

FINALLY,

An Information Book You Will Really Use!!



Take Control of Your World!

A San Diego Resource Guide to Help You Succeed with:

Life on Your Own.



Getting Ready for...

Life on Your Own!!

This booklet is designed to help you prepare for, and succeed in the many areas of life that you will face after foster care.

You have made it this far and should be very proud of yourself!

By taking advantage of the resources, services, and completing the suggested tasks in this booklet you will be ready to continue your successful path towards taking control of your future.

Each section of this booklet contains very important information, resources, phone numbers, websites, and to do lists.

This resource booklet was compiled by



Much of the information was adapted from the website <http://fosteringchange.org/> and with the help of former foster youth and local service agencies.

If you have any additions, updates or corrections please contact

**Jeff Frelier or Cecilia Banuelas @
Casey Family Programs
San Diego Field Office
3878 Old town Ave #100
San Diego, CA 92110
(619) 543-0774**

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Before You Emancipate...

- ❖ Look at the website www.fosteringchange.org - this website was designed by former foster youth, Health and Human Services Agency (HHSA) and Independent Living Skills (ILS) to provide information you need to emancipate successfully. Some of the information in this packet was taken from this website.
- ❖ Complete an address change form at the Post Office when you move. Do this every time you move! You can do this online at: <https://moversguide.usps.com/> You will need a credit card to change your address online though in order to verify your identity. You can still go to that site and print out the form and bring it to the post office free of charge.
- ❖ Know your housing plan! If you don't have anywhere to live when you turn 18, get on the waitlist for a Transitional Housing Program. Do this at least three months before you turn 18.
- ❖ Your Medi-cal Health Insurance will be extended until age 21. Always call the Medi-cal office to report an address change. If you don't do this, they will close your Medi-cal case.
- ❖ Get a copy of your Dependency Letter which proves you were a Dependent of the Court. You can get this from your HHSA social worker or ILS case manager.
- ❖ Have the phone numbers, first and last names and emails for the following individuals:
 - HHSA social worker
 - ILS Worker
 - Other Agency Social Worker
 - Medi-cal Worker
 - Attorney
 - Doctor, Dentist, Psychiatrist, Therapist, Other Health Professional working with you
- ❖ Have an updated resume with your dates of employment and updated references. Keep a paper copy and an electronic copy on a disk or flash drive.
- ❖ Have copies of all of your important documents. You can get these documents from your HHSA social worker. Specifically – make sure you have your Health Passport, Birth Certificate, Social Security Card, Dependency Letter, ID card and credit report.

Personal Documents Needed For Your Files:

- ✚ Social Security Card
- ✚ Birth certificate
- ✚ Emergency Contacts
- ✚ Copy of Driver's License or ID
- ✚ Foster Care Dependency Letter
- ✚ Voter Registration Card
- ✚ Medical Records
- ✚ Medi-Cal or other Health Care Card & Health Passport
- ✚ Immigration/Naturalization/Tribal Info
- ✚ Annual Credit Report
- ✚ Selective Service Registration (Males Only)

Confirmation of Selective Service Registration is for males only. Selective Service is a registration the government keeps of names of men to draw in case of a national emergency. Get more information or register on-line at www.sss.gov/regist.htm or complete a form at the post office. You can be prosecuted and fined for not registering. To obtain a copy of your Selective Service Registration contact: 1-847-688-6888 or write to:

Selective Service System
P.O. Box 94638,
Palatine, Illinois, 60094-4638.

Ordering Your Records

Get your important documents from your HHS social worker before you emancipate from foster care. Also speak with any other agency social worker you worked with for copies of important documents.

To order your records:

If you need a copy of your **Social Security card/number**

Contact the:

Social Security Administration

1333 Front St.

San Diego, CA 92101

858-444-3894

www.ssa.gov

Birth/Death Certificates:

To order a birth/death certificate in person, go to one of the addresses below and provide your full name, mother's maiden name and your date of birth. Certificates cost \$17. You can also request the certificates by mail. A mail request MUST have a notarized signature though.

Go to <http://arcc.co.san-diego.ca.us>; click on recorder services –birth/death info.

Download the 'Application for Birth Records'. Mail a check or money order for \$17 to:

San Diego County Assessor/Recorder/Clerk

Attention: Birth Records,

P.O. Box 121750,

San Diego, CA 92112-1750.

EASIER METHOD: You may also go into any of these local offices to request these records:

San Diego Recorder/Clerk Main Office

1600 Pacific Highway, Room 103

San Diego, CA 92101

(619)-237-0502

El Cajon Branch Office

200 S. Magnolia Ave

El Cajon, CA 92020

(619) 401-5700

San Marcos

141 East Carmel St.

San Marcos, Ca 92078

(760) 940-6868

Chula Vista

590 Third Ave

Chula Vista, CA 91910

(619) 498-2200

Kearny Mesa Branch Office

9225 Clairemont Mesa Blvd

San Diego, CA 92123

(858) 505-6262

Seal Your Records When You Turn 18

(If you have an open Delinquency Case)

When you turn 18, you have the right to go to court and ask that your ***delinquency record*** be sealed. This is important, because if you don't seal your records, they will remain open for five years. This must be done after you turn 18 but before you turn 19. If you have a ***delinquency record*** and you do not have it sealed, it will always remain open. This could make it hard for you to get a job, since any employer could know about your record. To have your records sealed, ask your social worker or probation officer for help. You could also ask your attorney or your CASA for help with this.

Financial Information

Documents Needed for Your Files:

- Bank Statements
- Credit Card Statements
- Copy of Bills (SDGE, Cable, Cell Phone etc.)
- Copy of Your Most Recent Federal & State Tax Filings
- Copy of Your Credit Report**

****IMPORTANT: ONLY obtain this report from www.annualcreditreport.com**

This is the ONLY LEGITIMATE FREE site and you may obtain a free credit report once a year from EACH of the 3 agencies that are listed on this site. Other sites will charge you for this information.**

Support Services for all Foster Youth:

San Diego Foster Youth Initiative – (SDFYI) - offers financial literacy training for current and former foster youth ages 16-24 which includes money management, budgeting and independence readiness. SDFYI offers an **Opportunity Passport** program in which your savings will be matched dollar for dollar up to \$1,000 a year, for up to three years.

For more information on this program, please ask for the SDFYI Coordinator at:

(858) 560-0871
2612 Daniel Ave
San Diego, CA 92111

**SDFYI IS NOT CURRENTLY ACCEPTING NEW MEMBERS.
PLEASE CHECK BACK AFTER JULY 1, 2009!**

2009 Opportunity Passport™ Process

To successfully enroll in The Opportunity Passport™ you must:

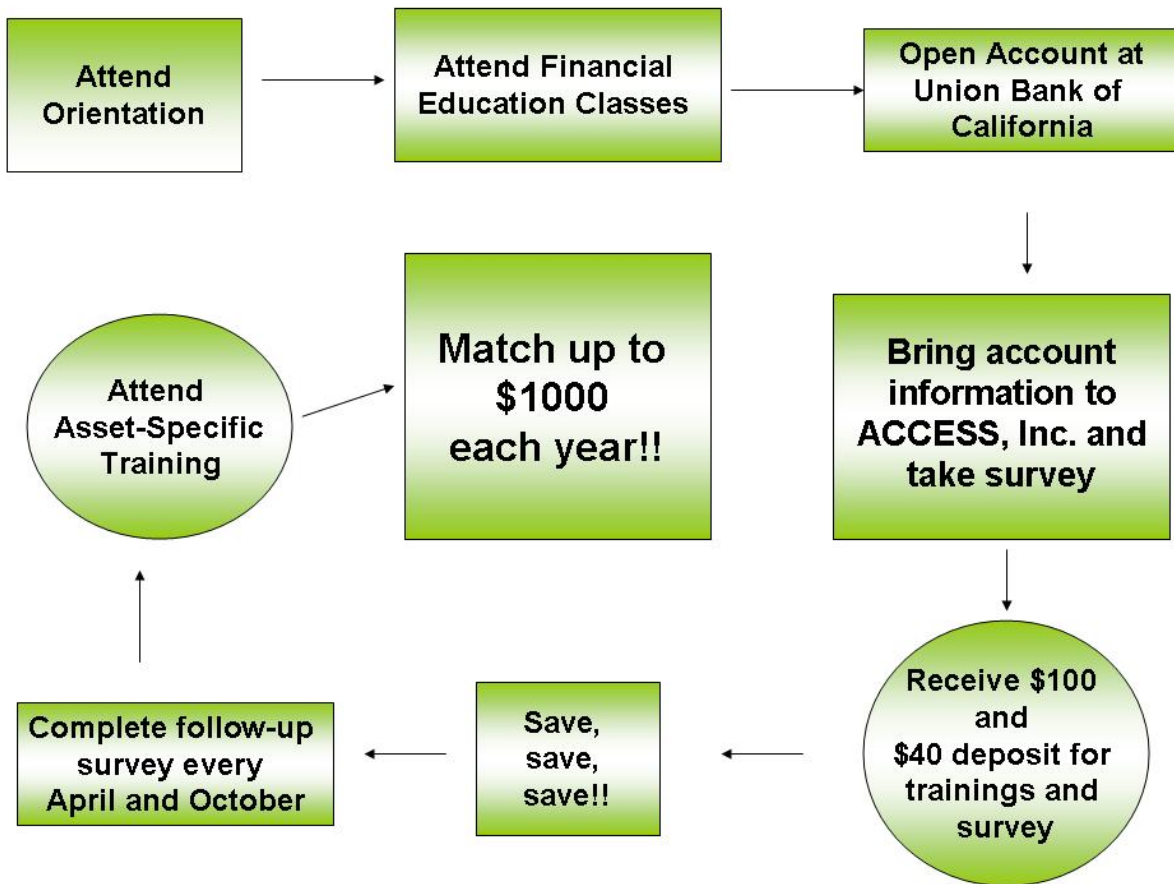
1. Attend an **Opportunity Passport Orientation** (all orientations will be held at Access Inc.) Orientation dates are as follows:

June 20, 2009 @ 4pm
June 21, 2009 @ 11am
September 18, 2009 @ 4pm

September 19, 2009 @ 11am
December 18, 2009 @ 4pm
December 19, 2009 @ 11am

2. Sign-up to attend the **financial education trainings**. Bring your completed enrollment form to the training.
3. Go to a Union Bank of California branch to **open the Opportunity Passport IDA Savings Account**. As soon as possible after opening the account, **bring the account information to ACCESS, Inc.** and you will then **take your first Opportunity Passport Participant survey**.
4. Follow-up Opportunity Passport surveys are required **every April and October**. Participants will receive \$40 for each survey taken.

After all parts of enrollment are successfully completed, participants will receive \$100 for completion of trainings and \$40 for completing the survey.



For more information, contact Katey Shanahan at 858-560-0871 ext. 113
ACCESS, Inc. 2612 Daniel Avenue, San Diego, CA 92111

Taxes

Depending on your income, you may be required to pay Federal and State taxes when you work or receive income/funds. If you do file taxes and apply for tax credits you will need:

1. Your Social Security Number or Individual Taxpayer ID Number for EACH family member.
2. A valid California ID.
3. All items listed below that apply to your family:
 - W-2 forms for ALL jobs worked for that tax year.
 - All 1099 forms for other income, if any.
 - Child care provider name, address, and tax ID number.
 - Any other tax related documents you have received.
 - Voided bank check for automatic deposit of tax return.
 - A copy of last year's tax return.
4. All adults on your return must be present to sign forms.

You may be eligible for **free tax** preparation and advice through the **Volunteer Income Tax Assistance Program (VITA)**. Site locations will be posted in January 2008 and can be found on www.ftb.ca.gov/individuals/vita/sites.asp. Be sure to call ahead to get an appointment, as there is usually a waitlist for services.

Several other local organizations have come together to offer free tax assistance based on eligibility:

Central:

Bronze Triangle
(619) 233-1385

Home Start/Mid City
(619) 283-3624

Home Start/Tuban Chavez Center
(619) 283-3624

East:

Bancroft Hope Center
(619) 589-1930

Home Start/EI Cajon
(619) 283-3624

Home Start/Lemon Grove
(619) 283-3624

ONLINE Tax Preparation:

www.taxact.com is a free online site to file your federal taxes.

There is also an upgraded version that you can pay for that will also do your state taxes but the free version is a great place to start. Even if you just use it to see how much you owe or should get back and then file by paper. This site also contains links to other useful tax information.

Immediate Financial Assistance

If you are in need of immediate financial assistance, contact the Public Assistance Information Line at (866) 262-9881 or visit a Health and Human Service Family Resource Center to determine if you are eligible for General Relief, CalWorks (cash aid) and/or food stamps.

Family Resource Center locations include:

East County Area:

220 S. 1st St.
El Cajon, CA 92021

7065 Broadway
Lemon Grove, CA 91945

San Diego Area:

5201 Ruffin Road
San Diego, CA 92123

7947-49 Mission Center Court
San Diego, CA 92108

4588 Market Street
San Diego, CA 92102

1255 Imperial Avenue
San Diego, CA 92101

North County Area:

1315 Union Plaza Court
Oceanside, CA 92054

620 East Valley Parkway
Escondido, CA 92025

South Bay Area:

690 Oxford Street
Chula Vista, CA 91911

For additional information or other locations, look on the Health and Human Services website - www.sdcounty.ca.gov

SDG&E CARE Program

(800) 411-7343

Provides up to a 20% discount on gas and electricity to low income clients.

SBC Universal Lifeline Service

(800) 310-2355

Provides basic residential telephone services at half the cost to low income clients.

HEAP (Campesinos Unidos, Inc.)

(619) 239-1380

Provides assistance with utility bills to low income families. Only covers current energy bills, not past-due bills. A household may only receive assistance once a year.

Avoid Identity Theft:

www.idtheftcenter.org Identity Theft Resource Center®, Nonprofit Organization

Identity Theft Resource Center® (ITRC) is a nonprofit, nationally respected organization dedicated exclusively to the understanding and prevention of identity theft. The ITRC provides consumer and victim support as well as public education. The ITRC also advises governmental agencies, legislators, law enforcement, and businesses about the evolving and growing problem of identity theft.

