

# The Salute Report

Keeping Us Connected!

September 2020



Los Angeles County Department of Mental Health (DMH) offers several forms of support, resources, tools, and services that the community can access, especially during these challenging or difficult times. Please reference the various resources and/or platforms listed here **DMH VPAN Support Line:** In June 2020, DMH launched the LA County VPAN Support Line that any veteran or military-related family member can call Monday-Friday 9a-5p to get peer support or help getting connected to resources. The Veteran Support Line is confidential and free of cost. To get connected, please call **(800) 854-7771**, extension '3'.

**DMH Veteran Peer Access Network (VPAN):** To make a referral or get information on VPAN, please visit: <u>https://dmh.lacounty.gov/veterans</u>

**Headspace:** <u>Headspace</u> is an added resource you can access for self-care and/or use for coping.

**We Rise 2020:** You can also visit the <u>Why We Rise website</u> to learn more about the ongoing movement to transform the mental health care system.

**Coping with COVID 19 resources:** Visit our DMH website for resources and information at <a href="https://dmh.lacounty.gov/covid-19-information/">https://dmh.lacounty.gov/covid-19-information/</a>

Do you know a senior who can use our help? Are you looking for a job? Helping Hands is hiring.

We have:

- Volunteers ready and waiting to assist with errands/ grocery delivery program
- Resources for temporary / respite support may be available
- Turn around time for senior facility placement, with qualified/ willing participants, typically 3-21 days.
- Mobile COVID testing available at any location in SoCal for qualified seniors
- Cleaning supplies and hygiene products available while supplies last

Please call: (818) 279-6580 or visit <u>www.helpinghandsla.org</u>

# Do you know a senior who is HOMELESS or about to be?

LEARN ABOUT THESE GREAT RESOURCES:



This program is for seniors 65 or older or those with a qualified disability. Our simple process: 1. Complete Intake over the phone 2. Wait for a call back from a Care Coordinator in a few business days 3. Connect to the resources you want!

## Call us now for help!

(818) 279-6580 Serving Most of So Cal



info@helpinghandsla.org = www.helpinghandsla.org

Are you a Veteran and want to become a volunteer with the Department of Mental Health Veteran Support Line?

For questions or more information send us an email at: <u>veterans@dmh.lacounty.gov</u>

Or please visit our website at <a href="https://dmh.lacounty.gov/veterans">https://dmh.lacounty.gov/veterans</a>

#### You Matter.

#### Veterans Support Line

Be there for other Veterans and Military family members by volunteering as a Peer Support Specialist!

#### If you...

- are a veteran or military family member
- want to make a difference in someone's life
- are searching for a new mission
- can dedicate 2 days a week, 8 hours a day
- want to gain valuable Peer Support work experience
- want 1:1 training with experienced consultants
- want to get access to ongoing high quality online trainings provided by UCLA/DMH Center of Excellence

#### Then we are looking for you!

#### To apply, click here and fill out the questionnaire today!



THE VETERAN PEER ACCESS NETWORK If you have additional questions please visit our FACIs page or by emailing us at veterans@dmh.lacounty.gov

#### SERVICES AVAILABLE

- LA County DMH Veterans Helpline 1.800.854.7771 1.562.651.2549 (roo/rrv)
- Military/Veterans Crisis Line 1.800.273.8255 cxr.1 Confidential chat at MilitaryCrisisLine.net or text 838255
- National Suicide
   Prevention
   1.800.273 (TALK (8255)
   1.888.628.9454 (sewner)
- Didi Hirsch's Suicide Prevention Center 1.877.7.CRISIS 1.877.727.4747
- California Youth Crisis Line
   1.800.852.8336
   Teen Line
   1.310.855.4673
- The Trevor Project (LGBTQ Youth)
   1.866.4.U.TREVOR
   1.866.488.7386



Los Angeles Police Department is offering an online multiple-choice test.

- Three test parts can be completed remotely at home
- Interview via Skype •
- For more information • please text (213) 238 5278

# **ONLINE MULTIPLE CHOICE TEST** INTERVIEW VIA SKYPE PERSONAL HISTORY STATEM Three tests parts can be completed remotely at home! JOINLAPD COM

Follow Us: **f** @ S For more info please text 213-238-5273

#### **ESSENTIAL WORKERS**

## IF YOU NEED A RIDE TO/FROM WORK BETWEEN 7AM – 3PM

VISIT <u>FACTRANSIT.ORG</u> OR CALL: (323) 643-1675

## **TO BOOK YOUR FREE RIDE!**



During COVID-19 \*For Essential Workers Only! Need a ride to or from work during the hours of 7AM to 3PM?

