

# Mental Health VA Long Beach and Community Resource Book: A Resource for Providers

6<sup>th</sup> Edition

VA Long Beach Healthcare System  
Long Beach, CA

---

August, 2013  
Rev. December 2013  
Rev. June 2014  
Rev. December 2014  
Rev. July 2015  
Rev. December 2015

This book was originally created as a result of the Mental Health Community Summit, hosted by VA Long Beach HCS on August 7, 2013. Revisions should be sent to Jessica Zuehlke, Psy.D. at [Jessica.Zuehlke@va.gov](mailto:Jessica.Zuehlke@va.gov).

Please note, VA Long Beach Healthcare System does not endorse any of the programs listed below and provides them for informational purposes only. Community service providers listed may be for profit or non-profit and as such, we encourage you to contact the service provider of interest directly to determine how and if they might meet your needs. Any community service can be listed in this book, as long as submissions are sent to Dr. Zuehlke before the next publication date of June 1, 2016.

# Mental Health Resource Book

## Table of Contents

<b>Program</b>	<b>Page</b>
VA LONG BEACH MENTAL HEALTH PROGRAMS.....	5
Outpatient Psychiatry Program (OPP).....	6
Mental Health Treatment Center (MHTC).....	7
Primary Care Mental Health Integration (PCMHI).....	8
Substance Abuse Treatment Center (SATC).....	9
The Program for Traumatic Stress.....	10
Mental Health Intensive Case Management (MHICM).....	11
Healthcare for Homeless Veterans (HCHV).....	12
Pathways to Recovery Center (PRC).....	13
Women’s Mental Health Clinic.....	14
Inpatient Psychiatry-L1 Unit.....	15
Inpatient Psychiatry-M1 Unit.....	16
Suicide Prevention Program.....	17
Peer Support/PIER Center.....	18
Psychology Testing Lab/Neuropsychological Testing.....	19
Veterans Mental Health Consumer Council.....	20
OTHER IMPORTANT VA LONG BEACH NUMBERS.....	21
COMMUNITY PROGRAMS.....	22
211 LA County.....	23
211 Orange County.....	24
24HR Homecare.....	25
American Gold Star Manor.....	26
California Aquatic Therapy & Wellness Center, Inc.....	27
California State University, Fullerton: Veterans Student Services (VSS).....	28
California Victims Compensation Program (CalVCP).....	29

Centerlink.....	30
Children’s Home Society of California (CHS).....	31
City of Long Beach-Multi-Service Center (MSC).....	32
Cloudbreak Communities.....	33
Constituent Services: California State Senator Ben Allen.....	34
Constituent Services: US Rep. Janice Hahn.....	35
Del Amo Hospital Military and Veterans Program.....	36
Depression Bipolar Support Alliance (DBSA).....	37
Didi Hirsch Mental Health Services, Military Families Are Resilient (MFAR).....	38
The Drop Zone.....	39
Employment Placement Pros./Transitional Learning Centers (EPP/TLC).....	40
FOCUS- UCLA Nathanson Family Resilience Center (NFRC).....	41
Give An Hour.....	42
Great Outdoors.....	43
Legal Aid (Pro Bono)-Los Angeles Area.....	44
Legal Aid (Pro Bono)-Orange County Area.....	45
IAVA’s Rapid Response Referral Program (RRRP).....	46
Irvine Valley College Veterans Service Center.....	47
Military Services and Family Support Services.....	48
National Alliance on Mental Illness (NAMI)-Long Beach.....	49
National Alliance on Mental Illness (NAMI)-South Bay .....	50
OC4Vets.....	51
Operation Healthy Homecoming of Mental Health America (MHA) of Los Angeles.....	52
Orange County One Stop Center.....	53
Patriots and Paws.....	54
Project HER (Community Service Program).....	55
Public Law Center.....	56
R4 Alliance.....	57
Santiago Canyon College-Veterans Service Program.....	58
Soldiers Project.....	59
Springboard Nonprofit Consumer Credit Management, Inc.....	60

Strength In Support.....	61
TELACU Veterans Upward Bound.....	62
Torres Martinez Tribal TANF.....	63
US Vets: Outside the Wire Program.....	64
Vanguard University.....	65
Waves of Valor Surf Camp: Team Red, White, & Blue (RWB).....	66
Women Veterans Network, Orange County.....	67
Working Wardrobes/VetNet.....	68
V.A.L.O.R. (Veterans and Loved Ones Recovery): LA County Dept. of Mental Health...	69
Vet Centers.....	70
Veteran Court Services.....	71
Veterans First.....	72
Veterans Legal Institute.....	73
Veteran/Military Family Project.....	74

Any additional VA or community programs/organizations can be added to this Mental Health Resource Book. Please email the following information to Jessica Zuehlke, Psy.D. at [Jessica.Zuehlke@va.gov](mailto:Jessica.Zuehlke@va.gov).

1. Name of Community Program:
2. Contact Person (for more info or a referral):
3. Contact Information:
4. Services Offered:
5. Cost to Veteran:

**VA LONG BEACH MENTAL HEALTH PROGRAMS**

1. Name of VA Mental Health Program: **Outpatient Psychiatry Program (OPP)**
2. Contact Person (for more info or a referral): Sean Buckley, MD Chief OPP ([Sean.Buckley@va.gov](mailto:Sean.Buckley@va.gov)) or Nurse Manager
3. Contact Phone Number: (562) 826-5603
4. Services Offered:  
Outpatient Psychiatry Clinic
  - Provides follow-up care for established patients as well as intake for new patients.
  - Consists of Patient Aligned Care Teams (PACT) to include a Psychiatrist and/or Nurse Practitioner, Psychologist, Social Workers, Registered Nurse (RN) and Medical Support Assistant.
  - All patients are assigned to a psychiatrist belonging to one of five teams.
  - We provide primary care for the seriously mentally ill patients who can benefit from having total care management (Mental Health and Primary Care ) in one area to better ensure treatment compliance, closer follow up, and more consistent communication among the providers. This service is available by consult, and is reserved for the seriously mentally ill patients only.
  - Treatment modalities include medication management, individual and group psychotherapy, as well as marriage and/or family counseling and RN Care Coordination for scheduled decanoate injections as well as follow-up visits.
  - There are also specific clinics for mood disorders and cognitive disorders.
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Mental Health Treatment Center (MHTC)**
2. Contact Person (for more info or a referral): Triage Nurse
3. Contact Phone Number: (562) 826-5737
4. Services Offered:
  - Mental Health Treatment Center is the gateway for new patients requesting mental health services as well as established patients in acute crisis.
  - An intake with a registered nurse (RN) as well as a provider (MH Nurse Practitioner or Psychiatrist) is required and completed during the visit.
  - Mental Health services referral is based on the patient's needs and provider's assessment will be made. Such services include but not limited to: outpatient psychiatry, PTSD program, Psychology services, Transition Center, Social Work Services, Smoking Cessation Program, Anger Management, Stress Management, Marital/Couples Counseling, Vocational Counseling, Substance Abuse Treatment Center, etc.
  - Evaluations are done on all veterans with acute psychiatric symptoms on a same day basis.
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Primary Care Mental Health Integration (PCMHI)**
2. Contact Person (for more info or a referral): Leticia “Tish” Ramos, PCHMI RN Care Manager
3. Contact Phone Number: (562) 505-8572 or (562) 826-8000 ext 2375
4. Services Offered:
  - Short-term, problem-focused mental health treatment in the primary care setting, including psychiatric medication management, brief group and individual psychotherapy.
  - Same-day assessment and consultation-liaison for patients with mental health symptoms who do not already have a mental health care provider and are being seen in primary care.
  - Telephone nursing appointments for monitoring of mild to moderate mental health symptoms, i.e.: depression and anxiety, over a 6 month period.
  - Referrals to specialty mental health services are available, including but not limited to long-term psychiatry (OPP), substance abuse treatment, post-traumatic stress disorder treatment program, couples counseling, and more.
  - Collaboration with primary care providers and their teams about patients’ mental health care.
  - Focus of treatment is on improving patients’ functioning and self-management skills in a specific area through various mental health interventions.
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.



1. Name of VA Mental Health Program: **Substance Abuse Treatment Center (SATC)**

2. Contact Person (for more info or a referral): Mark Katz, MD ([Mark.Katz@va.gov](mailto:Mark.Katz@va.gov))

3. Contact Phone Number: 562-826-5610; 562 826-8460

4. Services Offered:

SATC provides Substance Abuse Treatment Services to Veterans. These services include: a) Outpatient stabilization and detox, b) Sobriety maintenance groups, c) Suboxone induction, maintenance and outpatient detox, d) PTSD/SUD support group, e) Intensive outpatient treatment with supportive housing available for homeless, work bound veterans, f) Contract Recovery Home placement, g) Psychiatric and primary care support, and h) Treatment coordination.