- **NEVER** give out your social security number unless it is absolutely necessary (such as when you complete a FAFSA for financial aid for college).
- Don't carry your social security card, PIN number or passwords in your wallet.
- Don't purchase items over the internet with a credit card or Paypal unless the site has security protection (you will see a small lock icon on the screen to indicate the site is secure).
- Don't download unfamiliar software.
- Get virus protection for your computer AND keep it up to date.
- Shred your documents when you throw away personal information (such as bills, bank statements, etc.). Never just throw personal papers into the trash.
- Don't let others know your ATM password, e-mail password, etc.
- Watch out for *Phishing* emails – these emails appear to be from legitimate businesses and will ask you for personal information such as your Social Security number, passwords, etc.
Never open or respond to these emails. A legitimate business will never contact you via email or by the phone for personal information.
- Don't give telephone solicitors personal information. You should only provide personal information when **you** initiate a phone call to a **legitimate** business (such as your doctor's office, bank, etc.)
- **National Do Not call Registry:** <https://www.donotcall.gov/>
The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at this Website. You can register your home or mobile phone for free. Your registration will be effective for five years.
- Use a locked mailbox to send and receive all mail.
- If you are a victim of identity theft over the internet, you can file a complaint with the Internet Crime Compliant Center at www.ic3.gov. To address other forms of identity theft, you can look at information on <http://www.ftc.gov/bcp/edu/microsites/idtheft/>

Credit Scores

- Credit scores are very important and will follow you for the rest of your life. A high credit score (700+) can help you get lower interest rate home or car loans in the future. High scores also make you more likely to be selected for an apartment you may apply for. Even scores above 500 will help you in the long run.
- Every time you apply for a credit card, loan or check your credit someplace besides the bureaus listed below it lowers your credit score by a few points. It is also important to close any accounts you are no longer using. (Such as a department store card that you opened just to get their 15% discount on your first purchase.) You must do this in writing. Too many open accounts will negatively affect your credit score.
- Check your credit report for free each year. You can order a free credit report at www.annualcreditreport.com or by calling (877) 322-8228.

The three credit bureaus monitoring your credit and included on that website are:

Experian - (888) 397-3742 www.experian.com

Trans Union - (800) 680-7289 www.transunion.com

Equifax - (800) 685-1111 www.equifax.com

You are entitled to a free credit report each year from EACH of these three bureaus. This means you can spread out your free credit reports every four months if you want to monitor any changes that may happen in that year.

- If you find errors or unauthorized charges on your report, contact one of the three credit bureaus immediately. Mistakes and unauthorized charges ruin your credit and prevent you from being able to purchase things in the future (such as buying a car, getting an apartment, etc.).

Financial Tip:

- *Check your credit reports, credit card statements and bank statements regularly for errors. Unfortunately, many emancipated young adults discover that a friend, family member or stranger used their personal information and ruined their credit history and finances. As a result, the emancipated young adults were unable to rent an apartment, buy a car, or get other items needed to be independent.*

Read the tips on avoiding identity theft to prevent this from happening to you.

Saving & Checking Accounts

To open a checking and savings account you will need:

- Your social security number
- A minimum initial deposit (a small amount of cash)
- A photo ID (Some banks require up to 3 forms of personal ID)

Savings and checking accounts require a minimum balance to be maintained. If your savings fall below this level, the bank will charge you a fee.

It's important to keep very good records of all the checks or ATM withdraws you make. If you write checks or withdraw more money than you actually have, you will be charged a large fee. This will also affect your credit rating and prevent you from being able to get a credit card, car loan, student loan, apartment, etc. **Don't spend more than you have!**

Credit Cards

- **If you have credit cards – use them responsibly!**
- Open a secured credit card with a well known bank for your first credit card. (Chase, Citibank, etc.)
- Due to the convenience that credit cards offer, many young adults (and especially college students) use their credit cards often and they end up in **heavy debt**.
- When you don't pay off your credit card balance each month, credit cards charge interest (a fee). This is how the credit card companies make money off of you.
- Do not miss a credit card payment- your interest rate will increase and your credit rating will be affected negatively.
- Credit cards have a credit limit. That is, you are able to borrow money up to a certain amount. Do not charge items on your credit card beyond this credit limit – you will be charged a large fee, and your credit rating will be affected negatively.
- If you have more than one credit card, be responsible for all of them. If you go over your credit limit, or make a late payment on one credit card, all of your other credit cards can raise your interest rate and your credit rating will be affected negatively.

Independent Living Skills

Independent Living Skills (ILS):

Your HHSA social worker will enroll you in ILS. Be sure to participate! If you are not enrolled in ILS, or if you have questions, contact the **San Diego County ILS at (866) ILS-INFO (457-4636)**. Participating in ILS has many perks. You learn life skills needed for independence, and there is \$500 available to you when you graduate from high school.

Your ILS worker can also help you get documents you need for your future. For Chafee, a type of financial aid for former foster youth, your ILS worker will need to sign a form to verify that you were in the foster care system and that you are eligible for the Chafee awards.

Once enrolled in ILS you are eligible for the following programs:

- **The HOME Program** – A Transitional Housing Program for young adults up to age 24. Only an ILS worker can refer you to this program. You must apply before the age of 21. Make sure you have a copy of your Dependency Letter – you will need this to get into the HOME Program. This two year housing program offers reduced rent and support services to former foster care youth.

- **Mary's House** – A Transitional Housing Program for young women, up to age 24 in North County. Only an ILS worker can refer you to this program. You must apply before the age of 21.



- **The WAY Program** - WAY provides six-month paid internships to participating youth and teaches them work skills and life skills that will prepare them for ongoing positions with the County of San Diego (or equivalent job) and/or help and encourage them to continue their education. San Diego County Foster youth, between the ages of 17-21 years of age, who have completed high school, are eligible to apply for the program. Application requires completion of a Letter of Interest and a County employment application. Full-time and student part-time internships are available. Those who are not in school are encouraged to work full time. College students can only work 20 hours per week during the school year, but can work full time during breaks from school, including summer break.

ILS participation is not mandatory for the WAY Program.

- **Volvo Keys to Success Scholarship Application** – Youth in ILS are eligible to apply for behind the wheel driving experience. Contact ILS at (866) 457-4636. A complete Volvo application is included on the following pages of this resource guide.

VOLVO "KEYS TO SUCCESS"

What is it?

Volvo has provided funding to begin the Volvo Keys to Success Scholarship Program for San Diego's foster teens. These scholarships will assist foster youth in obtaining Driver's Education and Driver's Training. Youth who want to apply should contact their case social worker for an application. For additional information, contact Denise Bahen, Independent Living Skills Program at: 619 767-5452.

18 years and older:

Youth who are 18 will be provided with 30 hours of Driver's Education, followed by six hours of Driver's Training. The first five hours of Driver's Training will be behind-the-wheel instruction. The last hour will be used at the DMV for the actual Driving test. Insurance for the behind-the-wheel portion will be provided by AAA Affordable Driving School. Foster youth 18 or older may sign their own permit application and complete the driver's education and training course. Youth must be insured thereafter to drive any car on a regular basis. If they live in a foster home, they must be added to the foster parent's policy in order to drive the foster parent's car.

17 years:

Youth who are under 18 will be provided with 30 hours of Driver's Education, followed by six hours of Driver's Training. All six hours of Driver's Training will be behind the wheel. To apply for a license, youth who are under 18 must have completed Driver's Education, Driver's Training, and they also must complete a total of 50 additional hours of behind-the-wheel practice, 10 of which must be at night. They can get this extra behind-the-wheel training from foster parents, CASA, mentor or other volunteers as long as those individuals use their own automobile and the automobile is insured.

Youth who are under 18 must have a parent, foster parent or other legal guardian sign the permit application. The person signing the application must accept civil liability for the minor. All foster parents with youth under 18 who wish to apply or participate in this program should contact their car insurance companies to inquire about coverage on a youth.

For more information, log onto: www.dmv.org
Or call Denise@ 619 767-5452



County of San Diego

JEAN M. SHEPARD
AGENCY DIRECTOR
HEALTH AND HUMAN SERVICES AGENCY

HEALTH AND HUMAN SERVICES AGENCY

CHILD WELFARE PROGRAMS
858-694-5111
POLICY AND PROGRAM SUPPORT
858-694-5348
POLINSKY CHILDREN'S CENTER
858-514-4718
ADOLESCENT SERVICES
858-694-5751

MARY C. HARRIS
DIRECTOR
CHILD WELFARE SERVICES

CHILD WELFARE SERVICES
6950 LEVANT STREET, SAN DIEGO, CA 92111-6098
(858) 694-5413 FAX (858) 694-5475

VOLVO Keys To Success Scholarship Application

Date: _____

Name: _____

SSN: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (____) _____ Day Phone: (____) _____

E-Mail: _____

Name of school currently attending: _____

Current GPA: _____ Student Status: Full-time Part-time

Current Citizenship grade _____

Do you have your: High School Diploma
 GED
 California High School Proficiency Exam (CHSPE)

If not, expected Graduation Date (Month, year) _____

Emancipation date (or expected date): _____

Have you participated in the Independent Living Skills Program? Yes No

Have you ever held a job of any kind, done volunteer work and/or participated in extracurricular activities? Yes No

If yes, briefly describe _____

VOLVO
for life


CHILD ABUSE
PREVENTION FOUNDATION

Required documents to be completed and submitted with this application.

NOTE: Only complete application packets will be considered.

- Volvo Keys To Success Scholarship Application.
- One page essay on "Why you are applying for the Volvo Keys To Success Scholarship".
- Letter of support from care provider.
 - If under 18, the care provider must indicate that he/she will provide insurance and sign the DMV form to allow the youth to obtain a Learner's Permit.
 - At least one letter must include a check in the box indicating the letter writer is willing to provide behind the wheel driving practice.
- Letter of support from one other person (CASA, relative, teacher, etc.).
 - At least one letter must include a check in the box indicating the letter writer is willing to provide behind the wheel driving practice.
- Current High School Students must submit a copy of their last report card.

Please sign the following statement:

If I am awarded this scholarship, I agree to maintain insurance and submit a copy of my insurance monthly.

Signature

Date

The County of San Diego Child Welfare Services Social Worker and Supervisor are supportive of this youth's application.

Social Worker Signature

Date

Supervisor Signature

Date

SW please forward the complete application packet to:
Independent Living Skills, W466, Attn: Kristyn Coburn.

Mail: 7947 Mission Center Court, San Diego, California 92108
Fax: 619-767-5221
Questions?: Call Kristyn Coburn at 619-767-5447



Name _____

Date of Birth _____

Please complete a one page essay on, "Why I am applying for the Volvo Keys To Success Scholarship". Include how you will benefit from the program. Type or write clearly.

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VOLVO SCHOLARSHIP RECOMMENDATION LETTER FROM OTHER ADULT

DATE: _____

TO: COUNTY OF SAN DIEGO
INDEPENDENT LIVING SKILLS PROGRAM, W 466
7947 MISSION CENTER COURT
SAN DIEGO, CA 92108

Please answer the following questions regarding the youth named below. You may attach additional pages if necessary.

1. Name of youth _____ Date of birth: _____

2. How long have you known the youth? _____

3. Describe your contact and nature of your involvement with this youth.

4. Describe the personal qualities and why you believe he/she would be a good candidate for this scholarship.

- I am willing to help the youth with behind the wheel driving practice using my insured automobile.
- I am **not** willing to help the youth with behind the wheel driving practice.

Submitted by: _____
Print Name

Signature

Phone number: (____) _____



VOLVO SCHOLARSHIP RECOMMENDATION LETTER FROM CARE PROVIDER

DATE: _____

TO: COUNTY OF SAN DIEGO
INDEPENDENT LIVING SKILLS PROGRAM, W 466
7947 MISSION CENTER COURT
SAN DIEGO, CA 92108

Please answer the following questions regarding the youth you are recommending. You may attach additional pages if necessary.

1. Name of youth _____ Date of birth: _____

2. How long have you known the youth? _____

3. Describe your contact and nature of your involvement with this youth.

4. Describe the personal qualities and why you believe he/she would be a good candidate for this scholarship.

- I am willing to help the youth with behind the wheel driving practice, using my insured automobile..
- I am **not** willing to help the youth with behind the wheel driving practice.

- I am willing to provide insurance and sign the DMV Driver's Permit form.
- I am **not** willing to provide insurance and sign the DMV Driver's Permit form.

