

## Veterans Resources

### Crisis Lines

- **National Call Center for Homeless Vets: 1-877-4AID VET (1-877-424-3838);**  
<http://www.va.gov/HOMELESS/NationalCallCenter.asp>
  - The Department of Veterans Affairs (VA) has founded a National Call Center for Homeless Veterans hotline to ensure that homeless Veterans or Veterans at-risk for homelessness have free, 24/7 access to trained counselors. The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers, and others in the community.
- **Veterans Crisis Line: 1-800-273-TALK (8255) and press 1;**  
<http://www.veteranscrisisline.net/>
  - The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

### U.S. Department of Veterans Affairs

- **Military and Veterans Affairs Office (County): 831-647-7610;**  
<http://www.co.monterey.ca.us/government/departments-i-z/military-veterans>
  - Claims, benefits, survivors' assistance, HUD/VASH vouchers.
    - *Monterey:* 1200 Aguajito Road, Suite 003; 831-647-7613
    - *Salinas:* 1000 S. Main St, Suite 209A; 831-647-7613
    - *King City:* 522 N. 2nd Street; 831-647-7613
    - *Hollister:* 649 San Benito Street; 831-647-7613
    - *Seaside/Fort Ord:* 3401 Engineer Lane (VA Clinic); 831-647-7613
- **Department of Veterans Affairs; National Toll-Free Number 800-827-1000;**  
[www.va.gov](http://www.va.gov)
- **Veterans Affairs Palo Alto Health Care System (VAPAHCS):**  
<http://www.paloalto.va.gov/>
  - Provides health care services to veterans in central California.

- ***Palo Alto Division:*** 3801 Miranda Avenue, Palo Alto, CA 94304; 650-493-5000 | 800-455-0057
  - ***Menlo Park Division:*** 795 Willow Road, Menlo Park, CA 94025; 650-614-9997
  - ***Livermore Division:*** 4951 Arroyo Road, Livermore, CA 94550; 925-373-4700
- **Veterans Affairs Oakland Regional Benefit Office: 1301 Clay St., North Tower Oakland, CA 94612; <http://www.benefits.va.gov/oakland/>**

## Employment

- **Monterey County’s Virtual Job Center:** <https://www.ajccmontereycounty.org/vosnet/veteran.aspx>
  - Contains links to information of interest to military veterans and their families. Topics include employment, disabled resources, veterans organizations, Veterans Affairs (VA) services, and more.
- **State of California Employment Development Department: <http://www.edd.ca.gov/>; <https://www.caljobs.ca.gov/vosnet/Default.aspx>**
  - Provides comprehensive employment, labor market info, tools and resources to seek and apply for work. Online tools and resources to search through current job openings.

## Housing and Homeless Prevention Services

- **Veterans Transition Center: 220 12th Street, Martinez Hall, Marina, CA 93933; 831-883-VETS (8387); <http://www.vtcmonterey.org/>**
  - Transitional housing for veterans for 18-24 months; must be clean and sober a minimum of 60 days. Case management and emergency services provided.
- **Vocational Rehabilitation Specialists, Inc. (through Housing Resource Center): 3180 Imjin Road, Ste. 154, Marina, CA 93933; 831-393-4089; [www.vrspecialists.com](http://www.vrspecialists.com)**
  - Vocational Rehabilitation Specialists, Inc. provides housing assistance and homeless prevention services to veterans and their families. If you have served one or more days of active duty and have been discharged with conditions other than “dishonorable” you may qualify for rental assistance, emergency rental help, security deposit assistance, utility deposit, case management, and more.
- **Paget Center: 831 Paget Avenue, Santa Cruz, CA 95062; 831-475-5591; <http://www.frontst.com/locations.html>**