Simply visit our website **FACTransit.org** for more information or to book a ride.

FACTransit.org

(323) 643-1675

# ANTELOPE VALLEY VIRTUAL JOB FAIR

Thursday, September 24, 2020 9:00 am – 1:00 pm

To obtain a free ticket/register and obtain a list of participating employers please visit the website

https://jsn2020participants.Eventbrite.com

#### **10th Annual Job Services Network**



WDACS and the Los Angeles County America's Job Center of California are equal opportunity employers/programs. Auxiliary aids and services are available upon request to individuals with disabilities. The TTY phone number is 661 951 1695 (Lancaster) and 661 208 4484 (Palmdale). Please contact staff 72 hours in advance. Equal Opportunity Employer/Program. We are excited to announce that Women Build 2020 is going virtual for the first time ever!

#### How can you get involved?

Register to become a Women Builder. Click here to register

#### Become a sponsor.

To learn more information, contact Leah Schueler: <u>leah@sgvhabitat.org</u> or call (626) 566-7348

Attend for **FREE** by registering <u>here</u> today!

#### When does this AMAZING event take place?

Date and Time: Saturday, October 3, 2020 at 11 am How to Join: We'll email you the link on October 1. Remember to check your email!

#### Want more information?

Contact Briana Lopez: blopez@sgvhabitat.org or call (626) 709-3265

# Have you heard?

# women BUILD

# **IS GOING VIRTUAL OCTOBER 3**

#### **Register TODAY!**



## **Pentagon Force Protection Agency**

# Hiring POLICE OFFICERS

under the Veteran's Recruitment Appointment (VRA)

#### Starting Salary: \$59,982 - \$63,970

#### Offers:

- Benefits
- Tuition Assistance
- Predictable Schedule
- Pentagon Gym

#### To apply:

Send your resume to pfpa.recruitment@mail.mil

#### For more information:

Visit: https://pfpa.mil/Careers/Police-Officer

#### (VTA is an excepted authority that allows an agency to non-competitively appoint an eligible veteran)

# **OPPORTUNITIES** FOR VETERANS

Do you have at least one year of law enforcement or security experience, or possess a bachelor's degree in criminal justice or related field?



Starting salary \$59,982 - \$63,970 ★ Great Benefits 🛧 Tuition Assistance ★ Predictable Schedule ★ Pentagon Gym

## **Pentagon Force Protection Agency**

## Hiring Police Officers

under the Veterans' Recruitment Appointment (VRA) (VRA is an excepted authority that allows an agency to non-competitively appoint an eligible veteran)

Send your resume to **pfpa.recruitment@mail.mil**. <u>PFPA Recruiters will review your resume</u> and contact you if you meet our hiring criteria.



For information on Pentagon Police Officer careers and benefits visit <u>https://www.pfpa.mil/Careers/Police-Officer\_</u>



# SAFE PARKING PROGRAM

WHERE: Downtown Los Angeles
 1815 S Flower Street, LA CA 90015
 WHEN: Daily from 9pm – 6am

#### **QUESTIONS OR NEED MORE INFORMATION**

Contact Volunteers of America at (213) 247-6261 or dhampton@voala.org

#### SAFE PARKING PROGRAM

Downtown Los Angeles 1815 S. Flower St. Los Angeles, CA 90015

The County of Los Angeles Department of Military and Veterans Affairs will offer its parking lot for a Safe Parking Program. This program will provide a safe environment for 20 homeless veterans currently sleeping in their cars overnight.

> Days and hours of operation: 7 Days a Week from 9:00 P.M. to 6:00 A.M.

For more information, please contact Volunteers of America of Los Angeles at (213) 247-6261 or dhampton@voala.org.









# **EZ ID Program Remote**

Are you a Homeless Veteran in Need of I.D? Offering FREE of charge assistance by phone!

WHEN: (858) 349-4302
WHEN: Monday, August 17th
TIME: 10:00am – 12:00pm

# EZ ID Program Remote

#### Are You a Homeless Veteran in Need of I.D.?

EZ ID Program Remote is assisting homeless Veterans, their families and professional staff with applying for and information about identification documents (ID) – certified birth records, California DMV ID cards and Social Security cards/numbers.

Due to these challenging times, EZ ID Program Remote is providing its free of charge assistance by phone.

