

ODCHC RESOURCE GUIDE

Hold the Control (Ctrl) key and click on the resources you want to learn more about.

Resource Categories	
<u>Adoptions and Foster Care</u>	<u>Homelessness</u>
<u>Alcohol and Other Drugs</u>	<u>Housing</u>
<u>Case Management, Support, Advocacy</u>	<u>Hygiene, Personal</u>
<u>Child Care</u>	<u>Legal Aid</u>
<u>Clothing and Furniture</u>	<u>Medical Care</u>
<u>Crisis Management</u>	<u>Mental Health</u>
<u>Dental</u>	<u>Pain Management</u>
<u>Disability Resources</u>	<u>Parenting</u>
<u>Domestic Violence and Other Crimes</u>	<u>Senior Resources</u>
<u>Education</u>	<u>Transportation</u>
<u>Employment</u>	<u>Utilities Assistance</u>
<u>Family Planning</u>	<u>Veteran's Services</u>
<u>Financial Assistance</u>	<u>Other Resource Guides</u>
<u>Food Resources</u>	

Please report errors or broken links in this document by e-mail to dbott@opendoorhealth.com

Adoptions and Foster Care	
Adoptions Services Bureau 916-651-8089 www.childsworld.ca.gov	A service for adoptees to find background information on their adoptions.(08/05 sj)
CA Adoption and Foster Care Referral 800-543-7487 www.childsworld.ca.gov	New adoptions and foster care licensing. (08/05 sj)
Dept. of Health and Human Services Branch 441-5013 www.co.humboldt.ca.us	Foster Care coordination. (08/05 sj)
Horizons Adoption and Birth Parent Center 10 W. 7 th Street. Suite F Eureka, CA 95501 444-9909 www.adoption-horizons.org	Adoption facilitation and preparation classes, home studies, post placement, birthparent educational and vocational trust funds and counseling. (08/05 sj)
Independent Adoption Center 800-877-6736 www.adoptionhelp.org	Adoption agency facilitating fully open adoptions. Comprehensive educational and counseling-centered services to birthparents, adopting parents and adoptees nationwide. (08/05 sj)
California State Office of Adoptions 749 F St. Arcata, CA 95521 826-9180 Jane.micks@dss.ca.gov	Works with prospective adoptive parents and birth parents. Performs home studies. Make placements when court mandated. (11.16.05hj)
Environmental Alternatives 202 M St. Box 3414 Eureka, CA 95501 443-7370 www.ea.org	Foster family agency. (08/05 sj)
<u>Return to Top</u>	

Alcohol and Other Drugs	
Alcoholics Anonymous (AA) PO Box 7102 Eureka, CA 95501 442-0711 24-hr http://www.aahumboldtelnorte.org/meetings.html	24 hour answering service has a schedule of AA meeting times and locations. If requested the operator can forward the caller to an AA member who will speak with them regarding their individual situation. Website has the most recent meeting schedule.
Narcotics Anonymous PO Box 6634 Eureka, CA 444-8645 http://www.humdelna.org/files/schedule06-08.pdf	If requested the operator can forward the caller to an AA member who will speak with them regarding their individual situation. Website has the most recent meeting schedule.
Detox Facility Corner of 14 th and C Eureka, CA 445-3869 (DTOX)	Patient must have actively used/drank within the last 48 hours. Short-term detox – will refer to other programs.
Crossroads P.O. Box 1332 Eureka CA 95501 1205 Myrtle Avenue Eureka CA 95501 445-0869 ncsac-crossroads.org	21 Private Pay Beds, 6 County beds PP is \$55/day (\$1650/mo), however, if a person is on SSI, they are only charged 90% of their income. This is a long-term program, designed to last ~ 1 year There is also a 90 day program, which is completely private pay.
Humboldt Recovery Center 1303 11 th St. Eureka, CA 95501 443-4237 (443-0614 Admin Services)	6 month in-pt, 6 months aftercare \$10,000. Will work w/sliding scale pts... SSI B&C Rate and GR/FS okay, but longer wait list Absolutely no narcotics allowed.
Alcohol and Drugs Programs Branch, DHHS 720 Wood St. Eureka, CA 95501 Outpatient svcs: 445-6250 In-pt services: 476-4054 http://co.humboldt.ca.us/HHS/MHB/DualRecoveryPrograms.asp	Comprehensive alcohol and other drugs programming, from assessment to aftercare.
This Side of the Rock 725-9252	Residential recovery. 0 Tolerance policy for narcotics...even Rx meds \$300/mo – does not include food. There are house managers, ~3 meetings/wk in the house, and support from church members. Not licensed, not religious (no worship attendance required). There are ‘men only’ houses in Eureka, Fortuna, and Rio Dell, and a ‘women only’ house in Rio Dell.

<p>Teen Challenge 268-0614 or 499-6365</p>	<p>Singles of any age. 1 year to 16 mts. Faith based. Work program. No meds allowed – *some* exceptions can be made... There is a one time, \$500 fee, which can be waived.</p> <p>For Moms with kids, there is a facility in Alum Rock Women and Children’s Center San Jose, CA Carolyn Taylor – (408) 272 - 4416</p>
<p>Singing Trees 1-800-344-3799</p>	<p>28 day in-patient program; 1 year aftercare: good reviews 19 beds – 4 counselors \$5,200 for 28 days (pd on admit). \$750 for every in-pt month over 28 days.</p>
<p>New Beginnings 442-8750 Jeri Carlson, asst. Annette.</p>	<p>2 year residential program for abused women (can be any kind of abuse) – share a room, \$260 per month: includes all necessities except food. This is a Christian program; there are required classes, reading and groups. They try not to take children, but don’t usually turn anyone away, especially pregnant women. They DO allow meds, suboxone okay – they like people to be <i>off of</i> or willing to get off of Klonopin and Haldol, but nothing is out of the question. The women don’t have to stay the whole 2 years, but if they don’t stay for at least 6 mts, they “go out the same way they came in”.</p>
<p>Healthy Moms Program 2910 H St. Eureka, CA 95501 441-5220</p>	<p>Outpatient day treatment, classes and support groups, with emphasis on parenting. Childcare available for participating clients.</p>
<p>United Indian Health Services 825-5060</p>	<p>Must be a patient of UIHS. Can be referred for in-pt tx. Group meetings and 1:1 counseling on an outpt basis.</p>
<p><u>Return to Top</u></p>	

