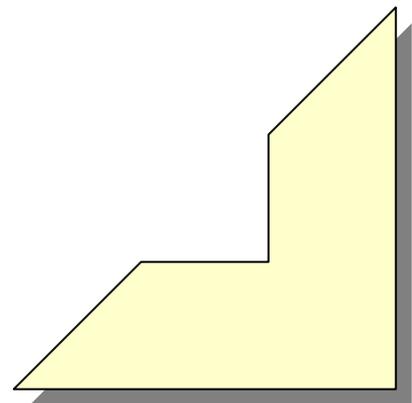


# RE-ENTRY RESOURCE GUIDE

## SANTA BARBARA COUNTY



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# TRANSITION TIPS

Reentry can be both exciting and frustrating! Your attitude towards your release from prison should be a simple matter of getting resettled, resuming routines, and reestablishing your relationships; but reality proves there is much more to it than that. Here is a list of tips to consider that can help you go through the transition process:

1. Mentally prepare for the adjustment process. **Be prepared for anything!**
2. Ease into the transition. Allow yourself time to acclimate to the new environment.
3. Give yourself time. You'll need time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change.
4. Understand that the familiar will seem different. You have changed; home has changed. You will see familiar people, places, and behaviors from new perspectives.
5. Expect to do some 'cultural catching up'. Clothes, trends, language, and more have changed, too!
6. Reserve judgments. Reserve all judgments of others, but especially negative judgments; just as you would like to have others reserve judgments of you. Resist the impulse to make snap decisions.
7. Expect mood swings. It is entirely possible for you to feel ecstatic one moment and completely defeated a short time later. It's okay; it is a part of the process.
8. Allow sufficient time for reflection and self-analysis. Your most valuable analysis of an event is likely to take place after allowing time for reflection.
9. Respond to inquiries thoughtfully and carefully. Prepare to greet surprise questions with a calm, thoughtful approach. If you find yourself being overly defensive or aggressive, take a deep breath and relax.
10. Seek support networks. Don't isolate yourself!

To prepare yourself for upcoming challenges, it is safe to expect the following:

- YOU WILL HAVE TO PROVE YOURSELF (OVER AND OVER AND OVER).
- PEOPLE WILL MAKE MANY ASSUMPTIONS ABOUT WHO YOU ARE NOW.
- YOU WILL BE DIFFERENT THAN WHEN YOU LEFT; YOUR FAMILY AND FRIENDS WILL BE DIFFERENT, TOO!
- PEOPLE WILL EXPECT THINGS FROM YOU, ESPECIALLY A PLAN FOR YOUR LIFE.
- THE WAY YOU'D HOPED THINGS WOULD BE WILL BE DIFFERENT FROM THE WAY THEY ARE.
- YOU WILL FEEL 'DOWN' OR DEPRESSED AFTER THE INITIAL RETURN 'HONEYMOON' PERIOD.

Source:  
FairShake Reentry Resource Center <http://www.fairshake.net>

# HOTLINES

Services and Referrals

2-1-1

**2-1-1 can be used to find information and referral  
for just about all health and social services.**

**For emergencies, always call  
9-1-1**

Emergencies

9-1-1

**Adult Abuse Hotline**

Santa Barbara (805) 681-4550  
Santa Maria (805) 346-8303  
Lompoc (805) 737-6020

**Mental Health Access Line**

(800) 868-1649

**Child Abuse Hotline**

(800) 367-0166

**Domestic Violence Hotlines**

National (800) 799-SAFE (7233)  
California (800) 524-4765  
Local Santa Barbara (805) 964-5245  
Santa Maria (805) 925-2160  
Lompoc (805) 736-0965  
Santa Ynez Valley (805) 686-4390

**Suicide Prevention Hotlines**

National (800) SUICIDE (784-2433)  
(800) 273-TALK (8255)  
California (800) 400-1572

**Rape Crisis Hotlines**

Santa Barbara (805) 564-3696  
Santa Maria (805) 928-3554  
Lompoc (805) 736-7232

**Poison Control**

(800) 222-1222

**HIV Hotline**

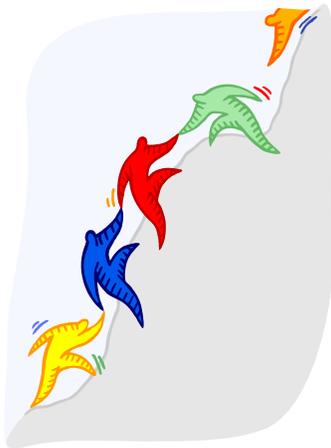
(800) 367-2437

**Smoker's Helpline**

(800) NO-BUTTS (662-8887)

# **SOCIAL SERVICES**

In this section you will find listings and information for mental health services, drug and alcohol treatment and social services which are available in Santa Barbara County.



# ADULT ABUSE

## What is it?

There are different types of abuse:

- financial
- physical
- neglect
- sexual
- psychological
- isolation
- abduction
- abandonment

There are different types of victims:

- Elderly (65 years old or older)
- Dependent Adults

## How do I report Elder/Dependent Adult abuse?

In an emergency, dial 9-1-1

During normal business hours:

- |                 |          |
|-----------------|----------|
| • Santa Barbara | 681-4550 |
| • Santa Maria   | 346-8303 |
| • Lompoc        | 737-6020 |

After hours:

- |                     |          |
|---------------------|----------|
| • Santa Barbara     | 692-5743 |
| • Santa Maria       | 934-6150 |
| • Lompoc            | 737-7737 |
| • Santa Ynez Valley | 686-5000 |
| • Buellton          | 686-8150 |

If the abuse is in a licensed residential or long-term facility:

- |                        |          |
|------------------------|----------|
| • Santa Barbara County | 922-1236 |
|------------------------|----------|

## Where is help available?

There are many locations and agencies where services are available. Call one of the numbers listed above for more information.