5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **The Program for Traumatic Stress**
2. Contact Person (for more info or a referral): Montez Williams, Program Clerk ([Montez.Williams@va.gov](mailto:Montez.Williams@va.gov))
3. Contact Phone Number: (562) 826-8000 ext. 5308

4. Services Offered:

Time-limited treatment for PTSD including stabilization groups, and trauma-focused therapy (primarily Cognitive Processing Therapy and Prolonged Exposure). Other treatments such as pharmacotherapy, relaxation, meditation, anger management, seeking safety (dual diagnosis group), insomnia and nightmare treatment, are also available.

5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Mental Health Intensive Case Management (MHICM)**
2. Contact Person (for more info or a referral): Pamela Larson, BSN, RN, MHICM Program Coordinator ([Pamela.Larson@va.gov](mailto:Pamela.Larson@va.gov))
3. Contact Phone Number: (562) 826-8000, ext. 3565, cell (562) 833-7750
4. Services Offered:  
**Program Mission:** To optimize the health status, quality of life, and community functioning of Veterans with serious mental illness through an Assertive Community Treatment model. **Program Goal:** To assist Veterans with serious mental illness to live in the community, in the least restrictive setting. Participation in the MHICM Program has shown significant reduction in psychiatric readmissions and bed days of care!  
**MHICM services provided:**
  - Community placements
  - Personalized life skills coaching
  - Home visits- at least one per week, more as needed.
  - Assist with appointments and access to a MHICM psychiatrist
  - Assist with obtaining low-cost transportation services
  - Medication management and education
  - Assist with payee negotiations, court dates, and other legal matters
  - Community activities
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Healthcare for Homeless Veterans (HCHV)**
2. Contact Person (for more info or a referral): Bonnie Montoya, Program Assistant ([Bonnie.Montoya@va.gov](mailto:Bonnie.Montoya@va.gov))
3. Contact Phone Number: (562) 826-8000 ext. 2336
4. Services Offered:

The mission of the HCHV program is to provide services that enable both homeless Veterans and those at risk for homelessness to achieve and maintain the highest level of health as well as social and independent functioning in the community through the use of VA and community resources. This is achieved through a variety of programs and services.

Homeless Outreach-This HCHV team looks for homeless Veterans in the community who are in need of medical, mental health, addiction, and provides assistance with linkage to both VAN and/or community services.

Health Care for Reentry-Provides services to assist Veterans who are in county institutions, with pre-release assessment, re-entry planning, post release referral, and links to VA that facilitate successful re-entry into our communities.

Veteran Treatment Court-An alternative sentencing program for Veterans of our Armed Forces. The goal is not to punish veterans but to provide a treatment plan that restores them to their former healthy selves.

HUD/VASH-Provides ongoing case management and housing support for eligible homeless Veterans and their families. In cooperation with local housing authorities, rental assistance is provided in order to move Vets from homelessness to independent living.

Grant Per Diem-Grant Per Diem Programs fund community agencies to provide supportive housing services to homeless Veterans. The goals are to help Vet's stabilize income, obtain permanent housing and increase their self determination.

Community Resource and Referral Center (CRRC)-Located at 888 W. Santa Ana Blvd, Ste 150, Santa Ana CA 92701. Multiple services for homeless Veterans including healthcare, mental health care, substance abuse counseling, housing assistance, peer support, Veteran Service Officer, information and referral, and transportation. Walk-ins welcome. Contact: Jean Willis ([Jean.Willis@va.gov](mailto:Jean.Willis@va.gov)) (562) 355-8847)

5. Cost to Veteran: All treatment services are free. Veterans enrolled in HUD-VASH will pay 30-40% of their gross monthly income towards rent. The Public Housing Authority pays the remaining portion of the rent. CRRC is free for all Veterans.

1. Name of VA Mental Health Program: **Pathways to Recovery Center (PRC, previously called Day Treatment and Psychosocial Rehabilitation and Recovery Center)**
2. Contact Person (for more info or a referral): Richard Tingey, PhD, PRC Director ([Richard.Tingey@va.gov](mailto:Richard.Tingey@va.gov))
3. Contact Phone Number: (562) 826-5602
4. Services Offered: The Long Beach V.A. Pathways Recovery Center's (PRC) purpose is to treat and foster recovery in Veterans with severe mental health conditions such as schizophrenia, bipolar disorder, and severe depression or anxiety problems. There is also an addictions Track embedded in the program for members also struggling in this area. The PRC is an intensive program with members attending 3-5 days a week from 9:00 am to 3:00 pm. It is designed assist clients via treatment and recovery work to move the focus of their life from their mental health condition to functioning in a meaningful way within their community. To reach this goal, we provide classes & groups on many topics such as stress management, self-awareness, psychotherapy, & coping skills. We also offer individual counseling, meetings with family or significant others (if needed), and live practice at integrating into the local community. There is generally no cost to Veterans since nearly all that attend are service connected for a mental health condition or their income falls below the VA's established levels (Means Test). The VA business office can help determine this prior to enrolling.
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Women's Mental Health Center (WMHC)**
2. Contact Person (for more info or a referral): Suzanne Hilleary, PhD, WMHC Director ([Suzanne.Hilleary@va.gov](mailto:Suzanne.Hilleary@va.gov)); Kerri Towles, Program Clerk ([Kerri.Towles@va.gov](mailto:Kerri.Towles@va.gov))
3. Contact Phone Number: WMHC Office: (562) 826-8000, x4919

4. Services Offered:

Individual Psychotherapy is available on a short-term basis, addressing military sexual trauma issues, resolving relationship conflicts, readjustment from OEF/OIF, posttraumatic stress, depression, anxiety, self-esteem, shame, anger, grief, and irritability. The following are types of group we offer: Cognitive Processing Therapy Group for PTSD, CBT for Depression and Anxiety, Acceptance and Commitment Therapy, Interpersonal Skills, Trauma and Healthy Sexuality, Mindfulness/Relaxation/Meditation, Integrative Restoration, and Yoga.

Living Intentionally, Fully, and Empowered (LIFE) Program: The LIFE Program is a 12-week, intensive treatment program for women with a history of sexual trauma. It is an outpatient program located at the Long Beach VA Women's Mental Health Center. Many LIFE participants are currently homeless Vets residing at US VETS, Women's Advance. Admission to the program involves a written application process to be completed by the Veteran and the referring provider, if applicable. Admission to US VETS, requires a separate screening by the Women's Advance case manager.

Admission Criteria for LIFE Program:

- She is a female that served in the US Armed Forces
  - She has a history of sexual trauma (military or non-military)
  - She has not been hospitalized for psychiatric care within the past 6 months
  - She has not tried to harm herself for the past 6 months (i.e., no suicide attempts, no self-injury)
  - She has been clean and sober from substances for at least 90 days
  - She is committed to complete the entire 12-week program
  - She does not have prior scheduled medical, legal, or other appointments that would significantly interfere with completing the program
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Inpatient Psychiatry-Acute Psychiatry L1**
2. Contact Person (for more info or a referral): Mainguyen Phung, MA, RN, L1 Nurse Manager ([Mainguyen.Phung@va.gov](mailto:Mainguyen.Phung@va.gov))
3. Contact Phone Number: (562) 826-8000 ext. 5879
4. Services Offered:

The VA Long Beach Healthcare System Acute Psychiatric Locked Unit (L-1) is an inpatient recovery-oriented program. The Unit is designed for patients who are a danger to themselves, a danger to others or gravely disabled whereby they are challenged to clothe, feed or obtain a viable place of residence for themselves. L-1 is a multidisciplinary recovery-oriented treatment team unit, consisting of psychiatry, nursing, psychology, social work, pharmacy, peer support, recreational and occupational therapy, and administrative staff. Each Veteran is seen on a daily basis and cases are discussed by all team members.

Recovery-oriented programming is prominent on L-1. Upon orientation to the L-1 unit, Veterans are informed about the core principles of the recovery model which include Veterans taking responsibility for their care, communicating their desires regarding their care and participating in their care while on the L-1 unit. Veterans are encouraged to attend daily groups run by all disciplines, which include the following:

- Recovery
- Trauma Coping Skills
- Spiritual/Meditation
- Anger Management
- Community Meeting
- General Support (led by unit psychiatrist)
- Skilled Emotions
- Substance Abuse
- Gardening
- Suicide Prevention
- Recreational Therapy
- Occupational Therapy
- Morning Goals Group
- Evening Wrap-Up Group

The unit goal for Veterans on L-1 is to help them obtain some form of stability and clarity in their lives. Recovery is a road map for Veterans to follow on their path to improved mental health.