Submitted by: _____
Print Name

Signature

Phone number: (____) _____

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San Diego County Independent Living Skills Contact List

ILS Info Line: 1-866-ILS-INFO / ILS Website: www.fosteringchange.org

HHSA Independent Living Skills Unit	Fax (619) 767-5221	Address	Email Address
Genevieve Bromley CWS Manager	(619) 767-5450	7947 Mission Center Court San Diego, CA 92108	Genevieve.Bromley@sdcounty.ca.gov
Mary Molony Program Specialist II	(619) 767-5455	7947 Mission Center Court San Diego, CA 92108	Mary.Molony@sdcounty.ca.gov
Karen Brain Admin Analyst II	(619) 767-5334	7947 Mission Center Court San Diego, CA 92108	Karen.Brain@sdcounty.ca.gov
Rhonda Sarmiento Special Services Supervisor	(619) 767-5446	7947 Mission Center Court San Diego, CA 92108	Rhonda.Sarmiento@sdcounty.ca.gov
Ernie Gomez – South, Residential Social Worker	(619) 767-5174	7947 Mission Center Court San Diego, CA 92108	Ernie.Gomez@sdcounty.ca.gov
Diana Ojeda - Residential Social Worker	(619) 767-5194	7947 Mission Center Court San Diego, CA 92108	Diana.Ojeda@sdcounty.ca.gov
May Moe – N. Central, Central, Residential Social Worker	(619) 767-5169	7947 Mission Center Court San Diego, CA 92108	May.Moe@sdcounty.ca.gov
Taff Gomez – N. Inland, N. Coastal, Residential Social Worker	(619) 767-5274	7947 Mission Center Court San Diego, CA 92108	Teofilo.Gomez@sdcounty.ca.gov
Denise Bahen– Adoptions, East, Indian Unit, San Pasqual, Residential Senior Social Worker	(619) 767-5452	7947 Mission Center Court San Diego, CA 92108	Denise.Bahen@sdcounty.ca.gov
Tracy Willis Deputy Probation Officer Probation Youth/Out of County Youth	(619) 767-5447	7947 Mission Center Court San Diego, CA 92108	Tracy.Willis@sdcounty.ca.gov
Azucena Palacios Social Worker/HOME Program	(619) 767-5460	7947 Mission Center Court San Diego, CA 92108	azucena.palacios@sdcounty.ca.gov
Dianna Hildreth Social Worker/HOME Program	(619) 767-5459	7947 Mission Center Court San Diego, CA 92108	Dianna.Hildreth@sdcounty.ca.gov
John Rochfort Social Worker/IRC Facilitator	(619) 767-5453	7947 Mission Center Court San Diego, CA 92108	John.Rochfort@sdcounty.ca.gov
Michelle Champagne Social Worker/IRC Facilitator	(619) 767-5424	7947 Mission Center Court San Diego, CA 92108	Michelle.Champagne@sdcounty.ca.gov
Jojo Pangelinan Admin Secretary	(619) 767-5461	7947 Mission Center Court San Diego, CA 92108	Jardiolin.Pangelinan@sdcounty.ca.gov
Rosie Isabelle Office Assistant	(619) 767-5458	7947 Mission Center Court San Diego, CA 92108	Rosie.Isabelle@sdcounty.ca.gov
HHSA PPS	Fax (858) 514-6679		
Leesa Rosenberg CWS Manager	(858) 514-6639	4990 Viewridge Ave. San Diego, CA 92123	Leesa.Rosenberg@sdcounty.ca.gov
County of San Diego Public Defender's Office	Fax (858) 974-5711		
Ana Espana Supervising Attorney	(858) 974-5703	8525 Gibbs Dr. Ste.300 San Diego, CA 92123	Ana.Espana@sdcounty.ca.gov
South Bay Community Services (South Region)	Fax (619) 628-2445		
Frank Lopez ILS/Trolley Trestle Program Director	(619) 628-2411	746 Ada Street #106 Chula Vista, CA 91911	Flopez@csbcs.org
Geri Garcia SBCS Associate Department Director	(619) 420-3620	1124 Bay Blvd. Ste D Chula Vista, CA 91910	Ggarcia@csbcs.org
Lourdes del Sol ILS Case Manager	(619) 628-2446	746 Ada Street #106 Chula Vista, CA 91911	Ldelsol@csbcs.org
Rachel Pinuelas-Morineau WIA Coordinator	(619) 628-2412	746 Ada Street #106 Chula Vista, CA 91911	Rpinuelas@csbcs.org
Tim Gonzales ILS/Trolley Trestle Case Manager	(619) 628-2412	746 Ada Street #106 Chula Vista, CA 91911	Tgonzales@csbcs.org
Monica Martin ILS Program Aide	(619) 628-2446	746 Ada Street #106 Chula Vista, CA 91911	Mmartin@csbcs.org
Mauricio Torre Department Director	(619) 420-3620	1124 Bay Blvd. Suite D Chula Vista, CA 91911	Mtorre@csbcs.org

San Diego Youth & Community Services (East Region)	Fax (619) 258-0676		
Hilary McFatridge ILS Program Manager	(619) 221-8600 x257	3255 Wing Street San Diego, CA 92110	Hilarym@sdycs.org
Michelle Wright Case Manager	(619) 258-6877 x224	7373 University Ave. # 201 La Mesa, CA 91941	Mwright@sdycs.org
Deby Nakhi Case Manager	(619) 258-6877 x223	7373 University Ave. # 201 La Mesa, CA 91941	Dnakhi@sdycs.org
Annette Mike Center Director	(619) 221-8610 x275	7373 University Ave. # 201 La Mesa, CA 91941	Amike@sdycs.org
ACCESS, Inc. (North Central Region)	Fax (858) 560-8135		
Marilyn Stewart YES TN Director	(858)-560-0871	2612 Daniel Avenue San Diego, CA 92111	mstewart@access2jobs.org
Janine Thorton Case Manager	(858) 560-0871	2612 Daniel Avenue San Diego, CA 92111	jthorntonyestn@gmail.com
ACCESS, Inc. (Central Region)	Fax (619) 295-5738		
Kristie Buckley ILS Manager	(619) 683-9340 X24	3878 Old Town Ave., Ste 200 San Diego, CA 92110	msmith.yestn@gmail.com
Gabriel Manriquez Case Manager	(619) 683-9340 x15	3878 Old Town Ave., Ste 200 San Diego, CA 92110	gmanriquea.yestn@gmail.com
Training Coordinator	(619) 683-9340 X14	3878 Old Town Ave., Ste 200 San Diego, CA 92110	
Renee Brazzel Intake Specialist	(619) 683-9340 X16	3878 Old Town Ave., Ste 200 San Diego, CA 92110	rbrazzel.yestn@gmail.com
Youth Advisor	(619) 683-9340 X13	3878 Old Town Ave., Ste 200 San Diego, CA 92110	
Marcos Trasvina Case Manager	(619) 683-9340 X13	3878 Old Town Ave., Ste 200 San Diego, CA 92110	mtrasvina.yestn@gmail.com
Lucy Calvillo Case Manager	(619) 683-9340 X13	3878 Old Town Ave., Ste 200 San Diego, CA 92110	lcalvillo.yestn@gmail.com
YMCA Youth & Family Services (North Inland Region)	Fax (760) 741-3396		
Krysta Creighton ILS Program Director	(760) 746-1944	2374 Avenida Del Diablo Escondido, CA 92029	kcreighton@ymca.org
Jessica White ILS Specialist	(760) 741-3424	1050 North Broadway Escondido, CA 92026	Jdaly@ymca.org
YMCA Youth & Family Services (North Coastal Region)	Fax (760) 746-1925		
Krysta Creighton ILS Program Director	(760) 746-1944	2374 Avenida Del Diablo Escondido, CA 92029	kcreighton@ymca.org
Monica Bertola ILS Specialist	(760) 746-1944	2374 Avenida del Diablo, Escondido, CA 92029	Mbertola@ymca.org
E.D.D. Employment Development Dept.			
Katie Poponyak No.County Foster Teen Project	(760) 414-3576	1949 Avenida Del Oro Oceanside, CA 92056	Kpoponya@edd.ca.gov

San Diego County Geographic Zipcodes and HHSA Regional Boundaries

(Only current geographic zipcodes-historic and P.O. Box zipcodes not included-please contact Adrienne Perry if desired)

Central	East	North Central	North Coastal	North Inland	South
92101	91901	92037	92007	92003	91902
92102	91905	92093	92008	92004	91910
92103	91906	92106	92009	92025	91911
92104	91916	92107	92010	92026	91913
92105	91917	92108	92011	92027	91914
92113	91931	92109	92014	92028	91915
92114	91934	92110	92024	92029	91932
92115	91935	92111	92054	92036	91950
92116	91941	92117	92055	92059	92118
92134	91942	92119	92056	92060	92135
92136	91945	92120	92057	92061	92154
92139	91948	92121	92058	92064	92155
92182	91962	92122	92067	92065	92173
	91963	92123	92075	92066	
	91977	92124	92081	92069	
	91978	92126	92083	92070	
	91980	92130	92084	92078	
	92019	92131	92091	92082	
	92020	92140	92672	92086	
	92021	92145		92096	
	92040	92161		92127	
	92071			92128	
				92129	
				92259	
				92536	

Source: SanGIS, 09/07.

Contact: Adrienne Perry, GIS Coordinator, OSM (619) 515-4294



County of San Diego
Health and Human Services
Strategic Planning & Operational Support
Office of Strategy Management

Housing

Enclosed is a list of all of the Transitional Housing Programs available for former foster youth. You must attend an orientation first before getting on the wait list for one of these programs. Plan ahead as many housing programs have waiting lists and additional requirements prior to occupancy.

Transitional Living Programs

Program Name Address and/or Phone Number	Turning Point (single youth) 4262 Swift Ave. San Diego, CA 92104 (619) 640-9774	Tommie's Place (pregnant/parenting youth) 4145 Swift Ave. #2 San Diego, CA 92104 (619) 640-9774
Agency	YMCA	YMCA
Capacity	<ul style="list-style-type: none"> ❖ Up to 16 residents ❖ 4 units 	<ul style="list-style-type: none"> ❖ Up to 8 residents (not including children) ❖ 5 units
Eligibility	<ul style="list-style-type: none"> ❖ Ages 16-21 (must enter before 22nd birthday) ❖ 30% former foster youth ❖ 16 & 17 year olds must be emancipated 	<ul style="list-style-type: none"> ❖ Ages 16-21 (must enter before 22nd birthday) ❖ 30% former foster youth <ul style="list-style-type: none"> ❖ Parenting youth accepted ❖ 16 & 17 year olds must be emancipated
Duration	18 months	18 months
Requirements	<ul style="list-style-type: none"> ❖ Program participation ❖ Income ❖ Savings plan 	<ul style="list-style-type: none"> ❖ Program participation ❖ Income ❖ Savings plan
Rent and Utilities	<ul style="list-style-type: none"> ❖ Maximum 30% of income ❖ Apts are furnished <ul style="list-style-type: none"> ❖ Deposit (\$100) ❖ SDG&E paid by YMCA 	<ul style="list-style-type: none"> ❖ Maximum 30% of income ❖ Apts are furnished <ul style="list-style-type: none"> ❖ Deposit (\$100) ❖ SDG&E paid by YMCA
Orientations	1st & 3rd Tuesdays of Month 3-5pm 4145 Swift Ave. #2	1st & 3rd Tuesdays of Month 3-5pm 4145 Swift Ave. #2

Transitional Living Programs

Program Name Address and/or Phone Number	Trolley Trestle 746 Ada St. Ste. 106 Chula Vista, CA 91911 (619) 628-2412	Take Wing 3255 Wing St., San Diego, CA 92110 (619) 221-8610
Agency	South Bay Community Services	San Diego Youth and Community Services
Capacity	<ul style="list-style-type: none"> ❖ 17 residents (space for 5 small children) ❖ 11 units 	<ul style="list-style-type: none"> ❖ Up to 50 residents (youth and their children) ❖ 33 units
Eligibility	<ul style="list-style-type: none"> ❖ Ages 18-21 ❖ 100% former foster youth ❖ Parenting youth accepted 	<ul style="list-style-type: none"> ❖ Ages 16-24 ❖ Parenting youth accepted ❖ 16 & 17 year olds must be emancipated
Duration	Until age 21 or up to 18 months	18 months
Requirements	<ul style="list-style-type: none"> ❖ Program participation ❖ Income ❖ 10% to savings 	<ul style="list-style-type: none"> ❖ Program participation ❖ Income
Rent and Utilities	<ul style="list-style-type: none"> ❖ 25% of gross monthly income ❖ Deposit (\$150) ❖ Telephone tenants responsibility ❖ SDG & E paid by Trolley 	<ul style="list-style-type: none"> ❖ 30% gross monthly income ❖ Apts are furnished ❖ Deposit (\$300) ❖ Telephone and SDG&E, tenants responsibility
Orientations	2nd Wednesday of Month 3-5pm 746 Ada St. Must call in advance	3rd Wednesday of Month 3-4pm 3255 Wing St.

Transitional Living Programs

Program Name Address and/or Phone Number	Sylvia's Place Contact: Sylvia Galvez (619) 461-8081	Door of Hope Transitional Living Program 2799 Health Center Dr San Diego, CA 92123 (858) 279-1100 ext 131 Pam Peterson
Agency	Private Agency	Salvation Army
Capacity	❖ 12 youth	❖ Up to 12 residents and their children
Eligibility	❖ Ages 18-21 ❖ Former foster youth	❖ Females only ❖ 18 and older with no more than 2 children (under age 12) ❖ No pregnant mothers
Duration	24 months	12 months
Requirements	❖ Program participation	❖ 6 months of sobriety from drugs and/or alcohol ❖ Must be willing to work ❖ Must be homeless (needs certification)
Rent and Utilities	❖ Varies ❖ Utilities tenants responsibility ❖ Apts are furnished	❖ No monthly fee ❖ 80% of disposable income placed in savings account for client
Orientations	Social Worker/LS referral	Social Worker referral

Transitional Living Programs

Program Name Address and/or Phone Number	Mary's House 2374 Avenida del Diablo, Escondido, CA Contact: Krysta Creighton (760)-746-1944	Sunburst Contact: Dana Toppel (619)255-7854 Ext. 103	HOME Emancipated Foster Youth Transitional Housing – Scattered Sites -- Azucena Palacios (619)767-5460 Dianna Hildreth (619)767-5459
Agency	YMCA	The Center	County of San Diego: HHS & HCD
Capacity	❖ 6 youth	❖ Approximately 23 residents	❖ Approximately 65 residents
Eligibility	<ul style="list-style-type: none"> ❖ Ages 18-24 (must be emancipated) ❖ Female only 	<ul style="list-style-type: none"> ❖ Ages 18-24 ❖ Homeless ❖ Must have a disabling diagnosis 	<ul style="list-style-type: none"> ❖ Must enroll before 23rd birthday ❖ 100% former foster youth <ul style="list-style-type: none"> ❖ Parenting youth accepted
Duration	24 months	No specific duration (Housing plan is individualized and can be long term)	24 months
Requirements	<ul style="list-style-type: none"> ❖ Program participation ❖ Must have income after starting program 	<ul style="list-style-type: none"> ❖ Program participation 	<ul style="list-style-type: none"> ❖ Program participation <ul style="list-style-type: none"> ❖ Employment/ Income ❖ Savings account
Rent and Utilities	❖ 30% of income	❖ 30% of income	<ul style="list-style-type: none"> ❖ 30% of income ❖ Deposits paid by the program ❖ Utilities- tenant responsibility
Orientations	Social Worker/ILS/Youth referral	Social Worker/ILS/Youth referral	ILS referral

TRANSITIONAL HOUSING PLACEMENT PLUS (THP-PLUS) PROGRAM

Who Qualifies for THP-Plus Services?

- Emancipated Foster/Probation Youth
- Ages 18 to 24 years old
- Pursuing the Goals of a County-approved Transitional Independent Living Plan (TILP).