# DOMESTIC VIOLENCE

## What is it?

Domestic violence is defined as when your current or former spouse, boyfriend / girlfriend, someone you have a child in common with, someone you live(d) with, or someone you are related to through blood or marriage does one of the following:

- Causes or attempts to cause you physical injury
- Sexually assaults you
- Makes you fear that you or another person is in danger of immediate, serious physical injury
- Molests, attacks, strikes, batters (uses force), or stalks you
- Threatens or harasses you - either in person or through phone calls, emails, etc.
- Destroys your personal property
- Disturbs your peace

There are many types of people who can be victims, including:

- Women
- Men
- Parents
- Adult Children

## How do I report Domestic Violence or get help?

In an emergency, dial 9-1-1

Domestic Violence Hotlines:

- National (800) 799-SAFE (7233)
- California (800) 524-4765
- Local
  - Santa Barbara 964-5245
  - Santa Maria 925-2160
  - Lompoc 736-0965
  - Santa Ynez Valley 686-4390

# DOMESTIC VIOLENCE (CONT.)

## Where is help available?

If you are a victim of domestic violence, help is available from many agencies. Call one of the numbers listed above for more information.

If you are a perpetrator of domestic violence, help is also available for you from many agencies. Call one of the numbers listed above for more information.

If you are required to complete a 52-week Batterer's Intervention Program, speak to your Probation Officer for the name of an approved program in your area.



# CHILD ABUSE

## What is it?

There are different types of abuse:

- Physical
- Sexual
- Emotional
- Neglect

Child abuse generally includes abuse by people who have some relationship or regular responsibility for the child. This generally includes:

- Parents
- Guardians
- Foster parents
- Relatives
- Other caregivers responsible for the child's welfare, such as significant others and babysitters

## How do I report Child Abuse or get help?

In an emergency, call 9-1-1

During business hours (800) 367-0166

After hours or weekends (805) 683-2724 (Sheriff dispatch)

## Where is help available?

Child Welfare Services (CWS) in Santa Barbara County, offers the following services:

- Assesses and investigates allegations of child abuse or neglect
- Offers voluntary or court-ordered services to families to ensure child safety in the home and to strengthen the family
- Arranges placements and services for children for whom a safe return home is not possible

There are many locations and agencies where services are available. Contact the Department of Social Services at the number listed above for more information.

# CHILD ABUSE (CONT.)

## Department of Social Services (DSS) Office Locations

### **Santa Barbara**

234 Camino Del Remedio  
Santa Barbara, CA 93110  
(805) 681-4401

### **Santa Maria**

2125 S. Centerpointe Pkwy  
Santa Maria, CA 93455  
(805) 346-7127

### **Lompoc**

1100 W. Laurel Ave  
Lompoc, CA 93436  
(805) 737-7080





# DUI PROGRAMS

## **What is DUI?**

DUI is Driving Under the Influence of Alcohol and/or Drugs. It is defined in the California Vehicle Code sections 23152 and 23153 and by California Code of Regulations Title 9. Depending on the number of previous convictions for DUI or the extent of injury involved, the crime of DUI can be charged as a misdemeanor or a felony.

As a result of any DUI conviction, the Department of Motor Vehicles and the Court will require the completion of a licensed DUI program in order to be eligible to have a driver's license reinstated.

## **Do I qualify for these services?**

Each service provider has different requirements. Contact the specific provider to find out what documents you need to bring and eligibility requirements.

## **How much will it cost?**

The cost for services will vary depending on the type of program you are required to complete as programs vary in length based on the number of prior convictions a person has sustained, Blood Alcohol Level (BAC), refusal and whether injury or death was involved. Contact the specific provider to find out the cost of the program. Also, the cost of drug addiction and alcoholism, if left untreated, can far exceed the cost of any treatment.

## **How do I get services?**

The Court or your Probation Officer will provide the necessary paperwork and referral to the DUI program in that Court's jurisdiction. If you desire to complete a program in another area, a transfer must be obtained from the first program.

# **DUI PROGRAMS**

## ***Santa Barbara***

### **Council on Alcoholism and Drug Abuse (CADA)**

232 E. Canon Perdido, Suite A  
Santa Barbara, CA 93101  
(805) 963-1433

### **Zona Seca**

26 W. Figueroa St.  
Santa Barbara, CA 93103  
(805) 963-8961

## ***Santa Maria***

### **Central Coast Headway**

318 W. Carmen Ln  
Santa Maria, CA 93454  
(805) 92-2106

## ***Lompoc***

### **Central Coast Headway**

115 E. College Ave #16  
Lompoc, CA 93436  
(805) 737-0015

# ALCOHOL AND DRUG SERVICES

## What is this?

SUDS (or substance use disorder) services provide treatment that is intended to help individuals stop compulsive and/or problematic use of alcohol and drugs. Treatment can occur in a variety of settings, in many different forms, and for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, short- term and one-time treatment is usually not sufficient. Treatment can be a long-term process that involves multiple interventions and regular monitoring.

## Do I qualify for these services?

Each individual Alcohol and Drug service provider has different requirements. Contact the specific provider to find out the eligibility requirements.

## How much will it cost?

The cost for treatment depends on the type of treatment you need. Contact the treatment program for details. Also, remember that the cost of drug addiction and alcoholism, if not treated, can far exceed the cost of treatment.

## How do I get these services?

There are several treatment options available in Santa Barbara County. These options include:

- Detoxification
- Residential treatment
- Outpatient treatment

Referrals can be made by Probation Officers or by self-referral. A directory of alcohol and drug services provided in Santa Barbara County can be found on the web at [www.countyofsb.org/admhs](http://www.countyofsb.org/admhs) and clicking on the Alcohol & Drug tab on the left hand side, then choosing the Services option.

For local AA meetings, contact AA directly at:

<b>Santa Barbara</b>	(805)962-3332	<a href="http://www.santabarbaraaa.com">www.santabarbaraaa.com</a>
<b>Santa Maria</b>	(805)925-3782	<a href="http://www.aa52centraloffice.org">www.aa52centraloffice.org</a>
<b>Lompoc</b>	(805) 354-0075	<a href="http://www.aa52centraloffice.org">www.aa52centraloffice.org</a>

To find a local NA meeting, visit their website [www.na.org](http://www.na.org) and click on Find A Meeting.

# **SOBER LIVING ENVIRONMENTS**

## **What is a Sober Living Environment (SLE)?**

Sober Living Environments (also known as Sober Living Homes) are homes which provide clean, safe, drug-free living. They are able to assist individuals seeking a safe, supportive, drug-free environment.

