse: (24/7) 877.252.4866

VA Pharmacy: 858.552.7450 / **Pharmacy Refill Line:** 858.552.4390

Advance Directives: www.sandiego.va.gov/patients/advance.asp

MEDICAL (con't)

Family Health Centers of San Diego (Non-VA Medical Care): 619.515.2300 / www.fhcsd.org

Services provided to uninsured, low-income and medically underserved persons

Clinicas de Salud del Pueblo, Inc: 760.344.9951 / www.csdsp.org / Medical and dental clinics in Imperial County

Denti-Cal: 800.322.6384 / www.denti-cal.ca.gov

VA Dental Insurance Program (VADIP): 855.460.3302 / www.deltadentalins.com/vadip

VA Dental Dept: 858.552.7525 / Services to veterans who are 100% Service Connected or SC for a dental issue

VA Optometry Dept: 858.552.8585 x7180 / Services to Veterans who have 10% Service Connection or more

One Sight Vision Program: www.onesight.org/get-help / Eye exams and glasses for qualifying participants

Lions Optometric Vision Clinic: 619.298.5273 / www.lionsvisionclinic.org

RELATIONSHIP HEALTH

Intimate Partner Violence Assistance Program: 858.642.3669 / www.socialwork.va.gov/IPV

Team RWB San Diego: www.teamrwb.org

Vet Center Family Recovery Program: 858.642.1500 / www.va.gov/directory/guide/facility.asp?ID=522

Warrior to Soul Mate: w2sm.com

MENTAL HEALTH

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

Veterans Crisis Hotline: 800.273.8255 (Press 1) / www.veteranscrisisline.net / Text to 838255

VA Psychiatric Emergency Clinic (PEC): 858.642.3391

Same-day mental health services and referrals for treatment. Walk-in hours: M - F from 0800-1530 at the VA Medical Center in La Jolla (2nd Floor, North Wing). Afterhours – use Emergency Department

Vet Centers: www.vetcenter.va.gov / Readjustment counseling for Combat Veterans & MST survivors

San Diego: 858.642.1500 / San Marcos: 760.744.6914 / Chula Vista: 877.618.6534 / Yuma: 928.271.8700

Aspire Center: 855.297.8397 / www.sandiego.va.gov/services/aspire_center

Residential treatment program for Post-Traumatic Stress and Traumatic Brain Injury

CORE Clinic (Center of Recovery Education): 619.228.8001

Recovery services to help veterans achieve independent living, education, work, and socializing goals.

Healing Wave Aquatics: 619.453.0953 / healingwaveaquatics.org – Aquatic therapy for veterans and caregivers

County of San Diego Adult/Older Adult Outpatient Mental Health Treatment: 888.724.7240

www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/documents/AOA/walkin_clinic_hrs_region.pdf

Serving Medi-Cal beneficiaries and uninsured adults.

VA Military Sexual Trauma Program: 619.400.5189

www.va.gov/health-care/health-needs-conditions/military-sexual-trauma

Imperial County Behavioral Health Services: www.bhs.imperialcounty.org

San Diego County Behavioral Health Services: www.sandiegocounty.gov/hhsa/programs/bhs