5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Inpatient Psychiatry-Geriatric Psychiatry M1**
2. Contact Person (for more info or a referral): Gina Delos Reyes, MSN, RN, M1 Nurse Manager ([Gina.Delosreyes@va.gov](mailto:Gina.Delosreyes@va.gov))
3. Contact Phone Number: (562) 826-8000 ext. 4520
4. Services Offered:

The Geriatric Psychiatry Unit provides specialized care for adult male and female geriatric psychiatric Veterans aged 55 years or older. The primary diagnoses include all Dementias (i.e., Alzheimer's) and/or other diagnoses that include psychotic and behavioral components such as Schizophrenia and Mood Disorders. The initial goal of treatment is to stabilize Veterans and provide management techniques to prevent recurrence of symptoms. The secondary goal is to educate Veterans regarding recovery based coping skills that the patient and family may never have learned or lost because of the patients' disabilities.

Veterans can expect their treatment to be directed toward the purpose of:

- Diagnosing, treating, and evaluating psychiatric disorders in a safe and protective clinical environment/milieu.
  - Continuing stabilization and maintenance of medical problems.
  - Providing education for patients, families, and/or significant others regarding diagnosis, medication, techniques to effectively deal with anger and stress, community resources and support groups, and instruction regarding any health issue that will promote good mental and physical hygiene and self-care activities.
  - Providing recovery based education, group therapy and activities that assist patients moving toward rehabilitation after discharge. The education and activities will focus on practical problem solving, crisis resolution, adaptive skill building, and transition to self-care, independent living, and competitive employment where possible.
  - Multidisciplinary collaboration and Veteran centered discharge planning to foster effective community reintegration.
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.



1. Name of VA Mental Health Program: **Suicide Prevention Program**
2. Contact Person (for more info or a referral): Nick Clough, RN, MS., CS, Suicide Prevention Coordinator ([Nick.Clough@va.gov](mailto:Nick.Clough@va.gov))
3. Contact Phone Number: (562) 826-8000 ext. 4648, **Veterans Crisis Line:** 1-800-273-8255 (Veterans Press 1)
4. Services Offered:
  - Screen, Assess, Evaluate, Intervene, and Follow-up with Veterans who are at increased risk for self-directed violence/suicide.
  - Provide assistance during increased emotional crisis to ensure Veterans and their family members receive the appropriate referrals and services.
  - Support Veterans who are at risk for suicidal behavior with a Suicide Prevention Safety Plan as an intervention/tool
  - Makes Special Alerts in Medical Records
  - Conducts regular MH EOC rounds on Inpatient units to assess safety hazards
  - Outreach (Educational Presentations, wristbands, wallet cards, gunlocks, suicide prevention literature)
  - Services provided by Licensed Clinical Social Workers and Psychiatric Nurse Case Managers for any eligible Veterans and their families.
  - Referrals come through any staff, community partner, Veteran Crisis Line, and other Veterans.
5. Cost to Veteran: Some Mental Health services require a co-pay for some Veterans, depending on eligibility requirements and service connection. Have Veteran check with Eligibility office for individual benefits.

1. Name of VA Mental Health Program: **Peer Support and PIER Center**
2. Contact Person (for more info or a referral): Jessica Zuehlke, PsyD, Director of Peer Support Program ([Jessica.Zuehlke@va.gov](mailto:Jessica.Zuehlke@va.gov))
3. Contact Phone Number: Dr Zuehlke: (562) 826-8000 ext. 6781, PIER Center: (562) 826-8000 ext. 3005
4. Services Offered:

Peer Support-Peer Support is a Mental Health service whereby a person who is in recovery from a mental health condition provides support, hope, and inspiration to other Veterans who are in the early stages of recovery. Peer Support providers share their recovery stories and act as role models, run support and psycho-education groups, help Veterans with referrals to other services, and provide hospital and community resources.

VA Long Beach has Peer Support providers in many Mental Health programs, including Outpatient Psychiatry, PTSD program, Substance Abuse Treatment Center (SATC), MHICM, Pathways Recovery Center, homeless programs, inpatient psychiatry, and the Santa Ana CBOC. Veterans interested in Peer Support must be enrolled in the Mental Health services at VA Long Beach and ask their Mental Health provider for a consult.

PIER Center-The PIER Center is a consumer-run, mental health recovery drop-in center for Veterans with serious mental illness. In addition to peer support, the PIER Center provides an opportunity for camaraderie and fellowship, hot lunches to Veterans who are eligible, showers (at designated times), and free clothing and various supplies (i.e., backpacks, blankets, toiletries, etc).

5. Cost to Veteran: All Peer Support services are free to Veterans who are enrolled in Mental Health HCG at VA Long Beach.

1. Name of VA Mental Health Program: **Psychology Testing Lab/Neuropsychological Testing**
2. Contact Person (for more info or a referral): Geta Cojucar, MA ([Geta.Cojucar@va.gov](mailto:Geta.Cojucar@va.gov)); Jeff Webster, PhD ([Jeffrey.Webster@va.gov](mailto:Jeffrey.Webster@va.gov)) (by consult only)
3. Contact Phone Number: (562) 826-8000 ext. 4371
4. Services Offered:

Psychological testing includes C&P testing, NT, bariatric surgery, clinical psychology testing (including PAI, MMPI-2, MCMI-3, SCL-90R), PTSD testing, vocational and rehabilitation (CAI, STRONG Interest Inventory, etc.).

5. Cost to Veteran: Veterans do not pay for testing if they are OIF/OEF/OND Veterans, have other appointments that day (Veterans can have up to 7 appointments/day plus one with their primary doctor and they pay only for one appointment if their income is higher), if they are Service Connected (SC) 50% or more, or if they have low income. They do not pay for the appointment if testing is related to SC condition listed, even if it is 0%. They do not pay if they have Agent Orange diagnosis. They can make arrangements with the testing lab staff to come for testing when they have other appointments.

1. Name of VA Mental Health Program: **Veterans Mental Health Consumer Council (MHCC)**
2. Contact Person (for more info or a referral): Burgess Brown, Staff Liaison, MHCC
3. Contact Phone Number: Burgess Brown (562) 826-8000 ext. 4874,  
[Burgess.Brown@va.gov](mailto:Burgess.Brown@va.gov)
4. Services Offered:

The Mental Health Consumer Council (MHCC), located at the Veterans Affairs Healthcare System, Long Beach (VAHSLB), is an advocacy board composed of twelve (12) to fifteen (15) members who are currently, or have been, consumers of the mental health services at the VAHSLB. The mission and purpose of the MHCC is to establish a true partnership between the Veterans and their families, VA Mental Health professionals, community partners and Veteran service organizations in order to improve the quality of VA Mental Health services, to improve Veteran's understanding of those services, and to promote best use of those services to veterans and veterans organizations by advocating on their behalf in the community and at the VAHSLB.

5. Cost to Veteran: None

## OTHER IMPORTANT VA LONG BEACH NUMBERS

**Main Number: (562) 826-8000 (Press 0 for Operator)**

For All First-Time Veterans to VA Long Beach:

Eligibility Office: ext. 5915

For Emergency or Walk-In Mental Health Services:

Mental Health Treatment Center (MHTC): ext. 5737

For Emergency or Walk-In Medical Services:

Primary Care Call Center: ext. 5151

Emergency Room: ext. 5438

Community-Based Outpatient (CBOC) Clinics:

Anaheim CBOC: (714) 763-5300

Cabrillo CBOC: (562) 826-8415

Laguna Hills CBOC: (949) 269-0700

Santa Ana CBOC: (714) 434-4690

Whittier/Santa Fe Springs CBOC: (562) 466-6080

Other Important Numbers:

Business Office: ext. 5915

Compensation and Pension Office: ext. 5845

Human Resources: ext. 5651

Patient Advocate: ext. 5467

Police (Non-emergency): ext. 5800

Public Affairs: ext. 5498

Spinal Cord Injury Office: ext. 5701

VA Benefits Regional Office: (800) 827-1000

**COMMUNITY PROGRAMS**

1. Name of Community Program: **211 LA County**
2. Contact Person (for more info or a referral): Mary Sanders
3. Contact Phone Number: (626) 710-3585
4. Services Offered:

211 LA County is a private, not-for-profit organization formerly known as INFO LINE of Los Angeles. IT is the largest information and referral service in the nation, helping 500,000 individuals and families in Los Angeles county each year. Since 1981, 211 LA County has provided free, confidential services 24 hours a day, 7 days a week. Services are provided in English, Spanish, and over 140 other languages via a tele-interpreting service. Services are also provided for the hearing impaired.