## **Is a Sober Living Environment appropriate for me?**

Sober living plays a critical role in the process of recovering from drug and alcohol abuse. Homes offer structure and strong peer support. Clients work, attend treatment, or attend school during the day and engage in recovery activities in the evenings. Residents are often required to participate in 12-step meetings, take drug tests and show that they are taking important steps toward long lasting recovery.

## **What are the requirements of a Sober Living Environment?**

Each individual SLE will have different requirements for the residents, but many will have these typical requirements:

1. No drugs, alcohol, violence, or overnight guests
2. Active participation in a 12-Step Program
3. Random drug & alcohol tests
4. Involvement in either work or school and an outpatient treatment program
5. Resident responsibility and accountability at the SLE

## **How do I get into a Sober Living Environment?**

Referrals can be made by Probation Officers or by self-referral. Since the list of SLEs currently accepting applications and having availability changes regularly, contact your Probation Officer, attorney or dial 2-1-1 Community Helpline for a current list.

# MENTAL HEALTH SERVICES

## What is mental health?

Your mental health is how you think and act as you live your life.

## What is mental illness?

Mental illness is the disturbance in thinking, perception, emotions, and/or behavior that causes a person to lose the ability to cope with the routine tasks of daily life.

## Who provides treatment?

Depending on the condition and severity of the mental illness, your regular doctor may be able to provide the necessary services. Sometimes the services are provided by a specialist, such as a Psychiatrists, Psychologists, Marriage and Family Therapists and Licensed Clinical Social Workers.

## How do I get mental health services?

If you have a mental health emergency, call 9-1-1

If it is not an emergency, contact the County of Santa Barbara Alcohol, Drug and Mental Health Department (ADMHS) Access Team at 1 (888) 868-1649.

Safe Alternatives for Treating Youth (S.A.F.T.Y.) is a 24/7 mobile crisis response service that provides specialized crisis intervention services to the youth up to age 21 of Santa Barbara County. The S.A.F.T.Y Hotline at 1 (888) 334-2777.

### ADMHS Adult Mental Health Services Clinic Locations

Santa Barbara  
4444 Calle Real  
(805) 681-5190

Santa Maria  
500 W. Foster Rd  
(805) 934-6380

Lompoc  
117 N. B St  
(805) 737-6690

### ADMHS Children's Mental Health Services Clinics Locations

Santa Barbara  
429 N. San Antonio Rd.  
(805) 884-1600

Santa Maria  
500 W. Foster Rd.  
(805) 934-6385

Lompoc  
117 North B St.  
(805) 737-6600

# MENTAL HEALTH SERVICES (CONT)

**Some common types of major mental illness are:**

- **Bipolar/manic-depressive disorder:** Episodes of mania and depression with relatively normal moods between episodes.
- **Depression:** Depression may include profoundly sad or irritable mood lasting at least two weeks.
- **Schizophrenia:** Interferes with a person's ability to think clearly, manage emotions, make decisions and relate to others. Often includes hallucinations and delusions.

**Other types of Mental or Emotional Disorders are:**

- **Eating disorders:** Anorexia nervosa, Bulimia and Binge eating
- **Anxiety disorders:** Panic Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder (PTSD), Phobias and Generalized Anxiety Disorder
- **Disruptive Disorders:** Attention-deficit Hyperactivity Disorder (ADD/ADHD), Conduct Disorder, Oppositional Defiant Disorder



# SENIOR SERVICES

## What services are available?

Through a variety of programs throughout the county, the following services are available to seniors:

- Maintaining seniors' independence and dignity as people
- Encouraging seniors to be socially and economically successful
- Care for the frail elderly

## Who provided these services?

There are a number of service providers available within the county. The Central Coast Commission for Senior Citizens-Area Agency on Aging (AAA) is a non-profit organization responsible for allocating federal and state dollars to local agencies to insure that supportive, nutrition and health promotion services to older adults in Santa Barbara Counties are available. They coordinate and monitor a system of services for seniors.

## How do you access these services?

Central Coast Commission for Senior Citizens – Senior Connection

528 S. Broadway  
Santa Maria, CA 93454  
(805) 928-2552 (Santa Maria)

(805) 965-3288 (Santa Barbara)

(800) 510-2020 (Santa Barbara County)



# Employment

## Why Is It Important To Find A Job?

A job can help you in several ways. Of course, you need money to pay for a place to live, food, and other bills. But there are other reasons to get a job:

1. **You start establishing a job history.** This shows you are responsible and are a contributing member of the community. You are adding to the gaps in your employment and becoming a positive role-model to friends and family.
2. **It shows you can handle the responsibilities of a job,** which makes you a more responsible person and a better prospect for other jobs if or when you decide to look for them.
3. **It makes you feel better and more confident about yourself.** You are getting up and going to work every day; providing for yourself and your family.
4. **Working at a job helps teach you how to get along with other people.** Beware, some co-workers are substance abusers; avoid these individuals.
5. **Having a schedule and responsibilities keeps you busy.** It may help you avoid the people and situations that contributed to the behaviors that got you in trouble.
6. **You're making important changes in your life.** It shows that you're taking charge of your life and you are making good choices and this is exactly what employers want hear; what positive changes are you making in your life?

## What Are Some Other Important Tips For Finding A Job?

1. **Be realistic.** Know what skills, training and education you have. You need to find something that fits you and your skill level; if you apply for jobs you don't have the right skills for you can quickly become discouraged.
2. **Take advantage of education or job training programs** that may be available to you. Government agencies and non-profit organizations provide opportunities for you to get more training or education.
3. **Eliminate jobs your record will automatically disqualify you for.** Your record may automatically disqualify you for some positions, especially

government jobs requiring security clearances, military jobs, positions with insurance companies, banks or jobs working with children. In some cases apply if it states- No background check or even Must Pass a Background Check, it is the employers call, only if it states- No Felonies or Clean Background-don't apply!