Please contact EZ ID Program Remote by phone by calling (858) 349-4302 for the month of August, 2020 on the following dates and times:

Monday, August 3, 2020 at 10am - 12noon

Monday, August 17, 2020 at 10am - 12noon

VA Greater Los Angeles Healthcare System



U.S. Department of Veterans Affairs VA Greater Los Angeles Healthcare System



Disclaimer: Village for Vets is a non-profit organization that partners with the Greater Los Angeles VA Healthcare System to assist Veterans and their families. Village for Vets is not affiliated with or endorsed by the U.S. Department of Veterans Af fairs.

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# *Del Amo Hospitals* Intensive Outpatient Program

The NTC Outpatient program is a specialized program providing treatment for adults with trauma-related disorders and military trauma

WHEN: Tuesday, Thursday, and Friday TIME: 10:00am – 1:00pm

## QUESTIONS OR NEED MORE INFORMATION? Contact Intake at (310) 784-2219

# HOPE TRUST TRUST Holead Del Amo Hospitals

Intensive Outpatient Program

THE NTC OUTPATIENT PROGRAM IS A SPECIALIZED PROGRAM PROVIDING TREATMENT FOR ADULTS WITH TRAUMA-RELATED DISORDERS AND MILITARY TRAUMA

- Telehealth Groups via Zoom -Individual Therapy - Reduce Self Harming Behaviors

TUESDAY, THURSDAY AND FRIDAY 10:00AM - 1:00PM For More Information Call Intake 310-784-2219 - 1:1 Telehealth with a Psychiatrist

- Cognitive BehavioralTherapy
- Dialectical BehaviorTherapy



Women Vets on Point are hosting a weekly Telehealth Support Group

Every Wednesday from 10:00 am to 11:00 am via zoom

For more information or to participate please call/email Cristina Garcia at Phone: 213-237-0009 Email: wvop@usvetsinc.org

Please visit our Website: https://womenvetsonpoint.org/newsletter/



# Women Veterans Telebealth Support Group

Feeling overwhelmed, isolated, uncertain amidst the COVID-19 crisis? Women Vets on Point is here to support you during this difficult time.

Wednesdays 10am Telehealth Support Group via Zoom

If you are interested in participating, please contact Cristina Garcia at: (wvop@usvetsinc.org / 213-247-0009)

# East LA (ELA) Vet Center is offering counseling and new groups via VA Video Connect

For questions or to schedule an appointment please call: 323-728-9966

East Los Angeles (ELA) Vet Center is offering VA Video Connect and Phone Appointments as well as New groups via VA Video Connect are being offered by Esperansa Perez, MSW, Registered ASW Readjustment Counseling Therapist

Call 323-728-9966

to schedule your counseling appointment for:

INDIVIDUAL MARITAL AND FAMILY MILITARY SEXUAL TRAUMA BEREAVEMENT COURT MANDATED DOMESTIC VIOLENCE VA BENEFITS

GROUPS



ELA Vet Center 5430 E Olympic Blvd Commerce, CA 90022

# **Stay Cool**

Emergency cooling centers are open across LA County to help residents cool off during the coming heat wave.

If you are planning to visit one of these Cooling Centers, it is advisable that you call in advance to make sure there is still seating available. For locations, hours and more information, dial:

- 211 for LA County
- 311 for LA City
- visit us at : <u>https://ready.lacounty.gov/heat/</u>

# Emergency **Figure** Cooling Centers

Visit ready.lacounty.gov/heat for more information

ready.lacounty.gov/heat

# WILMINGTON COMMUNITY GARDEN

WHEN: Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month
TIME: Pick up starts @ 1:00pm

## QUESTIONS OR NEED MORE INFORMATION? Contact Octavio at (310) 291-5639

\*\*BRING YOUR OWN BAG\*\* \*\*WHILE SUPPLIED LAST\*\*



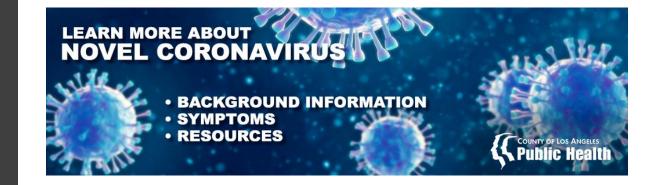
## **Los Angeles County Resources**

To access resources regarding the below, please visit by <u>clicking here</u>

Food
Health
Financial
Shelter
Housing
Hot Lines

## County of Los Angeles Covid-19 Resource Center

<u>Click here</u> for the latest information on immediate relief regarding traffic ticket relief.