5. Cost to Veteran: None

1. Name of Community Program: **211 Orange County**
2. Contact Person (for more info or a referral): Audrey McIntosh
3. Contact Phone Number: (949) 486-8522, (949) 683-5296, (949) 646-4357, (888) 600-4357, [info@211oc.org](mailto:info@211oc.org), [amcintosh@211oc.org](mailto:amcintosh@211oc.org)
4. Services Offered:

211 Orange County is a private, not-for-profit organization referral service for mental health services. 211 Orange County provides free, confidential services 24 hours a day, 7 days a week. Services are provided in English, Spanish, and over 140 other languages via a tele-interpreting service. Services are also provided for the hearing impaired.

5. Cost to Veteran: None



1. Name of Community Program: **24HR Homecare**
2. Contact Person (for more info or a referral):
3. Contact Phone Number:
4. Services Offered:
  - Personal care assistance (bathing, grooming, toileting, incontinence care)
  - Meal preparation (diet restrictions accommodated)
  - Homemaking assistance (light housekeeping, laundry, household maintenance)
  - Medication reminders
  - Transportation/errands
  - Emergency response system

Benefits:

- Diagnosis specific care
  - No hourly minimum
  - Free in-home consultation
  - 24-hour availability
  - Guaranteed to get caregiver to needed place and start services
5. Cost to Veteran: \$18-\$23 per hour/ Free if Veteran qualifies for funding source

1. Name of Community Program: **American Gold Star Manor**
2. Contact Person (for more info or a referral): Terry Geiling (President)
3. Contact Phone Number: (562) 426 7651

4. Services Offered:

Affordable, senior, independent housing facilities that includes all utilities, maintenance and security.

5. Cost to Veteran: (Determined by HUD)

1. Name of Community Program: **California Aquatic Therapy & Wellness Center, Inc**

2. Contact Person (for more info or a referral): Pat Dixon, Executive Director

3. Contact Phone Number: (310) 537-2224, [info@caaquatictherapy.com](mailto:info@caaquatictherapy.com)

4. Services Offered:

This program will provide comprehensive rehabilitation and social services for our military men and women who suffer from traumatic brain injury, loss of limbs, post-traumatic stress disorder, and other physical and mental disabilities.

5. Cost to Veteran: None to Veterans who are service connected 10% (or more)

1. Name of Community Program: **California State University, Fullerton: Veterans Student Services (VSS)**
2. Contact Person (for more info or a referral): Catherine Ward
3. Contact Phone Number: (657) 278-8660
4. Services Offered:

VSS uses a strengths-based, asset-based model as the framework for providing all support services to the student Veteran population on campus. Services for Veterans include:

- Study Center, equipped with computers and printers
- Veterans orientation for new students
- Veterans Sponsorship Program (adapted mentoring program)
- Peer-to-Peer tutoring
- Women Veterans community
- On and off-campus resources and referrals
- Childcare assistance
- Campus outreach and awareness events
- Faculty and staff education
- Veterans career support
- Academic internships
- VA work-study
- Veterans Scholarship for Success
- Support counseling and guidance

5. Cost to Veteran: None

1. Name of Community Program: **California Victims Compensation Program (CalVCP)**
2. Contact Person (for more info or a referral): Maritza Osornio (Case manager at Casa De La Familia)
3. Contact Phone Number: (714) 667-5220
4. Services Offered:  
  
Psychotherapy, biofeedback, group therapy, family therapy, psychiatric sessions, women domestic violence support group
5. Cost to Veteran:  
If Veteran qualifies for CalVCP program, No Cost.  
Support Groups: No Cost  
Low Cost Therapy: \$30 first session, \$25 every session after  
Psychiatric Sessions: \$118 per session

1. Name of Community Program: **Centerlink (Search for LGBT Community Centers by city)**
2. Contact Person (for more info or a referral): <http://www.lgbtcenters.org>
3. Contact Phone Number: (954) 765-6024
4. Services Offered:
  - The “Directory” tab on the Centerlink website will allow you to locate LGBT community centers by city.
  - LGBT community centers offer a variety of groups and services (depends on the individual center), which may include: Adoption and foster services, Cyber Center, Domestic Violence Services, Drug and Alcohol Counseling, Fitness, Hate Crimes, HIV Testing, Housing and Job Postings, Legal Clinic, Library, Lifeguard Program for Men (English language program), Legal Services, Mental Health and Counseling Services, Religion and Faith, Room Rentals, Seminars and Workshops, Social and Support Groups, Youth Services.
  - You can visit a particular community center’s webpage to read more about the particular services or groups they offer.
5. Cost to Veteran: None

1. Name of Community Program: **Children's Home Society of California (CHS)**

2. Contact Person (for more info or a referral): Rotates

3. Contact Phone Number: Long Beach:

Long Beach Area:  
249 East Ocean Blvd, Suite 300  
Long Beach, CA 90802  
(562) 256-7490

Orange County  
333 South Anita Drive, Suite 350  
Orange, CA 92868  
(888) 247-4543

Los Angeles Area  
1300 West 4<sup>th</sup> Street  
Los Angeles, CA 90173  
(213) 240-5900

4. Services Offered:

- Child Care Assistance, Child Care Referrals
- Offices open 8am-3:30pm

5. Cost to Veteran: Case by Case basis

1. Name of Community Program: **City of Long Beach-Multi-Service Center (MSC)**

2. Contact Person (for more info or a referral): Shannon Parker

3. Contact Phone Number:

(562) 570-4581 (Shannon Parker)

(562) 570-4500 (Multi Service Center Main Line)

4. Services Offered:

The MSC is operated by City of Long Beach, Department of Health and Human Services (DMHS) with 11 co-located nonprofit agencies. The MSC is designed to provide one-stop access to resources for individuals and families experiencing homelessness within the City of Long Beach. The MSC serves as a point of entry for homeless services city-side, providing a wide range of services from basic amenities of shower, laundry, mail and message center, to street outreach, van shuttle, transportation, medical care, mental health services, substance abuse treatment, HIV/AIDS integrated case management, and housing coordination. The MSC mission is to provide comprehensive supportive services to promote progress towards permanent housing, self-sufficient, by creating a community where health, safety, and well-being are established.

5. Cost to Veteran: None



1. Name of Community Program: **Cloudbreak Communities**
2. Contact Person (for more info or a referral): Brad Bridwell, Community Development Director; Peter Postlmayr, Director of Development
3. Contact Phone Number: Mr. Bridwell: (602) 317-8582; Mr. Postlmayr: (310) 877-8909
4. Services Offered:

Single Adult Veteran Housing-

Veteran rental housing wrapped with supportive services provided by an array of service providers including the VA. Sites include options for food service, career center, social events, and access to on-site services. Location in Inglewood, CA, Phoenix, AZ, Houston, TX, Las Vegas, NV, and Barbers Point, HI.

5. Cost to Veteran: Varies-Ability to pay low-cost rent determined by income. Accepts VASH and other rental assistance. Programs available if no income.

1. Name of Community Program: **Constituent Services: California State Senator Ben Allen**
2. Contact Person (for more info or a referral): James Reina, Veteran Rep
3. Contact Phone Number: (310) 318-6994
4. Services Offered:  
    Help with state agencies
5. Cost to Veteran: None

1. Name of Community Program: **Constituent Services: US Rep. Janice Hahn**
2. Contact Person (for more info or a referral): Mary Bautista, Case worker
3. Contact Phone Number: (310) 831-1799
4. Services Offered:  
Help with federal agencies
5. Cost to Veteran: None

1. Name of Community Program: **Del Amo Hospital Military and Veterans Program (23700 Camino Del Sol, Torrance, CA 90505)**

2. Contact Person (for more info or a referral): Valvincent A. Reyes, LCSW, BCD

3. Contact Phone Number: (310) 418-7227

4. Services Offered:

Del Amo Hospital Military and Veterans Program provides inpatient, day treatment behavioral health treatment programs for active duty service members, military families, Reservists, National Guardsmen, and Veterans from all eras.

Our national Trauma Center provides evidence-based practice treatment programs for service members, military family members, and Veterans with PTSD and co-occurring disorders, military sexual trauma (MST), eating disorders, and military lifestyle issues.

5. Cost to Veteran: Tricare/Private Insurances/Medicare accepted

1. Name of Community Program: **Depression Bipolar Support Alliance (DBSA)**

2. Contact Person (for more info or a referral): Glenn Syrop

3. Contact Phone Number: (562) 295-7316

4. Services Offered:

DBSA is a non-profit organization providing support groups for people with mental illnesses as well as their family and friends. DBSA includes outreach, education, and advocacy regarding depression and bipolar disorder.

