

THE DIDI HIRSCH ADULT RESOURCE GUIDE

Welcome to Didi Hirsch Mental Health Services. A key part of our programs is helping clients connect with essential resources and build support systems that will last far into the future. What follows is a brief list of placements and programs that come recommended by the staff and former clients at Didi Hirsch Crisis Residential programs (Excelsior House and Jump Street). This list is just a start, designed to orient you to some of what is available. Be sure to talk to your counselor for more information.

This resource guide is divided into the following sections:

HOUSING	Pages
Board and care facilities	1
Crisis residential	2
Domestic violence shelters	2
Inpatient programs	2
Semi-independent living	3
Shelters	4
Sober living facilities	5
Substance abuse treatment programs	5
 OTHER RESOURCES	 Pages
Continuing Didi Hirsch services	7
Dental clinics	7
Detox	8
Employment services	8
Funding	9
Hearing and Visually Impaired Services	9
HIV/AIDS services	9
Internet and e-mail	10
Legal services	10
Medical clinics	11
Mental health advocacy/information	12
Outpatient services	13
Paperwork support	16
Phone hotlines	16
Psychiatric evaluation and treatment (PET) teams	16
Psychiatric hospitals	17
Tattoo Removal	18
Transportation	18
Twelve-step programs/support groups	19
Veterans' support	19

To suggest additions, subtractions, or other improvements to the resource guide, please write Will Baum, LCSW: wbaum@didihirsch.org.

HOUSING

BOARD AND CARE FACILITIES

Board and care homes provide supportive, supervised living environments for people with disabled by mental illness and who have difficulty taking care of day-to-day needs. More expensive than other programs, but SSI checks are increased for those staying in Board and Cares to make up the difference.

Alcott Center – The Graduate House

1433 South Robertson Boulevard | Los Angeles, CA 90035 | (310) 785-2121 | www.alcottcenter.org
No maximum stay. Medi-Cal required. Clients self-refer. Prefers several months sobriety prior to current crisis. Unfunded beds referred through Brotman Urgent Care.

Cheviot Hills Golden Manor

3535 Overland Avenue | Los Angeles, CA 90034 | (310) 836-0510

Gateways Percy Village

3441 Percy Street | Los Angeles, CA 90023 | (323) 268-2100
Program combines board and care and IMD step-down.

Harbor View House

921 S. Beacon St. | San Pedro, CA 90731 | (310) 547-3341 | www.hvi.com
Large, multi-floor board and care. Board and care rate. Day program off-site.

Pacific View Guest Home

2300 S. Pacific Avenue | San Pedro, CA 90731 | (310) 521-9896

Project New Hope

1004 Echo Park Avenue | Los Angeles, CA 90026 | (213) 250-9481 | www.projectnewhope.org
Three adult residential facilities for clients with HIV/AIDS—two in Lawndale, one in Pico-Union. Sliding scale fees.

Sepulveda Residential

8025 Sepulveda Boulevard | Van Nuys, California 91402 | (818) 782-7288 | www.sepulvedaresidential.com

Sunshine Manor

10540 Sherman Grove Avenue | Sunland, CA 91040 | (818) 352-5941

Sunnyside Residential

22713 South Vermont Avenue | Torrance, CA 90502 | (310) 320-3318
Client recommended board and care.

The Manor

1905 Pico Boulevard | Santa Monica, CA 90405 | (310) 450-1748 | www.themanoronline.com

Villa Stanley

335 N. Stanley Avenue | Los Angeles, CA 90036 | (323) 937-4856
Also try Villa Stanley East: (310) 934-2498

CRISIS RESIDENTIAL

Didi Hirsch Crisis Residential Programs provide 28-day crisis stabilization, including psychiatric consultation, case management, and group and individual therapy in a structured, homelike environment.

Didi Hirsch Mental Health Services - Excelsior House

1007 Myrtle Avenue | Inglewood, CA 90301 | (310) 412-4191 | www.didihirsch.org

14 beds, 1 unfunded. Referrals by caseworker.

Didi Hirsch Mental Health Services - Jump Street

1233 South La Cienega Boulevard | Los Angeles, CA 90035 | (310) 855-0031 | www.didihirsch.org

10 beds, 1 unfunded. Referrals by caseworker.

DOMESTIC VIOLENCE SHELTERS

Placement for victims of domestic violence. These shelters keep their addresses unlisted to ensure residents' safety.

Angel Step Inn

(323) 780-7285

Los Angeles.

1736 Family Crisis Center

(213) 745-6434 | www.1736familycrisiscenter.org

Redondo Beach and 2 other locations.

Good Shepherd

(323) 737-6111 | www.goodshepherdsistersna.com

Los Angeles. Long-term treatment and education-oriented shelter primarily for battered women and children. Campus includes 12 self-contained apartments.

Haven Hills

(818) 887-7481 | www.havenhills.org

Canoga Park.

House of Ruth

(909) 623-4364 | www.houseofruthinc.org

Pomona.

Sojourn

(310) 264-6644 x235 | www.opcc.net

Central Los Angeles. Part of OPCC.

Valley Oasis

(800) 945-6736 | www.avdvc.org

Antelope Valley.

INPATIENT PROGRAMS

These inpatient programs offer a wide range of services. Generally, stays last between six months to two years. The amount of structure—groups, etc.—varies from program to program.

Bell Wellness Program

5600 Rickenbacker Road | Bell, CA 90201 | (323) 263-1206 | www.salvationarmy-socal.org

Inpatient recovery program within Bell Shelter. Usually has long waiting list.

B.R.I.D.G.E.S.

8514 Topanga Canyon Boulevard | Canoga Park, CA 91304 | (818) 999-0143

11927 Elliot Ave | El Monte, CA 91732 | (626) 350-5304

20401 Roscoe Blvd. | Canoga Park, CA 91306 | (818)998-1565

www.bridgesrehab.org

Transitional living with seven locations in Canoga Park, Lancaster, El Monte, Sylmar. Cost: \$916/month via SSI/Medi-Cal. Services: Groups, daily living skills, 12-steps programs. Maximum stay is 18 months. Staff must refer.