## County of Los Angeles Department of Public Health (DPH)

http://publichealth.lacounty.gov/index.htm

Click on the above link to learn more about:

- LA County Road to Recovery information
- Learn more about COVID 19 in LA County
- LA County daily case counts & other data
- Safer at work and in the communities
- COVID-19 Racial, Ethics, & Socioeconomic Data, strategy reports.

# **FREE LA County COVID-19 drive thru testing.**

# To schedule an appointment <u>click here</u> or dial 2-1-1

#### Free COVID-19 Testing

The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to Los Angeles County residents.

At this time, testing is only for people with symptoms, such as fever, cough, and shortness of breath. Anyone with COVID-19 symptoms can now book a same or next day appointment.

## Volunteers of America Los Angeles Supportive Services for Veteran Families (SSVF)

VOALA received additional funding to help homeless veterans in LAC & OC with quick linkage to temporary shelters and homeless prevention services during the COVID-19 pandemic.

For LA Screenings call: (323) 657-5550 For OC Screenings call: (714) 426-9834 Volunteers of America® LOS ANGELES Supportive Services for Veteran Families (SSVF)

#### **CARES** Act

VOALA is excited to announce that we have received additional funding to expand services and

provide additional assistance to homeless and at risk veterans in the community (LA & OC) to get veterans quickly off the streets and keep veterans from becoming

homeless during the COVID-19 pandemic. <u>This funding is for a</u> <u>limited time only.</u>

#### Services:

- Case Management Services
- Emergency housing placement and food assistance for homeless veterans
- Transportation Assistance
- Rental assistance for homeless prevention (eviction/3 day notice not required)

To receive services, veterans must meet general SSVF <u>Requirements</u>:

 Homeless or at risk of being homeless
 Under 50% Area Median Income
 Veteran status cannot be dishonorable or General Court Martial

Average Median Income Chart 50% or under Orange County (1 person) \$44,850 (2) \$51,250 (3) \$57,650 (4) \$64,050 Los Angeles County (1) \$39,450 (2) \$45,050 (3) \$50,700 (4) \$56,300 OC Screening Line: (714) 426 - 9834 LA Screening Line: (323) 657 - 5550

Contact information: Phone Number | Email: (714) 719-3714 | jfajota@voala.org Locations: 2100 N. Broadway Suite 300 Santa Ana, CA 92706 240 N. Breed St. Los Angeles, CA 90033 Division Manager: Jessica Fajota, MSW

## Volunteers of America Los Angeles (VOALA) Low Demand Safety Haven

HCHV VOA Elden is open and ready to accept referrals as of Monday, 6/29/20!. As part of the Transitional Housing Program, this 40 bed all male program is located in the heart of Koreatown and combines safe, temporary housing and supportive services for veterans while they seek permanent housing. This program follows Low Demands model.

#### **For referrals call**:

Vanessa Bui: 213-605-3944 Monday-Friday 7AM-3:30PM

#### **For after hours and weekends** Elden: 213-262-6803

HCHV VOA

## Volunteers of America® Los Angeles Low Demand

# Safe Haven

A Healthcare for Homeless Veteran (HCHV) program, housing (80 beds total) at two separate locations; serving to rapidly stabilize Veterans' medical, mental health, substance abuse and other psychosocial problems to place Veterans in other appropriate transitional or permanent housing within 180 days.













#### Contact information:

Program Manager: John Lare 🛊 Jlare@voala.org 🌟 (213) 435-4206 Location: 960 Elden Ave. Los Angeles, CA. 90006

Clinical Supervisor: Evan Schreiber 🔶 (323) 406-6287 ext. 5112 Location: 543 Crocker St. Los Angeles, CA. 90013

## NEW HOMES FOR SENIORS AND SENIOR VETERANS

12 apartments are set aside for homeless senior veterans

For Homeless Senior Veterans contact New Directions at : (310) 914-4045

General information Line: 323-302-4264

For more information or to download application <u>click here</u>.

#### NEW HOMES FOR SENIORS AND SENIOR VETERANS



#### **PICO ROBERTSON SENIOR COMMUNITY**

8866 W Pico Blvd Los Angeles, CA 90035

Temporary Leasing Address: 8906 W Pico Blvd, Los Angeles, CA 90035 Information Line: 323-302-4264 TTY: \*711 For more information and to download an application: www.mercyhousing.org/picorobertson

**12 Apartments are Set Aside For Homeless Senior Veterans** Contact New Directions at 310-914-4045 to determine eligibility for veteran units.