SUBSTANCE USE

VA Alcohol and Drug Treatment Program (ADTP): 858.642.3391

- **Substance Abuse Residential Rehabilitation Treatment Program:** 28-day residential treatment
- **Intensive Outpatient Program (IOP)** offered in two phases:
 - Phase One - 3 days per week for 6 weeks
 - Phase Two - 2 days per week for 12 weeks
- **Outpatient Groups** : Typically held weekly for 1 to 2 hours, for 6 to 12 months
- **Aftercare Groups:** For Veterans who have completed their initial treatment and are stable in their recovery. Community-based support groups are always encouraged, including: AA, NA, Smart Recovery, and faith-based support
- **Friends and Family Group:** For those who have a loved one in treatment or struggling with substance abuse issues
- **Harm Reduction:** For veterans who choose not to quit substances, but would like to reduce negative consequences related to substance use
- **Motivational Enhancement Therapy:** For veterans who are ambivalent about quitting substances
- **Medication Assisted Therapy:** Provided by addiction psychiatrists
- **Recovery Home:** Funding provided through Drug MediCal or Healthcare for Homeless Veterans grants
 - **Amity Vista Ranch:** 760.599.1892 / www.amityfdn.org/amity-foundation-campuses
 - **Casa Raphael:** 760.630.9922 / www.alphaproject.org/programs/residential-treatment
 - **CRASH:** 619.239.9691 / www.crashinc.org
 - **Crossroads:** 619.296.1151 / www.crossroads4recovery.org
 - **Fellowship Center:** 760.745.8478 / www.thefellowshipcenter.org
 - **Freedom Ranch:** 619. 478.5696 / www.sdfreedomranch.org
 - **Heartland House:** 619.287.5460 / www.heartlandhouse.org
 - **McAlister Institute:** 619.442.0277 / www.mcalisterinc.org
 - **Pathfinders:** 619.260.1605 / pathfindersrecovery.org
 - **Salvation Army:** 619.239.4037 / www.sandiegoarc.salvationarmy.org
 - **Stepping Stone:** 619.278.0777 / www.stepsstonesd.org
 - **Tradition One:** 619.264.0141 / www.traditionone.com
 - **Turning Point:** 619.233.0067 / www.turningpointhome.org
 - **Veterans Village of San Diego:** 619.497.0142 / www.vvvd.net

Virtual Self-Help Meetings:

- **Narcotics Anonymous:** www.sandiegona.org
- **Alcoholics Anonymous:** www.aasandiego.org
- **Al-Anon:** al-anon.org/al-anon-meetings/electronic-meetings

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

Sober Living Association / 800.799.2084 – www.soberhousing.net/referral

List of active sober living homes in Southern California

BENEFITS

MyBenefits CalWIN: 866.262.9881 / www.mybenefitscalwin.org

- **Covered California** Connects Californians with health insurance or Medi-Cal (California's Medicaid health care program that pays for a variety of medical services for individuals with limited income and resources).
- **CalFresh:** California's food stamp program, federally known as Supplemental Nutrition Assistance Program (SNAP). Helps low-income individuals and families purchase food.
- **General Relief:** Provides cash or in-kind services to those who are not eligible for assistance under any other categorical aid program.
- **California Work Opportunity and Responsibility to Kids (CalWORKs):** Cash aid program for low income families to meet basic needs. Also provides education, employment, and training programs to help families get jobs and move towards self-sufficiency.

Employment Development Department, State of California: 800.300.5616 / edd.ca.gov

The EDD manages the Unemployment Insurance (UI) and State Disability Insurance (SDI) programs for the State of California. SDI includes Disability Insurance (DI), Paid Family Leave (PFL), and the Nonindustrial Disability Insurance (NDI) programs. NDI includes DI and Family Care Leave (FCL)

Federal Family and Medical Leave Act (FMLA): www.dol.gov/agencies/whd/fmla

FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage.

Social Security Administration: 800.772.1213 (San Diego) / (866) 593-5680 (Imperial County) / www.ssa.gov

- **Supplemental Security Income (SSI):** Federal income supplement program designed to help aged, blind, and/or disabled people, who have little or no income. Provides financial aid to meet basic needs for food, clothing, and shelter.
- **Social Security Disability Income (SSDI):** Monthly benefit to disabled individuals who are unable to work because of a medical condition that is expected to last at least 12 months or result in death. Workers must have enough accumulated SSA work credits.
- **"Social Security":** Federal retirement benefit paid based on the worker's historical earnings and SSA retirement credits.
- **Survivors Benefits:** Upon an individual's death, family members may be eligible for benefits based on the deceased's historical earnings if worked long enough under Social Security. Survivors Benefits cannot be applied for online and must be done by phone.
- **Medicare:** Federal system of health insurance for people 65+ and younger individuals with qualifying disabilities.