What is THP-Plus?

- Subsidized/Affordable Housing
- Comprehensive Supportive Services:
 - 24-Hr Crisis Intervention/Support
 - Individual/Group Therapy (available, but attendance not required)
 - Educational/Employment Support Services
 - Supportive Transitional Emancipation Program (STEP)-TILP
 - Case Management
 - Mentoring
 - After-care Services and Referrals to Community Resources
 - “Permanent Connections” Support Services with Family and/or Community
 - Pregnancy/Parenting Services
 - Allowance
 - Emancipation Savings Account
 - Apartment Furnishings
- 24 Cumulative Months of Services
- **Program Goal:** Each participant has secure and stable housing by program graduation and makes progress towards his or her life goals, including educational attainment or employment achievement, physical and mental well being, and connections to community.

Referral Process:

1. Complete Referral Form. If form is not complete, it will be returned (call Contract Specialist with any questions). Referrals can be made by the following:
 - County Social Workers
 - ILS Case Managers
 - Youths (self-referral)
2. Send completed Referral Form to Contract Specialist:
Karen Brain, Contract Specialist
County of San Diego, HHSA, CWS, Special Services Section
7947 Mission Center Court, San Diego, CA 92108, Mail Stop W-466
Phone: (619) 767-5334, Fax: (619) 767-5221
Email: Karen.Brain@sdcounty.ca.gov
3. Referral will be forwarded to the appropriate THP-Plus Provider(s).
4. Provider(s) will keep Contract Specialist and youth informed regarding application process, and whether or not the youth is accepted into the program.

For More Information, Please Contact:

Karen Brain, Contract Specialist
Email: Karen.Brain@sdcounty.ca.gov
Phone: (619) 767-5334

Transitional Housing Program – Plus (THP-Plus)

REFERRAL FORM

Today's DATE: _____

Send Referral TO: Karen Brain, Contract Specialist
Special Services Section, 7947 Mission Center Court, San Diego, CA 92108
Email: Karen.Brain@sdcounty.ca.gov; Phone: (619) 767-5334; Fax: (619) 767-5221

Referral Made BY: _____
(Other than Self-Referred) Name Title, Agency Phone

Applicant's Name: _____ **DOB:** _____

Soc. Sec. Number: _____ Email: _____

Emancipated: Yes No Date/Projected Date of Emancipation: _____

Current Residence: Foster home Polinsky GH/FFA (name:): _____

Relative's Home Other (please specify:): _____

Current Address: _____ Phone: _____

ILS County Social Worker: _____

Phone Number: _____ Email: _____

ILS Contract Case Manager: _____ Agency: _____

Phone Number: _____ Email: _____

Education (check one): GED: completed in progress at: _____

High School Diploma: completed in progress at: _____

Currently Enrolled at: _____ # of Units: _____

Goal/Educational Plan: _____

Employment Status (check one): Not working; no experience. Not working; has past employment experience.

Currently Working At: _____ # of Hrs/Wk: _____

Goal/Career Plan: _____

Pregnant/Parenting Applicants (check ALL that apply): Currently Pregnant Parent of # _____ children

Children will need to live with Applicant Children will *not* live with Applicant

Marital Status (check ALL that apply): Single Married Divorced Separated

Engaged Living with Someone

Transportation (check ALL that apply): Applicant has a Driver's License and Access to a Vehicle

Applicant is Transported by Someone who has a Vehicle Applicant uses Public Transportation

Primary Language: _____ **Secondary Language:** _____

Desired Residence: In what Region of the County does Applicant want to live (number from 1 to 7 in order of preference)?

__No Preference __North Coastal __North Inland __North Central __Central __East __South

Any Disabilities/Needed Accommodations: _____

Applicant's goals, strengths and challenges, basic living skills and management of life domains (describe briefly).

Is there anything else you would like us to know? _____

Thank you for your interest in the THP-Plus Program. We will contact you within two business days of receiving your referral.

Housing (Continued)

San Diego Housing Commission - www.sdhc.net

1122 Broadway, Suite #300
San Diego, CA 92101
(619) 578-7305.

The San Diego Housing Commission is charged with helping to bridge the gap between the [high cost of housing in the City of San Diego](#) and the high percentage of low wage earners. If you are pregnant or parenting, get on the Section 8 Housing waitlist.

This list has a waitlist – do it now! You can get on the list through their website or you can get on the list by mail. Go to www.sdhc.net– click on ‘Commission Owned Apt. /Houses on-line application; mail the form to:

San Diego Housing Commission
Waitlist Department
1122 Broadway, Suite #300
San Diego, CA 92101.

This office also runs the Family Self Sufficiency Program. If you live in public housing or receive rental assistance, you have access to free career planning, job training and family support services.

Be sure to report any address changes you have to this office.

The San Diego Lesbian, Gay, Bisexual, Transgender Community Center

<http://www.thecentersd.org/youthhousingproject.php>

(619) 255-7854 ext 103

This cutting-edge program is one of the first projects of its kind in the United States. The Youth Housing project will provide 23 units of affordable, supportive housing for youth between 18-24 years of age, with a special focus on LGBTQ+ youth. These high-risk youth are currently transitioning out of foster care and/or group homes, or living in the streets or in public spaces after having been ejected from their homes because of their sexual orientation.

Just in Time www.jitfosteryouth.org/

Just In Time For Foster Youth is a non-profit organization initially founded by a group of volunteers who saw the needs of transitioning foster youth and organized a way to collect donations and household items to help them set up their first apartments. They also raise money to help with specific needs such as food cards and emergency situations. If you are moving into your first apartment and you need items to move in, contact:

Just in Time at (760) 505-6647

(You must be employed or going to school to be eligible for this service).

If you find yourself with nowhere to go, there are several emergency shelters and assistance programs in San Diego. It is recommended that you call **INFO LINE: (619) 230-0997 or 211**. This service stays constantly updated on programs and space availability.

Legal Resources for Housing:

Heartland Human Relations and Fair Housing Association

1068 Broadway, Ste 221,
El Cajon, CA 92021
(619) 444-5700

Provides tenant-landlord counseling, mediation, and fair housing services. Investigates discrimination complaints and provides community education seminars regarding housing issues. Provides cultural training and monitors racial, ethnic, and religious incidents of violence or harassment. Provides support for victims of such incidents, including counseling. Works with law enforcement in conflict resolution and

cultural awareness training. Produces tenant rights handbooks on tenant responsibilities and fair housing laws.

Tenants Legal Center

(858) 571-7100 (858) 571-1166

www.tenantslegalcenter.com

Provides low cost legal assistance by attorneys to renters and free information about landlord/tenant laws. Services offered include office visits to analyze and discuss your situation, dispute resolution, eviction defense and small claims court. Check website for free legal information and useful links to other resources.

Renting an Apartment

When you move into an apartment, a landlord will do a credit check to see if you have a good credit rating. The landlord will also check your renter's history to see if you have been a responsible renter, paid your rent on time, etc.

If you have not lived in an apartment before, a landlord may require an adult to co-sign a lease (this means that if you fail to pay your rent or cause damages to the apartment, the adult is then responsible) **and/or** require you to pay a larger security deposit.

Renters are required to pay first month's rent and a security deposit.

A landlord holds the security deposit. When you move out of your apartment, the landlord will use the security deposit to cover any damages or cleaning needed for the apartment. You will receive whatever is left of the security deposit within 21 days of moving out.

Tips:

- *If you sign a lease agreement to rent an apartment, have a trusted adult look it over. Keep a copy of your lease.*
- *Pick your roommates carefully. If they live with you, make sure they also sign the lease. If not, you will be responsible for all damages/charges even if they were not your fault.*
- *Before you move in or sign a rental agreement, inspect the place with the landlord. List any damages or problems in writing before you move in, that way you will not be liable to pay for those damages when you move out.*
- **Pay your rent on time.** Keep a receipt so there is proof that you paid. You will get evicted if you don't pay your rent.
- If you leave your apartment, you must give 30 - 60 days written notice when you plan to leave.
- When you move out, you and your landlord should look at the apartment together with the original list of damages/problems. This helps to make sure you are only charged for things you are responsible for.
- Don't get evicted – evictions remain on your record for several years and will prevent you from being able to rent in the future. They also negatively affect your credit score!
- The California Department of Consumer Affairs has published a very comprehensive list of tenants' rights in California. This booklet contains important information on your rights before moving in, during your tenancy, and as and after you move out. The entire booklet can be viewed online as a PDF file (and downloaded to your computer or flash drive) at: www.dca.ca.gov/publications/landlordbook/catenant.pdf
It is a large document that loads slowly, especially on a dial up connection.
To view it online by section you can go here:
www.dca.ca.gov/publications/landlordbook/index.shtml

The following information was taken from the Tenant's Legal Center website at www.tenantslegalcenter.com. It is a shorter version and includes the basic tenant's rights.

THE LANDLORD TENANT LAWSHEET

Your ready reference to legal issues of interest to the San Diego rental community

SECURITY DEPOSITS

1. The maximum amount a LANDLORD may charge for a residential Security Deposit (in addition to the first month's rent) is a maximum of 2 months' rent for an unfurnished unit, (or 3 months' rent if furnished). Other move-in costs may not exceed these limits regardless of calling the money "last month's rent" or a "pet deposit" etc.
2. A Security Deposit may be used generally for cleaning, repairs, or to cover back rent *after* the TENANT has vacated the property. The LANDLORD may NOT charge for repairs or maintenance required due to ordinary wear and tear. The TENANT need only leave the premises in the "same level of cleanliness" (for tenancies beginning 1/1/2003).
3. The LANDLORD must account for, estimate costs or refund the deposit within 21 days of the move out. The LANDLORD must provide proof of expenditures with the deposit accounting if the deductions exceed \$125.00. The TENANT may still get copies of receipts when the deductions do not exceed \$125.00 upon prompt written request. The LANDLORD (or their employee) may charge for their own labor if it is properly documented.
4. If the rental property is sold, the new LANDLORD is responsible for the Security Deposit of each TENANT.
5. Unless there is an eviction based on a 3 day notice, the TENANT is entitled to an initial move out inspection to identify defects or cleaning needs. The TENANT is entitled to a statement identifying potential deductions affording the TENANT an opportunity to correct those defects, subject to lease restrictions, to avoid deposit deductions.
6. The LANDLORD may be subjected to a penalty of up to two times the deposit for bad faith handling of the deposit.

REPAIRS

1. The LANDLORD has a legal obligation to maintain the premises in a habitable condition even if the lease says the TENANT accepts the unit in a poor or "as is" condition ("Habitability" refers to health and safety conditions). The general standards are set out in Civil Code 1941.1 and Health and Safety Code 17920.3
2. The duty to repair and maintain cosmetic or amenity items (i.e. non-habitability) is governed by contract law.
3. Substantial defects affecting habitability may relieve a TENANT of the obligation to pay the full rent. Non-payment or partial payment of rent, however, may give the LANDLORD an excellent reason to commence eviction proceedings. Great care must be used when withholding rent. Legal advice prior to doing so is encouraged.

ENTRY ON TO THE RENTAL PROPERTY BY LANDLORD

1. The LANDLORD or his/her agent may enter the rented property: To make or supply necessary or agreed upon repairs, decorations, alterations, improvements or services, show the property to prospective tenants, buyers, mortgagees, workmen or contractors, with a court order or in an emergency. A LANDLORD/AGENT may not abuse the right to enter the property. Routine "inspections" are generally not allowed.
2. The LANDLORD/AGENT shall give reasonable **written notice** to the TENANT before entering. A Notice may be personally delivered to the TENANT, left with someone at the premises or at the entry door. Twenty four hours is presumed to be reasonable notice in absence of evidence to the contrary. Six days mailed notice shall be presumed to be reasonable notice in the absence of evidence to the contrary. A 24 hour notice may be given orally **IF** the property is for sale **AND** the TENANT was given notice, in writing, within 120 days of the oral notice, that the property is for sale and that the LANDLORD/AGENT may contact the TENANT orally for an entry. The LANDLORD/AGENT may agree **orally** to an entry within one week of the agreement.
3. No notice is required in case of emergency, if the TENANT is present and consents or after the TENANT has abandoned or surrendered the unit.

EVICITION NOTICES

1. **30 DAY NOTICE OF TERMINATION OF TENANCY** is required to terminate a month to month (periodic) tenancy (residential or commercial), tenancy at will or after a foreclosure. This notice generally need not state a cause (except in the City of San Diego after two years of tenancy), but it cannot be retaliatory, discriminatory, or otherwise illegal. Different rules apply for Govt. subsidized housing (i.e. Section 8 or other programs).
2. **60 DAY NOTICE OF TERMINATION OF TENANCY** is required in a periodic residential tenancy once all the TENANTS or residents have been living in the unit for at least a year. Exceptions include when the home is for sale to a buyer who will live in the unit for at least a year, an eviction following a foreclosure and certain tenancies at will.
3. **90 DAY NOTICE OF TERMINATION OF TENANCY** is required to terminate certain periodic subsidized residential tenancies when no cause is needed.
4. **3 DAY NOTICE TO PAY RENT OR QUIT** notifies the TENANT that rent is past due and to pay the rent in 3 days or vacate the premises. If the TENANT vacates within the 3 days, he/she is NOT relieved from the rent obligations under the lease or rental agreement.
5. **3 DAY NOTICE TO CURE BREACH (or PERFORM COVENANT) OR QUIT.** This notifies a TENANT that he/she has 3 days to do or stop doing something as per the rental agreement or the law. If the TENANT vacates within the 3 days, he/she is NOT relieved from the rent obligations under the lease or rental agreement.
6. **3 DAY NOTICE TO QUIT** is generally used in cases of nuisance, waste, illegal activity, unlawful assignment or sublease or foreclosure. In these cases, the LANDLORD is not giving the TENANT any opportunity to correct anything or pay any rent. The LANDLORD is simply demanding that the TENANT vacate the premises within 3 days.
7. If the TENANT remains in possession after the expiration of the period stated in the NOTICE, (or after the expiration of a lease), and did not do what was required in the lease or demanded in a notice (e.g. to do or stop doing something or has failed to pay the rent), an UNLAWFUL DETAINER lawsuit may be immediately commenced.