Downtown Women's Center

325 S. Los Angeles Street | Los Angeles, CA 90013 | (213) 680-0600 | www.dwcweb.org

45 single-unit apartments providing permanent, affordable, supportive housing to formerly homeless women.

New Phase

808 E. Brett | Inglewood, CA 90302 (310) 567-1421 (Michelle)

Community transitional living. Clients with substance abuse issues are sent to an offsite program several days out of the week.

PATH (People Assisting the Homeless)

340 North Madison Avenue | Los Angeles, CA 90004 | (323) 644-2200 | www.epath.org

Transitional living and interim housing. Services: Case management and other services. Maximum stay is six months.

Portals Rampart

238 South Rampart Boulevard | Los Angeles, CA 90057 | (213) 639-2570 | www.portalshouse.org

Transitional living with 15 beds for dual diagnosis only. Cost: According to income (between \$600 -\$916).

Services: Case management including Section 8. Maximum stay is eighteen months. 20 hours a week spent out of house going to school, work, volunteering, groups. Staff must refer. Intake interview with Portals staff, then with clients.

The Harbour

5519 Elmer Avenue | North Hollywood, CA 91601 |(818) 980-7576 |

www.sfvcmhc.org/html/the_harbour.html

Transitional living for dual diagnosis only. Cost: depends upon income. Medi-Cal only okay. Services: Groups, psychiatry, case management. Maximum stay is six to nine months. Staff must refer.

L.A. Family Housing

7843 Lankershim Blvd. | North Hollywood, CA 91605 | (818) 982-4091 | www.lafh.org

Organization runs variety of programs and housing sites—shelters, transitional living, and permanent housing.

TLC (Transitional Living Center)

16119 Prairie Avenue | Lawndale, CA 90260 | (310) 542-4825

Transitional living. Cost: \$916/month. Services: Structured program, intensive case management and services. Maximum stay is one year. Geared toward mental illness more than substance abuse.

The Westwood Transitional Village (Salvation Army)

1401 South Sepulveda Boulevard | Los Angeles CA 90025 | (310) 477-9539

Salvation Army site provides residential housing and support services for women and homeless families.

Services: Licensed childcare on site. Maximum stay is two years.

SEMI-INDEPENDENT LIVING

Alcott Center – The Plaza

1433 South Robertson Boulevard | Los Angeles, CA 90035 | (310) 785-2121 | www.alcottcenter.org

Semi-independent living. Services: Alcott Center also runs rehab, family, and training services. No maximum stay. Medi-Cal required. Clients call.

San Fernando Valley Community Mental Health Satellite Housing

14411 Vanowen Street | Van Nuys, CA 91405 | (818) 374-5383 |

www.sfvcmhc.org/html/independent_living.html

Multiple sites with various services, max stays, etc.

Project New Hope

1004 Echo Park Avenue | Los Angeles, CA 90026 | (213) 250-9481 | www.projectnewhope.org

For clients living with HIV/AIDS, 141 beds located in San Pedro, Silver Lake, Santa Monica, South Los Angeles, Los Angeles, and Hollywood.

USC Satellite

600 St. Paul Ave. Suite 100 | Los Angeles, CA 90017 | (213) 975-9091

Semi-independent for clients with mental illness. Case management and psychiatry provided. Program leases apartments in Koreatown - 4 clients in two-bedroom apartments. Cost: Rent (\$250/month) + utilities (\$40-50/month) + food. Services: SSI/Medi-Cal only. Maximum stay is eighteen months. Eligibility requirements include medication stability, program compliance, sobriety (long-term preferred). Waitlist usually exceeds 28 days. Clients can self refer; staff faxes paperwork.

SHELTERS

Shelters provide temporary, emergency housing for people without funding or other placement. Some shelters offer limited case management and other services. Most expect clients to leave for the majority of the day.

Bell Shelter

5600 Rickenbacker Road | Bell, CA 90201 | (323) 263-1206 | www.salvationarmy-socal.org

Call at 9:00 a.m. to secure bed. Intake counselor will do phone intake, then will have client come in to do some paperwork. Client can be in shelter for up to 2 years. They have computer classes, GED classes. Medi-Cal accepted.

Daybreak

1751 Cloverfield Blvd. | Santa Monica, CA 90404 | (310) 450-0650 | www.opcc.net

Women only. 14-day emergency shelter (speak with Atara at extension 224). Also, separate long-term program (up to 9 months; speak with Yvonne at extension 231). Corner of Cloverfield and Michigan.

Harbor Light

809 East 5th Street | Los Angeles, CA 90053 | (213) 626-4786 | www.laharborlight.org

Salvation Army-run residential rehab and substance abuse recovery program on Skid Row. Program includes meals, in-house school.

LAMP Shelter

527 South Crocker Street | Los Angeles, CA 90013 | (213) 488-9559 | www.lampcommunity.org

Long Beach Rescue Mission

1335 Pacific Avenue (at Anaheim) | Long Beach, CA 90813 | (562) 591-1292

New Image Shelter

3804 Broadway Place | Los Angeles, CA 90037 | (323) 231-1711 | www.newimageshelter.org

Arrive by 4pm.

OPCC Access Center

1616 7th Street | Santa Monica, CA 90401 | (310) 450-4050 | www.opcc.net

Drop-in center for clothing, showers, sack lunches, and referrals to shelters.

Pathways to Your Future

6208 West Blvd. | Los Angeles, CA 90043 | (323) 418-8113 | www.ptyf.org

Emergency shelter and transitional living for transitional age youth (18-24 years old). Case management. Stay up to 2 years.

People Helping People

5701 S. San Pedro Street | Los Angeles, CA 90026 | (323) 232-7956 | www.medstudent.ucla.edu/php

90-day shelter; arrive between 3:30 - 8pm for intake.

Samoshel

1616 7th Street | Santa Monica, CA 90401 | (310) 581-9825 | www.opcc.net

Shelter and drug program referrals through OPCC. Men and women in separate dorms.