5. Cost to Veteran: None

1. Name of Community Program: **Didi Hirsch Mental Health Services, Military Families Are Resilient (MFAR)**

2. Contact Person (for more info or a referral): Erica Trejo, LMFT

3. Contact Phone Number: (310) 677-7808 ext. 243 ([etrejo@didihirsch.org](mailto:etrejo@didihirsch.org))

4. Services Offered:

We provide services to our military families and work specifically with military children (biological, step-children, and adoptive children of servicemen and women). We provide services in the home, school, and community to military families. We provide multiple evidence-based practices that include individual therapy, family therapy, group therapy, and school services. We also provide psychiatric treatment, case management, and the evidence-based practice FOCUS. We are a non-profit community organization that received a grant to work with military families and address stressors that are impacting military children's relationships, primary support, school functioning (educational), and community functioning.

5. Cost to Veteran: None to Veteran or Veteran's Family (We also take Medicare)

1. Name of Community Program: **The Drop Zone**
2. Contact Person (for more info or a referral): [www.ochealthinfo.com/pi](http://www.ochealthinfo.com/pi)
3. Contact Phone Number: (714) 480-4678, (714) 480-6652, (714) 480-4692
4. Services Offered:

The Drop Zone is a collaborative with Santiago Community College District and the Prevention & Intervention Division of Orange County Health Care Agency-Behavioral Health Services (OCHCA-BHS). This program provides services to the 400+ enrolled Veteran/students. Veterans have access to space and computers dedicated for study, personal business and social connections. An OCHCA BHS clinician, who is also a veteran, is available to screen, assess and provide supportive interventions. Some of the direct interventions available include support groups, counseling regarding transition to college and civilian life, community resources, referral and navigation to the systems of care within Orange County, the VA health system.

5. Cost to Veteran: None

1. Name of Community Program: **Employment Placement Pros./Transitional Learning Centers (EPP/TLC)**
2. Contact Person (for more info or a referral): Frances Davis
3. Contact Phone Number: (562) 212-3926, [Frances@eppteam.com](mailto:Frances@eppteam.com)
4. Services Offered:  
EPP/TLC is located at 235 E. Broadway Suite 724 as well as through Citrix go to meeting online for those who can't come into the office. EPP/TLC works with Chapter 31 veterans and is a vendor with the VA hospital in Long Beach. Referrals are accepted from the VA who pays all program fees. Chapter 31 Veterans are eligible to receive their educational stipend while attending.

EPP/TLC Services Offered, in the context of vocational work adjustment training (Tailored to fit the Veterna's needs):

- TBI Adjustment services for Veterans and their families
  - Extended Readiness Assessments
  - Challenge of Change
  - Learning about various Work Cultures: Private Sector, State, (LEAP & CalVet), and Federal
  - How to Apply for Federal Employment : USA job registration, Federal Vitae, Fed preference points, LEAP process & State Employment, VPOS and Promotional State Jobs
  - Hands on Field Training in Approaching Employers
5. Cost to Veteran: None



1. Name of Community Program: **FOCUS-UCLA Nathanson Family Resilience Center (NFRC)**
2. Contact Person (for more info or a referral): Vicki Ponce, Intake Specialist
3. Contact Phone Number: (855) 231-9500 (toll free)
4. Services Offered:

Families Overcoming Under Stress (FOCUS) is a short-term preventive intervention for military and Veteran families. It focuses on building family resiliency by helping family members:

- Identify individual and family strengths and challenges
- Manage and discuss emotions
- Talk about difficult subjects
- Clarify misunderstandings
- Respect individual points of view
- Improve family communication
- Gain practical skills to manage family transitions
- Solve problems together

Services are available for families (with children of any age), couples, parents only, female

Veterans, and Wounded Warriors.

Services are available either in-person or via webcam.

Services are confidential and offered regardless of discharge status.

5. Cost to Veteran: None

1. Name of Community Program: **Give An Hour**
2. Contact Person (for more info or a referral): [www.giveanhour.org](http://www.giveanhour.org)
3. Contact Phone Number: [info@giveanhour.org](mailto:info@giveanhour.org)

4. Services Offered:

Give an Hour is a nonprofit organization providing free mental health services to US military personnel and families affected by the current conflicts in Iraq and Afghanistan. Website links service members with local mental health providers who provide services for free.

5. Cost to Veteran: None

1. Name of Community Program: **Great Outdoors**
2. Contact Person (for more info or a referral): Matthew DuBois,  
[www.GreatOutdoorsLA.org](http://www.GreatOutdoorsLA.org)
3. Contact Phone Number: [Membership@GreatOutdoorsLA.org](mailto:Membership@GreatOutdoorsLA.org)
4. Services Offered:

Great Outdoors is a not-for-profit, all-volunteer gay and lesbian organization dedicated to the enjoyment of outdoor recreation. There are chapters in Los Angeles, Santa Barbara, Orange County/Long Beach, Palm Springs, and San Diego. Outings include camping, hiking, backpacking, and local activities like volleyball and game nights.

5. Cost to Veteran: Annual membership is \$25; this gives Veteran a discount on any outings that have an associated cost. Some outings are free regardless of membership.

1. Name of Community Program: **Legal Aid (Pro Bono)-Los Angeles Area**

2. Contact Person:

Los Angeles Area:

Bet Tzedek Legal Services ([www.bettzedek.org](http://www.bettzedek.org))

145 South Fairfax Ave. #200

Los Angeles, CA 90036

(323) 939-0506

Inner City Law Center, David Ackerly ([www.innercitylaw.org](http://www.innercitylaw.org))

1309 East 7<sup>th</sup> Street

Los Angeles, CA 90021

(213) 891-2888

[DAckerly@innercitylaw.org](mailto:DAckerly@innercitylaw.org)

Legal Aid Foundation of Los Angeles ([www.lafla.org](http://www.lafla.org))

1102 Crenshaw Blvd

Los Angeles, CA 90019

(800) 801-7991

Los Angeles Family Law Help Center ([www.lafamilylaw.org](http://www.lafamilylaw.org))

205 S. Broadway, Suite 500

Los Angeles, CA 90012

(213) 620-9991

Public Counsel ([www.publiccounsel.org](http://www.publiccounsel.org))

610 South Ardmore

Los Angeles, CA 90005

(213) 385-2977

3. Contact Phone Number: See above

4. Services Offered:

Wide range of legal services available free of charge to Veterans. Contact law office for specific services (which could include Consumer, Debt/Credit/Bankruptcy, Disability, Elder Law, Employment, Health, Housing, Life Planning, Public Benefits, Landlord/Tenant, Conservatorships/Caregiver/Nursing Home, Holocaust Reparations, Kinship Care/Grandparent Guardianships, Homeless, Housing, Public Benefits, Civil Rights, Community Development, Family & Juvenile, Foreclosure, Health, Immigration & Naturalization, Nonprofit Organizations, etc)

5. Cost to Veteran: Free

1. Name of Community Program: **Legal Aid (Pro Bono)-Orange County Area**

2. Contact Person:

Orange County Area:

Legal Aid Society of Orange County (Southern CA) ([www.legal-aid.com](http://www.legal-aid.com))

2101 N. Tustin Ave.

Santa Ana, CA 92705

(714) 571-5258, (714) 571-5200

Institute for Military Personnel, Veterans, Human Rights, and International Law &

AMVETS Legal Clinic, Kiana Boyce ([www.chapman.edu/MilitaryLawInstitute](http://www.chapman.edu/MilitaryLawInstitute))

One University Drive

Orange, CA 92866

(714) 628-2692

[Kboyce@chapman.edu](mailto:Kboyce@chapman.edu)

3. Contact Phone Number: See above

4. Services Offered:

Wide range of legal services available free of charge to Veterans. Contact law office for specific services (which could include Consumer, Debt/Credit/Bankruptcy, Disability, Elder Law, Employment, Health, Housing, Life Planning, Public Benefits, Landlord/Tenant, Conservatorships/Caregiver/Nursing Home, Holocaust Reparations, Kinship Care/Grandparent Guardianships, Homeless, Housing, Public Benefits, Civil Rights, Community Development, Family & Juvenile, Foreclosure, Health, Immigration & Naturalization, Nonprofit Organizations, TSGLI appeals, Discharge Upgrade Applications, etc)

5. Cost to Veteran: Free

1. Name of Community Program: **IAVA's Rapid Response Referral Program (RRRP)**

2. Contact Person: Claire Lawless, MSW

3. Contact Information: (917) 326-4005

4. Services Offered:

Remote case management services for veterans of any era AND their family members, regardless of discharge status, offering referrals, guidance, and advocacy with best in class local resources. Examples of referral areas include discharge upgrades, disability claims, financial assistance, housing/ homelessness, mental health, for-profit school counseling, etc.

5. Cost to Veteran: None

1. Name of Community Program: **Irvine Valley College Veterans Service Center**
2. Contact Person: Ezekiel Hall, Certifying Official
3. Contact Phone Number: (949) 451-5296
4. Services Offered:

Our Veteran Service Center offers a complete One-Stop of all support services. We utilize a holistic approach to serving our veterans and offer a complete assortment of support that leads to academic success.