UNLAWFUL DETAINER COURT ACTIONS

This is a SUPERIOR COURT LAWSUIT accusing the TENANT of unlawful conduct. This case moves *very* quickly with only 5 days to respond to the lawsuit if personally served (or 15 days if substitute served). The failure to properly respond with effective legal defenses or timely file proper papers will result in a judgment against the TENANT causing the loss of valuable rights. The TENANT will then be physically removed from the property. Moving prior to trial will not cancel the case. Counter-suits are generally NOT allowed while the TENANT is still in possession. Because these cases are so technical, and since the TENANT'S credit (including a future ability to rent) is at risk, specialized legal assistance is strongly recommended. Using "do it yourself" self help forms, computer programs or stations, self defense "kits" or handling one's own case without representation (by an experienced attorney) has led to disaster in most all cases. If you are served with an Unlawful Detainer, seek qualified legal assistance right away.

EXCEPTIONS TO UNLAWFUL DETAINER ACTIONS

Here, the LANDLORD may ask the police to remove the person under trespassing law if the person fails to move out when required by law.

1. **30 DAY NOTICE OF TERMINATION OF TENANCY** (on month to month tenancies) given to a sole lodger renting one room in a dwelling which is also occupied by the owner of the same dwelling.

2. **HOTEL/MOTEL LODGERS** When renting a room for less than 30 days or more than 30 days if the facility has *all* of the following: property safe, central telephone, maid, mail and room service, occupancy available for less than 7 days and food service at or connected to the facility, then the lodger is not a tenant and may be evicted by the police.

FREE LEGAL INFORMATION

RENTERS LAW LINE - (858) 571-1166 free 24 hour phone service sponsored by the **Tenants Legal Center of San Diego**. There is no charge for each call (*Normal toll charges may apply for long distance callers*).

Information taken from - www.tenantslegalcenter.com For further information on the above and for other **FREE** legal information and useful links to important assistance resources.

California law for San Diego is applied in this LAWSHEET. Such laws may or may not be applicable in other jurisdictions. The information provided herein is of a general nature and is not intended to be taken as specific legal advice. For legal advice in a particular situation, promptly consult with an appropriate attorney. © Tenants Legal Center of San Diego 2007

Transportation

Public Transportation

- ❖ www.sdcommute.com will give you bus and trolley information and schedules.
- ❖ **Regional Transit Information:** (619 or 858) 233-3004. Use this number to get route specific information such as bus numbers and times from any location in San Diego to another.
- ❖ Apply for the **Volvo Keys to Success Scholarship** to get behind the wheel driving experience. Your ILS worker can refer you to this program.
(See previous ILS section of this guide)

To get a driver's license, you will need to do the following:

- Pass a Written exam
- Pass a Driver's exam
- Pass a Vision exam
- You will need your social security number and a picture ID.

For more information, go to www.dmv.ca.gov or call the Department of Motor Vehicles at (800) 777-0133

Tips for Buying a Car:

- **RESEARCH!!!** You want to find a car that will suit your needs, fit your budget, and will run well and last a long time.
- Consumer reports - www.consumerreports.org is a great guide for the mechanical reliability of a car, you can look it up by make, model, and year. Look online or go to the library for older editions.
- Kelley Blue Book - <http://www.kbb.com/> A great resource to price the car you want or are trying to sell.
- Always have a mechanic (one that you find, NOT the seller of the car) inspect the vehicle you want to buy for any major mechanical problems.
- Check fuel economy of the car you want. Gas is **EXPENSIVE!!**
- Trust your gut. If you think someone is trying to cheat you or not give you a good deal, walk away.
- Don't just buy the first car you see. Make sure it meets your needs and is of quality.
- You will need insurance. Some vehicles are much cheaper to insure than others.

Automobile Insurance

California Law requires that all drivers be insured. However, too many low-income drivers remain uninsured because the costs of standard insurance premiums are beyond their financial reach.

California Low Cost Automobile Insurance Program (CLCA)

www.insurance.ca.gov/0100-consumers/0060-information-guides/0010-automobile/lca/index.cfm



The California Low Cost Automobile Insurance Program's purpose is to provide low-income good drivers with access to affordable liability insurance. The program was created by the legislature in 1999. California Law requires that all drivers be insured. However, too many low-income drivers remain uninsured because the costs of standard insurance premiums are beyond their financial reach. The CLCA program provides an affordable option that meets the state's financial responsibility. The program provides real insurance through the top insurance companies in California.

Who is eligible for the California Low Cost Automobile Insurance Program?

To be eligible for the CLCA program: you must meet the following requirements:

Be able to meet low-income requirements (1 person = \$26,000, 2 persons = \$35,000, 4 persons = \$53,000, 8 persons = \$89,000)

Meet the good driver standard (no more than one at-fault property damage only accident or more than one point for moving violation in the past three years)

Applicant has not had an at fault accident involving bodily injury or death in the past 3 years.

Be at least 19 years old

Have been continuously licensed to drive for the past three years

Have a vehicle valued at less than the \$20,000

Apply for the California Low Cost Automobile Insurance Program by calling 1-866-602-8861.

Tip:

- *The sooner you get your driver's license, the cheaper your car insurance will be later on.*

Legal Resources

National Center for Youth Law – <http://www.youthlaw.org/>

Office of the Foster Care Ombudsman – (877) 846-1602 – Provides information about your rights while you are in foster care. The website for the foster care ombudsman is www.fosteryouthhelp.ca.gov

National Center for Lesbian Rights

(800) 528-6257

Email: info@nclrights.org

Provides help with legal and civil rights problems and information about gay and lesbian issues.

There are many agencies in the community that provide legal services, information and referrals. The agencies listed provide free or low cost services to people with low incomes.

Legal Aid Society -- All offices can be reached at 877-LEGAL AID (877-534-2524).

San Diego Main Office

110 South Euclid Ave

San Diego, Ca 92114

(877) 534-2524

Downtown Office

1475 Sixth Ave. 4th Floor

San Diego, CA 92101

North County Office

216 South Tremont St.

Oceanside, CA 92054

(760) 722-1935

The Legal Aid Society Provides legal services for those who qualify under the federal low-income rules. Typical cases involve bankruptcy, auto disputes, student loans, Social Security problems, welfare disputes, subsidized housing complaints, and evictions. No fees are charged.

Lawyer Referral & Information Service of the San Diego Bar Association

1333 7th Ave

San Diego, CA 92101

(619) 231-8585

249 South Indiana Ave

Second Floor

Vista, CA 92084

(760) 758-4755

The San Diego Bar Association provides occasional free legal clinics concerning all legal matters except taxation and immigration. Call for information about their legal clinics.

North County Lifeline – Mediation and Legal Services - www.nclifeline.org/

Vista Office

200 Michigan Ave
Vista, CA 92084
(760) 726-4900

Oceanside Office

707 Oceanside Blvd
Oceanside, CA 92054
(760) 757-0118

Offers a legal advice clinic in a 20-minute consultation with an attorney. Attorneys inform clients of their legal options in such areas as family law, bankruptcy, debt collection, personal injury, consumer rights, employment law, and landlord/tenant issues. Does not provide court representation or consultation on criminal or immigration issues. Provides free mediation services (in-person or via telephone) through trained mediators in such areas as domestic issues, landlord/tenant, consumer/merchant, employer/employee, parent/teen, collection, and other community-based issues.

San Diego Mediation Center

Downtown Office

625 Broadway
San Diego, CA 92101
(619) 238-2400
From North County (760)494-4728
Email: info@ncrconline.com

El Cajon Office

181 Rea Avenue, Suite 101
El Cajon, CA 92020
(619) 593-4530

South Bay Office

663 East San Ysidro Boulevard
San Ysidro, CA 92173
(619) 428-3200

Provides mediation services to assist in resolving disputes. Community mediation services are available to the community at little or no cost and address disputes between parents and teens, the elderly and their caregivers/relatives, consumers and merchants, neighbors, mobile home park residents and owners, police and citizens, and disputes qualifying for small claims court. Offices located downtown, East County and South Bay.

San Diego Volunteer Lawyer Program - www.sdvlp.org

(619) 235-5656
625 Broadway, Ste 925
San Diego, CA 92015

Provides free legal services to people with low incomes for civil law matters including family law (divorce, child custody, and paternity), domestic violence prevention (including restraining orders), immigration, and other areas. Attorneys and support staff at the clinics provide legal information and counseling. No criminal law assistance.

USD Legal Clinics -

www.sandiego.edu/usdlaw/about/legalassist/clinics/pubinfo.php

(619) 260-7470

Free clinics that provide legal information and representation to low-income clients. The clinic has nine areas of concentration: immigration, civil, environmental, land use, tax, small claims, entrepreneurship, special education, and mental health patient advocacy. Call for clinic schedule.

**Center for Social Justice - www.hhrfha.org/
Formerly Heartland Human Relations and Fair Housing Association.**

1068 Broadway, Ste 221
El Cajon, CA 92021
(619) 444-5700
(800) 954-0441
Email: info@c4sa.org

Provides tenant-landlord counseling, mediation, and fair housing services. Investigates discrimination complaints and provides community education seminars regarding housing issues. Provides cultural training and monitors racial, ethnic, and religious incidents of violence or harassment. Provides support for victims of such incidents, including counseling. Works with law enforcement in conflict resolution and cultural awareness training. Produces tenant rights handbooks on tenant responsibilities and fair housing laws.

Tenants Legal Center - www.tenantslegalcenter.com

5252 Balboa Ave, Ste 408
San Diego, CA 92117
Office: (858) 571-7100
INFOLINE: (858) 571-1166
Email: info@tenantslegalcenter.com

Provides low cost legal assistance by attorneys to renters and free information about landlord/tenant laws. Services offered include office visits to analyze and discuss your situation, dispute resolution, eviction defense and small claims court. Check website for free legal information and useful links to other resources. Website also has 3 page overview of tenants rights.

Childcare/Parenting Resources

The following is a list of childcare agencies.

Childcare Community Referral Services

3604 Texas St.
San Diego, CA 92104
(619) 574-1454 ext. 3604

Maintains a list of all licensed child day care homes in San Diego County and provides referrals to callers according to geographic location. There are providers available for days, nights, weekends, part-time, full-time, or drop-in basis.

Health and Human Services Agency, County of San Diego – Childcare Services Mission Valley Family Resource Center

7947- 49 Mission Center Ct.
San Diego, 92108
(800) 716-4300

Programs provide childcare payment assistance for eligible active/former CalWORKs families and low-income parents who are working, seeking work, in school, or in a job training program. Sliding fee scale based on family income. Fee scale varies by childcare program. There is a waiting list for non-CalWORKs programs.

YMCA of San Diego County – Childcare Resource & Referral Service

www.ymcacrs.org/index.php Maintains a referral list of licensed childcare providers, including family childcare homes, childcare centers, Head Start programs, state preschool programs, and those who provide care in child's home. Information and childcare referrals for all of San Diego County are available to anyone. Offers a resource lending library including books, videos, and periodicals, and a toy library for childcare providers. Phone or walk in. No fees for referral services; childcare fees vary among providers.

Toll Free number for all offices:
(800) 481-2151

[North County](#)
640 Escondido Ave, #108
Vista, CA, 92084
Tel: (760) 726-9100

[Main Office](#)
3333 Camino Del Rio South #400
San Diego, CA 92108-3808
Tel: (619) 521-3055

[South County Office](#)
401 Mile of Cars Way, Suite 340
National City, CA 91950-6608
Tel: (619) 474-4707

San Diego Centralized Childcare Eligibility List - www.crcnapa.org/CEL.htm

The CEL is a single countrywide list of all children from income eligible families who are waiting for a subsidized child care and development program. Agencies offering subsidized child care and development contact families in need from the CEL for enrollment.

San Diego Headstart

Free Childcare Resource
(888) 873-5145

Parenting Resources

Planned Parenthood - www.planned.org (888) 743-PLAN (7526)

Parenting Link: - www.informsandiegofamilies.org

(858) 300-1200

Parenting Link will help you connect to parenting classes, childbirth education classes, In-home parenting support, workshops, support groups, and special events for families.

Parents as Teachers (PAT) - www.informsandiegofamilies.org

(858) 300-1200

PAT is an early education and support program. The program is designed to enhance child development and school achievement through parent education and involvement. They provide several services, including a resource and referral network to connect families with needed resources and help parents overcome barriers to accessing services. They also provide monthly group meetings for parents.

San Diego Headstart - www.sandiegoheadstart.org/SDHS/home.html

The Head Start program has a long tradition of delivering comprehensive and high quality services designed to foster healthy development in low-income children. Head Start grantee and delegate agencies provide a range of individualized services in the areas of education and early childhood development; medical, dental, and mental health; nutrition; and parent involvement. In addition, the entire range of Head Start services is responsive and appropriate to each child's and family's developmental, ethnic, cultural, and linguistic heritage and experience.

The Preventative Ounce - www.preventiveoz.org/

An interactive website that allows you to:

- Complete a short, temperament questionnaire and see immediately on-line a profile of your child's temperament.
- Learn general strategies for managing the highs or lows of your child's temperament.
- Discover what specific behavioral issues are normal for your child's temperament.
- See when and how often these issues are likely to occur in the next year.
- Get information, tailored to your child's temperament, for managing each issue you are likely to encounter. See what other parents of similar children say works well, and what doesn't.

Education

GED Programs:

If you can get your high school diploma, you should because it will help you to get into college, and to get a job. However, if it is not possible for you to complete your high school diploma, you can get your General Education Development (GED) diploma. The GED will improve your career opportunities and allow you to enter a community college. To get more information about obtaining your GED, you should contact:

The San Diego County Office of Education - <http://www.sdcoe.k12.ca.us/>

6401 Linda Vista Rd.
San Diego, CA 92111
(858) 292-3500

SOME Post Secondary Educational Options:

Career Colleges & Trade Schools

Career Colleges and Trade schools have specialized programs that will educate and train you for a specific career. There are several of these programs around San Diego; some examples are beauty colleges, tech schools that will teach advanced computer skills, Culinary (cooking) schools, and schools that will train you in the medical and legal fields.