Help with Benefits:

- **Consumer Center for Health Education & Advocacy:** 877.734.3258 / www.laszd.org/about/what-cchea
- **Legal Aid Homeless Advocacy Clinic:** 877.534.2524 / www.laszd.org/area/ssi
- **Think Dignity:** 619.537.8736 / www.thinkdignity.org/legal-referral-and-advocacy-clinic
- **Disability Help Center:** 619.282.1761 / www.disability-benefits-help.org

HOUSING

VA National Call Center for Homeless Veterans: 877.424.3838 / www.va.gov/HOMELESS/NationalCallCenter

VA Healthcare for Homeless Veterans (HCHV): 855.235.2413 / www.va.gov/homeless/hchv

HCHV San Diego Program Office: 619.497.8989 / www.sandiego.va.gov/services/homeless/index

VA Grant and Per Diem (GPD) Transitional Housing Programs

Eligibility for VA Healthcare is not required. All characters of discharge accepted, except Dishonorable. Must have at least one day of active duty service, outside of training. Length of stay is based on clinical assessment.

- **Interfaith Community Services:** 760.529.9979 / www.interfaithservices.org/program/housing
Service Intensive Transitional Housing and Bridge Housing in Oceanside
- **People Assisting the Homeless (PATH):** 619.810.8600 / PATHSDGPD@epath.org
Low-Demand and Bridge Housing located Downtown
- **Veterans Village of San Diego Veterans On Point:** 619.393.2039 / vvsd.net/vvsd-programs/housing
Bridge Housing and Service Intensive Transitional Housing in San Diego
- **Volunteers of America Hawley House:** 619.561.9808
www.voa.org/housing_properties/hawley-veterans-services-center
Bridge Housing for male veterans in El Cajon

VA Safe Haven: 760.546.8616 – Housing and support services for Veterans who would benefit from a low-barrier program due to struggles with mental health, substance use, etc. Located at Interfaith Community Services in Escondido.

VA Recuperative Care: 760.294.2025 - Housing and support services for Veterans in need of short-term (>90 days) medical and/or mental health stabilization, located at Interfaith Community Services in Escondido.

Supportive Services for Veteran Families (SSVF):

Homelessness prevention and rapid re-housing programs that offer temporary financial assistance and case management to assist with obtaining affordable permanent housing

- **PATH** 619.810.8668 / www.epath.org/regions/greater-san-diego
- **Adjoin** (formerly Veterans Community Services): www.adjoin.org/our-work/veterans
858.300.9974 (San Diego County) / 760.610.4329 (Imperial County)
- **Veterans Village of San Diego:** 619.339.0111 / www.vvsd.net/vvsd-programs/housing

Housing and Urban Development-VA Supported Housing (HUD-VASH): 619.497.8989

www.va.gov/homeless/hud-vash_eligibility / Rental assistance to chronically homeless Veterans with intensive case management needs. Veteran must be eligible for VA Healthcare.

Emergency Rental Assistance Program: www.covid-19-reopen-rental-assistance.sandiegocounty.gov
County of San Diego rental assistance to residents financially impacted by the COVID-19 pandemic

Imperial County Housing Authority: 760.337.7500 / www.ivha.org

San Diego Housing Authority: 619.231.9400 / www.sdhc.org

Dreams for Change Safe Parking Program: 619.497.0236 / www.dreamsforchange.org
Provides supportive services and a safe parking for families and individuals living in their vehicles

Jewish Family Services Safe Parking Program: 858.637.3373
www.jfssd.org/our-services/adults-families/safe-parking-program

Single Room Occupancy (SRO) hotels: Find current availability at 2-1-1 / sdhc.org

Board & Care Facilities: Find current Board & Care facilities at 619.542.1434 or 2-1-1.