Case Management, Support and Advocacy	
<i>Adults</i>	
LightHouse of the North Coast 2830 G Street , Suite B-1 Eureka, CA 95501 TEL: 707-268-5646 TTY: 707-268-5565 Para Espanol: 800-592-9053 www.lighthouse-sf.org	Information, Referral and Assistance, as well as help with assistive devices for visually impaired persons
Deaf Counseling Advocacy and Referral Agency 14895 East 14th Street, Suite 200 San Leandro, CA 94578-2926 (877) 322-7288 Toll Free TTY (877) 322-7299 Toll Free Voice http://www.dcara.org/index.php?option=com_content&task=view&id=139&Itemid=190	Information, Counseling and Advocacy for hearing impaired persons.
Redwood Coast Regional Center 525 2D Eureka, CA 95501 445-0893 www.redwoodcoastrc.org	Case management for people with developmental disabilities and their families. (11/05 bp)
Tri-County Independent Living, Inc. 2822 Harris Street, Eureka, CA 95503 Phone: (707) 445-8404 TDD: (707) 445-8405 www.tilinet.org	Short term case management and referral service for persons who identify themselves as disabled. Donated computers available for persons with disabilities.
Making Headway, Inc. 305 "O" Street Eureka, CA 95501 (707) 442-7668 http://www.mhwcenter.org/about.html	Case management services to people with traumatic brain injuries and their families
County Mental Health Adult Case management: 268-2935 Senior (60+): 476-2155 Southern Humboldt: 923-2729	Mental Health case management for adults who are receiving services at County Mental Health.
Linkages 1910 California Street Eureka, CA 95501 443-9747 www.humsenior.org	Case management, for adults (18 and up) with disabilities, and Seniors who are not Medi-Cal eligible. Long term care planning and advocacy. Trinidad to Rio Dell.
Multi-purpose Senior Service Program (MSSP) 1910 California Street Eureka, CA 95501 443-9747 www.humsenior.org	Case management, and some financial assistance with household needs for low income seniors (must be 60+ and must be full scope Medi-Cal). Trinidad to Rio Dell.

<p>Family Resource Center in Redway Located at Redway School 344 Humboldt Drive, Redway 923-1147</p>	<p>Counselors can direct families to resources, make family plans, parenting classes, play groups, Making Friends after school groups for kids, Partner Alternatives to Violence Endeavor (PAVE), Safe & Span alcohol, drug and meth group meets 1st Tues of the month.</p>
<p>Teenage Pregnancy and Parenting Network (TAPPN), DHHS Public Health Branch 476-4914 No web address available at this time</p>	<p>Case management for pregnant or parenting teens and their families. Pregnant and/or parenting teens must enroll prior to age 19. Mates must enroll prior to 20 years, 10 months. (09/13/05 mm)</p>
<p>Youth Services Bureau 1100 California St Eureka CA, 95501 43-8322 www.rcaa.org/ysb.html</p>	<p>Case management for teens ages 12-21 through a variety of residential or outreach programs related to unstable housing or homelessness. Also, advice and assessment for parents with concerns about teen children. This is also a crisis line but is appropriate for initial inquiries as well.</p>
<p>Manila Teenship Wellness Village Resource Center Manila Community Center Pacific Avenue, Manila 444-9771</p>	<p>Free parenting support group. They meet every Monday 6 pm dinner and child care provided.</p>
<p>Our House Call RCAA 24 hour Crisis line: 444-2273</p>	<p>Short term shelter (up to 2 weeks) for children between the ages of 10-17 Who are: not actively drug or alcohol dependent and not actively suicidal, homeless because they refuse to return home due to abuse or neglect and they do not meet Child Protective Services eligibility requirements or are temporarily out of home due to family problems, willing to participate in the program and follow the program rules.</p>
<i>Homeless</i>	
<p>North Coast Resource Center nee: Arcata Endeavor 501 9th Ave, Arcata 95521 822-5008 www.arcataendeavor.org</p>	<p>Case management for homeless persons. Includes emergency interventions, referrals, emergency telephone and travel aid, ID search, SSI assistance.</p>
<p>MAC House Eureka 269-9590 http://www.rcaa.org/macenter.htm</p>	<p>Case management for residents of this homeless transitional housing facility</p>
<p>Arcata House 1005 11th St. Arcata, CA 95521 822-4528 arcatahouse@sbcglobal.net</p>	<p>Case management for persons living in this transitional housing program.</p>
<u>Return to Top</u>	

Child Care

<p>Changing Tides 2379 Myrtle Ave. Eureka, Ca 95501 local: 707.444.8293 toll free: 800.795.3554 www.hccc1.org</p>	<p>Referrals for child care. Family Eligibility Payment Service (FEPS) helps parents obtain subsidized child care. Maintains a list of licensed and unlicensed childcare providers. Trains licensed and unlicensed childcare providers. Call for referral to child care providers.</p>
<p>College of the Redwood's Child Development Center 7351 Tomkins Hill Rd. Eureka 476-4337 http://www.redwoods.edu/catalog/catalog05-06-access/Services/cdc.htm</p>	<p>For College of the Redwoods students. (08/05 sj)</p>
<p>North Coast Children's Services 1266 Ninth St. Arcata, CA 95521 822-7206 www.ncsheadstart.org</p>	<p>Administers Head Start and Early Head Start Programs. (08/05 sj)</p>
<p>Humboldt State University Children's Center 826-3838 http://studentaffairs.humboldt.edu/children/</p>	<p>Priority for HSU students, staff, and faculty. Serves age 12 months through kindergarten. No programs for school age children. Charges are \$16.00/half day, \$32.00/full day (anything over 6 ½ hours) (08/05 sj)</p>
<p>Return to Top</p>	

Clothing and Furniture	
Rescue Mission Thrift Store 1031 Broadway Eureka, CA 95501 443-2523 No web address available at this time	Items available for purchase, very reasonable. (11/05 bp)
Rescue Mission Free Store 107 3 rd St. Eureka, CA 95501 443-4551 No web address available at this time	Free store open Thursday-Sat from 1-5 p.m. (11/05 bp)
RCAA Youth Bureau Thrift Shop 100 West Harris Eureka, CA 95501 445-4217 www.rcaa.org	Items available for purchase. M-F 10 a.m. to 6 p.m. and Sat. 10 a.m. to 5 p.m. (11/05 bp)
Seventh Day Adventist Social Services 1200 Central Avenue, McKinleyville. 839-4693	Dorcas - Clothing. Wed. 9 a.m. to 2 p.m.
Seventh Day Adventist Social Services 2301 Rohnerville Road, Fortuna 725-1166 ext 207 http://www.tagnet.org/fortuna/	Dorcas -- Food and Clothing Bank for Low-Income. Walk in hours are Monday 6:30 - 8:00 p.m.; Tuesday & Wednesday 9:00 - 10:30 a.m.
St. Vincent de Paul Thrift Store 725-4061 Arcata 513 K St. 443-8676 Eureka 528 2 nd St. 725-4061 Fortuna 1117 Main St. www.svdp.bluestep.net	Used furniture and clothing, remanufactured mattresses, reconditioned appliances. The organization also provides food boxes, emergency back bill pay, bus tickets, and other emergency assistance. (11/05 bp)
Murray Road Community Church Thrift Store 1490 Murray Rd. McKinleyville 839-4676 www.murrayroad.org	Hours of operation are 10 a.m. to 5 p.m. Monday through Saturday 839-4676. Furniture, electronics, toys, clothes, items for the home.
Return to Top	