Apprenticeships

An apprenticeship is basically on the job training and education. Most apprenticeships are in the construction industry.

Community Colleges

A community college is a 2-year non-residential (you do not live on campus) that provides academic and vocational courses toward an Associates Degree. Many people begin their education at a 2-year community college and transfer their credits to a four-year university to obtain a higher degree.

Four Year Colleges & Universities

There are several 4-year colleges and universities in San Diego. These institutions offer courses toward Bachelor's, Masters, and Doctoral degrees. These can be private, Cal State System, or the UC System.

Other Types of Colleges/Universities

Some colleges and universities specialize in serving certain populations. These include but are not limited to Historically Black, Tribal, Single Sex, Disabilities, and Religious Affiliations.

Documents and information needed for your files:

- School transcripts from all schools you attended
- Diploma/GED
- Copies of certificates, awards and scholarship applications
- Copy of your Individualized Education Program (IEP) if you have one.
- Copy of your PIN number to access your FAFSA on-line
- Copy of your Student Aid Report (SAR) which is a summary of your FAFSA information

Education Support Services:

Foster Youth Services (FYS) <http://www.sdcoe.net/ssp/support/fys/?loc=home>

8333 Clairemont Mesa Blvd. Suite 212
San Diego, CA 92110
(858) 503-2620

Offers supportive services and advocacy in education for foster youth and former foster youth. Visit their website for detailed service and contact information.

College Connection - www.sdcoe.k12.ca.us/student/ss/college.asp.

Events and tours given on college campuses to give youth and young adults the opportunity to learn about the supports available, such as EOPS. Call Foster Youth Services for a schedule of College Connection events or visit their website at

Extended Opportunity Program and Services (EOP/EOPS)

Available at most community colleges (EOPS) and universities (EOP). EOPS can assist with: priority registration, book vouchers, cash grants, fee waivers, emergency loans, support groups, social gatherings and tutoring. Always contact the EOPS office at the college or university you want to attend. Apply early to receive these funds and supports! If you are pregnant or parenting, please inquire about child care supports through EOPS. Information on EOPS can be found by going to the website of the specific college you plan to attend.

Paying for College/Education

Free Application for Federal Student Aid (FAFSA)

To apply for financial aid, complete the FAFSA - Free Application for Federal Student Aid. Talk with your high school counselor to access this form, or go on-line www.fafsa.ed.gov.

- ❖ **On the FAFSA, check YES on question #53**, which identifies you as someone who is (was) in foster care. This makes you eligible for certain scholarships and grants.
- ❖ Within four weeks after completing your FAFSA, you will receive a Student Aid Report (SAR). Review it for accuracy of information.
- ❖ If you don't receive your SAR within four weeks, call the FAFSA customer service number (800) 433-3243 to check the status of your application. For online application status checks, go to www.fafsa.ed.gov and select "check status of a submitted FAFSA" under the "FAFSA Follow-up" section.

Important Tip:

- *When you submit your FAFSA, you will receive a PIN number to access your form on-line. **Remember your PIN! Write it down in a safe place!***
- *If you change your school choice at the last minute, make sure that your FAFSA information is sent to the new school. All of the schools you are interested in attending need to receive your FAFSA information. You can also report these changes on-line.*

Cal Grants

Cal Grants are financial aid funded by the State of California for attendance at California schools. You must also submit a FAFSA to the US Department of Education to be considered for a Cal Grant.

Some high schools or counselors send them to the student aid commission for you electronically and some schools don't. **Check with your school.** If your school does not submit them electronically, you can obtain the paper form from your school and mail it in yourself. Visit the California web site or call for additional information: www.csac.ca.gov or call (888) 224-7268.

General Tips for Cal Grants:

- *Keep your information updated with the student aid commission (The student aid commission is separate from the US Department of Education. Keep your information updated with both agencies). You can update this information by calling the number listed above.*
- *Cal Grants are awarded based on your grades and financial need.*
- *If you earned a GED instead of a diploma, you can still apply for a Cal Grant. You must submit your GED scores, but they must be certified. Call (888) 224-7268 with questions.*

Chafee Education and Training Voucher (ETV)

Chafee ETVs are available exclusively to former foster youth. An Education and Training Voucher will provide you with up to \$5,000 / year for school. To receive a voucher, you must be at least 16 years old. If you were adopted, it must have taken place after your 13th birthday. You must be or have been eligible for services under the state's Chafee ILP program between age 16 and age 19. If you are participating in the program at age 21, it is available to you until your 23rd birthday if you are enrolled in an approved post-secondary (after high school) education program and are making satisfactory progress in completing the course of study.

How to Apply:

You will need to fill out the FAFSA (mentioned above, available at: <http://www.fafsa.ed.gov/>) and you will have to fill out the California Chafee Grant Program Application, available online at: <https://www.chafee.csac.ca.gov/>

 **Contact for more information:** - www.csac.ca.gov

The California Student Aid Commission
Specialized Programs Operations Branch
Attn: California Chafee Grant Program
P.O. Box 419029
Rancho Cordova, CA 95741-9029
(888) 224-7268
Email: studentsupport@csac.ca.gov

California Chafee ETV Program – Foster Care Eligibility Certification Form



The applicant identified below is applying for the California Chafee Educational and Training Voucher (ETV) Program administered by the California Student Aid Commission (Commission) under contract and guidance from the California Department of Social Services (CDSS). The Chafee ETV Program assists eligible current and former California youth who were/are in foster care with the costs of attending a postsecondary education and training institution. **Eligibility: Youth who were/are in a foster care placement at any time under court dependency, between the ages of 16-19 whose 22nd birthday is prior to July 1, of the award year.** To determine eligibility, specific information is required from either a *County authorized Independent Living Program (ILP) Coordinator or Social Worker or Probation Officer (PO).

Section I: To Be Completed by Student Applicant (Please Print Clearly or Type)

Instructions to applicant: Complete the following information. Make sure you provide your correct social security number (SSN) and Date of Birth (DOB). Sign and forward the form to the authorized *County representative, as listed above.

Print Full Name: _____
(First) (Middle Initial) (Last)

SSN: _____ Date of Birth: _____

Current Mailing Address: _____

Current Phone Number: (____) _____ Email: _____

I hereby authorize the appropriate *County representative to complete and release the information listed in Section II of this form that verifies my eligibility to participate in the Chafee ETV Program. [Website for the listing of authorized *County representatives is www.childsworld.ca.gov/ILPCountyC_1443.htm.

Applicant's Signature: _____ Date: _____

Section II: To Be Completed by County ILP Coordinator/Social Worker/PO

Instructions to County representative: Complete the following information to certify foster care placement, under court dependency, was established for the youth listed above between their 16th – 19th birthday.

State ID Number: _____ County Jurisdiction: _____

Date(s) in foster care placement: _____

By my signature, I certify that the above applicant meets the criteria for the California Chafee ETV Program.

Authorized County Representative Signature: _____ Date: _____

Authorized County Representative: _____ County: _____
(Print Name)

Phone Number: (____) _____ Email: _____

Please send form to: **CDSS - Foster Care Support Services Bureau**
Independent Living Program Policy
744 P Street, MS 14-78
Sacramento, CA 95814
Fax: (916) 657-4357

Section III: To Be Completed by California Department of Social Services (state representative)

I certify that the youth meets the criteria for participation in the California Chafee ETV Program.

Authorized State Representative Signature: _____ Date: _____

Scholarships Available For Foster Youth:

- **San Diego Foundation Common Application Scholarship.**
<http://www.sdfoundation.org/scholarships/common.shtml> By completing this one application, you are able to apply for approximately 60 scholarships.
This application is DUE by January 23, 2009!
- **Cal Grants** – www.csac.ca.gov – grant funding for state of California
- **Child Abuse Prevention Foundation Guardian Scholars** –
http://capfsd.org/link_pages/scholarship.html A great program that provides money for tuition and living along with lots of support. Applications available now and due March 2!
- **Dollars for Scholars Foster Opportunities** –
http://www.californiadollarsforscholars.org/ChapterFindChap_SanDiego.html
- **Orphan Foundation** – www.orphan.org
Available for foster care youth who were not in foster care with Casey Family Programs.
- **San Diego State University Guardian Scholar Program** (Through the EOP Office)
<http://eop.sdsu.edu/students/Guardian.htm>
A program for former foster youth which accepts a certain number of foster youth every year into the college and provides a full scholarship, peer support, tutoring, and academic support.
- **Alex Smith Foundation San Diego State University Guardian Scholars Program** –
www.alexsmithfoundation.org
- **SDSU General Scholarships** <http://www.sa.sdsu.edu/scholarship/index.html>
- **FASTWEB** - <http://www.fastweb.com/> A great site where you sign up with your interests, goals, grades, experiences, etc. They will email you personalized lists of many scholarships you may be eligible for.
- **BOGW** – Board of Governors Grant Waiver – Covers costs of tuition fees and costs for California Community colleges – Contact the admission and financial aid offices at any Community College.

Tips:

- *Keep your grades up. You can lose your financial aid and scholarships if you have a poor academic semester. A 2.0 GPA is generally the lowest you can have before losing scholarships or being placed on probation.*
- *For the Chafee Grant, you must call to check on the status of your award at (888) 224-7268. The number is usually busy, so try to call at 8:00 a.m. to get through.*
- **Avoid student loans if at all possible.** *Coming from foster care you are eligible for a lot of scholarships and grants.*

ARE YOU ELIGIBLE?

If you are a highly motivated student, UC San Diego wants you to apply for the Guardian Scholars Program. Does this sound like you?

- former foster youth between the ages of 17 and 23 (or legally emancipated, if still a minor)
- a full-time student
- qualified for admission to UC San Diego as a freshman or transfer student
- earned at least a 2.5 GPA in coursework
- considered "independent" under Federal financial aid guidelines
- completed the FAFSA to apply for financial aid by the priority filing date
- California resident, and U.S. citizen or permanent resident

To remain eligible for the Guardian Scholars Program once the scholarship has been awarded, you will need to:

- fully participate in all aspects of the program—meetings, events, mentoring, career mapping, academic advising
- maintain an overall GPA of 2.5 or higher
- stay continuously enrolled at UC San Diego (unless a formal leave of absence is granted)
- maintain full-time enrollment status (at least 12 units per quarter)
- abide by all University of California standards for appropriate conduct and community behavior

Guardian Scholars Program Mission Statement

The mission of the Guardian Scholars Program is to implement and sustain services and support to identified foster youth at UC San Diego. This is a collaborative effort among key campus departments and the Child Abuse Prevention Foundation (CAPF).

UC San Diego's Guardian Scholars Program is committed to supporting former foster youth who have already overcome significant obstacles. The program's ambitious goals match the determination of its students to achieve their dreams of a college education.

If you meet the qualifications... if you've got the dream... we're right here with you. Contact us—let's find out just what's possible.

**"Education is the most powerful weapon
which you can use to change the world."**

— Nelson Mandela
political leader

Contacts

For general program information and questions:
Susan Kelly (858) 822-1366 skelly@ucsd.edu

For admissions information and questions:

Freshmen:

Shirley Balbin-Stacher (848) 534-0365 sbalbin@ucsd.edu

Transfer students:

Timothy Borch (858) 822-0348 tborch@ucsd.edu

For financial aid information and questions:

Teresa Stanley (858) 534-0539 tstanley@ucsd.edu

Yvonne Bornego (858) 534-1669 ybornego@ucsd.edu



admissions.ucsd.edu

fao.ucsd.edu

Guardian Scholars Program at UC San Diego



Scholarships & Services for Foster Youth

The Guardian Scholars Program is committed to supporting former foster youth in their efforts to gain a college education.

Many of these young people have overcome significant challenges and now qualify for admission to UC San Diego. With the Program's help, they can begin to achieve their dreams.

Without traditional family support, it can be difficult to make the transition to adulthood at age 18. Friendly and informal monthly meetings with the Guardian Scholarship mentor are focused on problem solving, life counseling, and encouragement.

More Than a Scholarship

The Guardian Scholars program is a working partnership between the private sector and public agencies designed to support our students beyond the boundaries of a traditional scholarship. In addition to scholarship funds, the program provides:

- orientation to university life
- opportunity to live on campus year round
- student employment opportunities
- assistance with financial aid applications
- life skills counseling
- career planning
- a recognition event for scholars and program supporters

UC San Diego – A Unique Environment

The system of six undergraduate colleges at UC San Diego creates a small-campus atmosphere backed by the advantages of a major research university. You choose your college based on its approach to core education requirements and overall philosophy, for an experience you can't get at other universities.

Encouragement and Opportunity

The program is designed to help ensure academic success, to offer support services and experiences that encourage active participation in life on campus, and to provide career-development skills for life after graduation. The Guardian Scholars Program is the opportunity to change individual lives and make dreams come true.



7th best public university in the nation
— U.S. News & World Report

4th in the nation based on the positive impact the university has on the country
— Washington Monthly's 2007 College Guide

Think outside the classroom and get involved in research projects or internships.

Find Your Niche by making friends in your classes and your college. Join one or two of the 400+ student organizations on campus to study, provide service, explore cultural interests, and have fun.

Find a Home at the Cross-Cultural Center, LGBT Resource Center, or The Women's Center—all offer space to relax or study, get involved in social justice, or simply hang out with friends. All students, staff, and faculty are welcome at the Centers.



"None of us got where we are solely by pulling ourselves up by our bootstraps. We got here because somebody—a parent, a teacher, an Ivy League caddy, or a few nuns—bent down and helped us pick up our boots."

— Thurgood Marshall
former U.S. Supreme Court Justice

Employment

Documents needed for your files:

- Master Job Application
- Resume
- Cover Letter Template or Sample
- References

Tips:

- <http://www.free-resume-example.com/> is a good FREE website to help you build and improve your resume and cover letter. Keep your resume and master job application updated. Know the dates you were employed.
- Have an appropriate e-mail address and phone message on your home phone and cell phone. Employers will use this to contact you.
- Keep an updated list of professional references.

Online Career Exploration:

www.cacareerzone.org - **The California Career Zone website has an excellent overview of over 900 occupations! It also has a skills assessment, Interest Profiler, and a Reality Check about how much each job really pays and the education needed to get it.**

<http://www.bls.gov/> - **U.S. Department of Labor Bureau of Labor Statistics**
Includes information on wages, earnings, and benefits by occupation and area.