4. **Research a job thoroughly.** You may not qualify for it, but you don't know for sure without checking it out.
5. **Start small and work your way up.** Build your resume and get good professional references. Work hard in every position; and you can build experience and references that will make your criminal record less important to future employers.
6. **Be honest about your history.** It can be tempting to lie when an application asks if you've been arrested or convicted of a crime. Avoid the temptation: not only is this dishonest, chances are the lie will be discovered. If that happens, you'll almost always be turned down. You are encouraged to list the work you did "inside" while incarcerated; stated with Department of Corrections (DOC)
7. **Know what to answer on applications.** Some states and counties now prohibit employers from asking about certain offenses, offense over a certain number of years old, or arrests that did not result in a conviction. Any arrest without a conviction does not need to be listed or spoken of, however most employers want to know about your background, only a few don't, the application may say past 7 years, most state: "have you ever been convicted?"
8. **Explain your answer if asked about convictions or arrests.** Job applications and interviewers will give you an opportunity to explain the circumstances behind the offense or alleged offense. Take this opportunity if it's offered—it could make the difference between getting the job or being rejected.
9. **Employ yourself.** If you're willing to work extra hard and you have marketable skills or abilities you may be able to make your own opportunities. You could start a yard maintenance business or provide contract computer services to companies, for example.
10. **Consider joining the military.** The military is selective, but depending on the type and number of offenses and the length of time since an offense, you may be able to get a waiver that will allow you to enlist. Consider the risks and benefits of military service.

11. **Follow these steps when applying for a job:** Complete the application, ask questions in the interview, and send thank you letters. You can make a good impression and increase your chances of getting the job.

### **What Documents Are Needed Most When Applying For Work?**

- Birth Certificate
- Social Security Card
- Driver's License or other identification

### **Who Can Help Me With Job Training And Looking For A Job?**

The County Department of Social Services operates the Workforce Resource Center (WRC), which is a partnership of public, non-profit and community-based organizations. Their mission is to provide training, education and employment services for job seekers and employers in a single, customer-friendly system. The WRC system is open to any member of the public.

Locations
Santa Barbara 130 E. Ortega (805) 568-1296
Santa Maria 1410 S. Broadway (805) 614-1550

Additionally, Santa Barbara County provides services under the Workforce Investment Act (WIA). WIA aims to increase the employment, job retention, earnings and occupational skills of the workforce, including adults, youth, and dislocated workers. WIA services are available at the Workforce Resource Centers.

More information about both the Workforce Resource Centers and the Workforce Investment Act (WIA) can be found at [www.workforceresource.com](http://www.workforceresource.com).

The State of California Employment Development Department (EDD) provides information for job seekers, job training and administers Unemployment Benefits. The EDD is a partner in the Workforce Resource Centers and additional information can be located on the web at [www.edd.ca.gov](http://www.edd.ca.gov).

# FOOD/NUTRITION

## What Is CalFresh And Why Do I need It?

CalFresh (formally known as Food Stamps) is a program that helps low-income people buy the food they need in order to maintain adequate nutritional levels. The CalFresh program is funded by the Department of Agriculture and is administered by the Department of Social Services. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores.

Through nutrition education partners, the CalFresh program helps clients learn to make healthy eating and active lifestyle choices. These partners include:

- **Women, Infant & Children (WIC)** a nutrition program administered by the Public Health Department which helps many new mothers
- **Meals on Wheels** program administered by the Community Action Commission which helps many seniors
- **Foodbank of Santa Barbara County** which provides nutritional classes, food assistance, and CalFresh outreach

## Who Qualifies for CalFresh?

Specific eligibility requirements take into account an applicant's citizenship, income, and other factors. Families and individuals requesting CalFresh must complete an application.

## You are ineligible to Cal Fresh if you:

- Are being sought by law enforcement for a felony or attempting to commit a felony (fleeing prosecution, custody or confinement);
- Are in violation of a condition of probation or parole, or your parole has been revoked or a warrant has been issued; or
- Have been convicted of a felony that includes possession, distribution, transporting, manufacturing, processing, cultivating, harvesting, and/or soliciting a controlled substance.

# FOOD/NUTRITION (CONT)

## Who do you contact to apply for CalFresh?

The Santa Barbara County Department of Social Services administers the CalFresh program. You can apply at any of the locations below or online at [www.benefitscalwin.org](http://www.benefitscalwin.org).

LOCATIONS
<b>Santa Barbara</b> 234 Camino Del Remedio (805) 681-4401
<b>Santa Maria</b> 2125 S. Centerpointe Pkwy (805) 346-7135
<b>Lompoc</b> 1100 W. Laural Ave (805) 737-7080

## What are food banks and can I use them?

A food bank is a non-profit organization working to eliminate hunger by providing food, education and other resources to a network of hunger-relief charities and their communities.

Surplus and donated food comes from many sources. Food items such as bread, produce, dairy and deli items are donated daily by retail stores. Local growers and packers donate fresh fruit and vegetables. Individuals, businesses, and community groups, contribute through food drives.

The Food Bank is not a distribution site for individuals. For lists of individual emergency food distribution sites, visit the Food Bank of Santa Barbara County website at [www.foodbanksbc.org/howtogetfood.html](http://www.foodbanksbc.org/howtogetfood.html).

# WELFARE/AFDC/CALWORKS

## What is CalWORKS?

CalWORKs is a program that gives cash aid and services to eligible needy families. If a family has little or no cash and needs housing, food, utilities, clothing or medical care, they may be eligible to receive immediate short-term help. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food and other necessary expenses.

## Who Qualifies For This Program?

Specific eligibility requirements take into account an applicant's citizenship, age, income, resources, assets, and other factors. Generally, services are available to:

- Families that have a child(ren) in the home who is deprived due to:
  - Absence,
  - Unemployment,
  - Disability or
  - Death of either parent.
- Needy caretaker relatives of a foster child(ren).

## How Do I Apply For CalWORKs?

Families requesting assistance must complete application forms. The family can ask for immediate help if it has little or no cash and needs emergency housing, food, utilities, clothing, or medical care. There are welfare offices located throughout the county.

You can also apply on-line at [www.benefitscalwin.org](http://www.benefitscalwin.org).

### OFFICE LOCATIONS

#### **Santa Maria**

2125 S. Centerpointe Pkwy  
(805) 346-7135

#### **Santa Barbara**

234 Camino Del Remedio  
(805) 681-4401

#### **Lompoc**

1100 W. Laurel Ave  
(805) 737-7080

# WELFARE/AFDC/CALWORKS (CONT)

## Can I still receive aid if I don't have children?

Yes, the county funded General Relief program offers short-term assistance to adults without children who need assistance with meeting their most basic shelter and personal needs. Adults applying for General Relief fall under two categories, employable or unemployable.

