



**VA** Defining  
**HEALTH** **EXCELLENCE**  
**CARE** 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 7<sup>th</sup>, 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, 1<sup>st</sup> 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](http://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](http://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](http://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 7<sup>th</sup>, 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](http://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 <sup>st</sup> Floor) | Mission Valley Clinic (1 <sup>st</sup> 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><b>Social Security Benefit Clinic</b><br/> Neil Good Day Center<br/> 299 17<sup>th</sup> Street<br/> San Diego, CA 92101<br/> 619.234.3041</p> <p>Friday / 08:00 – 12:00</p> | <p><b>Legal Aid Homeless Advocacy Clinic</b><br/> St. Vincent De Paul<br/> 1501 Imperial Avenue<br/> San Diego, CA 92101<br/> 619.233.8500</p> <p>Mon, Tues, Thurs<br/> 9:00 – 12:00 and 13:00 – 16:30</p> | <p><b>Friend to Friend Program</b><br/> Episcopal Community Services<br/> 2144 El Cajon Blvd<br/> San Diego, CA 92104<br/> 619.955.8217 x17</p> <p>Call for clinic hours</p> | <p><b>Disability Help Center</b></p> <p>1833 4<sup>th</sup> Avenue<br/> San Diego, CA 92101<br/> 619.282.1761</p> <p>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

**VA Wellness and Vocational Enrichment Clinic (WAVE)**

4525 Mission Gorge Place  
San Diego, CA 92120  
619.228.8000

**PATH Homeless Veterans Reintegration Program**

299 17th Street  
San Diego, CA 92101  
619.810.8612

**VVSD Job Club**

4141 Pacific Highway  
San Diego, CA 92110  
619.393.2080

**Second Chance**

6145 Imperial Avenue  
San Diego, Ca 92114  
619.234.8888

**Able Disabled Homeless Veterans**

**Techworks (HVRP)**  
521 Grape St.  
San Diego, CA 92101  
619.269.9351

## FINANCIAL RESOURCES

**Semper Fi fund**

[www.semperfund.org](http://www.semperfund.org)  
Sondria Saylor  
760.519.6984

**Operation Home Front**

[www.operationhomefront.net](http://www.operationhomefront.net)  
855.282.0960

**American Legion**

Mary Jay  
415.431.2400  
Must have Dependent Children in Household

**USA Cares**

[www.usacares.us](http://www.usacares.us)  
800.773.0387

**Armed Forces Relief Trust**

[www.afrtrust.org](http://www.afrtrust.org)  
**Salute Heroes Org**  
[www.saluteheroes.org/](http://www.saluteheroes.org/)  
703.921.4605

**UnmetNeeds.com (VFW)**

[www.unmetneeds.com](http://www.unmetneeds.com)  
800.839.1899

**Folds of Honor Foundation**

[www.foldsofhonor.org](http://www.foldsofhonor.org)  
918.274.4700

**America's Fund**

[www.americasfund.org](http://www.americasfund.org)  
202.412.0611

**National Military Family Association**

[www.nmfa.org](http://www.nmfa.org)  
703.931.6632

## 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

|   |  |   |  |
|---|--|---|--|
| <p><b>La Jolla Clinic</b><br/>3350 La Jolla Village Drive<br/>San Diego, CA 92161<br/>858.552.7475</p> <p>Social Worker:<br/>858.642.3003</p>           | <p><b>Mission Valley Clinic</b><br/>8810 Rio San Diego Drive<br/>San Diego, CA 92108<br/>619.400.5050</p> <p>Social Workers:<br/>619.400.5112<br/>619.680.1718</p> | <p><b>Sorrento Valley Clinic</b><br/>10455 Sorrento Valley Road<br/>San Diego, CA 92121<br/>858.552.7475</p>                                  | <p><b>H-PACT<br/>Homeless - Patient Aligned<br/>Care Team</b><br/>Clinic for Chronically Homeless<br/>Veterans who are not<br/>assigned a PCP</p> <p>Social Worker: 858.646.8161</p> |
| <p><b>Imperial Valley Clinic</b><br/>1600 South Imperial Ave, Ste 1<br/>El Centro, CA 92243<br/>760.352.1506</p> <p>Social Worker:<br/>858.333.2149</p> | <p><b>Chula Vista Clinic</b><br/>835 Third Avenue, Suite A<br/>Chula Vista, CA 92911<br/>619.409.1600</p> <p>Social Worker:<br/>858.333.2149</p>                   | <p><b>Escondido Clinic</b><br/>815 E. Pennsylvania Avenue<br/>Escondido, CA 92025<br/>760.446.7020</p> <p>Social Worker:<br/>760.643.4841</p> | <p><b>Oceanside Clinic</b><br/>1300 Rancho del Oro Road<br/>Oceanside, CA 92056<br/>760.643.2000</p> <p>Social Worker:<br/>760.643.4841</p>  |