San Julian Shelter

627 South San Julian Street | Los Angeles, CA 90011

Union Rescue Mission

545 S. San Pedro Street | Los Angeles, CA 90013 | (213) 347-6300 | www.urm.org

Shelter for men, women, and children. Also runs year-long residential Christian Life Discipleship Program.

Weingart Center Association

566 South San Pedro Street | Los Angeles, CA 90013 | (213) 627-9000 | www.weingart.org

Housing, case management, and other services.

SOBER LIVING FACILITIES

Sober living facilities house people in recovery together for a relatively low cost. Program and structure are limited, often non-existent. Twelve-step meeting attendance is required by some. Space does not permit listing more than a handful of sober living facilities. Try the Sober Living Network website for extensive listings of sober livings in Southern California.

The Sober Living Network

P.O. Box 5235 | Santa Monica, CA 90409 | (310) 396-5270 | www.soberhousing.net

Listings and referrals to a huge number of area sober livings.

Cambridge House

2218 Cambridge Street | Los Angeles, CA 90006 | (323) 735-5542

A 12-step focused sober living for gay men near Pico and Western. \$450/month. Sponsor and six weekly AA/NA meetings required.

SUBSTANCE ABUSE TREATMENT PROGRAMS

Inpatient programs focused primarily on recovery from addiction.

Acton Rehabilitation Facility

30500 Arraster Canyon Road | Acton, CA 93510 | (661) 269-0062

Rehabilitation, dual diagnosis in a 120 day program. Cost: Based on ability to pay. Services: Psychiatry, therapy, relapse prevention, 12-step meetings. Clients must call. L.A. County residents/benefit recipients only. Call between 9-10 & 2-3. No meds after 5pm.

Alcoholism Center for Women (ACW)

1147 S. Alvarado Street | Los Angeles, CA 90004 | (213) 381-8500 |

www.alcoholismcenterforwomen.org

Six-month residential rehab for women. 18 beds. Also provide outpatient services.

Alternatives - Glendale Memorial Hospital

1420 South Central Avenue | Glendale CA 91204 | (800) DIAL-GAY (342-5429) |

www.glendalememorialhospital.org

Substance abuse and mental health treatment specializing in HIV/AIDS. Accepts Medicare.

Beit T'Shuvah

8831 Venice Boulevard | Los Angeles, CA | (310) 204-8910 | www.beittshuvahla.org

Long-term inpatient rehabilitation facility combines 12-steps with Jewish spirituality.

Clare Foundation

1871 9th Street | Santa Monica, CA 90404 | (866) 452-5273 (toll-free) | www.clarefoundation.org

Recovery homes (one for men, one for women). 30 days of sobriety required before start. Has detox services; prefers clients start with their detox.

Didi Hirsch Mental Health Services - Via Avanta

Pacoima, CA | (818) 897-2609 | www.didihirsch.org

Residential treatment for women with substance abuse problems and their children (up to age 6). Services: Rehabilitation, mental health treatment, parenting classes, 12-step.

Flossie Lewis

351 East 6th Street | Long Beach, CA 90802 | (562) 435-7350 | www.ncaddsb.com

90 to 120 day recovery house for women (up to 6 months if court ordered with transitional living for up to 1 year after). For women alone or with one infant. Cost: Based on ability to pay. Services: 12-step oriented. 7 GR beds, 20 beds total. Non-Medi-Cal accepted. Dual diagnosis accepted. No morphine-based medications or benzodiazepines.

Phoenix House

503 Ocean Front Walk | Venice, CA 90291 | (310) 392-3070 geared for men only

| www.phoenixhouse.org

Portals Twin Peaks

255 South Mariposa Avenue | Los Angeles, CA 90004 | (213) 639-2686 | www.portalshouse.org

Structured dual diagnosis program. Groups till 3pm. Stays between 9 and 18 months.

Marylind Recovery Centers

www.marylind.org

Six-month residential substance abuse recovery program, runs three houses. Variety of funding options. Adult education and vocational guidance. Try Bimini first for dual diagnosis.

Bimini Recovery Center (86 beds)

155 S. Bimini Place | Los Angeles, CA 90004 | (213) 388-5423

Rena B. (100 beds)

4445 Burns Ave. | Los Angeles, CA 90029 | (323) 664-8940

Royal Palms Recovery Center (135 beds—all male)

360 S. Westlake Ave. | Los Angeles, CA 90057 | (213) 483-9201

River Community

23701 East Fork Road | Azusa, CA 91702 | (626) 910-1202 |

www.socialmodel.com/treat_recov_river.php

Dual diagnosis residential facility. Cost: Accepts health insurance, Medi-Cal/SSI or can pay out of pocket. Some funds for uninsured. Services: Rehabilitation, life-skills, psychiatry, group therapy.

Salvation Army

(213) 896-9160 | www.salvationarmy-socal.org

Variety of treatment facilities and shelters throughout Los Angeles area.

Shields For Families

PO Box 59129 | Los Angeles, CA 90059 | (323) 242-5000 |

www.shieldsforfamilies.org/services.htm

Allows entire family to reside in housing. Also offers outpatient services for families in South L.A./Compton area.

Substance Abuse Foundation, Long Beach (SAF)

3125 East 7th Street | Long Beach, CA 90804 | (562) 439-7755 | www.safinc.org, walk-ins 8am to 2pm for intake, bring id.

Tarzana Treatment Center

(800) 996-1051 (Tarzana); (661) 726-2630 (Lancaster); (310) 218-1868 (Long Beach-for women and children) | www.tarzanate.org

Inpatient and outpatient services. Medical detox at Tarzana location only.