- Employable participants are required to repay county funds by participating in Work Project. Other employment services include referrals to Job Club and Job Search where they receive four weeks of assistance in seeking and securing a job.
- Unemployable participants must provide proof of disability. Many people in this group are awaiting federal government approval of their total disability claims. Participants must sign an agreement to repay county funds issued, by deductions from future disability benefits. Social Worker/SSI Advocates provide assistance with the SSI/SSP application process.



# VETERAN'S SERVICES

## Are there services available to me in Santa Barbara County?

Yes, there are services available to the veteran's in Santa Barbara County through the County Veteran's Services Office as well as the Federal Veteran's Affairs Department.

## What services are available from the Veteran Service's Office?

This program provides assistance to the veteran community in applying for, obtaining, and maintaining all available benefits and entitlements to which they may be eligible.

The Veterans' Service Program provides assistance to Veterans, Widow of a veteran, Children of a deceased or disabled veteran, and Parents who lost a son or daughter in military service regarding the following benefits:

- Compensation
- Pension
- School benefits
- Life Insurance
- Medical Benefits
- Home Loans
- California veterans state benefits
- Burial benefits
- Discharge upgrade

And offers information and referral for:

- Post Traumatic Stress Disorder Treatment (PTSD)
- Hospitalization
- Outpatient medical and dental treatment
- Alcohol and drug treatment
- Home loans
- Small Business Administration

The County Veterans' Service Program can also liaison with:

- VA health services
- VA veterans centers
- VA regional offices
- Veterans service organizations

## What is the cost of these services?

All services are provided free of charge.



# VETERAN'S SERVICES (CONT)

## Where can I receive these services?

### **Santa Maria**

511 E. Lakeside Parkway Room 126  
(805) 346-7160

### **Santa Barbara**

315 Camino Del Remedio, Bldg. 3, Room 251  
(805) 681-4500

## Are there services from the Department of Veteran's Affairs (VA) in Santa Barbara County?

Yes, there are outpatient clinics available to veterans as well as transportation provided to the larger facility in the Los Angeles area.

### **Locations**

#### **Santa Barbara Outpatient Clinic**

4440 Calle Real  
(805) 683-1491

#### **Santa Maria Outpatient Clinic**

1550 East Main Street  
(805) 354-6000

## How do I access these services?

Contact the County Veteran's Services office for assistance in determining your eligibility and enrolling in the VA healthcare system.

## Where do I enroll?

You can enroll at any of the Community Based Outpatient Clinics or on-line at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>. All you need to do is complete the form, submit the form and print a copy. We will need you to sign the printed copy and mail or fax it to us with a copy of your DD-214.

# VETERAN'S SERVICES (CONT)

## What documents will I need to provide?

If you would like to enroll it would be helpful if you had the following information available when you visit:

- DD214
- Employment Data
- Any private health insurance coverage
- Financial information from previous year
- Information relating to your dependants and spouse such as social security number, date of birth and date of marriage.



# SHELTERS

## What Is This And Why Do I Need It?

People find themselves in need of short-term housing (shelter) for a variety of reasons including loss of employment, eviction, release from custody, etc. You may not have any friends or acquaintances who can offer you short-term (emergency) shelter. There may be places where you can get shelter for a short time, at least overnight or maybe for a few days, which gives you some time to find longer-term housing.

## Where are the shelters in Santa Barbara County?

Casa Esperanza	816 Cacique Santa Barbara 884-8481	Winter Shelter Transitional Shelter Respite Beds	Dec-March Year Round Year Round	Men & Women
SB Rescue Mission	535 Yanonali Santa Barbara 966-1316	Emergency Shelter	Year Round	Men & Women
Salvation Army	423 Chapala Santa Barbara 962-6281	Incliment Weather Transitional Center	As needed Year Round	Men & Women
Transition House	425 E. Cota Santa Barbara 966-9668	Emergency Shelter Transitional Housing	Year Round Year Round	Families Only
Willbridge	1215 Montecito Santa Barbara 564-1911	Emergency Shelter	Year Round	Mentally ill Men & Women
Noah's Anchorage	301 W. Figueroa Santa Barbara 963-8775	Emergency Shelter	Year Round	Youth 10-17
Good Samaritan	401 W. Morrison Santa Maria 347-3338	Emergency Shelter Transitional Shelter	Year Round Year Round	Men, Women & Families
Central Coast Rescue Mission	1207 N. McClelland Santa Maria 614-0220	Emergency Shelter Transitional Shelter	Year Round Year Round	Men only
Mark's House	604 E. Ocean Lompoc 740-1561	Emergency Shelter Transitional Housing	Year Round Year Round	Men, Women & Families
Bridgehouse	2025 Sweeney Lompoc 737-9449	Transitional Housing	Year Round	Men, Women & Families

# CHILD SUPPORT SERVICES

## **What services are available from the Child Support?**

The Santa Barbara County Child Support Services (DCSS) office can assist with the establishment of paternity; locating an absent parent; establishing, modifying and enforcing a court order for child support; collecting and distributing child support payments; and establishing and enforcing medical support orders.

They can not handle custody or visitation matters; handle divorces, obtain or enforce restraining orders; or establish spousal support orders.

## **If I lose my job, do I still have to pay?**

Yes, but contact DCSS right away. You can ask them to review your case and the court can modify the child support order if you lost your job through no fault of your own.

## **I am paying child support, but my child lives with me now. Can I change the child support order?**

Only the court that made the order may change it. When there is a change in visitation or custody of the child, you can go to court and ask for a change in the child support order. You may also request modification assistance from the Family Law Facilitator or DCSS. You may be able to reduce child support or begin receiving child support from the other parent.

## **Can the amount of back child support I owe be reduced?**

DCSS offers two programs which provide eligible non-custodial parents the opportunity to reduce or eliminate assigned arrears balances: the Family Reunification Comprise of Arrears Program and the Compromise of Arrears Program.

Non-custodial parents have the right to request relief of the arrears that accrued during the time period of a qualifying incarceration under Family Code section 4007.5.