This housing is offered without regard to race, color, national origin, sex, religion, ancestry, genetic information, source of income, age, marital status, familial status, sexual orientation or preference, gender identity, or disability, or any other basis prohibited by law.

**mercv** HOUSING



COMING

ACCESSIBLE UNITS

# FREE FOOD

When: Every Thursday

Time: 9:00 am to 1:00PM

Where: 501 S. Bixel St. LA 90017

Info Line: (213) 482-8618



# FREE FOOD DISTRIBUTION

501 S. Bixel St. Los Angeles, Ca 90017 (213) 482-8618

EVERY THURSDAY

9:00 a.m.- 1 p.m.\* \*OR UNTIL SUPPLIES LAST

## **1 FREE GROCERY BAG**

· Must be present to receive food

1 food bag per individual/family
 Bags can include:

Tuna, Peanut Butter, Cereal, Oatmeal, Fruit, Meat, etc.





#### Updated COVID-19 Food Bank Guide



## **TO ACCESS FOOD BANK LIST:**

## **CLICK HERE**

# Click Here for Updated Food Bank Guide











Our mailing address is: 2121 S. Flower Street. Los Angeles, CA 90007 Tel: (213)741.1951 Fax: (213)741.1959

#### www.chirpla.org

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

# Free Grocery and Delivery Program for Seniors and People with Disabilities

#### County-Wide Program

Items may be delivered 24 hours a day, seven days a week

No Application Process

Schedule Deliveries by calling : 1-888-863-7411

For additional details click here

A free grocery delivery program for seniors and people with disabilities was launched in Los Angeles County to help residents who are more vulnerable to the novel coronavirus.

The countywide program, called Critical Delivery Service, will deliver groceries, household items and other vital necessities to those unable to leave their homes due to the COVID-19 pandemic.

Here's what to know.

- Items may be delivered 24 hours a day, seven days a week.
- There is no delivery cost to the client.
- No application process is required, but items must be pre-paid and ready for pickup.
- Deliveries may be scheduled by calling 1-888-863-7411 between 8 a.m. and 5 p.m. weekdays.

# If you SEE something SAY Something!

If you have any concerns regarding any licensed care facility. Please contact the California Department of Social Services! This includes Adult and Senior living centers.

# 1-844-538-8766

# If You SEE Something, SAY Something

To report a complaint or concern regarding any licensed care facility, contact the Hotline at: **1-844-LET-US-NO** (1-844-538-8766)

#### IN THE EVENT OF AN EMERGENCY CALL 9-1-1

You may also contact us at LetUsNo@dss.ca.gov or by mail:

CALIFORNIA DEPARTMENT OF California Department of Social Services Community Care Licensing Division Centralized Complaint and Information Bureau 744 P Street Sacramento, CA 95814

lesidential Care Facility for the Ederly (ROFE) Complaint Post

# **PUBLIC COUNSEL**

Public Counsel's Center for Veterans' Advancement is providing FREE discharge upgrade assistance.

<u>Click here</u> for the required confidential online intake form

For more information contact the Center for Veterans' Advancement at 213-385-2977 ext. 304.



Veterans will remotely (by phone or webcam) work with a volunteer attorney who will assist them pro per (self-represented) with filling out the discharge upgrade application and drafting a personal statement.

<u>A confidential online intake is required at:</u> https://form.jotform.com/200965124821047

For more information or intake help, please contact the Center for Veterans' Advancement at 213-385-2977 ext. 304.

\*All legal services, provided by Public Counsel or Public Counsel-affiliated volunteer attorneys, are free of charge. Representation is not guaranteed.



# Community Veteran Justice Project

CVJP is dedicated to helping all current and former military members regardless of discharge status by using California Penal Codes 1001.80, 1170.9, and 1001.36 to acquire alternative sentencing, diversions, and leniency for their misdemeanor and felony criminal cases. We also connect them with any other services they may need including but not limited to VA benefits, discharge upgrades, citizenship, housing, expungements, resolving tickets, and family law matters.

<u>*Click here or click on the flyer for more information*</u>

CVJP

### Community Veteran Justice Project



4/17/20

#### **OUR MISSION:**

CVJP is dedicated to helping all current and former military members regardless of discharge status by using California Penal Codes 1001.80, 1170.9, and 1001.36 to acquire alternative sentencing, diversions, and leniency for their misdemeanor and felony criminal cases. We also connect them with any other services they may need including but not limited to VA benefits, discharge upgrades, citizenship, housing, expungements, resolving tickets, and family law matters.