Warm Springs

38200 North Lake Hughes Road | P.O. Box 39 | Castaic, CA 91310 | (661) 257-2342

OTHER RESOURCES

CONTINUING DIDI HIRSCH SERVICES

Employment Services, Outpatient Services, Psychosocial Clubhouse, Case Management (FSP, AB2034, ACT)

4760 South Sepulveda Boulevard | Culver City, CA 90230 | (310) 390-6612

111 North La Brea Avenue, 5th and 7th Floors | Inglewood CA, 90301 | (310) 677-7808

www.didihirsch.org

DENTAL CLINICS

ADAM Dental Center

2511 South Central Avenue | Los Angeles, CA 90011 | (213) 763-2510

Dr. Nguyen Nguyn, DDS, Walk-ins okay. Medi-Cal accepted.

Comprehensive Dental Care

(they will p/u clients)

141 N. Prairie Ave, Inglewood, CA, (310) 330-0080

Medi-Cal accepted

Homeless Not Toothless

11980 San Vicente Boulevard, #507 | Los Angeles, CA 90049 | (310) 820-0123 |

www.homelessnottoothless.org

Dozens of dentists providing free dental care!

Impressive Dental Center

1435 South Vermont Avenue, Suite 202 | Los Angeles, CA 90006 | (213) 739-3096

\$10.00 Exam

L.A. Mission Community Clinic

311 East Winston Street | Los Angeles, CA 90013 | (213) 893-1960 | www.losangelesmission.org

Medical and dental. Medi-Cal accepted.

UCLA Venice Dental Clinic

323 Lincoln Boulevard | Venice, CA 90292 | (310) 392-4103

Free examination with Medi-Cal.

USC School of Dentistry

925 W. 34th St., DEN 4202 | Los Angeles, CA 90089 | (213) 740-1098

Note: Several clients have reported problems with **West Central Dental** saying they suggest unnecessary services and charge on the spot.

Also see the Medical Clinics section below—many clinics provide both medical and dental services.

DETOX

Medical detoxification from drugs and alcohol.

American Recovery Center

2180 West Valley Blvd. | Pomona, CA 91768 | (909) 865-2336 | www.bhs-inc.org/arc.html
\$200 admission plus \$15/day for 10 – 14 days.

Brotman Medical Center (Miracles)

3828 Delmas Terrace | Culver City, CA 90232 | (310) 840-7020 | www.brotmanmedicalcenter.com

Clare Foundation

1871 9th Street | Santa Monica, CA 90404 | (866) 452-5273 (toll-free) | www.clarefoundation.org
Detox services + recovery homes (one for men, one for women). Prefers clients start with their detox.

Glendale Adventist

(818) 409-8379

Mission Community Hospital

14850 Roscoe Blvd. | Panorama City, CA 91402 | (800) 608-4624 | www.mchonline.org
Medical detox.

Redgate Memorial Recovery Center

1775 Chestnut Ave. Long Beach, CA 90813 (562) 599-8444 | www.bhs-inc.org/rmrc.html
1-3 week waiting list. 14-day detox, \$200; no Medi-Cal

Tarzana Treatment Center – Medical Detox

18646 Oxnard Street | Tarzana, CA 91356 | (800) 996-1051 | www.tarzanatc.org

More + Orange County resources here: <http://www.costamesaclub.org/directory.htm>

EMPLOYMENT SERVICES

Chrysalis Center

516 South Main Street | Los Angeles, CA 90013 | (213) 806-6300
1853 Lincoln Boulevard | Santa Monica, CA 90404 | (310) 401-9400
www.changelives.org
Comprehensive job training and support.

Didi Hirsch Mental Health Services - Employment Services

4760 South Sepulveda Boulevard | Culver City, CA 90230 | (310) 390-6612 | www.didihirsch.org
Comprehensive job training and support.

Homeboy Industries

130 W. Bruno St. | Los Angeles, CA 90012 | (323) 526-1254 | www.homeboy-industries.org

Los Angeles JobCorps Program

1031 Hill Street | Los Angeles, CA 90015 | (800) 733-JOBS; (213) 748-0135 | www.dol.gov/dol/accomplishments/ca.htm

OTHER RESOURCES

Long-term academic, vocational, and skills training. Call 800-733-JOBS to get connected with admissions counselor. Eight months to two years of dorm housing available. Clean legal status required (e.g., no current probation). Ages 16 to 24; age limit waived for people with disabilities.

PATHFinders Job Center at the UAW-LETC WorkSource Center

3965 South Vermont Avenue | Los Angeles, CA 90037 | (213) 743-3950, ext. 225 | www.eopath.org

TLC Vetap

12329 Hawthorne Boulevard | Hawthorne, CA 90250 | (310) 973-2892

Vocational day center. Job-centered instruction and activities.

Transportation Communications Union (TCU)

(213) 747-1433 (William H. Tennis) | tcu.jobcorps.gov

Jobs training for JobCorps enrollees.

FUNDING

L.A. County Department of Public Social Services (General Relief, CalWORKS, etc.)

(562) 908-6603 | www.ladpss.org

Medi-Cal

(800) 541-5555 | www.medi-cal.ca.gov

Social Security Administration (SSI, SDI, SSDI) - 24-hour Info Line

(800) 772-1213 | www.ssa.gov

Social Security Administration (SSI, SDI, SSDI) - Local Office

230 East Spruce Avenue | Inglewood, CA 90301 | (310) 215-2496

HEARING AND VISUALLY IMPAIRED SERVICES

The Center for the Partially Sighted

12301 Wilshire Blvd., #600 | Los Angeles, CA 90025 | (310) 458-3501 | www.low-vision.org

Braille Institute

741 N. Vermont Ave. | Los Angeles, CA 90029 | (323) 663-1111 | www.brailleinstitute.org

Greater Los Angeles Institute on Deafness

2222 Laverna Ave. | Los Angeles, CA 90041 | (323) 478-8000 (voice), (323) 550-4226 (TTY) | www.gladinc.org

St. John's Mental Health Services for Deaf and Hard-of-Hearing People

1328 22nd Street | Santa Monica, CA 90404 | (310) 829-8921 (voice), (310) 829-8528 (TTY) | www.stjohns.org

HIV/AIDS SERVICES

Aid for AIDS

8235 Santa Monica Boulevard, Suite 200 | West Hollywood, CA 90046 | (323) 656-1107 x201 | www.aidforaids.net

Provides assistance with rent and utility payments, offers housing case management and referrals to housing, transitional living, and emergency shelters.