## **My driver's license was suspended. How can I get it released?**

Contact DCSS to request a license release. DCSS will review your case(s) to determine whether a license release is appropriate.

# Child Support Services (cont)

## How can I contact the Department of Child Support Services?

You can contact DCSS at 1 (866) 901-3212 or report to one of the two offices in the County. Appointments are strongly encouraged and walk-ins without an appointment will be seen on a first come – first served basis.

**Santa Barbara**  
4 E. Carrillo St

**Santa Maria**  
201 S. Miller St. #206

The office hours are: Monday – Thursday 7 AM to 5 PM  
**\*\*\* Closed on Friday \*\*\***

### You can also visit their websites

California Department of Child Support Services: [www.childsup.ca.gov](http://www.childsup.ca.gov)  
Santa Barbara County Department of Child Support Services: [www.countyofsb.org/dcss](http://www.countyofsb.org/dcss)

## **HEALTH CARE SERVICES**

In this section you will find listings and information  
for health care services available in  
Santa Barbara County.



# MEDI-CAL

## What is Medi-Cal?

Medi-Cal is California's version of the federal Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources. People in many different situations qualify for Medi-Cal, including children under 21 years old and parents or caretaker relatives if they have a child under the age of 21 years old who does not have the support or care of one parent because of his/her absence, death, incapacity or unemployment. Special programs are also available to help pregnant women, the terminally ill, those needing long-term care, and those diagnosed with breast or cervical cancer, those 65 years old or older, the blind, and/or disabled.

## Are there other program options?

When Medi-Cal is not the answer, there are other low-cost health coverage program which might help, such as Healthy Families or Healthy Kids Programs. Healthy Families is low cost insurance for children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal.

The Medically Indigent Adult (MIA) program is for individuals who are uninsured and who are not eligible for other health care coverage. MIA helps people get medical care by paying for all or part of the cost. The Public Health Department MIA program provides funding for necessary health care for uninsured adults with serious medical conditions. The MIA program is not an insurance program. The applicant must be ill or injured in order to apply. Applications are submitted at the County Health Clinics.

## How can I apply for Medi-Cal?

Medi-Cal applications can be submitted on-line by visiting [www.benefitscalwin.org](http://www.benefitscalwin.org). Applicants can also drop in, apply by telephone, make an appointment, or mail in their application to any Department of Social Services office in the County.

## OFFICE LOCATIONS

**Santa Maria**  
2125 S. Centerpointe  
(805) 346-7135

**Santa Barbara**  
234 Camino Del  
Remedio  
(805) 681-4401

**Lompoc**  
1100 W. Laurel Ave  
(805) 737-7080

# HIV SERVICES

## **Is testing for HIV available?**

HIV testing is provided through a variety of area clinics and agencies, including Santa Barbara Neighborhood Clinics, Pacific Pride Foundation, Planned Parenthood, the County Health Care Centers (for established patients), as well as private doctors. Most sites offer sliding scale fee discounts and in some locations HIV testing is available free of charge. For more information about HIV testing call the Public Health Department at (805) 681-5120 or see the Public Health HIV Services website [www.countyofsb.org/phd](http://www.countyofsb.org/phd)

## **How about counseling and education?**

Counseling, psychiatric, and substance abuse referrals are available through the Public Health Centers, Pacific Pride Foundation, and Santa Barbara Neighborhood Clinics. Assistance with family and partner notification of HIV status is also available through these agencies.

HIV outreach, education, and training are available through Pacific Pride Foundation, Planned Parenthood, and the Council on Alcoholism and Drug Abuse.

## **Is there financial assistance to cover medical expenses?**

For clients who do not have private or other medical insurance, financial assistance may be available for HIV care and treatment. Clients may receive financial assistance for their medical services through Medicare, Medi-Cal, or the Ryan White Act. Additional assistance may be available through the County's Medically Indigent Adult (MIA) program for those who do not qualify for other support. Prescription drug expenses may be covered through the AIDS Drug Assistance Program (ADAP).

## **What about help with other needs?**

Various types of housing assistance are available for eligible people with HIV/AIDS. Hospice services and intensive residential care are provided through AIDS Housing Santa Barbara (805) 563-9990. Casa Esperanza provides assistance with shelter and housing locations services. Temporary rent and utility assistance are available through Pacific Pride Foundation (805) 963-3636. Food, personal hygiene items, and transportation assistance are available for qualifying individuals through the Necessities of Life Program at Pacific Pride Foundation in Santa Barbara and Santa Maria.

# STD TESTING

## What are STDs?

Sexually transmitted diseases (STDs) are infections generally acquired by sexual contact. The organisms that cause sexually transmitted diseases may pass from person to person in blood, semen, or vaginal and other bodily fluids. Some of these infections can also be transmitted non-sexually, such as from mother to infant during pregnancy or childbirth, or through blood transfusions or shared needles.

## Should I get tested?

People can pass STDs to sexual partners even if they do not have any symptoms. Frequently, STDs can be present but cause no symptoms, especially in women. This can also occur in some men. Therefore, a medical examination may be necessary if a person believes he or she may have an STD or if he or she may have been exposed to someone with an STD. Being seen by a doctor as soon as possible after exposure to an STD is important; these infections can easily spread to others and can have serious complications.

## Where can I get tested?

The County Public Health Department operates several clinics which offer STD testing. Several community clinics, such as Planned Parenthood, and private physicians also offer STD testing.

Please see the chart on page 39 for Public Health Clinic locations and services.



# TUBERCULOSIS (TB)

## **What is TB and what are the symptoms?**

Tuberculosis, or TB, is an infectious bacterial disease caused by *Mycobacterium tuberculosis*, which most commonly affects the lungs. It is transmitted from person to person via droplets from the throat and lungs of people with the active respiratory disease. The symptoms of active TB of the lung are coughing, sometimes with sputum or blood, chest pains, weakness, weight loss, fever and night sweats.

## **Is there a test to determine if you are infected?**

There are two kinds of tests that can be used to help detect TB infection – the TB skin test (TST) and TB blood tests. A positive TB skin test or TB blood test only tells that a person has been infected with TB bacteria. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

## **How is TB treated?**

People with latent TB infection are often prescribed treatment to prevent them from developing TB disease. Treatment is much easier and usually involves oral medication.