Crisis Management	
American Red Cross 406 Eleventh Street, Eureka, CA 443-4521 http://www.northcoast.com/~hcarc/	Humboldt County Chapter
Adult Protective Services 476-2100 www.co.humboldt.ca.us/welfare/adult-1.htm	24 hour line for reporting adult and elder abuse. PHN or SW will make home visit and possibly offer short-term case management and referral
Child Welfare Humboldt County DHHS 445-6180 www.co.humboldt.ca.us/welfare/cws.htm	24 hour crisis and reporting line.
County Mental Health Crisis Line 445-7715 www.co.humboldt.ca.us/mehealth	Talk with a live person 24 hours/day.
California Suicide Prevention Center Didi Hirsch Community Mental Health Center (877) 727-4747	California State Crisis Line
VA MH Crisis Line (Veterans Only) 1-800-733-0502 http://www.mentalhealth.va.gov/	Veterans mental health services and crisis line
1-800-suicide (1-800-784-2433) http://www.hopeline.com/ 1-800-273-talk (1-800-273-8255) http://www.suicidepreventionlifeline.org/	National suicide prevention hotlines
Pathways Crisis Response Service 826-1886 www.redwoodcoastrc.org	Only for developmentally delayed Redwood Coast Regional Center clients. Call RCRC to learn if the individual is eligible for services.
North Coast Rape Crisis Center 445-2881 ncrcthum@pacbell.net	24 hour crisis line.
Humboldt Domestic Violence Services 443-6042 or 1-866-668-6543 http://www.hdvs.org/	24 hour crisis line. Offers advocacy, education, and emergency housing to keep victims safe. Also offers three groups a week. Child care is included with advance notice.
Boys and Girls National Hotline 800-448-3000 www.girlsandboystown.org	24 hour crisis line for primarily children and parents. Includes national resource and referral service information in English and Spanish.
Redwood Community Action Agency Children (& Parents) Crisis Line 444-2273	24-hour Youth & Family Crisis Intervention Hotline (707) 444-CARE
<u>Return to Top</u>	

Dental	
College of the Redwoods Dental Clinic 7351 Tompkins Hill Rd. Eureka, Ca 95503 476-4250 http://www.redwoods.edu/catalog/0708access/Services/dent-hlt.htm	For low income residents. Must pay cash at time of service, no Medi-Cal and they do not bill any insurance. Costs are about 70% less expensive than normal costs. Open Mondays and Wednesdays during the fall and spring semester
Old Town Dental Clinic 310 3 rd St. Eureka, Ca 95501 441-1188 www.stjosepheureka.org	The dental clinic accepts Medi-Cal, CMSP, CHDP, and private pay insurance. (11/05 kh)
Burre Dental Health Center 959 Myrtle Ave Eureka, Ca 95503 442-7078 www.opendoorhealth.com	General dentistry, oral hygiene education, and children's dental services. Monday-Friday: 8am-5pm, Saturday pediatric clinics: 8am-noon (11/05 kh)
Humboldt Open Door Clinic 770 10 th St. Arcata, Ca 95521 826-8624 www.opendoorhealth.com	Primary dental care provided (11/05 kh)
Redwoods Rural Dental Clinic 101 West Coast Road POB 769 Redway, CA 95560 707-923-4313	Dental care for any Humboldt County resident. Medi-cal accepted.
Western Dental Center 1350 Churn Creek Rd # F1 Redding, CA 96003 (530) 224-9700 http://www.westerndental.com/services.html	Accepts Medi-Cal patients for dental care, Orthodontia and Oral Surgery. Requires at least two visits to Redding
Humboldt Dental Society 443-7476 www.hdnds.org	Provides names and phone numbers for dentists to the public. Keeps track of who is taking new patients and what insurance they take.
Mobile Medical Health 760 15 th St. Arcata, Ca 95521 826-9926 www.mobilemed.org	Dental care for children at elementary schools in Humboldt and Del Norte County. During the academic school year only. Call for a schedule. (11/05 kh)
Union Labor Health Foundation Dental Fund 442-2417 www.hafoundation.org/form.html	Provides small grants to meet immediate dental needs of children ONLY . Applications are accepted at any time and are reviewed periodically. Must be referred by a provider or agency.
<u>Return to Top</u>	

Disability Resources	
Dial a Ride/Dial a Lift 443-0826 www.hta.org/Dial-A-Ride/service.htm	Handicap accessible transportation available to people who cannot use public transportation, and can be so certified by a physician (09/05 sj)
Department of Rehabilitation 1330 Bayshore Way # 101 Eureka, CA 95501 (707) 445-6300 www.dor.ca.gov/	Vocational rehabilitation for people with disabilities, including evaluation, education, training, and job seeking assistance. Call to schedule an orientation appointment.
Easter Seals 3289 Edgewood Rd. Eureka, Ca 95503 445-8841 www.easterseals.com/site/pageserver	Adult day care services for elderly and disabled people. Swimming programs for adults and children. Equipment loan program provides needed equipment for a \$10 fee for three months of use. Support groups also available. Limited scholarships available. Self referrals accepted (11/03/05 kh)
H-CAR (Humboldt Community Access and Resource Center) 443-7077 www.hcar.us	Provide support and services that allow developmentally delayed persons to live and participate in the community. New clients accepted by referral only. Six sites total with services that include: Vocational training, Community life/ access skills training, Recreation and Leisure Skills training etc. Call for sites and specific programs offered at each site.
Lighthouse of the North Coast 2830 G Street , Suite B-1 Eureka, CA 95501 TEL: 707-268-5646 TTY: 707-268-5565 Para Espanol: 800-592-9053 www.lighthouse-sf.org	Provide help to those who are experiencing various degrees of vision loss. Help to find funding for various doctors visits, surgeries, and assistive equipment. Will direct clients to programs that will suite their needs and improve quality of life. A social service agency no medical care provided.
Maternal Child and Adolescent Health 317 2 nd St. Eureka, Ca 95501 445-6212	Children's Medical Services- Provides authorization and payment for specialty medical care for disabled children Serves persons with developmental disability. (09/06/05)
Redwood Coast Regional Center 525 2 nd St Suite 300 Eureka, Ca 95501 445-0893 www.redwoodcoastrc.org	Assessment and diagnostics, counseling, case management, individualized plans of care, purchase of services. Referrals given to most major disability organizations in the area (09/05 sj)
Tri-County Independent Living, Inc. 2822 Harris Street, Eureka, CA 95503 Phone: (707) 445-8404 TDD: (707) 445-8405 www.tilinet.org	Assist individuals in obtaining information about disability and independent living issues, assistive technology and programs. Provide housing lists and information in search of affordable housing. Benefits (SSA, SSDI, SSI, and Medi-Cal) counseling. Peer counseling available.