\*\*\*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

**Covered California:** <http://www.coveredca.com/apply/> or go to a Family Resource Center for assistance.

**Family Resource Center:** [http://www.sandiegocounty.gov/hhsa/programs/ssp/food\\_stamps/family\\_resource\\_centers.html](http://www.sandiegocounty.gov/hhsa/programs/ssp/food_stamps/family_resource_centers.html)

## 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)

## DENTAL CARE (Non-VA)

| <b>Central San Diego</b>   | <b>East County</b>  | <b>North County</b>  |
|--|---|--|
| <p><b>Children’s Dental Health Center</b><br/>1270 24<sup>th</sup> Street<br/>San Diego, CA 92102<br/>619.234.9131</p>                           | <p><b>Grossmont/Spring Valley Family Health Center</b><br/>8788 Jamacha Road<br/>Spring Valley, CA 91977<br/>619.515.2330</p> | <p><b>Neighborhood Healthcare</b><br/>425 N. Date Street, Suite 129<br/>Escondido, CA 92025<br/>760.520.8330</p>       |
| <p><b>Comprehensive Health Center</b><br/>3177 Oceanside Blvd<br/>San Diego, CA 92113<br/>619.398.1534</p>                                       | <p><b>La Maestra Community Health Center</b><br/>183 South First Street<br/>El Cajon, CA 92019<br/>619.328.1335</p>           | <p><b>North County Health Services</b><br/>2201 Mission Avenue, Suite 103<br/>Oceanside, CA 92054<br/>760.400.0277</p> |
| <p><b>North Park Dental Clinic</b><br/>3544 30<sup>th</sup> Street<br/>San Diego, CA 92104<br/>619.515.2434</p>                                  | <p><b>La Maestra Community Health Center</b><br/>7967 Broadway Avenue<br/>Lemon Grove, CA 92019<br/>619.741.7423</p>          | <p><b>North County Health Services</b><br/>217 Earlham Street<br/>Ramona, CA 92065<br/>760.789.1223</p>                |
| <p><b>Logan Heights Family Health Center</b><br/>1809 National Ave<br/>San Diego, CA 92113<br/>619.515.2394</p>                                  | <p><b>Neighborhood Healthcare – Lakeside</b><br/>10039 Vine Street<br/>Lakeside, CA 92040<br/>619.390.9135</p>                | <p><b>North County Health Services</b><br/>150 Valpreda Road<br/>San Marcos, CA 92069<br/>760.736.6794</p>             |
| <p><b>La Maestra Community Health Center</b><br/>4305 University Ave, #120 &amp; 150<br/>San Diego, CA 92105<br/>619.285.8135 / 619.501.1235</p> | <p><b>Southern Indian Health Council</b><br/>4058 Willows Road<br/>Alpine, CA 91901<br/>619.445.1188</p>                      | <p><b>Operation Samahan Health Clinic</b><br/>10737 Camino Ruiz, # 235<br/>San Diego, CA 92126<br/>858.578.4220</p>    |
| <p><b>San Diego American Indian Health Center</b><br/>2630 First Avenue,<br/>San Diego, CA 92103<br/>619.234.2158</p>                            | <p><b>Southern Indian Health Council</b><br/>36350 Church Road<br/>Campo, CA 91906<br/>619.445.1188 x2</p>                    | <p><b>Vista Community Clinic</b><br/>1000 Vale Terrace<br/>Vista, CA 92084<br/>760.631.5000 x1289</p>                  |

\*\*\*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

|  |   |  |
|--|---|--|
| <b>San Diego Vet Center</b><br>2790 Truxton Road, Suite 130<br>San Diego, CA 92106<br>858.642.1500 | <b>San Marcos Vet Center</b><br>One Civic Center Drive, Suite 140<br>San Marcos, CA 92069<br>760.744.6914 | <b>Chula Vista Vet Center</b><br>180 Otay Lakes Road, Suite 108<br>Bonita, CA 91902-2439<br>877-618-6534 Or 877-927-8387 |
|--|---|--|