People with active TB disease can be treated by taking several drugs for 6 to 9 months. It is very important that people who have TB disease finish the medicine, taking the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the TB bacteria that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat.

## **Where can I get tested?**

The County Public Health Department operates several clinics which offer TB testing. Private physicians also offer TB testing.

Please see the chart on page 39 for Public Health Clinic locations and services.

# SMOKING CESSATION

## Why is this important for me?

Tobacco products are the only legal consumer products that cause death and disease when used exactly as the manufacturer intended. Tobacco is the single most preventable cause of disease, disability, and death in the United States. Smoking is banned at worksites and is restricted at many outdoor venues and even in some residential settings.

## What are some of the products included as tobacco?

Tobacco products include cigarettes, cigars, smokeless and hookah tobacco.

## Are there products available to help me quit?

There are several pharmaceutical options available to help you quit smoking; some require a prescription from your doctor. Medications often must be combined with counseling or support to be effective.

- Nicotine patches, gum or lozenges are available over the counter
- Nicotine Patches are available over the counter
- Bupropion (Wellbutrin) and Chantix (varenicline) are oral medicines that helps reduce the urge to smoke and withdraw symptoms, especially mood swings. Both require a prescription from your doctor.

## Where can I go to get help?

The Tobacco Prevention Settlement Program can guide you to the best local programs and help available. No cost medication support may be available for qualified individuals.

For information in your area, call one of the numbers below

South County (805) 681-5407

North County (805) 346-7275

Lompoc area (805) 737-7775 x 5407

Or call the California Smoker's Helpline

1-800-NO-BUTTS



# DENTAL AND VISION CARE

## Why is dental health important?

Your oral health is connected to many other health conditions beyond your mouth. Sometimes the first sign of a disease shows up in your mouth. In other cases, infections in your mouth, such as gum disease, can cause problems in other areas of your body. Plus, a healthy mouth makes a good impression when applying for employment.

## What dental care services are available?

There are dentists throughout Santa Barbara County that accept private insurance as well as Medi-Cal.

Santa Barbara County Public Health Department's Healthcare for the Homeless program offers dental services to people experiencing homelessness. A dental referral by Public Health HCH staff is required. Dental referrals are obtained at any of the HCH satellite clinic sites during a patient visit with a doctor or nurse.

## What are vision care services and why would I need them?

Vision Care Services may include eye exams, treatment of eye diseases, and glasses or contact lenses. It is important to keep your eyes healthy.

## How can I get these services?

There are eye doctors throughout Santa Barbara County that accept private insurance as well as Medi-Cal. A Primary Care Physician may provide a referral for these services. See page 39 for a listing of County Health Care Centers.



# IMMUNIZATIONS

## Why do I need them as an adult?

Immunizations are not just for kids. Vaccine preventable diseases are still with us. Getting immunized is a lifelong, life-protecting job.

## What immunizations should I get and when should I get them?

- **Influenza (flu vaccine)** - Recommended annually every fall (or winter)
- **Pneumococcal** - 1-2 doses if you smoke cigarettes or have certain chronic medical conditions\*. One does at age 65 if you have never been vaccinated.
- **Tetanus, diphtheria, pertussis (Td, Tdap)** - a one-time dose of Tdap vaccine with a Td booster dose every 10 years.
- **Hepatitis A** - Recommended if you have a specific risk factor for Hepatitis A virus infection\* or for traveling to developing countries.
- **Hepatitis B** - Recommended if you have a specific risk factor for Hepatitis B virus infection\*
- **Human Papillomavirus (HPV)** - 3-dose series recommended for women age 26 and younger or a man 21 years or younger. Men age 22 through 26 years with a risk condition\* also need vaccination.
- **Measles, Mumps, and Rubella (MMR)** - 1 dose if you were born in 1957 or later. You may need a 2nd dose\*.
- **Varicella (Chickenpox)** - 1-2 dose(s) recommended if you do not have a reliable history of having had chickenpox or shingles.
- **Meningococcal (meningitis vaccine)** - 1 dose highly recommended for young adults going to college or have one of several medical conditions\*.
- **Zoster** - 1 dose recommended if age 60 years or older.

**\* Consult your healthcare provider to determine your level of risk and your need for this vaccine.**

## What immunizations do babies need?

Babies need shots at birth, 2, 4, 6, 12 and 15 to 18 months of age. It is important that your baby receives all of the recommended immunizations when they are due.

## What immunizations do pre-teens and adolescents need?

Immunity can diminish over time and your child may be at risk for serious diseases. Preteens (11-12 year olds) and Adolescents (13-18 year olds) need several vaccines, including the meningococcal vaccine, a Tdap (tetanus, diphtheria, whooping cough) booster, a second chickenpox shot, and the HPV vaccine series and an annual influenza vaccine. All students going into 7th grade must have proof of the Tdap booster.

## Where can I get immunizations?

You can get immunizations at your doctor's office or a County Health Care Center (see page 39)

# PREGNANCY CARE

## **Where can I get medical care if I am pregnant?**

The Public Health Department Health Care Centers offer a full spectrum of services for expectant mothers, including comprehensive pre-natal care.

## **What services are offered there?**

There services include pregnancy testing, pre-natal care, ultrasound, laboratory, pregnancy education, nutrition services and family planning.

## **What are Comprehensive Perinatal Services and why do I need them?**

If you're a pregnant woman, you have special health needs and challenges. The Comprehensive Perinatal Services Program (CPSP) helps you get the services you need to keep your baby healthy before and after birth. This program provides free and enhanced pre-natal and post-partum care to Medi-Cal eligible low-income women from conception through 60 days postpartum. These services include standard medical care, nutrition, psychosocial and health education services.

## **How do I get these services?**

You can get these services at your doctor's office or a County Health Care Center (see page 39).