OTHER RESOURCES

AIDS Project LA (APLA)

3550 Wilshire Boulevard | Los Angeles, CA 90010 | (213) 201-1600 | www.apla.org
Offers a wide range of services for people with HIV and AIDS.

AIDS Service Center: Home Health Program

1030 South Arroyo Parkway | Pasadena, CA 91105 | (626) 441-8495 | www.aidservicecenter.org
Case management, psychosocial services, housing assistance.

Alternatives - Glendale Memorial Hospital

1420 South Central Avenue | Glendale CA 91204 | (800) DIAL-GAY (342-5429) | www.glendalememorialhospital.org

Substance abuse and mental health treatment, specializing in HIV/AIDS. Medicare accepted.

C.A.R.E. Clinic

1043 Elm Avenue, #300 | Long Beach, CA 90813 | (562) 624-4999

HIV/AIDS Hotline

(800) 367-AIDS | www.aidshotline.org
Referrals to HIV/AIDS services throughout California.

HIV-L.A.

www.hivla.org
HIV online service directory.

Los Angeles Gay & Lesbian Center

1625 North Schrader Boulevard | Los Angeles, CA 90028 | (323) 993-7500 | www.laglc.org
Counseling offered on a sliding fee scale basis. Support groups, HIV care, anger management, case management and other services also available.

Early Intervention Program; Charles Drew University

3209 North Alameda Street, Suite K | Compton, CA 90222 | (310) 761-8444
Primary HIV medical care.

Project New Hope

1004 Echo Park Avenue | Los Angeles, CA 90026 | (213) 250-9481 | www.projectnewhope.org
For clients living with HIV/AIDS, 141 beds located in San Pedro, Silver Lake, Santa Monica, South Los Angeles, Los Angeles, and Hollywood.

The Serra Project/CHOISS

1245 East Walnut Street, Suite 106 | Pasadena, CA 91106 | (626) 403-4222 | www.serraproject.org
Group homes and permanent supportive housing (CHOISS) for people with HIV/AIDS.

INTERNET AND E-MAIL

Computer Access - Los Angeles Public Library

(213) 228-7272 | www.lapl.org/branches
Each library branch (locations listed at website) has computer for non-cardholders with 15 minute limit while others are waiting. You can get a library card—and access to more computers—with a photo ID.

Didi Hirsch Mental Health Services - The Excelsior/Jump Bulletin

(310) 390-6612 | www.didihirsch.org/services/adult/crisis_residential
House news, client updates, success stories, and more. Write EJB@didihirsch.org to contribute or subscribe.

Free E-mail

www.gmail.com | www.yahoo.com | www.hotmail.com
An easy, no-cost way to stay in touch.

LEGAL SERVICES

Bet Tzedek

145 South Fairfax Avenue, #200 | Los Angeles, CA 90036 | (323) 939-0506 | www.bettzedek.org

Homeboy Industries

130 W. Bruno St. | Los Angeles, CA 90012 | (323) 526-1254 | www.homeboy-industries.org

Legal Aid

445 South Figueroa Street | Los Angeles, CA 90071 | (213) 896-1781 | www.lafla.org

PATH Homeless Court

340 North Madison Avenue | Los Angeles, CA 90004 | (323) 644-2200 | www.epath.org

Enables people with non-violent misdemeanors to get their record cleared. Participants need to be PATH clients for at least 90 days to qualify. Contact the Access Center to find out most current date (occurs once a month at PATH).

Protection & Advocacy, Inc.

3580 Wilshire Boulevard, Suite 902 | Los Angeles, CA 90010 | (800) 776-5746 | www.pai-ca.org

Legal advocacy for disability related issues—funding, housing, etc. “Advancing the rights of Californians with disabilities.”

MEDICAL CLINICS

Airport Clinic

9601 South Sepulveda (cross Century and 96th) | Los Angeles, CA 90045 | (310) 215-6020

Open 24 hours, walk-ins ok, accepts Medi-Cal

Centinela Medical Group

933 N. Centinela Blvd. | Inglewood, CA 90302 | (310) 677-5090

Accepts Medi-Cal

Curtis R. Tucker Mental Health Center (DMH)

123 West Manchester Boulevard | Inglewood, CA 90301 | (310) 419-5325

Dr. Leslie Paul

3831 Hughes Ave., #705 | Culver City, CA 90230 | (310) 558-8600

Accepts Medi-Cal

Dr. Michael Kamiel

3831 Hughes Ave | Culver City, CA 90230 | (310) 559-3663

Accepts Medi-Cal HMO only.

Eisner Pediatric & Family Medical Center

1530 Olive St. | Los Angeles, CA 90015 | (213) 746-1037

Medical and dental.

El Dorado Community Services Center

www.eldoradocsc.org

4450 West Century Blvd. | Inglewood, CA 90304 | (310) 671-0555

8346 Beverly Blvd. | Hollywood, CA 90048 | (323) 653-1677

2014 Lincoln Blvd. | Venice, CA 90291 | (310) 664-6388

Unfunded okay. Medical, mental health, and substance abuse services. Additional locations listed on website.

L.A. Free Clinic

(323) 653-1990 | www.lafreeclinic.org

Beverly Clinic: 8405 Beverly Boulevard | Los Angeles, CA 90048

Hollywood Clinic: 6043 Hollywood Boulevard | Los Angeles, CA 90028

Hollywood Wilshire Health Center: 5205 Melrose Avenue | Los Angeles, CA 90038

L.A. Mission Community Clinic

311 East Winston Street | Los Angeles, CA 90013 | (213) 893-1960 | www.losangelesmission.org

Medical and dental. Medi-Cal accepted.

QueensCare Family Clinics

1300 N. Vermont St., #1002 | Los Angeles, CA 90027 | (323) 953-7170 | www.queenscare.org

Medical and dental care for the uninsured. Prefer no Medi-Cal.