#### **OUR PROCESS:**

Clients with pending criminal cases need to fill out our Statute Intake form <u>HERE</u> and our Release of Information form <u>HERE</u>. Clients with all other concerns must fill out our General Intake Form <u>HERE</u> and our Release of Information Form <u>HERE</u>. Clients must then email the Release of information form to <u>office.cvjp@gmail.com</u> and we will respond promptly. Please note: it is especially important on our end to have our clients' contact information, attorneys' information, charges, and scheduled court date and for the information to be legible.

#### OUR WEBSITE: www.cvjp.org

CORONAVIRUS RESOURCES:

- Help for veterans
- Food
- Housing
- <u>Health</u>
- Transportation

- Education
- <u>Business</u>
- Mental Health Youth Services

# VFWC UCLA/VA Veteran Family Wellness Center

VFWC has provided us an updated Veteran and Family resources list including financial resources, a self care guide from VFWC and aresource guide from TELACU. To gain access to these resources, click on the links below:

TEAM (Transition Education And Mentoring) - Thursday, September 17, 2020 11:00 AM -12:30 PM

Virtual Wellness Day - Saturday, September 18, 2020 8:30 AM - 6:30 PM

UCLA\_VA VFWC Virtual Resources 4-3

UCLA-VAVFWC Provider\_ Caregiver\_ Child \_ Adult Resources

**COVID-19 Resources GuideTELACU** 

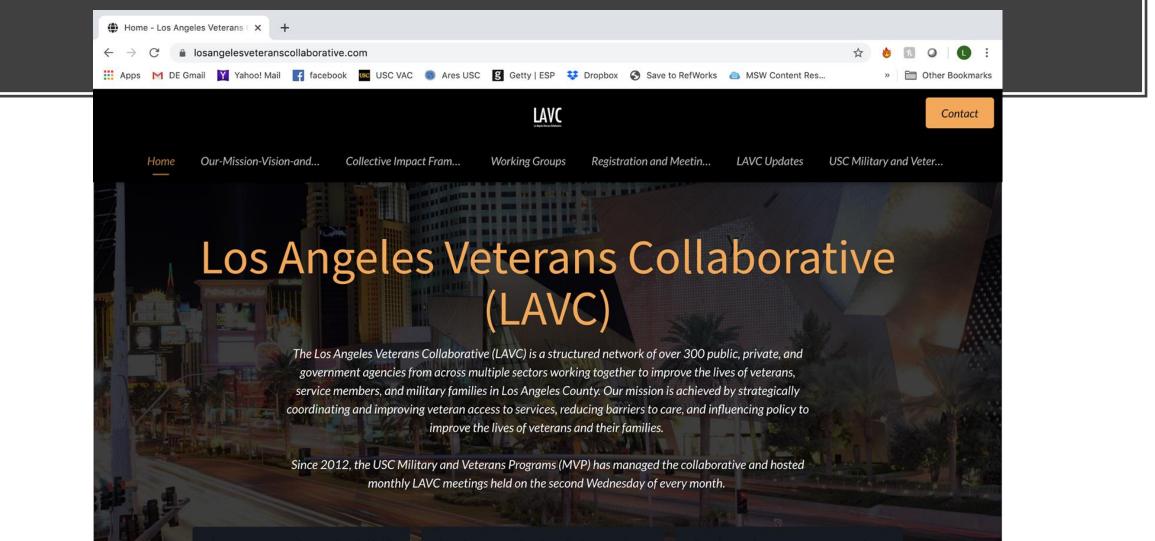


Although we are facing a challenging time, Metro Veterans Program continues with its recruitment efforts and seeking qualified Veteran candidates; currently serving all branches including Army Reservist & National Guard men and women, and their spouses on our current employment opportunities. <u>https://www.metro.net/about/careers/</u>

Please keep in mind that we DO NOT have a HIRING freeze at Metro, so please email those Veteran Candidate resumes to <u>Veteranspgm@metro.net</u>. We offer assistance to military service members and their spouses on creating their profile, resume and interview preparations.

- Dennis Tucker, Veterans Program Manager

## Introducing the LAVC new website: www.losangelesveteranscollaborative.com



# **Connect With Us!**

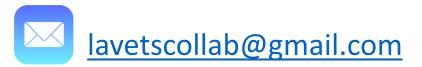


Los Angeles Veterans Collaborative: Home

# <u>@LAVetsCollab</u>







- Feel free to send information about upcoming veteran events or relevant services.
- Tag us in your posts regarding veteran events or relevant services.