- Certification for Benefits
- Veterans Orientation
- VA Work Study
- Vocational Rehabilitation Enrollment Monday and Tuesday weekly
- Academic Counseling in VSC
- Financial Aid enrollment
- Healthcare Enrollment
- Peer to Peer Tutoring in the VSC
- Career Assessment/Resume Building
- Mental Health Counseling in VSC for Veterans
- Women Veterans Support Groups
- Veteran Computer/Study Lab
- Support Services-resources and referrals
- Food Bank
- Academic Internships/Leadership Program
- Educational Workshops
- Veteran Scholarships
- Veteran Softball Team
- Veteran Club

5. Cost to Veteran: Free

1. Name of Community Program: **Military Services and Family Support Services**
2. Contact Person (for more info or a referral): Stan Kemp, Team Supervisor
3. Contact Phone Number: (760) 228-9657, [Skemp@pacificclinics.org](mailto:Skemp@pacificclinics.org)
4. Services Offered:
  - Provide Mental Health Therapy for families, individuals, children, transitional age youth, and couples of active duty military personnel, reserve, national guard and recently retired personnel, and veterans after 9/11.
  - Offer services for the Morongo basin, including Joshua Tree, Yucca Valley, and Lucerne Valley. We have two offices: one in Yucca Valley and another in Twentnine Palms.
  - Case management including the following groups: substance abuse, anger management, parenting groups, self-esteem, deployment, transitioning and reintegration to civilian life, and mother support groups.
  - Support groups for children in school that is conducted at school or at the clinic offices.
  - Case management and peer support to assist client in referrals and linkages to other agencies. Resources for the client, and assistance with resumes and employment.
  - Services are in-home and community based.
5. Cost to Veteran: No cost to active military personnel, Veterans or their family.



1. Name of Community Program: **National Alliance on Mental Illness (NAMI)-Long Beach**
2. Contact Person (for more info or a referral): Cathy Illiamson, Carol Porter, Cathy Gale
3. Contact Phone Number: (562) 435-2264, [nami@namilongbeach.org](mailto:nami@namilongbeach.org)
4. Services Offered:

We are an all-volunteer organization with the purpose of supporting, educating, and advocating for persons with a mental illness and their families. We have educational programs for families and for the person with a mental illness that help them to understand and cope with the challenges of mental illness. We also have support groups for both the person with a mental illness and their families.

#### NAMI Long Beach

- NAMI Caring and Sharing Family Support Group: A support group for families of persons with mental illness.
  - NAMI Family-to-Family Educational Class: A 12-week, weekly, intensive class following a curriculum that covers a variety of areas including the types of mental illnesses, medication, communication, dealing with crises, and recovery for the family members of people with serious mental illness
    - VA Long Beach offers a Family-to-Family class on campus
  - NAMI Peer-to-Peer: 10, 2-hour classes taught by a team of trained peers. A unique, experiential learning program for people with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.
  - NAMI In Our Own Voice: Speakers share compelling personal stories about living with mental illness and achieving recovery.
  - NAMI Basics: Education program for parents and other caregivers of children and adolescents living with mental illnesses.
  - NAMI Connection: Recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.
5. Cost to Veteran: None

1. Name of Community Program: **National Alliance on Mental Illness (NAMI)-South Bay**
2. Contact Person (for more info or a referral): Paul Stansbury, President South Bay NAMI
3. Contact Phone Number: (310) 892-8046, pstans5@aol.com
4. Services Offered:

We are an all-volunteer organization with the purpose of supporting, educating, and advocating for persons with a mental illness and their families. We have educational programs for families and for the person with a mental illness that help them to understand and cope with the challenges of mental illness. We also have support groups for both the person with a mental illness and their families.

#### NAMI South Bay

- NAMI Caring and Sharing Family Support Group: A support group for families of persons with mental illness.
  - NAMI Family-to-Family Educational Class: A 12-week, weekly, intensive class following a curriculum that covers a variety of areas including the types of mental illnesses, medication, communication, dealing with crises, and recovery for the family members of people with serious mental illness
    - VA Long Beach offers a Family-to-Family class on campus
  - NAMI Peer-to-Peer: 10, 2-hour classes taught by a team of trained peers. A unique, experiential learning program for people with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.
  - NAMI In Our Own Voice: Speakers share compelling personal stories about living with mental illness and achieving recovery.
  - NAMI Basics: Education program for parents and other caregivers of children and adolescents living with mental illnesses.
  - NAMI Connection: Recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.
5. Cost to Veteran: None

1. Name of Community Program: **OC4Vets (Located at Country of Orange VSO)**

2. Contact Person: Teresa Renteria, Service Chief II

3. Contact Phone Number: (714) 480-6476

4. Services Offered:

Co-located with the County Veteran Service Office, OC4Vets offers behavioral health services to Veterans including screenings, individualized needs assessments, clinical case management, referrals to housing/employment services, and supportive services. With the goal to help the Veteran access appropriate services, clinicians and peer navigators work together to help the Veteran.

5. Cost to Veteran: None

1. Name of Community Program: **Operation Healthy Homecoming of Mental Health America (MHA) of Los Angeles**
2. Contact Person (for more info or a referral): Paul Duncan
3. Contact Phone Number: (562) 733-1147 ext. 147
4. Services Offered:

Service Coordination-

MHA helps Veterans and their families develop and implement housing stability and personal service plans based on their specific needs. Our goal is to prevent and reduce homelessness and to promote stable living for Veterans.

Benefits Assistance and Personal Financial Planning-

We assist program participants in obtaining Veterans Affairs and other public benefits. We make connection to VA health, mental health, education and disability sources, and coordinate with other community resources.

Housing Counseling and Placement-

Based on each family's needs, we help them retain their housing or rapidly find a permanent place to live. We guide individuals and families through the process of seeking, apply for and moving into community apartments.

Temporary Financial Assistance-

We are able to provide short-term financial support to assist with issues that jeopardize housing. Based on eligibility, this may be rent, utilities, deposits, moving costs, child care, transportation, car repair and emergency supplies.

5. Cost to Veteran: None

1. Name of Community Program: **Orange County One Stop Center**
2. Contact Person (for more info or a referral): Rena Drake
3. Contact Phone Number: (714) 241-4972
4. Services Offered:  
    Removing barriers to employment.
5. Cost to Veteran: None

1. Name of Community Program: **Patriots and Paws**
2. Contact Person (for more info or a referral): Penny Lambright
3. Contact Phone Number: (714) 323-7229
4. Services Offered:
  - We provide free home furnishings to Veterans and Active Military.
  - We provide a free rescue animal for companionship.
5. Cost to Veteran: None

1. Name of Community Program: **Project HER (Community Service Program)**

2. Contact Person (for more info or a referral): Vanessa M Reyna

3. Contact Phone Number:

24 Hour Hotline: (714) 957-2737, (949) 831-9110

Office Number: (714) 834-4317

Email: [savs@cspinc.org](mailto:savs@cspinc.org)

4. Services Offered:

- Individual counseling
- 24 hour support
- Support groups
- Self-care workshops
- Resource and referrals
- Accompaniment services
- Education

5. Cost to Veteran: None

1. Name of Community Program: **Public Law Center**
2. Contact Person (for more info or a referral): Matt Vela
3. Contact Phone Number: (714) 541-1010 ext 301, [mvela@puliclawcenter.org](mailto:mvela@puliclawcenter.org)
4. Services Offered:  
  
Civil legal services, including VA benefits, discharge upgrades, general benefits (disability, etc.), housing, consumer, and health, among other things
5. Cost to Veteran: Veteran must income qualify for free legal services



1. Name of Community Program: **R4 Alliance**
2. Contact Person (for more info or a referral): [www.r4alliance.org](http://www.r4alliance.org), David Donaldson
3. Contact Phone Number: (562) 826-8000 ext. 6813 [David.Donaldson3@va.gov](mailto:David.Donaldson3@va.gov)
4. Services Offered:

R4 Alliance is a membership of programs of excellence providing therapeutic and community based recreation services to our military families. We are focused and committed to achieving the highest quality services through collaborative efforts in research, education, standards of excellence, economic viability, and continuum of care across our service community. We believe these services are essential to the holistic rehabilitation and reintegration of our military family.