Ruth Temple Health Center (DMH)

3834 South Western Avenue | Los Angeles, CA 90062 | (310) 730-3507

St. John's Well Child & Family Center

3800 S. Figueroa St. | Los Angeles, CA 90037 | (323) 541-1660 | www.wellchild.org

Clinics in Los Angeles, Compton, and Lincoln Heights.

Venice Family Clinic

604 Rose Avenue | Venice, CA 90291 | (310) 392-8636 | www.venicefamilyclinic.org

Unfunded & Medi-Cal.

MENTAL HEALTH ADVOCACY/INFORMATION

Anxiety Disorders Association of America

(240) 485-1001 | www.adaa.org

Depression and Bipolar Support Alliance

(800) 826-3632 | www.dbsalliance.org

Healthy Minds

(888) 35-PSYCH | www.healthyminds.org

Info on variety of mental health topics from the American Psychiatric Association.

Living Independently in Los Angeles (LILA)

www.lila.ucla.edu

Online resource database for people living with disabilities.

Long Beach Multi-Service Center

1301 W. 12th Street | Long Beach, CA 90813 | (562) 733-1147 | www.longbeach.gov

Outreach, case management and housing placement services.

Los Angeles Coalition to End Hunger & Homelessness

(213) 439-1070 | www.lacehh.org

Los Angeles County Client Coalition

695 South Vermont Avenue, 8th floor | Los Angeles, CA 90005 | (213) 251-6523

Information and advocacy for mental health clients. Membership is open to those who attend a monthly meeting.

National Alliance on Mental Illness (NAMI)

(310) 478-8761 | www.nami.org

Mental health info and advocacy.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov

Mental health info and research.

National Mental Health Awareness Campaign

(877) 495-0009 | www.nostigma.org

OUTPATIENT SERVICES

Therapy, psychiatry, case management, and other services.

AIDS Project LA

3550 Wilshire Boulevard | Los Angeles, CA 90010 | (213) 201-1600 | www.apla.org

Offers a wide range of services for people with HIV and AIDS.

Airport Marina Counseling Center

7891 La Tijera Boulevard | Westchester, CA 90045 | (310) 670-1410 | www.airportmarina.org

Psychiatric and counseling services for individuals, couples, and families. Parenting classes and psychological assessment available. Fees charged on an ability-to-pay basis.

Alcohol Center for Women (ACW)

1147 South Alvarado Street | Los Angeles, CA 90006 | (213) 381-8500

Augustus Hawkins Mental Health

1720 East 120th Street | Los Angeles, CA 90059 | (310) 668-4790

Outpatient counseling, psychiatry, case management.

Behavioral Health Services (BHS)

(310) 679-9126 | www.bhs-inc.org

Recovery centers throughout Los Angeles area provide outpatient substance abuse services. (BHS also runs detoxification and residential facilities.)

Beyond Shelter

1200 Wilshire Boulevard | Los Angeles, CA 90017 | (213) 252-0772 | www.beyondshelter.org

Temporary housing and case management for homeless families with children—variety of locations. Also, rental assistance for homeless parents (regardless of current contact with children). Clients call.

CAPPS After Care Program - UCLA Neuropsychiatric Institute

300 Building Medical Plaza | Los Angeles, CA 90095 | (310) 794-7340 | www.capps.ucla.edu

Outpatient therapy for people 18-35 who are relatively new to the symptoms of mental illness. Research program pays participants around \$10/hr.

Cedars-Sinai Outpatient Services

8730 Alden Drive | Los Angeles, CA 90048 | (310) 423-4715 | www.cedars-sinai.edu/1638.html

Variety of psychiatric services including outpatient, intensive outpatient, partial hospitalization, and dual diagnosis intensive outpatient. Accepts Medi-Cal, Medicare. Clients or staff refer.

Cornerstone

14000 Oxnard Street | Van Nuys, CA 91411 | (818) 901-4836 |

www.sfvcmh.org/html/cornerstone.html

Walk-in drop-in center. Assistance with housing, groups, therapy, psychiatry. Meals, laundry, showers. No fee.

Didi Hirsch Mental Health Services

4760 South Sepulveda Boulevard | Culver City, CA 90203 | (310) 390-6612 | www.didihirsch.org

Wide variety of services—counseling, case management, psychiatry, groups, and more—at several locations.

Downtown Mental Health

OTHER RESOURCES

529 Maple Ave. | Los Angeles, CA 90013 | (213) 430-6700
DMH outpatient.

Edelman Westside Mental Health

11080 West Olympic Boulevard | Los Angeles, CA 90064 | (310) 966-6500
DMH outpatient.

ENKI – Pico Union

2524 West 7th Street | Los Angeles, CA 90057 | (213) 480-1557
Case management, outpatient services.

Hollywood Community Hospital of Van Nuys Outpatient

14433 Emelita Street | Van Nuys, CA 91401 | (800) 565-0558
Partial hospitalization (five days a week, four groups per day, one to three months) and intensive outpatient services. Medicare required. Staff or clients refer.

Hollywood Mental Health

1224 Vine Street | Los Angeles, CA 90038 | (323) 769-6100
DMH outpatient.

Homeless Health Care (HHCLA)

2330 Beverly Boulevard | Los Angeles, CA 90057 | (213) 744-0724 | www.hhcla.org
Wide ranging outpatient services—therapy, psychiatry, groups, case management, referrals. All qualify for services.

Jewish Family Services of Los Angeles

6505 Wilshire Blvd., Suite 500 | Los Angeles, CA 90048 | (323) 761-8800 | www.jfsla.org
Wide variety of counseling services at several locations.

Los Angeles County Department of Mental Health

(800) 854-7771 | dmh.lacounty.gov
Locations for outpatient services throughout the county. Call hotline to find nearest site.

Los Angeles Gay & Lesbian Center

1625 North Schrader Boulevard | Los Angeles, CA 90028 | (323) 993-7500 | www.laglc.org
Counseling offered on a sliding fee scale basis. Support groups, HIV care, anger management, case management and other services also available.