Section 8 Rental Assistance Program: 619.578.7305 / www.sdhc.org

Drop in Centers: Can provide meals, clothing, laundry, mail box services and shelter referrals

- **San Diego Day Center** (Downtown): 619.230.7390 / my.neighbor.org/get-help
- **Bread of Life** (Oceanside): 760.722.0800 / www.sdrescue.org/our-programs/bread-of-life
- **Brother Benno's Center** (Oceanside): 760.439.1244 / www.brotherbenno.org

Shelters:

- **Alpha Project:** 858.354.1397 / alphaproject.org
- **Catholic Charities of Imperial County:** 760.353.6822 / www.ccdsd.org/programs
- **Center for Community Solutions:** 888.385.4657 / www.ccssd.org/get-help/emergency-and-long-term-shelter
- **Center for Family Solutions (DV / Imperial County):** 760.353.6922 / www.womanhaven.org
- **Haven House:** 760.489.6380 x274 / www.interfaithservices.org/program/housing
- **House of Hope** (Women and Children Shelter): 760.352.1182 / www.ivnewcreations.org
- **La Posada:** 760.929.2322 / www.holycrosscarlsbad.org/community/la-posada-de-guadalupe-mens-shelter
- **Operation Hope:** 760-536-3880 / www.operationhopeshelter.org
- **Our Lady of Guadalupe Men's Shelter:** 760.357.0894 / www.ccdsd.org/homeless-mens-services
- **People Assisting the Homeless:** 619.810.8600 / epath.org/regions/greater-san-diego
- **Rachel's Women's Center:** 619.696.0873 / ccdsd.org/homeless-womens-services
- **Nueva Vida Haven:** 619.819.1844 / www.sdrescue.org/our-programs/emergengy-shelter-for-women-and-children
- **The Salvation Army:** 619.231.6000 / www.sandiego.salvationarmy.org/san_diego2/provide-shelter
- **South Bay Community Services:** 619.420.3620 / www.southbaycommunityservices.org/emergency-shelter-transitional-housing
- **St. Vincent De Paul Village Father Joe's Villages:** 619.233.8500 / my.neighbor.org/our-solutions

HOUSING (con't)

Housing Resources for those with Megan's Law/Jessica's Law Barriers:

*Please verify 290 requirements and suitability of placement options with supervising authorities

- **Motel 6:** 619.232.8931 / 2353 Pacific Coast Hwy, San Diego, CA 92101
- **Hotel Iris:** 619.297.1691 / 625 Hotel Circle South, San Diego, CA 92108
- **El Cajon Inn & Suites:** 619.444.8147 / 1368 East Main Street, El Cajon, CA 92021
- **Super 8:** 619.470.8877 / 2435 Sweetwater Road, National City, CA 91950
- **Adonai-Jireh Sober Living:** 760.295.3898
- **Etheridge Center:** 619.231.6361 / 405 63rd Street, San Diego, CA 92114
Substance abuse treatment, \$650/month

FOOD

Calexico Neighborhood House - Emergency Food Program: 760.357.6875 / nhclx.org

Feeding San Diego: www.feedingsandiego.org

Imperial Valley Food Bank: 760.370.0966 / www.ivfoodbank.com

Jewish Family Service: 858.637.3210 / www.jfssd.org/our-services/food-meals

Mama's Kitchen: 619.233.6262 / www.mamaskitchen.org

Meals on Wheels of San Diego County: 619.260.6110 / www.meals-on-wheels.org

San Diego Food Bank: 866.350.3663 / www.sandiegofoodbank.org

Special Delivery San Diego: 619.297.7373 / www.specialdeliverysandiego.com

UTILITY ASSISTANCE

California's Public Utilities Commission: www.cpuc.ca.gov/General

California LifeLine provides discounted home phone and cell phone services to qualified households

Campesinos Unidos, Inc: 619.391.9790 (San Diego County) / 760.370.5100 (Imperial County)
www.campesinosunidos.org/energy-department Provides non-emergency financial assistance to low-income individuals and families through the Home Energy Assistance Program (HEAP)

Lifeline Assistance Program: freegovernmentsmartphones.com/free-government-smartphones-providers-list
Free phones for qualifying individuals (income-based and/or enrolled in a government assistance program)

Metropolitan Area Advisory Committee (MAAC): 619.434.3829 / www.maacproject.org
Provides financial assistance to low-income households experiencing energy-related emergencies.