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

### NON-VA COMMUNITY MENTAL HEALTH CLINICS

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

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

### DETOX SERVICES

|  |  |
|--|--|
| <p><b>McAlister Institute</b><br/>(Call for location)<br/>619.465.7303</p> | <p><b>Volunteers of America</b><br/>101 16th Street<br/>San Diego, CA 92101<br/>619.232.9343</p> |
|--|--|

## 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                    |
|--|---|------------------------------|-----------------------------------|
| St. Vincent De Paul Village                  | 1501 Imperial Ave<br>San Diego, CA 92101          | 619.233.8500 x1355           | Men, women, children              |
| Rachel's Women's Center                      | 759 8 <sup>th</sup> Avenue<br>San Diego, CA 92101 | 619.236.9074                 | Women only<br>No children         |
| San Diego Rescue Mission<br>Nueva Vida Haven | 120 Elm Street<br>San Diego, CA 92101             | 619.819.1844<br>619.687.3720 | Single Men<br>Women and children  |
| Brother Benno's Center                       | 3260 Production Ave<br>Oceanside, CA 92054        | 760.439.1244                 | Men, women, and children          |
| Catholic Charities<br>La Posada de Guadalupe | 2478 Impala Drive<br>Carlsbad, CA 90101           | 760.929.2322                 | Men only                          |
| South Bay Community Services                 | 430 F Street<br>Chula Vista, CA 91910             | 619.426.2350                 | Couples<br>Families with children |
| The Salvation Army                           | 824 Seventh Ave<br>San Diego, CA 92101            | 619.231.6000 x2451           | Men Only                          |

\*\*\*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](http://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](http://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.

**SSVF Program:** Homelessness prevention and rapid re-housing services to very low-income Veterans and Veteran families.

**Veterans Community Services / 800.974.9909**

**VVSD SSVF Program / 619-961-2166 x8652**

**Interfaith Community Services / Downtown/PATH 619.810.8647, Oceanside 760.529.9979, Escondido 760.489.6380**

**St. Vincent de Paul / 619.992.9814**

**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.

## UTILITIES

**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](http://www.cpuc.ca.gov/PUC/energy/Low+Income/fera.htm)

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

## SPECIALITY POPULATION HOUSING AND RESOURCES

### 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."

|  |              |
|--|--------------|
| <b>Veterans Home of California, Barstow</b>          | 800.746.0606 |
| <b>Veterans Home of California, Chula Vista</b>      | 888.857.2146 |
| <b>Veterans Home of California, Yountville</b>       | 800.400.8387 |
| <b>Veterans Home of California, Lancaster</b>        | 661.477.5829 |
| <b>Veterans Home of California, Ventura</b>          | 805.765.5601 |
| <b>Veterans Home of California, West Los Angeles</b> | 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.servingseiors.org](http://www.servingseiors.org) – for seniors 60+

**Meals on Wheels** / 800.573.6467 and [www.meals-on-wheels.org](http://www.meals-on-wheels.org) - for seniors 60+

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

|   |   |  |   |
|---|---|--|---|
| <b>Motel 6</b><br>2353 Pacific Coast Highway<br>San Diego, CA 92101<br>619-232-8931   | <b>Vagabond Inn Mission Valley</b><br>625 Hotel Circle South<br>San Diego, CA 92108<br>619-297-2271                         | <b>Travelodge Hotel</b><br>1201 Hotel Circle South<br>San Diego, CA<br>619-297-2271  | <b>St. Francis Motel</b><br>1368 East Main St.<br>El Cajon, CA 92021<br>619-444-8147  |
| <b>Classic Inn</b><br>643 E. San Ysidro Blvd<br>San Ysidro, CA 92173<br>619-428-2800  | <b>Sweetwater Inn</b><br>2435 Sweetwater Road<br>National City, CA<br>619-470-8877  | <b>Flamingo Hotel</b><br>4625 Border Village Road<br>San Ysidro, CA 92173<br>619-428-2218  | <b>Relaxed Inn Suites</b><br>1220 West Main St.<br>El Cajon, CA 92020<br>619-442-2576 |
| <b>Etheridge Center</b><br>405 63 <sup>rd</sup> Street<br>San Diego, CA 92114<br>619.231.6361<br>\$500 deposit / \$650 rent | <b>Adonai-Jireh Sober Living</b><br>760.295.3898<br><br>Rent is sliding scale but starts at \$600 & goes up to \$800 per/mo | <b>Victoria House Corporation</b> 619.501.1074<br>Provides rental assistance for those with 290 registration requirements. Must have some income to qualify. |   |