<http://nextsteps.org/> - A detailed website that includes career planning, job seeking, keeping a job, and other resources.

<http://rileyguide.com/> - **The Riley Guide** introduces you to the online job search, listing many online sites and services that are useful for your job search.

<http://youthjobs.ca/who.html> - Offers a personal vision inventory, values, interests, personality profiles, and skills identification.

<http://www.monster.com/> - allows you to search for jobs online as well as post your resume on their site for employers to view.

<http://www.snagajob.com/> - Hundreds of local hourly employment jobs listed by zip code.

Career One Stop.Org -

<http://www.careeronestop.org/Audience/JobSeekers/JobSeekers.aspx>

A Career Exploration site that includes skills assessments, career options, updating your skills, and advancing your career. Lots of links to other sites.

Employment Assistance Programs for youth and young adults ages 16-21:

Metro Area:

Youth Empowerment Services (YES) Transition Network - www.access2jobs.org

2612 Daniel Ave
San Diego, CA 92111
(858) 560-0871

Toribio Romo Center
3119 Imperial Ave
San Diego, CA 92102
619) 237-9571

North County Area:

Escondido Education COMPACT - www.educationcompact.org

2247 East Valley Parkway
Escondido, CA 92027
(760) 839-4515

East County Area:

Grossmont Union High School District -GUHSD Out of School Program

<http://eccc.guhsd.net>

924 E. Main St.
El Cajon, CA 92021
(619) 590-3900

South Bay Area:

Turning the Hearts Center

www.turningtheheartcenter.org

Serves youth ages 16-24 years old
345 5th Ave
Chula Vista, CA 91910
(619) 691-9643

YES Transition Network

Chula Vista Mall
555 Broadway
Suite 2048
Chula Vista, CA 91911
(858) 560-0871

One Stop Career Center Youth Services for adults ages 18+

The One-Stop Career Centers in conjunction with the San Diego Workforce Partnership provide services to 14-21 year olds which includes job search assistance, career assessment, workshops, information and referrals. Detailed program and location information can be found at: <http://www.sandiegocatwork.com/index.html>. Click the YOUTH Tab for more info.

Metro Area:

Metro Career Center

3910 University Ave
San Diego, CA 92105
(619) 516-2200

Metro Career Center

Serra Mesa-Kearny Mesa Branch
9005 Aero Drive
San Diego, CA 92123
(858) 715-0442

South Metro Career Center

4389 Imperial Ave
San Diego, CA 92113
(619) 266-4200

South Metro Career Center/Grant Hill

3295 Market St.
San Diego, CA 92102
(619) 233-6829

North County Area:

North Inland Career Center
463 North Midway Drive
Escondido, CA 92027
(760) 871-1962

North County Coastal Career Center
1949 Avenida Del Oro, Suite 106
Oceanside, CA 92056
(760) 631-6150

South Bay Area:

South County Career Center
1111 Bay Blvd., Suite E.
Chula Vista, CA 91911
(619) 628-0300

**South county Career Center
Bonita Branch**
Bonita-Sunnyside Public Library
4375 Bonita Road
Bonita, CA 91902
(619) 472-6602

East County Area:

East County Career Center
924 East Main St.
El Cajon, CA 92021
(619) 590-3900

**East County Career Center
Spring Valley Branch**
Spring Valley Public Library
836 Kempton St.
Spring Valley, VA 91977
(619) 667-0133

Other Employment Options:

JOB CORPS <http://jobcorps.dol.gov/centers/CA.htm>
1325 Iris Ave.
Imperial Beach, CA 91932
(800) 733-JOBS

Job Corps offers a variety of training programs for both men and women between the ages of 16 and 24. The training that is offered includes accounting, automotive technology, carpentry, computer technology, culinary arts, electrical trades, nursing, secretarial, and many more. Besides receiving vocational training, you may also continue academic studies to get your GED or high school diploma. Job Corps centers are located throughout the Western United States, with some specializing in an area of study.

You will be paid while you are in the corps, along with receiving room and board and all your medical needs. The benefits you will receive are increased the longer you stay in the program.

Regional Occupational Programs (ROP) www.sdcoe.net/rop/
(858) 292-3529

ROP provides job training classes in areas such as 3D computer animation, accounting, business, computer science, web design, culinary arts, medical assistant, landscape maintenance, child development, graphic communications, commercial photography, automotive technology, and many more. These classes provide practical experience as well as high school credit. A certificate of completion is provided upon successful completion. Classes are free, usually held at local high schools, and are open to all residents of San Diego who are 16 years of age or older.

If you are over the age of 18 and/or an emancipated youth, enroll at the ROP Service Center where the course you want is offered. If you are between the ages of 16 and 18, enroll through your high school counselor. ROP Service Centers are in every school district in San Diego County.

If You Lose Your Job:

If you are terminated or laid off from your job, you may be eligible for State Unemployment Benefits. Call the Employment Development Department Unemployment Insurance Office at (800) 300-5616

If you lost your job because of a job related illness or injury, you may be eligible for Workers Compensation. Call the **State Industrial Relations Department** at (619) 767-2086.

State of California Division of Workers' Compensation www.dir.ca.gov/

(800) 736-7401

If you are injured or become ill on the job, you may be entitled to workers' compensation benefits. Talk with your employer or contact the San Diego Information Service Center listed below.

San Diego Information Service Center

(619) 767-2082

Provides assistance and information with the process of applying for workers' compensation. No legal advice is provided.

State of California Employment Development Department

www.edd.ca.gov/fleclaim.htm

(800) 300-5616

Unemployment Insurance - When you are unemployed, or working less than full time, and ready, willing, and able to work, you may be eligible to receive unemployment insurance benefits.

The following several pages are a Master Job Application you can complete and keep with your Employment files

Master Job Application

This worksheet is useful when gathering the information needed to complete a job application or write a resume. You will not need all of this information when completing these documents. This is a place to organize information and thoughts.

Name _____

Address _____

Phone number _____ **E-mail** _____

Skills (List job-related licenses, skills, abilities, training, honors, awards, and special accomplishments.)

- _____
- _____
- _____
- _____
- _____

EMPLOYMENT HISTORY: (START WITH PRESENT OR LAST POSITION)

Employer: _____

Address: _____

Supervisor: _____

Phone: _____

Position Title: _____

From: _____ To: _____

Duties: _____

Salary: _____

(first)

(last)

Reason for leaving:

Employer: _____

Address: _____

Supervisor: _____

Phone: _____

Position Title: _____

From: _____ To: _____

Duties: _____

Salary: _____

(first)

(last)

Reason for leaving:

Employer: _____

Address: _____

Supervisor: _____

Phone: _____

Position Title: _____

From: _____ To: _____

Duties: _____

Salary: _____

(first)

(last)

Reason for leaving:

RESIDENCE

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

Address (Number and Street, City, State, Zip Code)

Dates in residence

(From) _____
(To) _____

EDUCATION

	NAME AND ADDRESS OF SCHOOL	DEGREE/ DIPLOMA	DATES ATTENDED
High School	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
College/ Vocational School	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

VOLUNTEER ACTIVITIES

Organization	_____
Position	_____
Dates	_____
Activities	_____
Organization	_____
Position	_____
Dates	_____
Activities	_____
Organization	_____
Position	_____
Dates	_____
Activities	_____

INTERESTS AND HOBBIES

REFERENCES

Name

Company

Job Title

Work phone

Home phone

Name

Company

Job Title

Work phone

Home phone

Name

Company

Job Title

Work phone

Home phone

ADDITIONAL NOTES

Health

Documents needed:

- Health Passport
- List of the first and last names of all of the Doctors, Dentists, Psychiatrists, Therapists and other health providers you have seen. Include the dates you saw these health professionals.
- List of your medications and dates they were prescribed
- A copy of your Medi-cal or Health Insurance Card
- The first and last name and phone number of your Medi-cal worker (You can get this information from your HHS social worker).

Health Insurance

Medi-cal

Medi Cal is available to all foster youth automatically. You will be automatically transferred into Medi-Cal on your 18th birthday and your coverage will continue until your 21st birthday. **Even though you *should* be automatically transferred into Medi-Cal upon turning 18, you should make sure that you are aware of your Medi-Cal coverage.** If you move, you need to inform Medi-Cal as soon as possible at (858) 694-2541. If their office does not have a current address for you, they will terminate your Medi-cal health insurance. There are no income or asset requirements for you. Annual re-determination of your eligibility is limited to state residency verification; you must continue to live in California to continue receiving Medi-Cal.

You can also contact your assigned Medi-cal worker. If you don't know your Medi-cal worker's phone number, call the Main **Public Assistance Information Line at (858) 694-2541** to find out who is assigned to your case.

 **Medi-Cal Contact Information:**
(800) 541-5555

Healthy Families www.healthyfamilies.ca.gov


(800) 880-5305


- Healthy Families is low cost insurance for children and teens up to age 19. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal.
- Healthy Families members pay a low monthly premium.
- The Healthy Families plans cover most visits to doctors, dentists and specialists, and prescriptions.
- The Healthy Families plans cover the costs of hospital care, labs and preventive care. To apply, go online or call the number above.

If you are having problems accessing healthcare, there are several organizations that may be able to help you:

 **Health Care Program for Children in Foster Care:**
(619) 692-8489

 **Consumer Center for Health Education & Advocacy:**
(877) 734-3258

 **Health Access Initiative for Foster Youth:**
(619) 235-5656 Ext: 112

 **SD County Public Assistance Line:**
(866) 262-9881

Medical Clinics

To find a Medical Clinic near you – look at the website www.ccc-sd.org/clinics

Health South Medical Clinics

(800) 328-5635

This health department provides public health services for the residents of San Diego County providing many types of clinics and programs. They include: Child Health Disability Prevention (CHDP). This is a program for babies, children, youth and adults on Medi-Cal under age 21. Free health check-ups are available. A person 3 years old or older (up to 21) can also get regular dental check-ups.

Medical Society of San Diego

(858) 565-8888

<http://www.sdcms.org>

Provides the public with referrals to physicians, review of ethic and quality-of-care complaints about member physicians, and availability of various kinds of medical services to the county.

Center for Disease Control (CDC) Hotline

(800) 232-4637

Offers confidential information on all aspects of AIDS by phone or in person including the latest testing and treatment, problems dealing with AIDS, and telling a partner. Anonymous testing is available free. Testing is available through the clinic by appointment.

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

Being Alive San Diego is an organization that works to enrich and enhance the personal dignity and quality of life of people living with AIDS and HIV through mutual support, access to information, public advocacy and social interaction.

County Medical Services (CMS)

(858) 492-4444

(760) 471-9660

CMS helps uninsured adult county residents get medical care. It is managed by the County of San Diego Health and Human Services Agency. While CMS helps people get medical care, it is not a health insurance program such as Medi-Cal and Healthy Families. Most health problems are covered by CMS.

Medical services NOT covered by CMS:

- Routine physical exams and preventative care
- Routine dental and vision care
- Pregnancy/family planning
- Visits to the emergency room for follow-up and prescription refills
- Treatment of mental health, alcohol and drug problems

Family Health Centers of San Diego www.fhcsd.org

(619) 515-2300

Nine locations throughout the San Diego Area. Check website or call for the location nearest you, and various services at each location. They accept many types of health insurance and for those who do not have health insurance; fees are based on a sliding scale. Additional services available include (not at all locations): counseling/mental health, dental, vision, health education, HIV testing and counseling, laboratory, urgent care, pharmacy, medical services for pediatrics through adult.

Planned Parenthood - www.planned.org/site/PageServer

(888) 743-PLAN (7526)

Mobile Medical Health Clinic - www.fatherjoesvillages.org/VMHC/index.html

(619) 446-2100

The Mobile Health Clinic is an outreach of the San Diego Health & Faith Alliance and St. Vincent de Paul Village Family Health Center, a clinic located within Father Joe's Villages. It is an extension of the Alliance's mission to provide health care services free of charge to those who have no other access to care by taking these services into communities where they are most needed.

The Mobile Health Clinic currently provides its services at churches in the following communities:

- Chula Vista
- Ocean Beach
- Pacific Beach
- Rancho Penasquitos
- El Cajon
- Clairemont
- North Park
- Balboa Park/Hillcrest

The Mobile Health Clinic schedule of times and dates of services is being prepared. For information about the Clinic or its schedule, please call (619) 446-2100.

Dental Care

Dental Hygiene School at Southwestern College (National City site)

(619) 216-6665 ext 4875

Provides free routine cleaning and care

For Dental Referrals:

San Diego County Dental Society – (800) 201-0244

Dental Society of San Diego

(619) 275-0244

Referrals for private patients and Medi-Cal patients to local dentists. Offers dental screening for schools, educational programs to the public, and reviews complaints against dentists.

<http://sharethecaredental.org> - **The Dental Health Initiative-Share The Care**

(619) 692-8858 A public-private partnership between the County of San Diego Health and Human Services Agency, the San Diego County Dental Society, and the San Diego County Dental Health Coalition.

Low Cost Dental Services:

Comprehensive Health Center

3177 Oceanview Blvd.

San Diego, CA 92113

(619) 231-9300

San Ysidro Health Center

1136 D Ave

San Ysidro, CA 92173

(619) 336-2300

Vision Care

San Diego Optometric Society - www.sdcos.org/

3945 1st Ave

San Diego, CA 92103

(619) 295-7326

Email: sdcos@sdcos.org

Provides referrals for vision care.

San Diego Center for the Blind and Vision Impaired - <http://www.sdcb.org/>

San Diego

5922 El Cajon Boulevard

San Diego, California 92115

(619) 583-1542

Fax: (619) 583-2335

e-mail: information@sdcb.org

Vista

1385 Bonair Road

Vista, California 92084

(760) 758-5956

Fax: (760) 758-0380

e-mail: information@sdcb.org

Rehabilitating blind and vision impaired adults so they can reach their highest level of independence and self-reliance.

Mental Health

Access and Crisis Line (Crisis & suicide hotline **and** service referral line)

(800) 479-3339

Provides crisis intervention and resource information. You can also call this number to get referrals for therapists and psychiatrists who accept your health insurance or provide low cost services in your geographical area.