San Diego Gas and Electric Company: 800.560.5551 / 800.411.7343
www.sdge.com/residential/pay-bill/get-payment-bill-assistance/assistance-programs

PETS

Helen Woodward Animal Center: 858.756.4117 / www.animalcenter.org

Rancho Coastal Humane Society: 760.753.6476 / rhumanesociety.org

Feeding Pets of the Homeless: 775.841.7463 / www.petsofthehomeless.org

San Diego Humane Society: 619.299.7012 / www.sdhumane.org

Helping Paws Foundation: 760.429.4391 / helpingpawssandiego.org

EMPLOYMENT / VOCATIONAL

Able Disabled Homeless Veterans Techworks: 619.269.9351

www.able2work.org/programs/homeless-veterans-hvrp-techworks

America Job Centers: www.dol.gov/general/topic/training/onestop

Offers training referrals, career counseling, job listings, and similar employment-related services

CalJobs: www.caljobs.ca.gov

Department of Rehabilitation: www.dor.ca.gov

Services and advocacy for employment, independent living, and equality for individuals with disabilities

Employment Development Department: www.edd.ca.gov

Goodwill Community Employment Center: 619.225.2200 / www.goodwillsocal.org/career-services/employment-centers

Homeless Veterans Community Employment Services: 619.497.8922 / www.va.gov/homeless/hvces

Imperial Valley Regional Occupational Program: 760.482.2600 / www.ivrop.org

Imperial County Unemployment Career Center Office:

www.unemploymentoffice.us/california-unemployment-offices/imperial-county-ca-unemployment-career-center-office

Imperial Valley Small Business Development Center: 760.312.9800 / www.sdivsbdc.org/imperial-valley-sbdc

Interfaith Community Services Workforce Development: 760.489.6380

www.interfaithservices.org/program/employment-economic-development

Onward CA: www.onwardca.org / info@onwardca.org

Resources matching, training, and employment assistance for the individuals impacted by job due to COVID-19

PATH Homeless Veterans Reintegration Program: 619.810.8612 / www.epath.org/regions/greater-san-diego

San Diego Workforce Partnership: 619.319.9675 / www.workforce.org/career-centers

Online job boards, employment resources, and career centers

Second Chance: 619.234.8888 / www.secondchanceprogram.org

Veteran Entrepreneur Portal: www.va.gov/osdbu/entrepreneur

Veterans Village of San Diego Employment Program: 619.393.2028 / vvsd.net/vvsd-programs/employment

WAVE (Wellness and Vocational Enrichment): 619.228.8000 / www.sandiego.va.gov/locations/rio

Worklooker: Regional employment guide / www.wooklooker.com

CAREGIVER RESOURCES

VA Caregiver Support Program: 855.260.3274 / 858.642.1215 / www.caregiver.va.gov

In-Home Supportive Services: 800.510.2020 / www.cdss.ca.gov/in-home-supportive-services

Homemaker and personal care assistance to eligible individuals receiving SSI or with low income

Operation Family Caregiver: 229.928.1234 / www.operationfamilycaregiver.org

Provides coaching and assistance for caregivers of Veterans and servicemembers

Southern Caregiver Resource Center: 800.827.1008 / www.caregivercenter.org

Provides information, support, counseling, respite and resources for caregivers

SENIORS

A Right Place for Seniors: 800.804.3840 / www.arightplaceforseniors.com/sandiego

Free placement agency for seniors

California Veterans Homes: 800.952.5626 / www.calvet.ca.gov/calvet-programs/veteran-homes

Provides the state's aged or disabled veterans with rehabilitative, residential, and medical care and services in a home-like environment