## Healthcare for Homeless Veterans

### OUTREACH CLINIC SCHEDULE

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

#### Location information:

### MONDAY

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

### TUESDAY

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

VA Escondido Clinic  
8:00 AM – 12:00 PM

### WEDNESDAY

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

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

### FRIDAY

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

Mobile Vet Center  
9:00 AM – 12:00 PM

#### VAMC La Jolla (2 North)

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

#### St. Vincent De Paul

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

#### VA Oceanside Clinic

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

#### VA Escondido Clinic

815 Pennsylvania Ave  
Escondido, CA 92101  
**For information call:**  
760.643.4698

#### HPACT Outreach

1<sup>st</sup> & 3<sup>rd</sup> Fridays, 8am-12pm  
**PATH/Family Health Center**  
1250 6<sup>th</sup> Ave, Suite 100  
San Diego, CA 92101

2<sup>nd</sup> & 4<sup>th</sup> Fridays, 9am-12pm  
**Mobile Vet Center**  
330 Park Blvd  
San Diego, CA 92101  
855.898.6050

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

\*\*Walk ins are welcomed at all clinics.

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

Revised: 6/22/15

## OTHER COMMUNITY HOMELESS RESOURCES

| Program   | Location   | Food | Clothing | Laundry | Showers | Mail | Drop-In Center |
|---|--|------|----------|---------|---------|------|----------------|
| <b>Brother Benno's Center</b><br>760.439.1244                       | 3260 Production Avenue<br>Oceanside, CA 92054      | X    | X        |         | X       |      | X              |
| <b>God's Extended Hand</b><br>619.234.3251                          | 469 16th Street<br>San Diego, CA 92101             | X    | X        |         |         |      |                |
| <b>Journey Food and Clothing Bank</b><br>619.464.4544               | 8363 Center Drive<br>La Mesa, CA 91942             | X    | X        |         |         |      |                |
| <b>Emergency Services, Clairemont</b><br>858.274.2273               | 4167 Rappahannock Ave<br>San Diego, CA 92117       | X    | X        |         |         |      |                |
| <b>Emergency Services – Ramona</b><br>760.789.4458                  | 733 Main Street<br>Ramona, CA 92065                | X    | X        |         |         |      |                |
| <b>Emergency Services – Joyce Snyder</b><br>858.272.0163            | 1675 Garnet Avenue<br>San Diego, CA 92109          | X    | X        |         |         |      |                |
| <b>Emergency Services – Salvation Army</b><br>619.473.0165          | Call for location                                  | X    | X        |         |         |      |                |
| <b>Family Services Centre City</b><br>619.699.2216                  | 730 F Street<br>San Diego 92101                    | X    | X        |         |         |      |                |
| <b>Imperial Beach United Methodist Church</b><br>619.424.5181       | 455 Palm Avenue<br>Imperial Beach, CA 91932        | X    | X        |         | X       |      |                |
| <b>Interfaith Community Services - N. Central</b><br>760.489.6380   | 550 W. Washington St<br>Escondido, CA 92025        | X    |          | X       | X       | X    |                |
| <b>Interfaith Community Services - N. Costal</b><br>760.721.2117    | 2195 Oceanside Blvd<br>Oceanside, CA 92054         | X    | X        |         |         |      |                |
| <b>Helping Hands Outreach Ministries</b><br>619.937.0197            | 309 Prescott Avenue<br>El Cajon, CA 92020          | X    | X        |         |         |      |                |
| <b>Helping Hands – St. Peter's Episcopal Church</b><br>858.755.1616 | 334 14 <sup>th</sup> Street<br>Del Mar, CA 92104   | X    | X        |         |         |      |                |
| <b>Mid-City Christian Fellowship</b><br>619.944.1911                | 4100 Fairmont Avenue<br>San Diego, CA 92105        | X    | X        |         |         |      |                |
| <b>Neil Good Day Center</b><br>619.234.3041                         | 299 17 <sup>th</sup> Street<br>San Diego, CA 92101 |      |          | X       | X       | X    | X              |
