



Monterey County Family Resources SAM's Guide Update January 2010

SIGNIFICANT CHANGES AND ADDITIONAL RESOURCES NOT FOUND IN THE CURRENT SAM'S GUIDE

Expanded Information and Referral Service

2-1-1, Monterey County Searchable Database

Administered by **United Way, Monterey County**

Website: www.211mc.org

Services: The 2-1-1 line now offers an associated, **online searchable database** for community services. Health and human service providers are encouraged to visit the website to explore the database, as well as to refer clients to the telephone line and/or online database.

Child Health Insurance Opportunities

Healthy Families Insurance

Healthy Families and Medi-Cal Programs Information Line: Tel (888) 747-1222

In Monterey County, applications are available through MC-CHOICE: Toll-free (866) 361-0477

Websites: www.healthyfamilies.ca.gov ; www.mc-choice.co.monterey.ca.us

Services:

State-subsidized, low-cost health insurance program for uninsured children, ages 1 through 19, whose families have incomes between 100% and 250% of federal poverty level guidelines. **The wait list backlog has been processed and this program is now taking new applications.** Call the MC-CHOICE program for an application or for more information on community agencies who are certified to provide application assistance.

CaliforniaKids Insurance

Administered by **Natividad Medical Center**

1441 Constitution Blvd. Bld.870; Salinas, CA 93906

Tel (800) 821-2967 (for Program Services at Natividad Medical Center)

Website: www.californiakids.org

Services:

Applications are now being accepted for this program for uninsured children, ages 2-18. This independent, non-profit foundation serves children, including undocumented children, not eligible for government-sponsored health care programs whose parents cannot afford the cost of private medical insurance. Benefits are limited to medical outpatient care at the Laurel Pediatrics Clinic at Natividad Medical Center. Limited dental benefits are also provided. Call above number for more information.



SAM's WORK Susan A. McNelley, RN, PHN, MA. www.samsresources.com

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Additional Health Care Services

Serrena, The Center for Integrated Therapies

5 Harris Court, Building T, Second Floor

Monterey, CA 93940

Tel (831) 642-4050

Website www.serrena.org

Services: This non-profit organization offers complementary and integrative therapies for patients with cancer and other chronic illness. Therapists work with oncologists and cardiologists to complement their medical treatment plans. Therapies include acupuncture, therapeutic massage, nutritional counseling, psychotherapy, and other mind-body therapies. Services are covered by insurance, fee-for-service, on a sliding scale, or through grants and donations. Services in English only.

Diabetes Health Center

Administered by the **Pajaro Valley Community Health Trust**

85 Nielson Street; Suite 201; Watsonville, CA 95076

Tel (831) 763-6445

Website www.pyhealthtrust.org

Services: The Center provides diabetes education, including prevention and management, to residents of north Monterey County, including Pajaro, Castroville and Salinas. Services include individualized education, training in blood glucose self-monitoring, insulin injection training, nutrition counseling and group classes. Services in English and in Spanish. Payment is through insurance & sliding scale fees. No patient turned away for inability to pay.

Casa de la Cultura

225 4A Salinas Road, Watsonville, CA 95076

Tel/ Fax (831) 763-0702

Website www.3americas.org

Services:

This center, located in Pajaro, operates a free health clinic, staffed by volunteer physicians, nurses and others, one evening a week for adults and children without health insurance. Donation requested. Services include diabetes education and management, acupuncture. A mobile van also provides health services to the farm worker population of Monterey County.

Heartland Hospice

2511 Garden Road, Suite B 200; Monterey CA 93940

Tel (831) 373-8442

Website: www.hcr-manorcare.com

Services:

This hospice program provides specialized care that meets the physical, emotional and spiritual needs of patients and their loved ones facing the challenges of an advanced illness. Services include pain management, comfort measures and emotional support. Medicare and most private insurances cover hospice care.



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Changes in HIV/AIDS Services

Central Coast HIV/AIDS Services (CCHAS)

780 Hamilton Avenue; Seaside, CA 93955

Tel (831) 394-4747

1121 Baldwin St, Salinas, CA 93906

Tel (831) 442-3959

Website: www.cchas.org

Services:

The Monterey County AIDS Project (MCAP) and John Twenty-Third AIDS Ministry have combined to form a single organization. Provides free anonymous or confidential HIV testing, including rapid testing with results available in 20 minutes. Drop-in or by appointment. Other services include assistance with food, housing, transportation, counseling, support groups and education on HIV/AIDS. The drop-in center on Market Street in Salinas was closed. A mobile van provides services at Dorothy's Kitchen on M, W, F.

Additional Parent Education/Breastfeeding Support

Salinas Valley Memorial Lactation Services

450 East Romie Lane; Salinas, CA 93901

Tel (831) 757-4333 ext. 2852 (for Lactation Services)

Website www.svmh.com

Services:

Lactation consultants provide breastfeeding support by telephone, as well as bedside support for inpatients. A free weekly breastfeeding support group is also offered. Services in English and in Spanish.

Changes in Domestic Violence Services

The **South County Crisis Center**, located in Greenfield, closed in the fall. The **YWCA** provides domestic violence services to clients throughout the county at the nearest office in Salinas or Monterey. Services are made by appointment only. All appointments are made through the Monterey office. **Monterey County Rape Crisis Center**, Salinas office, serves domestic violence clients in the south county who are also victims of sexual assault or rape. Refer to SAM's GUIDE for contact information on these two resources.



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Additional Financial Services

Volunteer Income Tax Assistance Program (VITA)

Administered by **United Way, Monterey County**

Administration Office: Tel (831) 372-8026 x 113

Call 2-1-1 for information on sites and hours of service

Website: www.unitedwaymcca.org

Services: This program helps low-income individuals and families prepare their income tax returns at various locations throughout the county. Volunteers help ensure that eligible people receive all income tax credits. Services, in English and Spanish, are offered from February to mid-April.

Additional Legal Services

Monterey County Lawyer Referral Service

P.O. 1371; Salinas, CA 93902

Tel (831) 663-6955

Website www.montereycountybar.org

Services:

The Monterey County Bar Association Lawyer Referral Service maintains a list of pre-screened Monterey County attorneys with specialized knowledge in particular fields of law who are available to help with specific legal needs. A 30-minute consultation in the attorney's office is \$35. After that time, regular fees apply. Call the above number for a referral to an appropriate attorney.

Superior Court of Monterey County Self-Help Center

1200 Aguajito Road; Monterey, CA 93940

Tel (831) 647-5890

Website www.montereycourts.org/selfhelp

Services:

This self-help center provides free assistance (information and forms) on restraining orders, divorce, child custody and visitation issues, spousal support, domestic violence and elder abuse. Workshops are also offered on many of these topics.

GETTING THE MOST OUT OF SAM'S GUIDE!

If you have SAM's GUIDE on your computer, an easy way to search for resources is to open the document, then press the Control plus the F key on your keyboard. This opens up a "FIND" box. Type in key words or the name of the agency you desire. Press "find next" or the enter key and you move quickly through the guide to appropriate services.



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