Elderhelp of San Diego: 619.284.9281 / www.elderhelpofsandiego.org

Helps to ensure the safety and well-being of seniors sheltering in place by volunteers via phone chats, delivering fresh groceries, and providing medically necessary transportation

Foundation for Senior Wellbeing Senior Information Resource Center: 844.654.4636

www.thefoundationforseniorwellbeing.org / Links seniors to resources in North San Diego County

On-The-Go Transportation Solutions for Older Adults: 858.637.7320

www.ifssd.org/site/PageServer?pagename=programs_older_on_the_go

For individuals 60+ with inadequate or unavailable transportation. All riders must be mentally alert

Serving Seniors: 619.235.6572 / www.servingseiors.org

Provides meals, housing, health services for seniors 60+

Stay Home San Diego: 619.800.3252 / www.stayhomesd.com

San Diego grocery and toiletry delivery assistance program for seniors 65+

TRANSPORTATION

Angel Wings for Veterans: www.angelwingsforveterans.org

Provides wounded, ill and injured veterans and active duty service members with free travel to clinical care

Facilitating Access to Coordinated Transportation (FACT): 888.924.3228 / www.factsd.org

Free rides for essentials (ex: medical appointments or groceries) for seniors, the disabled or veterans

Imperial Valley IVT MedTrans: 760.337.1766 / www.ivtmedtrans.com

Provides non-emergency transportation between Imperial Valley and San Diego County medical appointments

Metropolitan Transit System (MTS): Call 5-1-1 / www.sdmts.com / Information and Trip Planning

MTS Access: 844.299.6326 / www.sdmts.com/mts/mts_access.asp

An origin to destination, shared ride, advanced reservation, public transit service that operates in accordance with the Americans with Disabilities Act

Lift (North County Transit District): 760.726.1111 / www.gonctd.com/services/lift-paratransit

NCTD provides Lift paratransit service to eligible individuals with disabilities who cannot board, ride, or navigate accessible, fixed-route, bus or train services because of their disabilities

ITN Greater San Diego: 858.751.4619 / www.itnsandiego.org

Transportation for 60+ and/or individuals with visual impairment (including "arm-in arm, door-through-door" assistance if needed)

Operation We Are Here: www.operationwearehere.com/airtravelassistance

Provides resources for air travel assistance for military families and Veterans

TRANSPORTATION (con't)

Travelers Aid Society of San Diego: 619.233.8500 x1157 / www.travelersaidsandiego.org

Travel assistance for those who are stranded, fleeing an abusive situation, or without any resources

Veterans Transportation Program: 858.552.7572 / [www.sandiego.va.gov/services/Veterans Transportation](http://www.sandiego.va.gov/services/Veterans_Transportation)

Offers travel solutions at little or no cost to and from VA health care facilities for Veterans eligible for Beneficiary Travel, Veterans Transportation Service, and Highly Rural Transportation Grants.

VA Special Mode Transportation: 858.552.7575

Provides wheelchair and gurney van transportation to Veterans meeting administrative and clinical eligibility requirements. Call one to seven days in advance of appointment.

LEGAL

American Bar Association (ABA) directory of legal programs for military and veterans:

www.americanbar.org/groups/legal_services/milvets/aba_home_front/directory-programs

ABA Free Legal Answers: Virtual legal advice clinic where users who meet financial eligibility may seek legal advice about civil/non-criminal matters

- **State-specific:** www.abafreelegalanswers.org
- **Federal** (including VA benefits and discharge upgrade): www.abafederal.freelegalanswers.org

California Rural Legal Assistance: 800.337.0690 / www.crla.org

Provides legal assistance to low-income rural Californians

Center for Community Solutions: 858.272.5777 / www.ccssd.org

Offers legal assistance with restraining orders, family law, and general legal counsel/referrals