<p>In Home Support Services (IHSS) 929 Koster St. Eureka 476-2100</p> <p>880 Northcrest Dr Crescent City 464-3191</p>	<p>IHSS may be able to pay for a caregiver to help an eligible person or persons with everyday tasks. An IHSS social worker or Public Health nurse determines eligibility and the number of hours of assistance someone may receive each month. Based on Medi-Cal eligibility</p>
<p>Caregiver Registry 443-4363</p> <p>Caregiver Services 442-3763 434 7th St., Eureka CA 95501 http://www.a1aa.org/</p>	<p>Help finding in-home caregivers, resource referral for people with disabilities Support and resource referral for caregivers and families of people with disabilities and Seniors</p>
<p>Adult Day Health Centers:</p> <p>Arcata – 822-4866 Eureka – 444-8254 Fortuna – 725-6927</p>	<p>Medically supervised day program for Seniors and younger people with disabilities. Social activities, Physical, Occupational and Speech therapy. Transportation provided Medi-Cal, RCRC clients and Veterans covered. Sliding scale available for all others Some scholarships available.</p>
<p><u><i>Return to Top</i></u></p>	

Domestic Violence and Other Violent Crimes	
Humboldt Domestic Violence Services 443-6042 24 hour crisis line 866-668-6543 Toll-free outside local calling area 444-9255 Office www.hdvs.org	Victims of domestic violence should call the crisis line. Offers temporary shelter and support, including support groups, temporary restraining orders, court advocacy, emergency food, clothing, and transportation. 30 days safe house also available. (08/27/05 ac)
North Coast Rape Crisis Team P.O. Box 543 Eureka, CA 95501 445-2881 ncrcthum@pacbell.net	Offers individual and group counseling. Accompanies survivors to court proceedings, law enforcement, hospital visits. Advocacy in court cases. Offers general information and referrals to community services. (08/24/05 ac)
National Domestic Violence Hotline 800-799-7233 www.ndvh.org	Offers crisis intervention, information, and referrals to local services and shelters. Spanish speakers always available, as well as access to interpreters of other languages. (08/24/05 ac)
Safelink 877-785-2020 www.casamyra.org/programs/safelink.html	Offers information, safety planning and linkages to shelter and other resources. Spanish speakers available. (08/24/05 ac)
Safe Haven Operated by RCAA (Redwood Community Action Agency) 269-2075 www.rcaa.org	Long term transitional shelter for women and children fleeing domestic violence. Call between 1:00 PM and 4:30 PM weekdays (11.21.05 hj)
Victim Witness Office 441-7417 www.cya.ca.gov/victim/vw_county.html	Violent crimes victims' assistance to include court support and help opening claims to Victims of Crime Fund (provides compensation for costs associated with being the victim of a violent crime, including counseling, medical and dental bills, lost wages, funeral and burials). (08/30/05 ac)
New Beginnings 442-8750 Jeri Carlson, asst: Annette.	2 year residential program for abused women (can be any kind of abuse) – share a room, \$260 per month: includes all necessities except food. This is a Christian program; there are required classes, reading and groups. They try not to take children, but don't usually turn anyone away, especially pregnant women. They DO allow meds, suboxone okay – they like people to be <i>off of</i> or willing to get off of Klonopin and Haldol, but nothing is out of the question. The women don't have to stay the whole 2 years, but if they don't stay for at least 6 mts, they "go out the same way they came in".

VINE (Victim Information and Notification Every Day) 877-331-8463 www.appriss.com/VINE.html	To register to receive updates on the release or change of custody status of offenders. An automated guide accessible to touchtone and rotary phones. (11/06/05 kh)
<u><i>Return to Top</i></u>	

Education	
Home and Hospital 441-2574 barnetta@eurekacityschools.org	In home or hospital education for students who cannot attend school for health reasons (08/29/05 ac)
College of the Redwoods 7351 Tompkins Hill Rd. Eureka, CA 95501 800-641-0400 General Information 476-4200 Enrollment services http://www.redwoods.edu/	General Information
Adult Education 441-2448 www.eurekaadultschool.org	Offers GED preparation, practice test administration, and assistance with signing up for GED tests. Also offers English as a second language (ESL) classes, vocational classes, and help acquiring your high school diploma.
Eureka Even Start 441-3396 www.eurekaadultschool.org/evenstart.html	Offers GED, Adult Education and English as a Second Language, family mentors, parenting classes, free childcare, and transportation to school for parents of children under age 8, who wish to learn English or work on their high school diploma, get a better job and help their children succeed in school. (08/30/05 ac)
Homeless Education Project 2100 J St. Eureka, CA 95501 441-2516 www.eurekacityschools.org/homeless/homeless.html	Provides educational liaisons, transportation, tutoring/mentoring, backpack project, school supplies, laundry vouchers, shoe vouchers, clothing vouchers, hygiene products, etc. Serves school age youth up to age 21.
Humboldt Literacy Project 647 Allard Ave, Room 74, Eureka, CA 95503 443-3655 www.humlit.org	Assessment and education for adults who would like to learn to read. No charge for services (08/30/05 ac)
NHUHSD (Northern Humboldt Unified High School District) Adult School 2755 McKinleyville Ave. McKinleyville, CA 95519 839-6460 www.nohum.k12.ca.us/nhuhsd/	Offers assistance in acquiring high school diploma and GED. Programs for independent study, ESL with free childcare, older adults (55+), adults with disabilities, Workforce Investment Act (up to age 24), Homeless Outreach Grant (up to age 20). Free enrolment and books. (08/30/05 ac)
<u>Return to Top</u>	

Employment	
<p>The Job Market EDD (Employment Development Department) 409 K St. Eureka, Ca 95503 445-6149 Workforce Training 441-5719 www.thejobmarket.org/</p>	<p>Comprehensive resource center for jobseekers and employers. Resume assistance, fax, phones, classifieds, classes and workshops, counseling and advising.</p>
<p>Department of Rehabilitation 1330 Bayshore Way # 101 Eureka, CA 95501 (707) 445-6300 www.dor.ca.gov/</p>	<p>Vocational rehabilitation for people with disabilities, including evaluation, education, training, and job seeking assistance. Call to schedule an orientation appointment.</p>
<p>Experience Works 1125 16th St. 212 Arcata, Ca 95521 (707) 445-6781 (800) 288-1324 www.experienceworks.org</p>	<p>Assists low income workers 55 years of age and over find paid community-based service opportunities and gain employment related experience and training.</p>
<p>Express Employment Services 14 W Wabash St Eureka, Ca 95503 268-1866 www.expresspersonnel.com</p>	<p>A temporary job agency. Does include temp jobs that lead to full time positions. All types of employment ranging from office to manual labor. (11/05 kh)</p>
<p>Sequoia Personnel Services 2930 E St. Eureka, Ca 95503 445-9641 www.sequoiapersonnel.com</p>	<p>A temporary job agency. Does include temp jobs that lead to full time positions. All types of employment ranging from office to manual labor. (11/05 kh)</p>
<p>North Coast Veterans Resource Center 2107 3rd St, Eureka, Ca 95501 442-4322 www.humboldt.edu/~ves/Pages/community.html#NCVRC</p>	<p>Employment and limited training for homeless and/or unemployed veterans (07/05)</p>
<i>Return to Top</i>	