5. Cost to Veteran: None-low cost

1. Name of Community Program: **Santiago Canyon College – Veterans Service Program**
2. Contact Person (for more info or a referral): Andrea Garcia, Financial Aid Coordinator,  
(Financial Aid, Scholarship, Veterans)
3. Contact Phone Number: (714) 628-4793
4. Services Offered:  
  
Process GI benefits
5. Cost to Veteran: \$46

1. Name of Community Program: **Soldiers Project**
2. Contact Person: Jeremy Brewer, Community Engagement and Volunteer Coordinator
3. Contact Information: (818) 761-7438, (877) 576-5343, [info@TheSoldiersProject.org](mailto:info@TheSoldiersProject.org), [www.thesoldiersproject.org/](http://www.thesoldiersproject.org/)
4. Services Offered:  
The Soldiers Project is a 501(c)(3) non-profit organization dedicated to providing free and confidential psychological services to US military Veterans and their loved ones who have served at any time after September 11, 2001. Regardless of discharge status, The Soldiers Project serves members of every branch of the military. Individual, couples and family counseling is provided on a one-on-one basis by licensed clinical professionals
5. Cost to Veteran: None

1. Name of Community Program: **Springboard Nonprofit Consumer Credit Management, Inc.**
2. Contact Person: Jennifer Rodriguez, Southern California Education & Outreach Coordinator
3. Contact Information: (800) 947-3752 ext.1169, [jennifer.rodriguez@credit.org](mailto:jennifer.rodriguez@credit.org)
4. Services Offered:

SPRINGBOARD® Nonprofit Consumer Credit Management, Inc. (“Springboard”) is a 501(c)(3) nonprofit personal financial education and counseling organization founded in 1974. Springboard is a HUD-approved housing counseling agency and a member of the National Foundation for Credit Counseling, a national organization of nonprofit credit counseling agencies. The agency offers personal financial education and assistance with credit counseling, housing counseling, debt and money management through educational programs and confidential counseling.

Springboard also offers First Time Home Buyer seminars, financial seminars, workshops and educational material. Springboard’s FIT (Financial Instructional Training) Academy is reaching online consumers interested in family budgeting, money management and personal finance help with free materials, tips and tools in a platform convenient to them at <http://fit.credit.org>. The FIT Academy courses are free and teach practical skill-sets to manage credit, debt, household expenses and personal finance. Each course is taught by a certified financial education counselor. The FIT Academy offers the opportunity for consumers to expand their knowledge and understanding of money matters from the privacy of their home while working at their own pace.
5. Cost to Veteran: There is no cost for confidential credit counseling. There is nominal fee for optional debt management services and court mandated bankruptcy certification courses.

1. Name of Community Program: **Strength In Support**
2. Contact Person (for more info or a referral): Jill Boultinghouse, MFT
3. Contact Information: (949) 505-5015 ext. 106, ext. 102
4. Services Offered:

Strength In Support (SIS) (located at 23046 Avenida de la Carlota #600, Laguna Hills, CA) provides confidential mental health services to our military, Veterans, and their families. We offer individual, couple, and family counseling, as well as mentorship and educational workshops. Counseling is provided by licensed mental health professionals in California. Educational workshops are provided by professionals in the community to address all areas of our heroes well-being: physical, emotional, economical, and spiritual.

Individual, Couple, Family & Group Counseling (provided by licensed mental health professionals in California), Vet to Vet Mentorship (provided by experienced Veterans and spouses of Veterans), and Educational & Recreational Workshops Services in Orange County and Los Angeles County at SIS' offices and partner sites: Santa Ana College, Santiago Canyon College, Long Beach City College, Los Angeles Trade Tech College, Working Wardrobes VetNet, and Illumination Foundation (San Clemente, Stanton and Santa Ana)

SIS Locations:  
23046 Avenida de la Carlota, Ste #600,  
Laguna Hills, CA 92653  
(949) 505-5015

3780 Kilroy Airport Way, #200  
Long Beach, CA 90806  
(310) 736-1090

Visit [www.StrengthInSupport.org](http://www.StrengthInSupport.org) for more information.

5. Cost to Veteran: From 0-\$30

1. Name of Community Program: **TELACU Veterans Upward Bound (VUB)**
2. Contact Person (for more info or a referral): Yesenia Guerra
3. Contact Phone Number: (323) 832-5331
4. Services Offered:

The Veterans Upward Bound (VUB) program empowers Veterans who want to pursue a college education. The program helps Veterans smoothly transition into college-level courses and successfully navigate the enrollment process. Veterans can take advantage of free college prep classes in Computer Science, English, Math, Typing, Spanish, and Science. VUB also provides academic counseling, college advisement, college and financial assistance, GI Bill/Work Study information, and bus tokens (all free of charge). VUB runs in four quarters (Fall, Winter, Spring, and Summer). The program is six weeks long and the hours are flexible (morning and evening classes). The eligibility criteria are the following: Veterans must have low income or be first-generation college-bound, they must have a discharge that is not dishonorable and be separated from the military after January 31, 1955, they must have completed a minimum of 180 days of active service (30 days of active service at minimum if a reservist). VUB is funded by the US Department of Education.

5. Cost to Veteran: From None

1. Name of Community Program: **Torres Martinez Tribal TANF**
2. Contact Person (for more info or a referral): Mary Lopez
3. Contact Phone Number: (310) 878-1600
4. Services Offered:

Torres Martinez Temporary Assistance for Native Families (TM TANF) is a social service program that provides assistance to Native American families with children and is administered by Torres Martinez Desert Cahuilla Indians. We offer a 5-year program with a foundation in educational incentives and work opportunities, supported by temporary financial assistance, leading to self sufficiency. TM Tribal TANF provides monthly assistance for a maximum of 60 months to eligible Indian families. We also offer self-sufficiency and transitional assistance programs to help with child-care, schooling, training, job search, transportation, and more.

Services Provided:

- Monthly Cash Aid
- Career Guidance
- Education Guidance
- Family Perseverance
- Child-Only Services
- Substance Abuse Intervention
- Domestic Violence Counseling
- Substance Abuse Outpatient Treatment
- Child Development
- On the Job Training  
Clothing Allowance
- Cultural Preservation
- Education Incentives

5. Cost to Veteran: None

1. Name of Community Program: **US Vets: Outside the Wire Program**
2. Contact Person (for more info or a referral): Todd Adamson, PsyD; Miatta Snetter, PsyD
3. Contact Phone Number:  
Los Angeles area: Dr. Adamson [Tadamson@usvetsinc.org](mailto:Tadamson@usvetsinc.org) (323) 246-0413  
Orange County area: Dr. Snetter [Msnetter@usvetsinc.org](mailto:Msnetter@usvetsinc.org) (310) 981-8649

4. Services Offered:  
US VETS *Outside the Wire* (OTW) offers free and confidential counseling to veterans, their families, and significant other(s). OTW also provides staff and faculty training on military life and culture, as well as transitional challenges to student veterans on campus.

These direct counseling and case management services are available at 12 community colleges in both Los Angeles and Orange Counties. Services are provided on the campuses of these colleges for convenience to the student veteran population.

OTW has an emphasis on the prevention of mental health, homelessness, and other hindrances to the successful transition from military personnel to civilian life. Through our partnerships, OTW provides appropriate referral resources and solutions to help students succeed not only in their academic pursuits, but with employment and housing as well.

Our treatment team consists of licensed psychologists and social workers. In addition, we offer a training program to doctoral level psychology trainees and MSW students who specialize in military social work.

***Locations:***

Los Angeles County Community Colleges

Santa Monica College  
Los Angeles City College  
Pasadena City College  
Long Beach City College  
El Camino College  
Los Angeles Trade Technical College

Orange County Community Colleges

Coastline Community College  
Irvine Valley College  
Cypress College  
Fullerton College  
Cerritos College  
Golden West College

5. Cost to Veteran: None



1. Name of Community Program: **Vanguard University (55 Fair Drive, Costa Mesa, CA 92626)**
2. Contact Person (for more info or a referral): Dr. Mary Wickman or Julia Wilson
3. Contact Phone Number: (714) 668-6101
4. Services Offered:  
Veterans Center at Vanguard University to assist students.
5. Cost to Veteran: None.

1. Name of Community Program: **Waves of Valor Surf Camp: Team Red, White, & Blue (RWB)**
2. Contact Person (for more info or a referral): Chris Merkle, Veteran Outreach Director
3. Contact Phone Number: (714) 485-8792
4. Services Offered:  
Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Activities include:
  - Weekly fitness activities
  - Monthly social events
  - Participate in local races and events
  - Veteran Athletic Camps (led and coached by world-class athletes and renowned experts)
5. Cost to Veteran: None (except transportation)

1. Name of Community Program: **Women Veterans Network, Orange County**
2. Contact Person (for more info or a referral): Alexis Miller, Coordinator Global Center for Women and Justice, Vanguard University
3. Contact Phone Number: (714) 966-6360
4. Services Offered:

The Women Veterans Network is a partnership project between the Global Center for Women and Justice and the Veterans Resource Center at Vanguard University. The Network provides quarterly events for women who have served in the military, focusing on educational, social, or professional development for women Veterans. We also seek to connect women with services. Therefore, we also work to grow our community resource knowledge and connections, in order to create a toolkit for women Veterans to navigate the information available to them in Orange County. Our events include childcare and transportation stipend opportunities, pre-arranged with RSVP.