Clean Slate Clinic: 619.940.7577 / www.sd-csc.org / Expungement assistance

Community Law Project: clp@cwsl.edu / 619.780.7498 / www.cwclp.org

Provides free and confidential legal information and referrals for non-urgent issues

Department of Child Support Services Veteran Liaisons / heretohelp@sdcounty.ca.gov

Disability Rights California / www.disabilityrightsca.org - Advocacy for people with disabilities

Elder Law and Advocacy: 858-565-8772 / seniorlaw-sd.org

Offers free assistance with legal, Medicare, caregiver, long-term care, financial POA

Family Law Facilitator's Office: www.courts.ca.gov/selfhelp-facilitators

Neutral court employees who help unrepresented parents and parties with family law questions prepare court forms and provide general legal information.

Family Justice Center: 619.533.6043 / www.sandiego.gov/sandiegofamilyjusticecenter

Provides legal, medical, and social services to survivors of domestic violence

Fresh Start: 619.338.4700 / www.sandiegocounty.gov/content/sdc/public_defender/fresh_start

Comprehensive criminal record relief program

Lawyer Referral and Information Service: 619.231.8585 / www.sdcbba.org

San Diego County Bar Association provides assistance finding an attorney specific to legal needs

LEGAL (con't)

Legal Aid Society of San Diego: 877.534.2524 / www.lasdd.org

Provides low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation in areas including: public benefits, bankruptcy, family law, restraining orders, consumer protection, landlord-tenant issues, public housing, and immigration

Military Assistance Project: 267.449.6067 / www.militaryassistanceproject.org / Bankruptcy assistance

San Diego Public Administrator, Guardian, and Conservator: 858.694.3500

www.sandiegocounty.gov/content/sdc/hhsa/programs/papg

San Diego Volunteer Lawyer Program: 619.235.5656 / www.sdvlp.org

Provides free civil legal services to disadvantaged families, seniors, persons with disabilities, persons living with HIV/AIDS, and domestic violence survivors in San Diego County

Senior Citizens Legal Services: 858.565.1392 / www.seniorlaw-sd.org

Provides legal counseling and advice sessions seniors ages 60 and older (including will preparation and power of attorney issues)

Stateside Legal: www.statesidelegal.org/finding-legal-help

Provides linkages to legal resources for low-income service members, veterans and their families

University of San Diego (USD) Legal Clinic: 619.260.7470 / www.sandiego.edu/law/free-legal-assistance Free legal assistance for the following matters: appellate, civil, entrepreneurship, Federal tax, Immigration, State income tax, State sales and use tax, Women's Legal Clinic, and workers' rights

Veterans Clinic: www.sandiego.edu/veterans-clinic / veteransclinic@sandiego.edu

Veterans Legal Institute: 714.852.3492 / www.vetslegal.org

Provides pro-bono legal services to homeless, at risk, disabled and low-income veterans that remove barriers to housing, healthcare, education and employment

VA Veterans Justice Program (VJP): www.va.gov/homeless/vjo

Provides linkages to treatment, housing, and legal resources for justice-involved Veterans

- **Veterans Treatment Court:** 858.353.1203
- **Military Diversion:** 858.232.5560
- **Homeless Court:** 858.210.1157
- **Jail Outreach:** 858.267.0724

***Please note the VA cannot accept collect calls. Correspondence to the San Diego VJP may be sent to:

VA San Diego Healthcare System, San Diego Counseling Center, 7410 Mission Valley Rd, San Diego, CA 92108

VA Healthcare for Reentry Veterans (HCRV): www.va.gov/homeless/reentry

Provides outreach and pre-release assessments services for Veterans in prison, referrals and linkages to medical, mental health, social services, employment services and short-term case management upon release

Re-entry Specialist for Northern CA Prisons
VA Palo Alto Healthcare System
795 Willow Road, Bldg 374/180D
Menlo Park, CA 94025
209.423.8387

Re-entry Specialist for Southern CA Prisons
VA Long Beach Healthcare System
5901 East 7th Street
Long Beach, CA 90882
562.533.5643