California Youth Crisis Hotline

(800) 843-5200

Offers crisis counseling to teens on the run or those considering running. Provides referrals to shelters and agencies, which offer counseling in the runaway's area. Coordinates a message service, which contacts runaway's family and delivers messages to the runaway.

Student Helpline

(800) 499-1116

The Student Helpline was established in response to concerns about school violence. Students and others can anonymously report a threat to school safety.

Rape Crisis Center of San Diego

(800) 656-4673

24 hour/7 days

California/National Domestic Violence Hotline www.safenetwerk.net

(800) 799-SAFE (7233)

24 hour/7 days

Safe at Home

(877) 322-5227

Survivors of domestic violence may keep their home addresses confidential through this state program.

San Diego Domestic Violence Hotline

(888) 305-7233

Provides crisis counseling and referrals to shelter for females.

Office of the Ombudsman for Medi-Cal Mental Health

<http://www.dmh.cahwnet.gov/SpecialPrograms/ombud.asp>

(800) 896-4042 or for TTY at (800) 896-2512

Email: Ombudsmn@dmhhq.state.ca.us.

The office of the Ombudsman for Medi-Cal Mental Health Services was created to help caregivers, youth and others find their way through the mental health system. Staff in this office can provide information, explain rights and choices, help solve problems, assist in communication, request information, and make referrals to others.

National Alliance on Mental Illness (NAMI) - <http://www.namisanidiego.org/>

(619) 543-1434 or (800) 523-5933

A non-profit organization that provides education, support services, and advocacy to improve the quality of life of everyone affected by mental illnesses.

The San Diego Lesbian, Gay, Bisexual, Transgender Community Center

<http://www.thecentersd.org/counseling.php>

(619) 260-6380

The Center offers a wide range of counseling services at The Center's Behavioral Health Services location. Services include crisis counseling, individual, couple/family, and group counseling. Counseling services are also available for those struggling with same-sex relationship violence; transgender persons who need assistance with transition & for individuals struggling with HIV/AIDS.

The Oasis Clubhouse

3635 Ruffin Road, Suite 101

San Diego, CA 92123

(858) 300-0470

Fax (858) 300-0471

A drop in clubhouse serving Transitional Age Youth (16-25) who have mental health needs and live in San Diego County. Members participate in the clubhouse focusing on individual strengths, talents, abilities, and interests. Members and staff work together to promote skill development, mental wellness and a brighter future. The focus is to improve the quality of life of the clubhouse members by assisting them to assume responsibility over their lives. The Oasis Clubhouse is open M-F 10AM – 7PM and has a very active schedule of daily activities skills classes.

Catalyst Program

3635 Ruffin Road, Suite 100

San Diego, CA 92123

(858) 300-0460

Fax (858) 300-0461

Catalyst is an Assertive Community Treatment (ACT) program of Providence Community Services. The purpose of this recovery-focused program is to help youth ages 16 – 24 who have been or are at risk of becoming homeless. Services offered include:

- Mental Health Services
- Substance Abuse Treatment
- Intensive Case management
- Crisis Intervention
- Housing Assistance
- Educational Assistance
- Educational Assistance
- Job Development
- Medication Support
- Life Skills Training
- Peer Mentoring
- Community Outreach
- Social and recreational Activities
- Member-Run Clubhouse.

Resource Numbers

Resource Information for San Diego – call 211

Citizenship Services (800) 375-5283

Emergency Food/Clothing:

- **St. Vincent De Paul Center** – (619) 233-8500
- **Catholic Charities** – (619) 231-2828
- **Good Neighbor Center** – (619) 264-0368
- **Home Start** – (619) 692-0727
- **Jewish Family Service Hotline** – (877) 537-1818
- **Golden Share** www.goldensharefoods.com (619) 590-1692

Provides information and referral to community resources as well as direct assistance when possible for food, clothing, furniture, shelter, transportation and other services. Prepares and distributes Christmas Baskets to low income families. Over 22 locations. Call to find the location near you.

- **Salvation Army**

(619) 440-3579

Hotline (800) 958-7825

Services include emergency food, clothing, housing hints, legal referrals, social service referrals and crisis counseling. Sponsors an annual Family Thanksgiving Dinner in November. Provides a Toy Center in which parents can purchase gifts for their children for Christmas. Christmas baskets are also given out to needy families.

- **Commodities Food Program**

(619) 523-8811

A volunteer community group that provides emergency assistance based on individual need with an emphasis on feeding the hungry.

- **Family Resource Center**

(619) 692-0727

A ministry of church communities in San Diego which operates a walk-in crisis center to meet food and shelter needs. Such things as fuel, medicine, overnight accommodations, clothes, bus fare, etc. can be provided to the needy.

- **Women's Resource Guide** www.wrg.org

The Women's Resource Committee currently publishes the Women's Resource Guide of San Diego County. The guide is a listing of detailed referrals for pregnant women and for women with small children. The majority of the guide's listings are agencies that serve low-income women. Major referral headings include: Hotlines; Medical Care; Special Needs Children; Financial Assistance and Material Needs; Housing; Adoption Services; Legal Assistance; Pregnancy Education; Childbirth Preparation; Recovery Programs, Counseling and Support Groups; Immigrant and Refugee Women; Domestic Violence; Military Families; College Women; and Youth.

- **HUD Section 8 Rental Assistance Program (For pregnant or parenting adults)**
1122 Broadway Suite #300
San Diego, Ca 92101
(619) 231-9400
- **Public Assistance Information Line (Food Stamps, Medi-cal, Welfare Benefits Information)**
(858) 514-6885
- **Social Security Information** – (800) 772-1213
- **WIC – Women, Infant and Children Program** – <http://www.sandiegowic.org/>
(888) 942-9675 or (800) 500-6411

Domestic Violence Resources:

- **YWCA of San Diego County**
(619) 234-3164 - 24 hour domestic violence hotline
- **Domestic Violence and Sexual Assault Hotline**
(888) 385-4657 – 24 hour toll free crisis line.
- **Women’s Resource Center of Oceanside** – (760) 757-3500
- **Crisis House, El Cajon Resource Center** – (619) 444-1194
- **South Bay Community Resource Center - 24 Hour Hotline** (800) 640-2933 or
(619) 420-3620

Lesbian, Gay, Bisexual, Transgender Services:

The Center - <http://www.thecentersd.org/index.php>
(619) 692-2077

The mission of The San Diego LGBT Community Center is to enhance and sustain the health and well-being of the lesbian, gay, bisexual, transgender and HIV communities by providing activities, programs, and services that:

- Create community,
- Empower community members,
- Provide essential resources,
- Advocate for civil and human rights, and
- Embrace, promote and support our cultural diversity.

Hillcrest Youth Center

3777 4th Ave.
San Diego, CA 92103
(619) 497-2920

The Hillcrest Youth Center is a safe and appealing place for youth, 20 and under, to gather and socialize as well as a place to access social-service resources within the community.



San Diego/Imperial Counties

American Red Cross – WIC Program

Can we Help?

1-800-500-6411

PUBLIC ASSISTANCE

Medi-Cal, Healthy Families, CalWorks, Food Stamps

- *Medi-Cal* pays for medical care for people with low incomes.
- *Healthy Families* provides low cost insurance for children and teens up to 19 who meet program rules and don't qualify for Medi-Cal.
- *CalWorks* provides cash assistance to people who are legal residents with children who are unable to support themselves.
- *Food Stamps* provides funds to purchase foods to low income families who are legal residents.

To apply for these four programs, call the **Health and Human Services Agency** at:
Phone: 1-866-262-9881 or
1-800-880-5305 (for *Healthy Families*)
Or, visit one of the HHS offices below.

El Cajon 220 S. First St. El Cajon, CA 92019 (619) 579-4355	Lemon Grove 5001 73 rd St. Lemon Grove, CA 91945 (619) 579-4355
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Escondido Mesa 1315 K Ruffin Rd. San Diego, CA 92123 (858) 565-5598	Oceanside 1315 Union Plaza Ct. Oceanside, CA 92054 (760) 754-5757
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Northeast San Diego 7065 Broadway San Diego, CA 92115 (619) 464-5701	Mission Valley 7947 Mission Ctr. Court San Diego, CA 92108 (619) 767-5206
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Escondido 463 N. Midway Dr. Escondido, CA 92025 (760) 754-5757	Southeast 4588 Market St. San Diego, CA 92102 (619) 236-7501
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Access for Infants and Mothers (AIM)
Low-cost health insurance for pregnant women and their infants not eligible for Medi-Cal or health insurance.
Phone: 1-800-433-2611

Child Health and Disability Prevention Program (CHDP), Perinatal Care Network, San Diego Kids Health Assurance Network

- *CHDP* provides free health and dental check-ups to children.
- *Perinatal Care Network* - Pregnant women eligible for WIC may be eligible for Medi-Cal, who will pay for prenatal care, delivery and postpartum checkup.
- *KHAN* provides free referral service for children's health coverage. No-cost and low-cost plans available.

To receive more information about these three programs, call:
Phone: (619) 692-8428 or North County residents call 1-800-675-2229

BREASTFEEDING SUPPORT

American Red Cross WIC
Breastfeeding help line staffed with lactation educators, breastfeeding classes, support groups and a free pump loan program.
Phone: 1-800-500-6411

La Leche League
Mother-to-mother breastfeeding support - monthly meetings and free phone help.
Phone: (858) 646-9779

Grossmont Hospital
Certified lactation consultants answer breastfeeding questions and run free support groups.
Phone: (619) 740-4983

IMMUNIZATION INFORMATION

Call your doctor or **Baby Shots Line** if your child needs shots. Ask about free shots for kids under the age of two.
Phone: 1-888-892-2575

CHILDCARE/PRE-SCHOOL

Head Start
Federally funded, comprehensive pre-school program.
Phone: (858) 715-2842

YMCA Childcare Resource Service
Referrals to licensed childcare providers and subsidized childcare for children with special needs.
Phone: 1-800-481-2151 or North County residents call (760) 726-9100

OTHER COMMUNITY RESOURCES

Baby Diapers, Maternity/Baby Clothing, Formula/Food and Baby Care Equipment
Birthline of Chula Vista
Phone: (619) 425-5012

Birthline of San Diego
Phone: (858) 270-2491

Interfaith Community Services
Phone: (760) 721-2117

San Diego Food Bank/Commodities Supplemental Food Program
Phone: 1-866-350-FOOD (3663)

Childhood Lead Poisoning Prevention Info
Phone: (619) 515-6694

Poison Control System
Poison and treatment information for emergency cases.
Phone: 1-800-876-4766

Car Seat Information
Safely on the Move
Phone: 1-866-700-7686

Parent Education Classes
ParentingLink
Phone: (858) 300-1211

MENTAL HEALTH SERVICES

24-hour crisis service
Phone: 1-800-479-3339

San Diego Postpartum Health Alliance
Support and treatment referrals for women experiencing postpartum depression.
Phone: (619) 685-7458

DOMESTIC VIOLENCE/ABUSE HOTLINES

Domestic Violence
Center for Community Solutions
Phone: 1-888-272-1767

Women's Shelter
St. Vincent De Paul Rachel House
Phone: (619) 696-0873

Child Abuse Hotline
Phone: 1-800-344-6000

SUBSTANCE ABUSE
County Drug & Alcohol Services
Phone: (619) 584-5007

Smoking Cessation
Phone: 1-800-662-8887

LEGAL ASSISTANCE

Legal Aid Society, Consumer Center for Health, Education and Advocacy

- *Legal Aid Society* helps you and your family resolve legal problems free of charge.
- *Consumer Center for Health, Education and Advocacy* provides education and advocacy to help customers get health services they need.

To receive more information about these two programs, call:
Phone: 1-877-534-2524

Child Support
If you are not receiving CalWorks (TANF) and think you should be getting Child Support from your child's father or mother, call the District Attorney's Office.
Phone: (619) 236-7600

GENERAL INFORMATION

San Diego County Info Line (211)

Free, confidential information and referral service, and comprehensive guide to health and human resources in San Diego.
Phone: 211

Emergency Numbers

Emergency Contact

Name:

Address:

Email:

Phone Number:

HSA Social Worker

Name:

Address:

Email:

Phone Number:

ILS Social Worker

Name:

Address:

Email:

Phone Number:

Medi-cal Worker

Name:

Address:

Email:

Phone Number:

Doctor

Name:

Address:

Email:

Phone Number:

Dates seen:

Dentist

Name:

Address:

Email:

Phone Number:

Dates seen:

Other Health Provider

Name:

Address:

Email:

Phone Number:

Dates seen:

Other Contact

Name:

Address:

Email:

Phone Number:

Other Contact

Name:

Address:

Email:

Phone Number:

Other Contact

Name:

Address:

Email:

Phone Number:

Other Contact

Name:

Address:

Email:

Phone Number:

Other Contact

Name:

Address:

Email:

Phone Number:

Get Involved!

One of the most important things that you can do both before and after you emancipate or “age out” of the foster care system is to speak out, make your voice heard, and advocate for yourself and other youth who are in the foster care system and preparing to emancipate.

California Youth Connection (CYC) - www.calyouthconn.org/site/sandiego/

The California Youth Connection is driven by current and former foster youth with the assistance of community members. CYC promotes the participation of foster youth in policy development and legislative change to improve the foster care system.

There are now 22 active chapters of CYC in California with over 250 members, ages 14 to 24. CYC is a youth-run organization that provides invaluable opportunities to learn leadership skills. CYC youth put on two statewide conferences per year to discuss state level legislative and local issues.

Meetings are held on the first and third Wednesdays from 5:30-7:00 pm at:
7947 Mission Center Ct.
San Diego, CA 92108



San Diego LEAP Board

The San Diego LEAP Board is a youth advisory board represented by motivated current and former foster youth. They provide a youth voice to the San Diego Foster Youth Initiative (SDFYI). The purpose of the LEAP board is to assist current and former foster youth ages 14 - 24 in the transition out of foster care by creating opportunities in the community, breaking down stereotypes, developing leaders and generating winning solutions for the community and the young adult.

For more information contact the SDFYI office at
(858) 560-0871 Ext. 128