- Paget Center is a 12 bed short-term (up to 90 days) emergency housing program for homeless veterans. Must be clean and sober a minimum of 30 days. The house is located in the Live Oak area of Santa Cruz County. In this program, veterans learn to access VA resources and transition into permanent housing.
- **Supportive Services for Veteran Families: Multiple locations in Santa Cruz County; (831) 462-3229; [ssvf@fitsantacruz.org](mailto:ssvf@fitsantacruz.org)**
  - The SSVF/FIT Collaborative provides supportive services to Veterans that are homeless or at imminent risk of homelessness and is operated in partnership with Families in Transition of Santa Cruz County, Homeless Services Center, and Pajaro Valley Shelter Services at five office locations throughout Santa Cruz County. Funding is provided by a generous grant from the Department of Veteran Affairs. We provide services such as Security Deposit, Rental Assistance, Car Repair Assistance, Child Care Assistance, Intensive Case Management and much more! (Depending, Case by Case)
- **Monterey Veterans Resource Center: 40 Bonifacio Plaza, Monterey, CA 93940; 831-375-1184; [mvrc@vetsresource.org](mailto:mvrc@vetsresource.org)**
  - Monterey Veterans Resource Center opened in October 2013, as part of the expansion of VRCA in to the California Central Coast. At this time the Monterey office offers the SSVF Program (Supportive Services for Veterans and their Families). The focus of SSVF is housing stability.
- **Spreckels Veterans Memorial Hall - Vietnam Vets Pantry: 90 Fifth Street, Spreckels, CA 93962; 831-682-0727; [http://www.needhelp-paying-bills.com/html/monterey\\_county\\_food\\_banks.html](http://www.needhelp-paying-bills.com/html/monterey_county_food_banks.html)**
  - A focus is on military members, veterans, their family members, and others that have served our country.

## Medical

- **Naval Hospital Lemoore Healthcare System In Monterey, CA: <http://www.med.navy.mil/sites/nhlem/Pages/index.aspx>**
- **Naval Medical Administrative Unit (NMAU): 473 Cabrillo St., Monterey, CA 93944; 831-242-561447**
  - NMAU, Monterey, serves as the medical liaison office for all Navy and Marine Corps service members attached to Naval Post Graduate School, the Defense Language Institute, Naval Support Activity Monterey, Fleet Numerical and Oceanography and several other smaller tenant commands. Services provided include: suitability screenings for all Operational duty screenings, the

administrative portion of the Periodic Health Assessment, health benefits advisement for international students, consultation and referral authorization, limited duty and medical evaluation board coordinator, preventive medicine and industrial hygiene inspections of Naval Support Activity Monterey.

- **Branch Dental Clinic: 1 University Circle, Room 419 (4<sup>th</sup> floor of Hermann Hall), Monterey, CA 93943; 831-656-2477; [DENTAL@nps.edu](mailto:DENTAL@nps.edu)**
  - Provides dental care and support to tenant commands. **Limited to treating only active duty personnel.**

### Monterey Peninsula College's Veteran's Support Programs

- **Monterey Peninsula College: 831-646-4000 (General Info); <http://www.mpc.edu/student-services/specialized-programs/veterans-assistance-office>; <https://www.facebook.com/MPCvetsclub>**
  - ***Veterans Assistance Office (for MPC students only):*** Contact Eileen Crutchfield (Coordinator) at 831-646-4025 or [veterans@mpc.edu](mailto:veterans@mpc.edu)
    - Provides assistance to eligible military veterans, active duty, national guardsmen, reservists, and dependents of service disabled or deceased veterans with the process of submitting Veterans Affairs Education Benefits claims.
  - ***Veterans Club:*** Meets 1x month; contact Eileen Crutchfield (Veterans Assistance Office Coordinator) for meeting days/times at 831-646-4025 or [veterans@mpc.edu](mailto:veterans@mpc.edu).
  - ***Boots to Books Program (open to any veteran; student status not required):*** Contact Bill Leone (MPC's Veterans Outreach Coordinator) at [bleone2@juno.com](mailto:bleone2@juno.com) or 831-521-1055; Located in the Costanoan Room at MPC on Mondays from 10am-11am
    - Offers assistance to veterans in attaining personal educational and vocational goals (e.g. tutoring); lunch is provided.