Family Planning	
<p>Six Rivers Planned Parenthood 2316 Harrison Ave. Eureka, Ca 95503 442-5709 www.ppeureka.org (11/05 kh)</p>	<p>Gynecological services. Pregnancy testing and counseling for pregnancy options. Family PACT (no-charge access to reproductive health services) sign ups, birth control consultation and distribution, and HIV/STD testing. Teen only walk in clinics. Medical and Surgical abortion services. Vasectomy services. Referrals to a wide range of pregnancy related services. Call for appointments and clinic hours.</p>
<p>Open Door Clinic Community Health Centers, All sites http://opendoorhealth.com/ North Country Clinic 822-2481 Humboldt Open Door Clinic 826-8610 Eureka Community Health Center 441-1624 McKinleyville Open Door Clinic 839-3068 Del Norte Community Health Clinic 465-6925</p>	<p>All sites provide gynecological services, pregnancy testing, counseling for pregnancy options, Family PACT (no-charge access to reproductive health services) sign ups, birth control consultation and distribution, and HIV/STD testing. Referrals to a wide range of pregnancy related services. Call for appointment.</p>
<p>Arcata Open Door Teen Clinic 770 Tenth St. Arcata, CA 826-8610 http://opendoorhealth.com/</p>	<p>Confidential, hassle-free family planning, education, supplies, testing for pregnancy and sexually transmitted infections. Peer counseling, Walk-in, no appointments necessary. Services are free. Wednesday afternoons from 3-5 PM</p>
<p>McKinleyville Open Door Teen Clinic 1644 Central Avenue, McKinleyville, CA 839-3068 http://opendoorhealth.com/</p>	<p>Confidential, hassle-free family planning, education, supplies, testing for pregnancy and sexually transmitted infections. Peer counseling, Walk-in, no appointments necessary. Services are free. Tuesday afternoons from 3-5 PM</p>
<p>National Abortion Federation Hotline 1 (800) 772-9100 www.prochoice.org</p>	<p>A confidential service providing referrals to clinics that are members of the Federation. It is not an all-inclusive listing of abortion clinics.</p>
<p><u>Prenatal Services</u></p>	
<p>Center for Women's Health Care 2773 Harris St, Eureka, CA 95503 444-9664, 442-4593 No web address available at this time</p>	<p>Prenatal care. Accepts Medi-Cal and presumptive eligibility for Medi-Cal. Accepts private pay and insurance, CPSP program offers education, nutritional counseling, social services.</p>
<p>DK Stokes, MD, OB/GYN 2607 Harris St. Suite B, Eureka, CA 95503 445-3443 No web address available at this time</p>	<p>Prenatal care. Accepts Medical and presumptive eligibility for Medi-Cal.</p>
<u>Return to Top</u>	

Financial Assistance	
Food Stamps 929 Koster St. Eureka, Ca 95501 269-3590 Public Inquiry Line, 476-4700 General line www.dss.cahwnet.gov/foodstamps/	Department of Health and Human Services
General Relief 476-4700 www.co.humboldt.ca.us/hhs/socialservices/pubassistance.asp	A loan program for people with limited resources. Funds obtained must be paid back
Unemployment Insurance 800-300-5616 www.edd.ca.gov/uibdg/ut46085.htm	Call to apply for assistance with unemployment benefits. (08/29/05 ac)
Social Security 3144 Broadway Eureka, CA 95501 445-9640 or 800-772-1213 www.ssa.gov	Retirement and disability income.
Consumer Credit Counseling 1309 11 th St. Suite 104 Eureka, CA 95521 822-8536 or 800-762-1811 www.ccsnojuggle.org	Counseling for debt management. Also offers credit report review. Counselor will pull credit reports and scores from all three of the credit bureaus, as well as offering advice on the results. (08/29/05 ac)
Salvation Army 2123 Tydd St. Eureka 95501 442-6475 www.salvationarmyusa.org	Financial assistance with utility bills that have received a 15 day or 48 hour notice for shut-off through REACH program. Short interview to qualify.
<u>Return to Top</u>	

Food Resources	
Arcata Community Center 321 Community Center, Arcata, CA 95521 825-2027	Distribute government commodities foods (no fresh food) 3 rd Thurs of each month to low income persons. Especially good for seniors – no long lines. Income guidelines, but no proof of income needed. Distributes to Arcata, Bayside, Indianola, and Manilla residents.
	Senior Nutrition Center 60 years and older, suggested donation \$3.00 per meal, noon meal 11:30am -12:15, reservations required 825-2027
North Coast Resource Center nee: Arcata Endeavor 509 9 th St. Arcata, CA 95521 822-5008 Hot meals M-F 11:30-12:30 www.arcataendeavor.org	Hot meals M,W,F for County residents only: 10:30-11:45 Seniors, Children, Physically Impaired. 11:45-12:30 for all others. M-F 2:30 pm: fruit, veg & bread giveaway.
Community Assistance Network (CAN) 355 Standard Veneer Road, Crescent City, CA (707) 464-9190 www.canbless.org	Faith Based Program, food bank, commodity supplemental food distribution, community gardens project. One box of food per individual or family per month. Food distribution days are T,W,Th,F 12:00-3:30pm
Del Norte Senior Center 1765 Northcrest Drive, Crescent City, CA 95531 (707) 464-3069	Serve lunch to senior or anyone M-F, 60 years and up: \$2.50 per meal, 50 years and below \$5.00 per meal. Reservations preferred, but walk-ins taken. Deliveries to homebound. Free bus transportation to meals for Crescent City area residents.
Doorstep Lunches Senior Resource Center 1910 California Street, Eureka, CA 95501 443-9747	Hot or frozen meal including entrée of the day, starch, seasonal vegetable, and a fresh baked cookie for \$8.50, all orders must be received by 3:00pm for the next day delivery. Orders must be pre-paid by credit card or cash on delivery, <i>no checks accepted</i> . Delivery times are from 12:00-1:00pm M-F. Boxed lunches (sandwiches on French roll) \$10:00. No income/age restrictions apply. Can be ordered up to a month in advance. Orders of 10 or more require 3 days notice.
Eureka Rescue Mission 110 2 nd St. P.O. Box #76 Eureka, CA 95501 443-4551 No web address available at this time	Breakfast 5:30am-6:00am M-Sa, 6:30am-7:00 Su Intake for Dinner/Overnight Stay 5:30-6:00 Dinner 6:30pm Nightly, 365 days per year
Eureka Rescue Mission Women and Children 107 3 rd Street Eureka, CA 95501 443-5016	Breakfast T/Th 8:00am-9:00 Dinner Every night 4:45pm, Mandatory Chapel Service Following, No ID/proof of income needed