# HEALTH CARE CENTERS OF SANTA BARBARA PUBLIC HEALTH DEPARTMENT

<i><b>Name</b></i>	<i><b>Address</b></i>	<i><b>Hours of Operation</b></i>
Carpinteria Health Care Center	931 Walnut (805) 560-1050	8:00 am – 5:00 pm Monday - Friday
Franklin Health Care Center	1136 E. Montecito (805) 568-2099	8:00 am – 5:00 pm Monday - Friday
Lompoc Health Care Center	301 North R St. (805) 737-6400	8:00 am – 5:00 pm M-F 9:00 – 1:00 Saturday
Santa Barbara Health Care Center	345 Camino Del Remedio (805) 681-5488	8:00 am – 5:00 pm Monday - Friday
Santa Maria Health Care Center	2115 S. Centerpointe (805) 346-7230	8:00 am – 5:00 pm M-F 9:00 – 1:00 Saturday
Santa Maria Women’s Health Care Center	116 S. Palisade #104 (805) 739-8710	8:00 am – 5:00 pm Monday - Friday
<b><i>Satellite Centers</i></b>		
Santa Maria Good Samaritan	401 W. Morrison (805) 346-7230	Mon-Thur 8-11:30 am Tues & Thur 4:30-6:30 pm
Santa Barbara Rescue Mission	533 E. Yanonali (805) 966-1316	Tues & Thurs 8-10 am
Santa Barbara Casa Esperanza	816 Cacique (805) 884-8481	Mon/Wed/Friday 8:00 – 11:30 am

# IMPORTANT DOCUMENTS

Here you will find information about important documents that may be needed for successful re-entry into the community. In this section you will find information about everything you need to do get a California's Driver's License, a birth certificate, and a social security card. This section also provides a listing of the agency's local offices in Santa Barbara County.



# BIRTH CERTIFICATES

## What is this and why do I need it?

A birth certificate is an official record that documents the birth of a child. Birth certificates are important documents used as a form of identification. Getting a passport, a social security card and some forms of employment require proof in the form of a birth certificate to show citizenship, age and place of birth. When a birth certificate becomes lost, stolen or destroyed, it's important to get a replacement birth certificate as soon as possible! Copied certificates are not considered legal identification unless they are issued by the Department of Vital Statistics.

## How do I get it?

You can purchase a certified copy of a birth certificate by going to one of the County Clerk-Recorder's offices located below. You can also mail the completed application to The Santa Barbara County Clerk-Recorder, P.O. Box 159, Santa Barbara, CA 93102-0159. Make the check or money order payable to **Santa Barbara County Clerk-Recorder**. A faxed application can be sent to (805) 568-2266.

You will need to complete the complete the sworn statement on the application and the certificate of acknowledgement and have them notarized by a Notary Public.

## How much does a birth certificate cost?

The fee for a certified copy of birth is \$21.50 each plus a mail fee of \$2.00 each.

## How do I get my birth certificate if I was not born in Santa Barbara County?

If you were born in another county in the state of California, contact the county's "Registrar of Vital Records" department where you were born. You can also contact the State of California Office of Vital Records in Sacramento at (916) 445-2684.

If you were born outside the State of California, contact the state's "Registrar of Vital Records Office" in the state you were born for instructions. For a list of each state's Vital Records department, go online to <http://www.cdc.gov/nchs/w2w.htm>.

## Santa Barbara County Clerk-Recorder Locations

Santa Barbara  
1100 Anacapa St

Santa Maria  
511 E. Lakeside #115

Lompoc  
401 E. Cypress #102

# CALIFORNIA ID OR DRIVER'S LICENSE

## What is it and why do I need it?

The Department of Motor Vehicles (DMV) issues identification cards to persons of any age. The ID card looks like a driver license, but is used for identification purposes only. An ID card is used to prove your identity, and a Driver's License is needed to drive a car, truck, motorcycle, etc. One of these cards is required when applying for Government Assistance, to board an airplane, cash checks, and open a bank account as well as many other everyday things, including applying for a job.

## How do I get a card (ID or Driver's License) and how much does it cost?

Visit a local DMV office to apply for an ID or a driver's license. Make sure you have your Social Security number (you will need to get one if you don't have one), proof of birth date, and legal presence.

You can also go to [www.dmv.ca.gov](http://www.dmv.ca.gov) to complete the application and make an appointment.

ID cards cost \$26 for most applicants. They are free for those 62 years of age or older. A \$7 reduced-fee ID card is available for low-income residents. It takes about 60 days to receive your new California ID card in the mail.

A Driver's license costs \$31 for an original or \$25 for a replacement license. You may need to take and pass a written driver's test. The study booklet can be picked up before your DMV appointment. In some cases, a behind the wheel driver's test will be required. Car Insurance and your own car will also be required if you are required to take a behind the wheel driver's test. All DMV fees must be paid with check, cash, or debit card (accepted at some DMV locations). Credit cards are not accepted.

## DMV Locations in Santa Barbara County

**Santa Barbara**  
535 Castillo

**Santa Maria**  
523 S. McClelland

**Goleta**  
7127 Hollister Suite 24/26

**Lompoc**  
209 W. Pine

All offices are open 8:00 am – 5:00 pm Monday, Tuesday, Thursday and Friday and 9:00 am – 5:00 pm on Wednesday. Walk-ins are accepted but appointments are recommended.

# SOCIAL SECURITY CARDS

## What is it and why do I need it?

A Social Security Number (SSN) is a nine-digit number given to US citizens, permanent residents, and temporary working residents. Its primary purpose is to track individuals for tax purposes. A SSN is important because you need it to get a job, collect Social Security benefits and receive other government services. Many other businesses, such as banks and credit companies, also ask for your Social Security number as a way to identify you.

## How do I get a SSN?

You qualify to get your social security card if you are a U.S Citizen or a non US citizen with correct US immigrant documents. To apply for a Social Security number and card, you need to fill out an Application For A Social Security Card (Form SS-5) and get original documents or copies certified by the issuing agency that proves:

1. US citizenship or immigration status [including Department of Homeland Security (DHS) permission to work in the United States]
2. Age
3. Identity.

You'll need at least two separate documents, such as a certified copy of your birth certificate and a California ID card or Driver's License. Then, take or mail your completed application and documents to your local Social Security office. Below are the Social Security Administration offices located in Santa Barbara County.

Santa Barbara  
355 Paseo Nuevo

Santa Maria  
2436 Professional Pkwy

For general questions, you can also call the Social Security office toll free numbers

**800-772-1213**

**800-325-0778**