### Substance Abuse

- **Substance Abuse Rehab Team (SART): 3401 Engineer Lane, Seaside, CA 93955; 831-883-3800/3817; [http://www.paloalto.va.gov/services/mental/ats/programs\\_sart\\_monterey.asp](http://www.paloalto.va.gov/services/mental/ats/programs_sart_monterey.asp)**
  - Provides counseling and medical assistance

## Veterans Center

- **Santa Cruz County Vet Center: 1350 41st Ave, Suite 104, Capitola, CA 95010; 831-464-4575 or 877-927-8387; <http://www.va.gov/directory/guide/facility.asp?id=5071>; <http://santacruzhumanservices.org/AdultLongTermCare/VeteransServices/SCVetCenterat41stAve.aspx>**
  - The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligible veterans in order to help them make a satisfying post-war readjustment to civilian life. *The family members of all veterans listed above are eligible for Vet Center services as well.* Vet Centers are also authorized to furnish bereavement counseling services to surviving parents, spouses, children and siblings of service members who die of any cause while on active duty, to including federally activated Reserve and National Guard personnel.

## Online Resources

- **America's VetDogs: <http://www.vetdogs.org/>**
  - America's VetDogs® is a 501(c)(3) not-for-profit organization that serves the needs of disabled veterans from all eras who have honorably served our country. VetDogs provides guide dogs for individuals who are blind or have low vision; hearing dogs for those who have lost their hearing later in life; service dogs for those with other physical disabilities; facility dogs as part of the rehabilitation process in military and VA hospitals, and PTSD service dogs to help mitigate the effects of PTSD in an effort to provide the emotional and physical support needed.
- **Army Emergency Relief (AER): <http://www.aerhq.org/dnn563/>**
  - AER Provides no-interest loans and grants to soldiers and their families through their chain of command or their local installation's AER section. AER is the Army's own emergency financial assistance organization - dedicated to "Helping the Army Take Care of Its Own." AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Chief of Staff of the Army to help Soldiers and their Families.
- **Army Family Readiness Groups (FRG): <http://www.armyfrg.org/skins/frg/home.aspx>**
  - The Army FRG website is a secure site only available to soldiers/DA civilians, and their family members. The Army FRG site enables soldiers/DA civilians to access important information about their unit 24/7 from anywhere in the world.

Soldiers/DA civilians can invite their family members to subscribe to the unit's site to provide them with a valuable resource to gain information about the unit.

- **GuitarsForVets:** <http://www.guitars4vets.org/>
  - Thousands of war veterans are afflicted with Post Traumatic Stress Disorder (PTSD and more soldiers have committed suicide since the Vietnam War than have died in actual battle. But many are finding hope in an unlikely place: behind the wood and strings of an acoustic guitar. All G4V lessons and guitars are provided to the veterans free of charge per funding availability.
- **MilitaryBaseInfo.Com:** <http://www.moving-on.net/>
  - Assists military service members who are relocating or doing a PCS to a new base or post. Military personnel will find information on arrival, relocation, base facilities, housing, and many other aspects of the base.
- **MilitaryOneSource:** <http://www.militaryonesource.mil/>
  - Get to know **your benefits** and prepare for **deployments, reintegration, moves, parenthood, retirement** and more.
- **Military Spouse Resources:** <http://www.careeronestop.org/militaryspouse/>
  - Military spouses can find helpful information and resources on employment, education or training, and relocation.
- **National Military Family Association:** <http://www.militaryfamily.org/>
  - Information, resources, and support for military families.
- **National Resource Directory:** <https://www.ebenefits.va.gov/ebenefits/nrd>
  - Connecting Wounded Warriors, Service Members, Veterans, Their Families and Caregivers with Those Who Support Them.
- **Naval Post-Graduate School:** <http://www.nps.edu/>
  - Provides relevant and unique advanced education and research programs to increase the combat effectiveness of commissioned officers of the Naval Service to enhance the security of the United States.
- **Navy Fleet and Family Support Center (NFFSC):**  
[http://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program.html/](http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html/)

- The Fleet and Family Support Program provides services for sailors and families through Fleet and Family Support Centers, such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the transition assistance programs.
- **Real Warriors:** <http://realwarriors.net/>
  - The Real Warriors Campaign is a multimedia public awareness campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. Launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) in 2009, the campaign is an integral part of the Defense Department's overall effort to encourage warriors and families to seek appropriate care and support for psychological health concerns.