Medical Care	
HDN Medical Foundation Phone: 707-443-4563 Toll Free: 1-866-443-4563 http://hdnfmc.com/provSearchForm.php	Find a local medical provider – including specialists – by searching this site. Referrals also made by phone.
Open Door Community Health Centers http://opendoorhealth.com/ Eureka Clinic 2412 Buhne St. Eureka, CA 441-1624 Humboldt Open Door Clinic 770 Tenth St. Arcata, CA 826-8610 NorthCountry Clinic 785 18 th St, Arcata, CA 822-2481 McKinleyville Clinic 1644 Central Avenue, McK, CA 839-3068 Del Norte Clinic 200 A St. Crescent City, Ca 465-6925	Comprehensive primary care services and behavioral health services. Some sites offer pediatric, OB/GYN, dental, HIV/AIDS, teen clinics, and telemedicine services.
Downtown Express Medical Group 2456 Buhne Street, Eureka, CA 95501 443-2293	Primary Care – Eureka Area
Mobile Medical Office P.O. Box # 905 Eureka CA, 95500-0905 443-1186 http://www.mobilemed.org/	Comprehensive primary care: mental health, substance abuse, preventive dental, homeless services, help with public benefit applications. Bilingual evening clinics. Vans circulate to various locations from Arcata to Rio Dell. Call for schedules, or see website.
Humboldt Medical Group 3306 Renner Dr., Fortuna, CA 95540 725-6101 528 Washington, Ferndale, CA 95536 786-4028	Primary Care for the South County area.
Fortuna Family Medical Group 874 Main Street, Fortuna, CA 95540 725-3334	Primary Care for the South County area.
Redwood Internal Medicine 3304 Renner Drive, Fortuna, CA 95540 725-4477	Internal Medicine – South County
Dr. Olkin and Dr. C.Ray Jones 3302 Renner Drive, Fortuna, CA 95540 725-3318	Family Practice – South County
Dr. Charles Rigney 500 B. Street, Scotia, CA 95565 764-5617	Family Practice – Rio Dell, Scotia

<p>Redwoods Rural Health 101 West Coast Rd., Redway, CA 95560 707-923-2783 http://www.rrhc.org/newsite/</p>	<p>Comprehensive primary care including behavioral health and full-scope dental care for Southern Humboldt.</p>
<p>Public Health, Department of Health and Human Services 529 I St Eureka CA 95501 1-800-698-0843 http://co.humboldt.ca.us/HHS/PHB/</p>	<p>Care line for health related questions for County residents. Caller may be referred to services, or speak with a nurse on site.</p>
<p>Willow Creek Dept. of Public Health 77 Walnut Way Willow Creek, CA 95573 530-629-2410</p>	<p>Women’s health, STD screenings, immunization, birth control, pregnancy testing. (11/7/05 GY)</p>
<p>Kris Kelly Health Info Ctr. At Humboldt Co. Public Library 1313 3rd St 442-9094 http://www.kkhic.org/</p>	<p>Provides general health information via phone, mail, internet.</p>
<p><u><i>Return to Top</i></u></p>	

Medical Insurance	
<p>Health Insurance Programs – Overview</p> <p>http://www.ahirc.org/quickguideCalifornia.html</p> <p>Cal-Health Site to Look at insurance quotes:</p> <p>http://www.calhealth.net/</p>	<p>Explains the basics of health insurance in California with links to programs.</p>
<p>County Medical Services Program (CMSP) 269-3590</p> <p>www.cmspcounties.org</p>	<p>To apply by phone, call 268-3471. Provides limited health coverage for low-income, indigent adults 21-64 years of age.</p>
<p>Medi-Cal 929 Koster St Eureka, CA 95501 269-3590</p> <p>www.dhs.ca.gov/mcs/medi-calhome/</p>	<p>California’s version of Medicaid, healthcare insurance for low-income families and individuals. (11/7/05 gy)</p>
<p>Medicare 1 (800) 772-1213, (707) 445-9610</p> <p>http://www.medicare.gov/</p>	<p>Federal health insurance program for people 65 or older (or disabled for 2 or more years and RSDI eligible). Pays 80% of most medical expenses. For personal consultation on Medicare, Medigap plans and Medicare D, contact HICAP at 444-3000</p>
<p>Child Health and Disability Prevention Program (CHDP) 529 I St, Eureka CA 95501 445-6210</p> <p>http://www.dhcs.ca.gov/services/chdp/Pages/default.aspx</p>	<p>Periodic, preventive health services children up to age 19. Family must meet income eligibility. Services include physical exams, immunizations, nutritional, behavioral and oral health assessments, vision & hearing screenings, and screening tests for other health conditions.</p>
<p>Family PACT 1 (800) 942-1054</p> <p>www.dhs.ca.gov/pcfh/ofp/programs/famPACT/</p>	<p>Reproductive health services, including diagnosis and treatment for STIs and UTIs, contraceptives, pregnancy testing, annual exam. There is no cost to eligible patients for covered services. (11.21/05 hj)</p>
<p>Healthy Families 269-3590 or seek information at ODCHC clinic site</p> <p>www.healthyfamilies.ca.gov/</p>	<p>Low cost insurance that provides health, dental and vision coverage to children who do not have insurance today and do not qualify for no-cost Medi-Cal (11/7/05 gy)</p>
<i>Return to Top</i>	

Mental Health	
North Coast Association of Mental Health Providers (NCAMHP) www.ncamhp.org	Excellent web-based resource. Match a patient's treatment needs, insurance and location with a licensed therapist.
Mental Health, DHHS 720 Wood St., Eureka, CA 95501, 268-2900 445-7715 Crisis Line www.co.humboldt.ca.us/hhs/mh/	Out patient services for psychiatrist, counselors and therapists for assessment, treatment and referral. Same day services as needed. Call for more information.
Humboldt Family Services Center 1802 California St., Eureka, CA 95501, 443-7358 www.HFSC@SBCglobal.net	Free walk-in counseling Mon 1-4. Provide many court ordered programs: Anger Management, Drug Diversion, the children of Divorce Workshop, and others. Victim witness and RCRC referrals accepted. Medi-Cal and sliding fee scale. Also an office in Arcata – Call Eureka office to make an appointment.
Irv Tessler 381 Bayside Rd., Arcata, CA 95521, 826-2830 No web address available at this time	Psychiatric services. Does not accept Medi-Cal. No sliding scale. (11/05 dy)
Hospice of Humboldt 2010 Myrtle Ave./P.O. Box 3611, Eureka, CA 95502, 445-8443 www.hospiceofhumboldt.org/	Bereavement, terminally ill patient care and respite. Provides social workers, a chaplain, grief groups and counselors. (08/25/05 kc)
<u>Return to Top</u>	