5. Cost to Veteran: All Veteran events are free.

1. Name of Community Program: **Working Wardrobes/VetNet**
2. Contact Person (for more info or a referral): Edward Gallegos, Case Manager ([edwardg@workingwardrobes.org](mailto:edwardg@workingwardrobes.org) or [vetnet@workingwardrobes.org](mailto:vetnet@workingwardrobes.org) )
3. Contact Phone Number: (714) 210-2460
4. Services Offered:
  - Career Development:
    - Individualized Employment Plan
    - Resume Development
    - Job Club Workshops: Interview Skills, The First 90 Days, Power of Your Image, LinkedIn, How to Organize Your Job Search
    - Professional Job Training
      - Customer Service
      - Security Officer
      - Project Management
  - One-on-one case management appointments
  - Supportive Services Referrals
    - DD-214 Request
    - VA Benefits
    - SSVF
    - Financial Planning/Management
    - Legal
5. Cost to Veteran: There is no cost for Career Development services. Veterans who fully commit to our program become eligible for training scholarships.

1. Name of Community Program: **V.A.L.O.R. (Veterans and Loved Ones Recovery):  
LA County Department of Mental Health**
2. Contact Person (for more info or a referral): Carl P. McKnight, Psy.D.
3. Contact Phone Number: (213) 738-0302, [cmcknight@dmh.lacounty.gov](mailto:cmcknight@dmh.lacounty.gov)
4. Services Offered:

In order to reduce veteran homelessness in Los Angeles County and prevent other consequences from untreated mental and physical challenges from our nation's existing and returning heroes, the VALOR program has been established to aid our nation's current and forgotten heroes. The following services are provided:

- Benefit Establishment Assistance
  - Employment and Education Assistance
  - Peer Support Services
  - Collaboration with other Veteran Service Organizations
  - Referrals for Children and Family Support/ FOCUS
  - Assistance with Housing for the Homeless
  - Mental Health Services
5. Cost to Veteran: No cost if MediCal eligible. If not MediCal eligible, then fees based on a sliding-scale.

1. Name of Community Program: **Vet Centers**
2. Contact Person (for more info or a referral): See below
3. Contact Phone Number: Main Number: (877) 927-8387

<p><b>Antelope Valley Vet Center</b>  38925 Trade Center Drive, Suite J  Palmdale, CA 93551  (661) 267-1026</p>	<p><b>San Bernadino Vet Center</b>  1325 E. Cooley Drive, Suite 101  Colton, CA 92324  (909) 801-5762</p>
<p><b>Bakersfield Vet Center</b>  1110 Golden State Ave.  Bakersfield, CA 93301  (661) 323-8387</p>	<p><b>San Diego Vet Center</b>  2790 Truxtun Road, Suite 130  San Diego, CA 92106  (858) 642-1500</p>
<p><b>Chatsworth Vet Center</b>  20946 Devonshire St, Suite 101  Chatsworth, CA 91311  (818) 576-0201</p>	<p><b>San Luis Obispo Vet Center</b>  1070 Southwood Drive  San Luis Obispo, CA 93401  (805) 782-9101</p>
<p><b>Chula Vista Vet Center</b>  180 Otay Lakes Road, Suite 108  Bonita, CA 91902-2439  (877) 618-6534</p>	<p><b>San Marcos Vet Center</b>  One Civic Center Dr., Suite 150  San Marcos, CA 92069  (855) 898-6050</p>
<p><b>Corona Vet Center</b>  800 Magnolia Avenue Suite 110  Corona, CA 92879  (951) 734-0525</p>	<p><b>South Orange County Vet Center</b>  26431 Crown Valley Parkway, Suite 100  Mission Viejo, CA 92691  (949) 348-6700</p>
<p><b>East Los Angeles Vet Center</b>  5400 E. Olympic Blvd. Suite 140  Commerce, CA 90022  (323) 728-9966</p>	<p><b>Temecula Vet Center</b>  40935 County Center Drive, Suite A  Temecula, CA 92591  (951) 302-4849</p>
<p><b>High Desert Vet Center</b>  15095 Amargosa Rd, Suite 107  Victorville, CA 92394  (760) 261-5925</p>	<p><b>Ventura Vet Center</b>  790 E. Santa Clara St. Suite 100  Ventura, CA 93001  (805) 585-1860</p>
<p><b>Los Angeles Vet Center</b>  1045 W. Redondo Beach Blvd.  Suite 150  Gardena, CA 90247  (310) 767-1221</p>	<p><b>West Los Angeles Vet Center</b>  5730 Uplander Way Suite 100  Culver City, CA 90230  (310) 641-0326</p>
<p><b>North Orange County Vet Center</b>  12453 Lewis St. Suite 101  Garden Grove, CA 92840  (714) 776-0161</p>	

4. Services Offered:
  - Counseling, outreach, and referral services to combat Veterans and their families.
5. Cost to Veteran: None

1. Name of Community Program: **Veterans Court Services**
2. Contact Person (for more info or a referral): [www.ochealthinfo.com/pi](http://www.ochealthinfo.com/pi)
3. Contact Phone Number: (714) 480-4678, (714) 480-6652, (714) 480-4692
4. Services Offered:

Veterans' Court Services provides case management to the Combat Veterans Court and the Veterans non-Criminal Domestic Violence Family Court (Division 63 and L68). This service provides case management to court-assigned Veterans who are in need of professional support, referrals, and linkages to the VA, Veterans Centers, community organizations who provide treatment of and services to Veterans, military, and family members.

5. Cost to Veteran: None

1. Name of Community Program: **Veterans First**
2. Contact Person (for more info or a referral): Cruz Rios
3. Contact Phone Number: (714) 547-0615, [cruz@veteransfirstoc.org](mailto:cruz@veteransfirstoc.org)
4. Services Offered:

Veterans First has provided services for homeless, disabled, and at-risk Veterans for over 42 years. Hours: 0800-2100, Monday-Friday.

Our services include:

- Food bags twice a week
- Daily hot lunch meals at our Service Center (Monday-Friday 0800-1800)
- Benefit review and counseling
- Transitional housing for employable and disabled Veterans and permanent housing for disabled Veterans
- Case management
- Mental health counseling
- Life skills
- Resume preparation
- Job readiness assessment
- Job training and employment assistance (including job searches)
- Transportation to VA
- Showers and hygiene kit

New Services:

- Weekly yoga
- Massage Therapy
- PTSD Group
- Individual counseling
- Acupuncture
- AA/NA daily meetings

Our annual Stand Down hosts over 200 homeless Veterans and their families. We also provide 19 housing units for disabled Veterans and their families. Veterans First strongly believes the most effective programs for homeless and at-risk Veterans are “Veterans helping Veterans” in a structured, substance-free environment with fellow Veterans who are successes at improving their lives. Visit [www.veteransfirstoc.org](http://www.veteransfirstoc.org) for more information.

5. Cost to Veteran: None



1. Name of Community Program: **Veterans Legal Institute**
2. Contact Person (for more info or a referral): Antoinette Balta
3. Contact Phone Number: (714) 852-3492, [info@vetslegal.com](mailto:info@vetslegal.com)
4. Services Offered:  
Legal services
5. Cost to Veteran: Free if Veteran income qualifies

1. Name of Community Program: **Veteran/Military Family Project**
2. Contact Person (for more info or a referral): Kelly Chapman
3. Contact Phone Number: (714) 953-4455
4. Services Offered:

The goal of the Veteran/Military Family Project is to extend Child Guidance Center's 8-year highly innovative, evidence-based, family-focused Parent-Child Interaction Therapy (PCIT) and Trauma Focused Cognitive Behavioral Therapy (TF-CBT) programs to the underserved and unmet needs of Veteran and military-connected children/teens and their parents/caregivers.

PCIT is an innovative, evidence-based, and award-winning coaching approach proven to enhance parent-child relationships and improve child behavior. PCIT calls for the parents/caregiver and child to be seen together in a specially equipped PCIT treatment facility, where our therapist stands behind a one-way mirror and live-coaches the parent/caregiver via a wireless earphone. Coaching is provided at the very moment behaviors occur during the session.

TF-CBT is more specifically designed to help children with behavioral and emotional difficulties related to traumatic life events, including loss and grief. With the help of the therapist and parents, children are able to confront and process the traumatic event, allowing them to heal and move forward in their lives.

5. Cost to Veteran: For those families who qualify, services may be covered by private or state funding. Treatment services are also offered to families on a slide-scale fee basis and through insurance.