The Maple Counseling Center

9107 Wilshire Boulevard, Lower Level | Beverly Hills, CA 90210 | (310) 271-9999 | www.mpcc.org
Long-term therapy. Fees on sliding scale. Requires one year commitment. Has been known to refer substance users to other treatment.

Ocean Park Community Center (OPCC)

1453 16th Street | Santa Monica, CA 90404 | (310) 264-6646 | www.opcc.net
Network of services and shelters (including Daybreak, Samoshel, and Turning Point).

Pacific Asian Counseling Services

8616 La Tijera Boulevard, #200 | Los Angeles, CA 90045 | (310) 337-1550 | www.pacsla.org
Sliding scale counseling with an expertise in immigrant Asian Pacific Islanders. Additional locations in Long Beach and Van Nuys.

Pacific Clinics

909 South Fair Oaks Avenue | Pasadena, CA 91105 | (818) 795-8471 | www.pacificclinics.org
Outpatient therapy, psychiatry, clubhouses, and case management at wide range of locations.

Pacific Resources

OTHER RESOURCES

4201 Long Beach Boulevard, #230 | Long Beach, CA 90807 | (562) 988-1000
Therapy and psychiatry; accepts Medi-Cal

Pasadena Recovery Center

1811 N. Raymond Ave | Pasadena, CA 91103 | (626) 345-9992 | www.pasadenarecoverycenter.com
Intensive outpatient program (3 days a week, 3 hours a day) accepts Medi-Cal. (Also runs inpatient program—private insurance only.)

PATH Gateways

340 North Madison Avenue | Los Angeles, CA 90004 | (323) 644-2200 | www.epath.org
Counseling, psychiatry, case management and other services.

Prototypes

6097 Sunset Boulevard | Hollywood, CA 90027 | (323) 463-6281 | www.prototypes.org
Mental health services at a variety of Los Angeles area locations.

Rosa Parks Sexual Assault Crisis Center

4182 South Western Avenue | Los Angeles, CA 90062 | (323) 290-4119

San Fernando Valley Community Mental Health Center

(818) 901-4830 | www.sfvcmhc.org
Lots and lots of services including many varieties of case management—FSP, TAY, etc. (SFVCMHC runs Cornerstone and the Harbour.)

Southern California Counseling Center

5615 West Pico Boulevard Los Angeles, CA 90019 | (323) 937-1344 | www.sccc-la.org
Individual and group therapy offered on a sliding-scale basis; no psychiatry.

SPIN (Serving People in Need)

151 Kalmus Drive | Suite H-2 Costa Mesa, CA 92626 | (714) 751-1101 x18 | www.spinoc.org
For clients who are ready to return to work immediately. Orange County agency will place clients in a sober living; clients have to go to 12-step meetings and find work within two weeks. Focus is addiction and homelessness, not dual diagnosis.

St. Joseph's Homeless Service Center

404 Lincoln Boulevard | Venice, CA 90291 | (310) 399-6878 x407 | www.stjosephctr.org
Emergency services, including shower, laundry, mail, clothing, counseling, and case management. All services provided free of charge. Orientation 8am M-F.

Step-Up on Second

2701 Ocean Park Boulevard, #150B Santa Monica, CA 90405 | (310) 392-9474 | www.stepuponsecond.org
Psychotherapy, case management, drop-in center, and other services.

The Village

456 Elm Avenue | Long Beach, CA 90802 | (562) 437-6717 | www.village-isa.org

West Central Mental Health

3751 Stocker Street | Los Angeles, CA 90008 | (323) 298-3680
DMH outpatient.

Some additional outpatient programs are listed here: www.aging.ucla.edu/dir04.html

PAPERWORK SUPPORT

Bacup (Benefits Assistance Clients Urban Project)

1138 Wilshire Boulevard, #207 | Los Angeles, CA 90057 | (213) 368-1888 | www.bacup.net
Help with Social Security forms.

PHONE HOTLINES

Adult Protective Services

(310) 744-6072 or (310) 399-9213 | www.ladcss.org/APS/APStxt.htm

Child Protective Services

(800) 540-4000 | <http://dcfs.co.la.ca.us/>

Didi Hirsch Mental Health Services' 24-hour suicide prevention Crisis Line

(877) 727-7CRISIS (727-4747) - Toll free in L.A. and Orange Counties | www.didihirsch.org

Family Crisis Center

(310) 379-3620 | www.1736familycrisiscenter.org

Friendship Line

(888) 448-9777 | www.mhala.org/friendship-line.htm

Client-run, peer support, non-crisis "warmline" for people coping with mental illness. Call for supportive, caring, non-judgmental talk 6pm-10pm weekdays; 2pm-10pm weekends and holidays.

HIV/AIDS Hotline

(800) 367-AIDS | www.aidshotline.org

Referrals to HIV/AIDS services throughout California.

Los Angeles County Department of Mental Health Access Center

(310) 268-2505 or (800) 854-7771 | dmh.lacounty.gov

DMH Access hotline offers information about and referrals to local mental health system of care, 24 hours a day, 7 days a week.

National Domestic Violence Hotline

(800) 799-SAFE | www.ndvh.org

National Suicide Prevention Lifeline

(800) 273-TALK (273-8255) | www.suicidepreventionlifeline.org

OMNI Helpline

(800) 235-1191

Housing referrals.

Rape Crisis, Battering and Domestic Violence 24-hour Hotlines

(626) 793-3385 | (310) 392-8381 | (213) 626-3393

Self-Help Recovery and Exchange (SHARE)

5521 Grosvenor Boulevard | Los Angeles, CA 90066 | (310) 305-8878 | www.shareselfhelp.org

Referrals to wide range of self help support groups including 12-steps.

PSYCHIATRIC EMERGENCY TREATMENT (PET) TEAMS

All Care Behavioral Health

(818) 789-4744

College Hospital

(800) 352-3301

County Crisis Line

(310) 268-2505 or (800) 854-7771 (TRY FIRST)

Department of Mental Health PET Team

(213) 430-6800

Emergency Outreach Bureau, Service Area 5

(310) 268-2519 during business hours

L.A. Metro

(800) 787-4357

L.A. Smart Team

(213) 485-3375

PSYCHIATRIC HOSPITALS

Psychiatric hospitals in the greater Los Angeles area.