Pain Management	
<p>Mad River Community Hospital Pain Clinic 822-3621 www.madriverhospital.com/services/WelcomeToSurgicalServices.htm</p>	<p>See patients in consultation with on-going chronic pain not with interventions. Mostly interventional problems, things that can be treated with treatment. Consult for pain management by referral from PCP. Will recommend meds and other conservative measures, but PCP must manage meds. Takes Medi-Cal and Medicare and other insurance. M-F, 8-4 pm. (11/05 dy)</p>
<p>Making Headway, Inc. Making Headway, Inc. 305 "O" Street Eureka, CA 95501 (707) 442-7668 http://www.mhwcenter.org/about.html</p>	<p>Chronic pain management for those who have traumatic brain injury. Class meets Wednesdays from 12:30 – 1:30pm. Also offer conjunctive therapy class in a pool at Easter SEALS on Tuesdays from 1:00 – 2:00pm. Ranges \$2 - \$5. Initial screening required. (11/07/05 dy)</p>
<p>UCSF Pain Management Center 2255 Post Street, San Francisco, CA 94143, 415-885-PAIN(7246), Patient Info Line 415-885-3878 http://mountzion.ucsfmedicalcenter.org/painmanagement/</p>	<p>Work with patients with complicated and chronic medical, surgical, and neurological pain problems. Patients will receive a comprehensive evaluation. Other services include: regional anesthesia (nerve block); transcutaneous electrical nerve stimulation (TENS); physical therapy and/or occupational therapy; home exercise and activity guidance; medication tailoring; shorter individual psychotherapy and behavior modification; self-hypnosis training and biofeedback; stress management and relaxation; group and family psychotherapy. (11/05 dy)</p>
<p>Northern California Pain Initiative (NCPI) www.home.earthlink.net/~norcalpain/index.html</p>	<p>Works with healthcare providers, patients, and other stakeholders to provide education about effective and appropriate pain management, conducts outreach regarding pain-related issues, provides information regarding access to services, and influences public policy. Also has links for Pain Management, Pediatric Pain and Senior Pain resources. (11/05 dy)</p>
<p>Northern California Spine Institute 5725 West Las Positas, Suite 200, Pleasanton, CA 94588 925-469-6274 www.ncsi.tv</p>	<p>Spine Institute is integrated with an inpatient and outpatient program that embraces new technology when appropriate for out patients, including less invasive surgical techniques. Multi-disciplinary program of spine treatment utilizing both surgical and non-surgical treatment. (11/05 dy)</p>

<p>Northern California Neurosurgery Medical Group 2400 Country Drive, Suite 100, Fremont, CA 94536, 510-494-5700 www.lieberson.com</p>	<p>Multi-specialty group caring for spine problems, carpal tunnel disease, pain, and work injuries. (11/05 dy)</p>
<p>Return to Top</p>	

Parenting	
Changing Tides 2379 Myrtle Ave. Eureka, CA 95501 445-9291 http://changingtidesfs.org/	Ask front desk or contact Pam Manning. Begins in Fall. Inquire about cost.
Six Rivers Planned Parenthood 2316 Harrison Ave., Eureka, CA 95501 445-2018 x208 www.ppeureka.org	Some workshops offered on a rotating basis. Check Availability.
Family Resource Centers McKinleyville: 840-0905 Manila: 1611 Peninsula Dr., 444-9771 Rio Dell: 95 Center St., 764-5239 www.humkids.org/content/index.php?option=content&task=view&id=213&Itemid=56	Resource centers for Manila, Rio Dell, and McKinleyville. Parent Support Groups, parenting classes, some child care provided for class attendance. Call for additional information.
Parent Project Contact Eureka Adult School 441-2448 or <u>Pat Graves</u> ext. 423 (441-2423). www.eurekacityschools.org/progserv/progserv.htm#PARENT	Parent Project Jr. for elementary age children, 6-10 week course for bx management. Parent Project Sr. 10 week course for “out of control” teens. \$20/session for parents of Eureka City Schools students or \$120/session for others. Fees are adjustable. Classes held in the Fall. (08/30/05 mm)
Healthy Moms 2910 H St., Eureka, CA 95501, 441-5225 www.centerforaddiction.org/healthy_moms_program/	Required for mothers enrolled in the 6 month program only. 2 days/week. (08/30/05 mm)
TAPPN (Teenage Pregnancy and Parenting Network) DHHS Public Health Branch 476-4914 No web address available at this time	Case management services for teens and their families. Offers early pre/post-natal care, nutrition counseling, parenting education, family planning, individual and family counseling, peer support, child care, breast feeding and childbirth education by Public Health Nurse. Pregnant and/or parenting teens must enroll prior to age 19. Mates must enroll prior to 20 years, 10 months. (09/13/05 mm)
<u>Return to Top</u>	

Senior Housing Resources	
Property Management (RCAA) 904 G St., Eureka, CA 95501, 269-2014 www.rcaa.org/propmgmt.html	Maintains and administers housing options for low and moderate income dwellings, rentals, and other options. (11/05 dy)
Humboldt Senior Resource Center www.humsenior.org	Acts as single point of entry for senior services. Free information and referral service for seniors, caregivers, and service providers. Can consult regarding long-term care.
Tri-County Independent Living, Inc. 955 Myrtle Ave. Eureka, CA 95501 455-8404/877-576-5000 www.tilinet.org	Provide housing lists and info in search of affordable housing. Info about disability and independent living issues, assistive technology and programs. Benefit counseling (SSA, SSI, SSDI, and Medi-Cal) and independent living skills training. (11/05 dy)
Housing Authority, City of Eureka and Humboldt County 735 West Everding St., Eureka, CA 95501 443-4583 www.eureka-humboldt-hsg.org	Subsidized housing program for low-income seniors/disabled/families. Public housing units available. (11/05 dy)
Humboldt Bay Housing Development 100 Ericson Ct., Arcata, CA 95521 826-7312 hbhdc@reninet.com	Affordable housing in Arcata and McKinleyville for low-income seniors and adults with disabilities. (11/05 dy)
<i>Return to Top</i>	