| <b>Presbyterian Crisis Center</b><br>619.232.2753                   | 2459 Market Street<br>San Diego, CA 92101          |      | X        |         |         |      |                |
| <b>Project Hand Emergency Assistance</b><br>619.425.4061            | 580 Hilltop Drive<br>Chula Vista, CA 91910         | X    | X        |         |         |      |                |
| <b>Rachel's Women's Center</b><br>619.696.0873                      | 759 8 <sup>th</sup> Avenue<br>San Diego, CA 92101  | X    | X        | X       | X       |      | X              |
| <b>San Diego Food Bank</b><br>866.350.3663                          | Call for neighborhood<br>distribution programs     | X    |          |         |         |      |                |
| <b>Sister Delores Social Outreach</b><br>619.427.7637               | 278 Alvarado Street<br>Chula Vista, CA 91910       | X    | X        |         |         |      |                |
| <b>So Others May Eat, Inc</b><br>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><b>Interfaith Community Services - Merle's Place</b><br/>550 W. Washington Avenue, Suite B<br/>Escondido, CA 92025<br/>760.489.6380</p>       | <p>Transitional housing program<br/>44 beds / Men only<br/>No income requirement<br/>Sober Living requirement for admission</p>  |
| <p><b>Interfaith Community Services - Aster Street Apartments</b><br/>550 W. Washington Avenue<br/>Escondido, CA 92025<br/>760.489.6380</p>      | <p>Transitional housing program<br/>28 beds / Men only<br/>No income requirement<br/>Sober Living requirement for admission</p>  |
| <p><b>Interfaith Community Services - Oceanside Apartments</b><br/>1617 Mission Avenue<br/>Oceanside, CA 92058<br/>760.529.9979</p>              | <p>Transitional housing program<br/>72 beds / Men &amp; women accepted<br/>No income requirement<br/>Sober Living requirement for admission</p>  |
| <p><b>St. Vincent De Paul</b><br/>1501 Imperial Avenue<br/>San Diego, CA 92101<br/>619.233.8500 x0</p>   | <p>Transitional housing program<br/>60 beds / Men, women &amp; families accepted<br/>Referral is made by presenting to the lobby of the JKC building (at 15<sup>th</sup> and Imperial) at 0800 Monday – Friday.</p>                            |
| <p><b>Veterans Village of San Diego -<br/>Veterans Rehab Center</b><br/>4141 Pacific Highway<br/>San Diego, CA 92110<br/>619.393.2041</p>        | <p>Substance abuse rehabilitation facility<br/>165 beds / Men &amp; Women accepted</p>   |
| <p><b>Veterans Village of San Diego –<br/>*Veterans On Point / **In Step</b><br/>2077 Kurtz Street<br/>San Diego, CA 92110<br/>619.393.2039</p>  | <p>*Veterans On Point - substance abuse recovery maintenance program<br/>**Veterans In Step - program is for those with no substance abuse history<br/>62 beds / Men &amp; women accepted<br/>Residents must be working towards employment</p> |
| <p><b>Veterans Village of San Diego - New Resolve</b><br/>1207 S. Escondido Blvd<br/>Escondido, CA 92025<br/>760.745.7829</p>                    | <p>Substance abuse rehab facility / Substance abuse recovery maintenance<br/>25 beds / Men &amp; women accepted<br/>Residents must be working towards employment<br/>Minimum 90-day sobriety requirement prior to admission</p>                |
| <p><b>Veterans Village of San Diego - Founders Program</b><br/>866 24<sup>th</sup> Street<br/>San Diego, CA 92102<br/>619.393.2036</p>           | <p>Substance abuse recovery maintenance program<br/>14 beds / Men &amp; women accepted<br/>Minimum 90-day sobriety requirement prior to admission</p>  |
| <p><b>Veterans Village of San Diego - Welcome Home Family Program</b><br/>286 Euclid Ave, Suite 209<br/>San Diego, CA 92114<br/>619.264.7401</p> | <p>Substance abuse recovery maintenance program<br/>6 beds (apartments) / Families with children accepted<br/>Minimum 90-day sobriety requirement prior to admission</p>   |
| <p><b>Volunteers of America Hawley Road Facility</b><br/>9980 Hawley Road<br/>El Cajon, CA 92021<br/>619.561.9808</p>                            | <p>Transitional housing program for chronically homeless Veterans with substance use disorders, chronic mental illness, or dual diagnosis<br/>20 beds / Men only<br/>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.

**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](http://www.militaryassistanceproject.org) – Bankruptcy assistance.

### PUBLIC DEFENDERS' OFFICES

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

Re-entry Specialist for Southern CA prisons  
 300 Oceanside, Suite 700  
 Long Beach, CA 90802  
 562.826.5963