Atascadero State Hospital

10333 El Camino Real | Atascadero, CA 93422 | (805) 468-2000 |

www.dmh.ca.gov/Services_and_Programs/State_Hospitals/Atascadero/Default.asp

Bellflower Medical Center

9542 Artesia Blvd. | Bellflower, CA 90706 | (562) 867-2548 | www.bellflowermedicalctr.com

Brotman Medical Center

3828 Delmas Terrace | Culver City, CA 90232 | (310) 836-7000 | www.brotmanmedicalcenter.com

Cedars-Sinai Medical Center

8700 Beverly Boulevard | Los Angeles, CA 90048 | (310) 423-3277 | www.csmc.edu

Citrus Valley Medical Center

210 W. San Bernardino Road | Covina, CA 91723 | (626) 331-7331 | www.cvhp.org

College Hospital of Costa Mesa

301 Victoria Street | Costa Mesa CA 92627 | (949) 642-2734 |

www.collegehospitals.com/cm/cmservice.html

Community Hospital of Long Beach

1720 Termino Avenue | Long Beach, CA 90804 | (562) 498-1000 | www.chlb.org

Del Amo Hospital

23700 Camino del Sol | Torrance, CA 90505 | (310) 530-1151 | www.delamotreatment.com

Glendale Adventist Medical Center

1509 Wilson Terrace | Glendale, CA 91203 | (818) 409-8000 | www.glendaleadventist.com

Harbor-UCLA Medical Center

1000 West Carson Street | Torrance, CA 90502 | (310) 222-2345 | www.humc.edu

Henry Mayo Newhall Memorial Hospital

23845 McBean Parkway | Valencia, CA 91355 | (661) 253-8326 | www.henrymayo.com

OTHER RESOURCES

Hollywood Community Hospital of Van Nuys

14423 Emelita Street | Van Nuys, CA 91401 | (818) 787-1511

Huntington Hospital

100 W. California Blvd. | Pasadena, CA 91105 | (626) 397-5000 | www.huntingtonhospital.com

Mission Community Hospital

14850 Roscoe Blvd. | Panorama City, CA 91402 | (818) 787-2222 | www.mchonline.org

Los Angeles County USC Medical Center

2020 Zonal Avenue | Los Angeles, CA 90089 | (323) 442-1100 | www.usc.edu/schools/medicine/patient_care/hospitals_clinics/lacusc_medical.html

Los Angeles Metropolitan Medical Center (L.A. Metro)

2231 South Western Avenue | Los Angeles, CA 90018 | (323) 730-7300 | www.lammc.com

Metropolitan State Hospital

11401 Bloomfield Avenue | Norwalk, CA 90650 | (562) 863-7011 | www.dmh.ca.gov/Services_and_Programs/State_Hospitals/Metropolitan/default.asp

Pacific Hospital of Long Beach

2776 Pacific Avenue | Long Beach, CA 90806 | (562) 997-2000 | www.phlb.org

Pacifica Hospital of the Valley

9449 San Fernando Road | Sun Valley, CA 91352 | (818) 767-3310 | www.pacificahospital.com

Patton State Hospital

3102 East Highland Avenue | Patton, CA 92369 | (909) 425-7000 | www.dmh.ca.gov/Services_and_Programs/State_Hospitals/Patton/default.asp

Resnick Neuropsychiatric Hospital at UCLA

760 Westwood Plaza | Los Angeles, CA 90024 | (310) 825-9989 | www.healthcare.ucla.edu/npih

Torrance Memorial Medical Center

3330 Lomita Blvd. | Torrance, CA 90505 | (310) 325-9110 | www.torrancememorial.org

St. Francis Medical Center

3630 E. Imperial Highway | Lynwood, CA 90262 | (310) 900-8900 | www.stfrancismedicalcenter.org

White Memorial Medical Center

1720 Cesar E. Chavez Ave. | Los Angeles, CA 90033 | (323) 268-5000 | www.whitememorial.com

TATTOO REMOVAL

Homeboy Industries

130 W. Bruno St. | Los Angeles, CA 90012 | (323) 526-1254 | www.homeboy-industries.org

TRANSPORTATION

Access Paratransit

(800) 827-0829 | www.asila.org

Transportation made cheap and easy. A great deal. Apply on-line or call number above.

Amermedical Response

(626) 808-2100
Must have Medi-Cal.

Metropolitan Transportation Authority (MTA)

(800) 266-6883 | www.mta.net

Buses and subways throughout L.A. Use number or website to help plan routes.

TWELVE-STEP PROGRAMS/SUPPORT GROUPS

Alcoholics Anonymous

4311 Wilshire Boulevard | Los Angeles, CA 90010 | (323) 936-3624; (323) 735-2089 (Spanish) | www.laaoaa.org

Cocaine Anonymous

(310) 216-4444 | www.ca4la.org

Crystal Meth Anonymous

(213) 488-4455 | www.crystallmeth.org

Dual Recovery Anonymous

(877) 883-2332 | www.draonline.org

Twelve-step groups tailored for people suffering from mental illness. Calls usually get answering machine.

Gamblers Anonymous

(213) 386-8789 | www.gamblersanonymous.org

Narcotics Anonymous

(818) 773-9999 | www.na.org

Project Return: The Next Step

(323) 346-0960 x210 | www.prtns.org

Client-run peer support programs include self-help clubs, community activities, and wellness centers.

Recovery Inc.

(312) 337-5661 | www.recovery-inc.org

Schizophrenics Anonymous

(323) 346-0960 | www.sanonymous.com

Support groups for people diagnosed with schizophrenia.

VETERANS SUPPORT

Veterans Administration (West Los Angeles)

11301 Wilshire Boulevard | Los Angeles, CA 90073 | (310) 478-3711 | www.losangeles.va.gov

Services of all kinds for armed services veterans.