Senior Resources	
<p>Area 1 Agency on Aging 434 7th St. Eureka CA 95501 442-3763 http://www.a1aa.org/</p>	<p>Acts as single point of entry for senior services. Free information and referral service for seniors, caregivers, and service providers. Can consult regarding long-term care.</p> <p><u>Health Insurance Counseling and Advocacy Program (HICAP): 444-3000</u> Provides free counseling and help with Medicare, Medigap, Medicare D, long term care insurance, Medicare Fraud, Medicare appeals, etc.</p>
<p>Senior Dining Centers For Reservations or Information Call: Susan in ARCATA @ 825-2027. Lunch is served from 11:30-12:15 Gail in FORTUNA @ 725-6245. Lunch is served from noon-12:30 Benita in EUREKA @ 442-1181. Lunch is served from 11:45-12:15</p> <p>http://www.humsenior.org/index.php?option=com_content&task=view&id=66&Itemid=109</p>	<p>Congregate Senior Meals. For 60+ year-olds. Suggested donation \$3.00 per meal, BUT NO DONATION IS REQUIRED. Reservations <i>are</i> required.</p>
<p>Home Delivered Meals / Doorstep Lunches Humboldt Senior Resource Center 443-9747</p> <p>http://www.humsenior.org/index.php?option=com_content&task=view&id=29&Itemid=105</p>	<p>Home delivered hot lunches Monday – Friday. Must be 60+ years of age, homebound, and unable to prepare consistent nutritious meals, and live in delivery areas. (usually a wait list).</p> <p>Others may consider Doorstep Lunches (no wait list or age limit, but higher cost per meal).</p>
<p>Home Delivered Meals Blue Lake Rancheria 668-5101</p>	<p>Home Delivered Meals – meals delivered once per week – freezable and heatable. Trinidad to Rio Dell and maybe beyond. Tribal elders/younger tribal members with disabilities who are homebound, no charge (any tribe). All others pay per meal (minimal cost).</p>
<p>Lifeline Service Vigil 1: 445-9911</p>	<p>Lifeline service for Seniors and people with disabilities.</p>
<p>Senior Home Repair and Job Bank Humboldt Senior Resource Center 443-9747 ext 1240 http://www.humsenior.org/index.php?option=com_content&task=category&sectionid=4&id=50&Itemid=128</p>	<p>Senior Home Repair. Helps homeowners with minor inexpensive repairs such as: leaky pipes or faucets, handrails, grab bars. Eligibility depends on income and location.</p> <p>Job Bank. Makes referrals for workers (handymen) for minor home repairs for people in various areas.</p>
<p>Experience Works 1125 16th St. 212 Arcata, Ca 95521 (707) 445-6271 www.experienceworks.org</p>	<p>Assists low income workers 55 years of age and over find paid community-based service opportunities and gain employment related experience and training.</p>

<p>In Home Support Services (IHSS) 808 E Street Eureka, CA 95501 476-2100 www.co.humboldt.ca.us/hhs/socialservices/ihss-1.htm</p>	<p>Program to help Medi-cal and very-low income people who are frail, elderly or functionally impaired, to stay in their own homes. Pays for a caregiver to help an eligible elderly person or persons with disabilities with everyday tasks.</p>
<p>Senior Legal Hotline 800-222-1753 www.seniorlegalhotline.org</p>	<p>Free legal advice over the telephone for California residents over 60 years of age on any subject. Call early in the morning...you will get a call back.</p>
<p>Senior Legal Services Humboldt Senior Resource Center 1910 California Street, Eureka, CA 95501 443-9747</p>	<p>Appointments in person for legal advice regarding Social Security, SSI, CMSP, Medi-Cal, In-Home Support Services (IHSS). Must be 60 or older.</p>
<p>Caregiver Registry 443-4363 Caregiver Services 442-3763 434 7th St., Eureka CA 95501 http://www.alaa.org/</p>	<p>Help finding in-home caregivers, resource referral for people with disabilities Support and resource referral for caregivers and families of people with disabilities and Seniors</p>
<p>Easter Seals Adult Day Services 3289 Edgewood Rd. Eureka, CA 95503 445-8841 1-800-675-SEAL www.easterseals.com</p>	<p>Services are designed to enhance or support life skills, well being, memory and community participation. M, W, F, 8:30 – 3:00pm (ages 18 and up) = Adult Day Services: They provide transportation and do outings, arts/crafts, social events and exercises. Partial scholarships available and willing to work various income situations. (11/05 dy)</p>
<p>Adult Protective Services 808 E St., Eureka, CA 95501 476-2100 445-6180 24 Hour hotline</p>	<p>Provides assistance to the elderly and adults who are functionally impaired (age 18+), and who are possible victims of abuse, exploitation or neglect, including self neglect. Services include information and referral to community resources, case management, assessments, emergency shelter or in-home protection, transportation, counseling, etc.</p>
<p>Return to Top</p>	

Veterans Services

<p>North Coast Veterans Resource Center 2107 3rd St., Eureka, CA 95501, 442-4322 www.humboldt.edu/~ves/Pages/community.html#NCVRC</p>	<p>Case Management, employment, homeless services and transitional housing, resource and referral center (11.18.05 hj)</p>
<p>Eureka Veterans Clinic 714 F St., Eureka, CA 95501 442-5335 www.va.gov/directory/guide/facility.asp?ID=756</p>	<p>Provides primary care, mental health, and some ancillary services to qualified veterans. (01.18.06hj)</p>
<p>Humboldt County Veterans Service Office 825 5th St., Rm. 310(In the courthouse), Eureka, CA 95501 445-7341 http://www.co.humboldt.ca.us/veteran/</p>	<p>Advocate for veterans and their dependents for support in getting benefits and processing claims. (01.08.06hj)</p>
<p>Redwoods Veterans Outreach Center 2830 G St., Eureka, CA 95501 444-8271 www.humboldt.edu/~ves/Pages/community.html#VC</p>	<p>Provides a broad range of counseling, outreach and services to eligible veterans and their families. (11/11/05)</p>
<p>Department of Veterans Affairs (VA) 810 Vermont Ave., NW Washington, DC 20420 800-827-1000 www.va.gov</p>	<p>Federal telephone service contact point for all services available to veterans through the US government. (11/11/05 hj)</p>
<p>Veterans Upward Bound Humboldt State University, University Annex Rm 158, Arcata 800-826-4971 www.humboldt.edu/~veterans/vub</p>	<p>Offers college preparatory courses to veterans beginning or returning to college. Day and evening classes during the Fall and Spring semesters. Application & placement assistance, career & academic advising, transcript requests, financial aid assistance, college admission testing and individual tutoring. Available without charge to all college-bound veterans. (11.18.05 hj)</p>
<p>Return to Top</p>	

Other Resource Guides

Area 1 Agency on Aging resource guide

<http://www.rtmdesigns.net/A1AAEureka>

Search by name of service

Redwood Community Action Agency

<http://www.rcaa.org/>

Various Programs and Projects

Humboldt Community Switchboard

<http://www.theswitchboard.org/>

Search by keyword – results are not comprehensive

Northern California Indian Development Council

<http://www.ncidc.org/links.htm>

Resources for American Indians and others

Benefits locator

https://ssl2.benefitscheckup.org/before_you_start.cfm?subset_id=0

Type in *approximate* information to get an idea of what programs are available to an individual

Medi-Cal- The Details

http://www.disabilitybenefits101.org/ca/programs/health_coverage/medi_cal/program2.htm#Medi-Cal_Services

Outlines eligibility for Medi-Cal programs

Medicare D

<http://www.medicare.gov/MPDPF/Public/Include/DataSection/Questions/GeneralQuestions.asp>

Find a Medicare Drug plan

Social Security

<http://www.socialsecurity.gov/>

Information about benefits and applications

California State Disability Benefits – The Details

http://www.disabilitybenefits101.org/ca/programs/income_support/sdi/program2.htm#Eligibility_for_the_SDI_Ben

Eligibility and benefit amount information for temporarily disabled workers

SSI/SSP Rates – 2010

<http://www.ssa.gov/pubs/11125.html>

This page has the current rates, as well as board and care rates

CMSP Eligibility

http://www.cmspcounties.org/pdf_files/forms/CMSPInfoNotice02-1005.pdf

Summary of CMSP eligibility guidelines
